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 2014 semester will be held on Wednesdays from 1:00-2:30pm from April 2 to May 7 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**

April 2: Goal Setting

April 9: Procrastination and Time Management

April 16: Managing Moods

April 23: Self-Care

April 30: Identity

May 7: Relationships