



## Want to Learn Techniques for Improving Your Attention? Check out the Counseling Center's In Focus Series!

In Focus is a four-week series that offers education and support for students who commonly experience difficulties associated with **attention deficit/hyperactivity disorder (ADHD)**. You do not need to have an official diagnosis to get involved.

This series is interactive and gives students practical tips for improving focus. We'll cover:

- Goal Setting
- Procrastination
- Time Management
- Stress Management and Self-Care

For **Spring 2022**, In Focus will be offered **three** times via **Zoom**.

- The first series will be offered **Tuesdays** from **1 to 2:30 p.m.** on **February 8, 15, 22, and March 1.**
- The second series will be offered **Wednesdays** from **1 to 2:30 p.m.** on **March 2, 9, 23, and 30.**
- The third series will be offered **Thursdays** from **2 :30 to 4 p.m.** on **April 7, 14, 21, and 28.**

For more information and to register, please go to [counselingcenter.illinois.edu/InFocus](https://counselingcenter.illinois.edu/InFocus). You will receive Zoom information once you register. Registration is limited, so please sign up as soon as possible to ensure you get a place!



**Student Affairs**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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