



## Perfectionism Series

Many of us are taught to believe that perfectionism is a good thing and will allow us to be better students. While there's nothing wrong with striving to be your best, aiming for perfection can cause problems. This three-part workshop series will focus on:

- Exploring the origins of perfectionism.
- Examine the impact of perfectionism on daily life.
- Discuss ways to better manage perfectionism and live a more balanced life.

**Days and Time:** For Fall 2021, this three-part workshop will be offered in-person on Monday, October 25, November 1 and November 8 from 3:30 to 4:50 p.m. in Lincoln Hall Room 1064.

**To Register:** Go to [counselingcenter.illinois.edu/Perfectionism](https://counselingcenter.illinois.edu/Perfectionism) and complete the form. We encourage you to attend as many sessions as your schedule allows. Please fill out this form to register. Be sure to register soon—these workshops have a limited number of seats available.

If you have any questions about this group, please contact Dr. Kathy Wierzchowski at [wierzch1@illinois.edu](mailto:wierzch1@illinois.edu).



**Student Affairs**

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

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