**The Champion’s Mind:** How Great Athletes Think, Train, and Thrive.
The athlete’s go-to guide for creating mental strength and achieving peak performance. Even among the most elite performers, certain athletes stand out as a cut above the rest, able to outperform in clutch, game-deciding moments.

**GOOD READS**

**GET A FITNESS FRIEND** - Working out with a friend keeps you both motivated and accountable for any gym-dodging!

**Office of Student Affairs**  
@aus_osa  
AUS Athletics  
@ausathletics  
Student Council  
@aus_sc

**WELLNESS NOOK**

**PODCAST**

**COUNSELLING**

**SUSTAINABILITY**

**ALUMNI TALKS BY STUDENT COUNCIL**

We will provide a platform for successful AUS graduates to share their journey and experience with the AUS community. Follow Student Council on Instagram @aus_sc for the invitation to attend one of the most inspiring events this semester!

**STUDENT LEADERSHIP OPPORTUNITIES**

**Workshop on the Seven Habits of Highly Effective People**

Tuesday, November 9, 2021  
3:00 pm – 4:00 pm  
For more details, contact your Student Affairs Advisor.

**Podcast**

**GEN Z DILEMMAS**

Becoming ready for SEIF!

**LIFESTYLE TIP**

Do you find yourself: walking and not using your phone?  
Then you may be ready for SEIF!

**000 READING**

**GOOD READS**

**Social Media**

**DON’T MISS OUT!**

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**VOLUNTEER OPPORTUNITIES**

**Student Resources**

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**ACTIVE Student Scholarships**

**We are here for you!**

Your Resident Assistant is here to support you! Have a chat with them so they can get to know you.