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