

Facilitators: Dr. Ryan Terao | Dr. Janice Schafrik

MANAGING LIFE AND ACADEMICS WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Managing Life and Academics with ADHD is a support group for USC students who have ADHD and would like to gain additional skills in managing every-day tasks while sharing their experiences with other students with ADHD in a safe and supportive environment.

**Meeting
Time: TBD**

Group Focus Points

- Learn how to study efficiently
- Gain support and encouragement from other students with ADD/ADHD
- Learn how to work effectively with professors and instructors
- Learn how to enhance personal relationships
- Share your personal experiences in a safe and confidential setting!

Contact Dr. Ryan Terao at rterao@usc.edu or Dr. Janice Schafrik at schafrik@usc.edu for more information!