## ABOUT THE SERIES
Facilitated by USF faculty and staff members, Peak Performance Sessions are interactive, informal and FREE seminars designed to help you learn strategies to achieve your academic goals and get the most out of your USF experience.

**FOR MORE INFORMATION:**
(415) 422-5050
https://myusf.usfca.edu/student-life/peak-performance-sessions

## PARTICIPATING USF DEPARTMENTS
- Career Services Center
- Center for Academic and Student Achievement
- Counseling and Psychological Services
- Cultural Centers
- Health Promotion Services
- International Student and Scholar Services
- Learning, Writing, & Speaking Centers

## ADDITIONAL EVENTS

### ACADEMICS

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Study Abroad Fair</td>
<td>Thu. 9/14/17</td>
<td>11:00AM-1:30PM</td>
<td>Gleeon Plaza</td>
</tr>
<tr>
<td>Learning, Writing, &amp; Speaking Centers Open House</td>
<td>Thu. 10/5/17</td>
<td>11:30AM-1:30PM</td>
<td>Gleeon Plaza</td>
</tr>
<tr>
<td>Major/Minor Fair</td>
<td>Thu. 10/19/17</td>
<td>11:45AM-12:45PM</td>
<td>Gleeon Plaza</td>
</tr>
<tr>
<td>Tutorpalooza</td>
<td>Thu. 12/7/17</td>
<td>12:00PM-4:00PM</td>
<td>Cowell 417/418</td>
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### MIND, BODY & SPIRIT

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>30 Day Campaign and CAB Kickoff</td>
<td>Tues. 8/22/17</td>
<td>11:30AM-1:00PM</td>
<td>Gleeon Plaza</td>
</tr>
<tr>
<td>Fall Health Fair &amp; Flu Clinic</td>
<td>Thu. 9/21/17</td>
<td>10:00AM-4:00PM</td>
<td>McLaren Complex</td>
</tr>
<tr>
<td>The Great American Smokeout</td>
<td>Thu. 11/16/17</td>
<td>11:00AM-1:30PM</td>
<td>Gleeon Plaza</td>
</tr>
<tr>
<td>World AIDS Day: R.E.A.S.O.N to Bingo</td>
<td>Thu. 11/30/17</td>
<td>6:00PM-8:00PM</td>
<td>Crossroads Cafe</td>
</tr>
<tr>
<td>Late Night Breakfast</td>
<td>Thu. 12/7/17</td>
<td>9:00PM-11:00PM</td>
<td>TBA</td>
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### CAREER PLANNING & LIFE SKILLS

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fall Involuement Fair</td>
<td>Thu. 8/31/17</td>
<td>11:30AM-1:00PM</td>
<td>Gleeon Plaza</td>
</tr>
<tr>
<td>Student Leadership Conference</td>
<td>Sun. 10/22/17</td>
<td>11:00AM-5:00PM</td>
<td>McLaren Complex</td>
</tr>
</tbody>
</table>

## PEAK PERFORMANCE SESSIONS FALL 2017

### Mind, Body & Spirit
- Learn, Develop, Thrive

### Academics
- Career Planning & Life Skills

*Light refreshments will be served at most workshops*
**Academics**

**September**
- **The Art of Taking Notes**
  - Thur. 9/14/17 11:50AM-12:40PM
  - McLaren 252

**October**
- **Test-Taking Tips and Tricks**
  - Tues. 10/3/17 5:00PM-6:00PM
  - Fromm Hall Berman Room

- **Explore Lab: Choosing a Major or Career**
  - Wed. 10/4/17 4:30PM-5:45PM
  - UC 504

- **Excelling in the American Classroom**
  - Thur. 10/19/17 5:00PM-6:00PM
  - UC 503

- **Beat the Clock: Take Control of Your Time**
  - Thur. 10/26/17 11:50AM-12:40PM
  - UC 504

**November**
- **Have No Fear: Approaching Faculty Outside of Class**
  - Thur. 11/9/17 11:50AM-12:40PM
  - UC 503

- **Oops, I did it again! How to avoid procrastination pitfalls**
  - Thur. 11/30/17 11:50AM-12:40PM
  - McLaren 251

**Mind, Body & Spirit**

**August**
- **Health Care 101**
  - Thur. 8/24/17 3:00PM-4:00PM
  - Fromm Hall Maier Room

**September**
- **Hanging Out and Hooking Up**
  - Tues. 9/12/17 11:50AM-12:40PM
  - Intercultural Center

**October**
- **Recovery Realities: A Student Panel**
  - Tues. 10/10/17 5:30PM-7:00PM
  - McLaren 250

- **Healthy Eating on a Budget**
  - Thur. 10/12/17 12:00PM-1:00PM
  - UC 503

**November**
- **Recovery Realities: A Student Panel**
  - Tues. 11/7/17 11:50AM-12:40PM
  - McLaren 251

- **Recovery Realities: A Student Panel**
  - Wed. 11/29/17 5:30PM-7:00PM
  - Fromm Hall Maier Room

**December**
- **Quick Stress Breakers**
  - Tues. 12/5/17 11:50AM-12:40PM
  - McLaren 251

**Career Planning & Life Skills**

**September**
- **Career Fair Prep Workshop**
  - Wed. 9/13/17 5:30PM-7:00PM
  - Fromm Hall Marashi Room

- **Career Fair Prep Workshop**
  - Thur. 9/14/17 11:50AM-12:40PM
  - McLaren 250

- **Fall Career Premiere**
  - Tues. 9/19/17 11:30AM-2:30PM
  - McLaren Complex

- **First Chance for Internships**
  - Wed. 9/27/17 5:30PM-7:00PM
  - Fromm Hall Berman Room

**October**
- **Start Smart Negotiation Workshop**
  - Wed. 10/25/17 5:30PM-7:00PM
  - Fromm Hall Xavier Room

**November**
- **Job Success Strategies for International Students with Alumni Panel**
  - Mon. 11/13/17 5:30PM-7:00PM
  - UC 402/403

- **7 Ways to get a job and be a BOSS at it!**
  - Wed. 11/15/17 5:30PM-7:00PM
  - Fromm Hall Maier Room