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 2015 semester will be held on WEDNESDAYS 1:00-2:30PM, OCTOBER 28 — DECEMBER 9 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 28: Goal Setting
November 4: Procrastination and Time Management
November 11: Managing Moods
November 18: Self-Care
NO GROUP November 25
December 2: Identity
December 9: Relationships