



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

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

This series will meet **Wednesdays from 1 to 2:30 p.m.** beginning February 12. 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!

Spring 2020 Dates	Topic
Wednesday, February 12	Goal Setting
Wednesday, February 26	Procrastination
Wednesday, March 4	Time Management
Wednesday, March 11	Stress Management and Self-Care
Wednesday, March 25	Process Session

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