

Lets Focus on Focusing

*Titan Hall, 3rd Floor Group Room or
Conference Room*

In this support group we will help students who struggle with attention and concentration to identify current challenges, develop strategies for managing them, and build self-esteem. Learn practical methods that students can use in everyday life such as time management, organization, activation, and motivation.

Thursdays 4-5PM
February 29- May 9

Excluding April 4

