



Want to Learn Techniques for Improving Your Attention? Check out our In Focus Series!

In Focus is a five-week online 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 is designed to give participants techniques that can improve focus in the classroom, careers, and relationships.

For Fall 2020, this series will meet **Thursdays from 1 to 2:30 p.m.** beginning October 15. It is open to all Illinois students. We encourage you to attend all sessions in the series. To register, please go to counselingcenter.illinois.edu/InFocus.

Registration is limited, so please sign up as soon as possible to ensure you get a place!

Fall 2020 Dates	Topic
Thursday, October 15	Goal Setting
Thursday, October 22	Procrastination
Thursday, October 29	Time Management
Thursday, November 5	Stress Management and Self-Care
Thursday, November 12	Process Session



Student Affairs
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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