Building Better Habits: Incorporating Self-Care to Optimize College Performance
Kristy Payne
Assistant Professor of Clinical Occupational Therapy, Occupational Science & Occupational Therapy

Abstract
A meaningful college experience is created through intentional, daily choices. Unfortunately, healthy habits have a tendency to unravel in times of stress. In this hands-on workshop, students will learn evidenced-based strategies to maximize personal potential and sustain healthy behaviors in the face of a demanding schedule. Through individualized activities, small group discussion, and guided self-analysis, participants in this seminar will come away with practical strategies to fulfill their personal and academic goals as they start their USC journey.

Faculty Biography
Dr. Kristy Payne is an occupational therapist who specializes in wellness and disease prevention. Dr. Payne earned her clinical doctorate at the USC Occupational Therapy Faculty Practice working with individuals to implement healthy habits in order to improve overall wellbeing and decrease risk of disease. As a professor in the USC Occupational Science Minor Program, Dr. Payne is committed to equipping the next generation of healthcare providers with the necessary tools to effect meaningful change in the lives of others.