Join us on Fridays* at 11-11:50 AM to experience a variety of social and creative outlets that will spark connection with peers, help you cope with stress, promote rejuvenation and allow you to discover new interests through meaningful activities!

Location: Student Union Building Suite 311 (STU 311)

- **ENHANCING MOTIVATION - OCTOBER 1ST**
  - Learn how to set goals and increase your perseverance in attaining those goals as you encounter obstacles throughout the school year.

- **CULTIVATING GRATITUDE - OCTOBER 8TH**
  - Discover practical ways to harness the power of gratitude to improve mental health, stress management and resilience.

- **PUMPKIN PAINTING - OCTOBER 22ND**
  - Immerse yourself into a state of flow & put your stress on hold through painting pumpkins! Materials will be provided.

- **BREAKS TO REBOOT YOUR ENERGY - OCTOBER 29TH**
  - Explore various study breaks that you can take to optimize your productivity, improve energy levels and expand your creativity.

*Note: Not including Fall Break (10/15)

For more information visit [https://kortschakcenter.usc.edu/](https://kortschakcenter.usc.edu/)