**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 2014** semester will be held on **WEDNESDAYS 1:00-2:30PM**, **OCTOBER 22 — DECEMBER 3** 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**
- **October 22:** *Goal Setting*
- **October 29:** *Procrastination and Time Management*
- **November 5:** *Managing Moods*
- **November 12:** *Self-Care*
- **November 19:** *Identity*
- **November 26:** NO GROUP
- **December 3:** *Relationships*