



# Register for S3's Monthly Virtual Meeting!

**Topic:** Achieving Self-Discipline & Focus

**Date:** Thursday, August 19, 2021

**Time:** 2:00 p.m. – 3:00 p.m.

**Registration link:** <https://bit.ly/3y4QAZr>

At this meeting, Peer Mentor Thomas Shimmel will present on the book *The Practicing Mind* by Thomas Sterner. Thomas will explain how to develop focus and discipline in your life, using tactics from the book!

[Students Sharing Success \(S3\)](#) is a student organization at Wayne State University (WSU) led by Peer Mentors. S3 provides an inclusive space for WSU students with diverse learning needs to acquire resources that promote educational success and self-advocacy.

**Got questions?** Email us at [s3lc@wayne.edu](mailto:s3lc@wayne.edu).

