



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 2014** semester will be held on **WEDNESDAYS 1:00-2:30PM, OCTOBER 22 – DECEMBER 3** 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

October 22: *Goal Setting*

October 29: *Procrastination and Time Management*

November 5: *Managing Moods*

November 12: *Self-Care*

November 19: *Identity*

November 26: **NO GROUP**

December 3: *Relationships*