



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

In Focus will be offered in-person twice for Fall 2021 and once via Zoom.

- The first series will be offered **Wednesdays from 1 to 2:20 p.m.** on **September 29 until October 20** in **Lincoln Hall Room 1000**.
- The second series will be offered **Wednesdays from 1 to 2:20 p.m.** on **October 27 until November 17** in **Lincoln Hall Room 1000**.
- The third series will be offered **Fridays from 2 to 3 p.m.** on **November 12 until December 10**. It will be held via Zoom and you will receive a link once you register.

For more information and 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!



Student Affairs

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