I am not familiar with changing these settings. I am assuming that /O2 is the -O2 in Setup->Build
Methods

The per package settings are in Project->Package Organizer as a checkbox at the bottom right? If
I don't have any of those checkboxes checked then that would mean the "Optimal" would use -O1
correct?

Is -O1 the same as optimise for size?

Cheers,

Nick