



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 **Fall 2012** semester will be held on **Wednesdays from 1:00-2:30pm** from **October 31 to December 12** 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.

Weekly Topics

October 31: *Goal Setting*

November 7: *Procrastination and Time Management*

November 14: *Managing Moods*

November 21: *NO GROUP*

November 28: *Self-Care*

December 5: *Identity*

December 12: *Relationships*