



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 2014** semester will be held on **Wednesdays** from **1:00-2:30pm** from **April 2 to May 7** 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

April 2: *Goal Setting*

April 9: *Procrastination and Time Management*

April 16: *Managing Moods*

April 23: *Self-Care*

April 30: *Identity*

May 7: *Relationships*