



**Course Title:** Excellence Is No Accident: Mental Skills Training for Work, Sport, and Life

**Course Code:** WELL 33

**Instructor Name:** Glenn Brassington

### **Class Sessions and Recording**

Meeting days and times: Thursdays, 7:00pm - 9:05pm PT, April 6 - May 11

Meeting location: On-campus (classroom will be shared with enrolled students closer to the start date).

Class sessions will not be recorded.

### **Course Features:**

- Live session
  - Lecture, discussions, and Q&A
  - Demonstration/practice time for students
  - Requires interaction and active participation
  - Guest speaker
- Assignments & Coursework
  - Assignments and course materials posted in Canvas
  - Instructor will provide feedback on assignments
  - Students will give brief (5-10 minute) presentations
  - Students will work with a partner to implement a motivational coaching program

### **Grade Options and Requirements**

- No Grade Requested (NGR)
  - This is the default option. No work will be required; no credit shall be received; no proof of attendance can be provided.
- Credit/No Credit (CR/NC)
  - Attendance at 5 of 7 class sessions is required to earn credit.

*\*Please Note: If you require proof that you completed a Continuing Studies course for any reason (for example, employer reimbursement), you must choose either the Letter Grade or Credit/No Credit option. Courses taken for NGR will not appear on official transcripts or grade reports.*

## Tentative Weekly Outline

### Sample Weekly Class Structure

7:00-7:30 Class discussion of prior week's Action Plan

7:30-8:00 Lecture

8:00-8:10 Break

8:10-9:05 Lecture and mental skills practice

### Weekly Topics

Increasing mind-body awareness

A values-driven versus a goal-driven life

Peer-motivational coaching

The eight pillars of optimal human functioning

Building motivation & resilience

Optimal health & performance states

Behavioral strategies for enhancing health & performance

Cognitive control and acceptance strategies for enhancing health & performance

Concentration and focusing strategies

Leveraging the environment to enhance health & performance

Performance ritual & routines

Bouncing back from errors & setbacks

Preventing relapse