



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 2013 semester will be held on **Wednesdays from 1:00-2:30pm from March 27 to May 1 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.

Weekly Topics

March 27: *Goal Setting*

April 3: *Procrastination and Time Management*

April 10: *Managing Moods*

April 17: *Self-Care*

April 24: *Identity*

May 1: *Relationships*