



# In Focus

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 2012 semester will be held on **Wednesdays from 1:00-2:30pm** from

**March 28 to May 2** 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](mailto:jmthomas@illinois.edu).

## Weekly Topics

**March 28: *Goal Setting***

**April 4: *Procrastination and Time Management***

**April 11: *Managing Moods***

**April 18: *Self-Care***

**April 25: *Identity***

**May 2: *Relationships***