



Perfectionism Series

Many of us are taught to believe that perfectionism is a good thing and will allow us to be better students. While there's nothing wrong with striving to be your best, aiming for perfection can cause problems. This three-part workshop series will focus on:

- Exploring the origins of perfectionism.
- Examine the impact of perfectionism on daily life.
- Discuss ways to better manage perfectionism and live a more balanced life.

Days and Time: For Spring 2022, this three-part workshop will be offered twice via Zoom.

- **Thursdays** on **March 3, 10, and 24** from **1:30 to 3 p.m.**
- **Fridays** on **March 25, April 1 and 8** from **2 to 3:30 p.m.**

To Register: Go to counselingcenter.illinois.edu/Perfectionism and complete the form. We encourage you to attend as many sessions as your schedule allows. Once you've registered, you'll receive Zoom information to attend. Be sure to register soon—these workshops have a limited number of seats available.

If you have any questions about this group, please contact Dr. Kathy Wierzchowski at wierzch1@illinois.edu.