



**Connect
Learn
Achieve**

ADVISE THE ADVISOR SERIES:

Wednesday, December 11, 2013

Murray Fraser Hall Room 164

12:05 p.m. – 12:50 p.m.

Presented by:

Patrick Finn, BA, MFA, PhD
Instructor, U of C

Prepared to be inspired, uplifted, energized...

UCAN is honored to have Patrick Finn give a 'last lecture' but with a twist.

This is a session you will not want to miss.

Advice for Advisors?

In this talk, Patrick Finn will take a light-hearted look at the research on human performance and share with us ways to be happier and healthier in our personal and our working lives. Dr.

Finn teaches courses on these issues here on campus and lectures and leads workshops for groups around the world.

Dr. Finn will focus his talk on four important points:

1. There are strategies we can implement to improve our lives;
2. These strategies are proven effective and easy to implement;
3. None of us – including him – actually use them;
4. Why is it that know what to do, but just don't do it?

Dr. Finn credits on-campus advisors for his success. As a former student, and now faculty member, he has an in-depth knowledge of the work we do and why we do it. For him, this talk is one way he can give back to the people here on campus that have done so much to help he and his students.

<http://www.su.ucalgary.ca/page/quality-student-life/events/last-lecture-series>

To reserve your spot, please rsvp with the subject title "Wed Dec 11 – Last Lecture"

ucanteam@ucalgary.ca by Friday, December 6, 2013

Please feel free to bring your lunch.

Please visit us on our blog at ucan.ucalgaryblogs.ca

To sign up for the mailman list, please visit

<http://mailman.ucalgary.ca/mailman/listinfo/ucan-1>