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 Fall 2012 semester will be held on Wednesdays from 1:00-2:30pm from October 31 to December 12 at the UIUC 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**

October 31: Goal Setting

November 7: Procrastination and Time Management

November 14: Managing Moods

November 21: NO GROUP

November 28: Self-Care

December 5: Identity

December 12: Relationships