Building Better Habits: Incorporating Self-Care to Optimize College Performance

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During times of transition, it is easy to lose sight of our own well-being. College is a time of personal exploration and academic determination, but true success lies in the habits of everyday life. As occupational therapists, the presenters are experts in helping individuals establish a self-care routine that serves as an anchor during times of challenge and change. Through hands-on activities and discussion, participants will be empowered with practical strategies to improve their ability to live a life that includes a healthy balance of work, restoration, and fulfillment.

In this seminar, participants will learn the research-based evidence behind implementing and sustaining healthy lifestyle changes in order to improve overall health and optimize personal potential. The exercises have been designed to boost self-awareness in order to guide participants in recognizing the habits in their lives that are health-promoting and the behaviors they would like to change. Creating a satisfying lifestyle is a continual process and this seminar is designed to help students establish the habits that lead to success early in their college careers.