Welcome Week 2018
Micro-Seminars

Healthy Start To College Life At USC

Steve Hsu
Physical Education
USC, Los Angeles, and the College Experience
Dornsife College of Letters, Arts, & Sciences

This micro-seminar will empower incoming first year students with knowledge and skills to effectively transition to college life at USC and to adapt to the pressures and challenges that they will encounter.

The seminar will address the following subtopics:
1. Time management: prioritizing, planning and organizing, reducing procrastination, and eliminating wasting time

2. Managing emotions: controlling worry, anxiety, fear, and anger while boosting self-confidence/self-esteem, cooperation, resilience, and optimism

3. Relaxation and breathing techniques: reducing the fight or flight stress response by calming the body and mind in order to promote good health and well-being

4. Valuing sleep: explaining how adequate sleep can boost cognitive function, promote tissue growth and repair, and strengthen the immune system

5. Good nutrition for the brain and body: eating natural, unprocessed foods that consists of high quality proteins, healthy sources of fats, and fruits and vegetables from the four color groups