Want to Learn Techniques for Improving Your Attention? 
Check out the Counseling Center’s In Focus Series!

In Focus is a four-week series that offers education and support for students who commonly experience difficulties associated with attention deficit/hyperactivity disorder (ADHD). You do not need to have an official diagnosis to get involved.

This series is interactive and gives students practical tips for improving focus. We’ll cover:

• Goal Setting
• Procrastination
• Time Management
• Stress Management and Self-Care

For Spring 2022, In Focus will be offered three times via Zoom.
• The first series will be offered Tuesdays from 1 to 2:30 p.m. on February 8, 15, 22, and March 1.
• The second series will be offered Wednesdays from 1 to 2:30 p.m. on March 2, 9, 23, and 30.
• The third series will be offered Thursdays from 2:30 to 4 p.m. on April 7, 14, 21, and 28.

For more information and to register, please go to counselingcenter.illinois.edu/InFocus. You will receive Zoom information once you register. Registration is limited, so please sign up as soon as possible to ensure you get a place!