



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*