IN FOCUS is a six-week group that offers education and peer support for students who experience difficulties commonly associated with ATTENTION-DEFICIT/HYPERACTIVITY DISORDER (ADHD). Group meetings will be interactive and help students develop valuable skills for succeeding in school, career, and daily life.

Group sessions for the SPRING 2016 semester will be held on WEDNESDAYS 1:00-2:30PM, MARCH 30 — MAY 4 at the COUNSELING CENTER. For more information and to register for In Focus, please contact Jodi Thomas at 217-333-3704 or jmthomas@illinois.edu.

Weekly Topics
March 30: Goal Setting
April 6: Procrastination and Time Management
April 13: Managing Moods
April 20: Self-Care
April 27: Identity
May 4: Relationships