



**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 2015** semester will be held on **WEDNESDAYS 1:00-2:30PM, OCTOBER 28 – DECEMBER 9** 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](mailto:jmthomas@illinois.edu).

### Weekly Topics

**October 28: *Goal Setting***

**November 4: *Procrastination and Time Management***

**November 11: *Managing Moods***

**November 18: *Self-Care***

**NO GROUP November 25**

**December 2: *Identity***

**December 9: *Relationships***