

**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.

## **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!

**Meeting  
Time: TBD**

**Contact Dr. Ryan Terao at [rterao@usc.edu](mailto:rterao@usc.edu) or Dr. Janice Schafrik at [schafrik@usc.edu](mailto:schafrik@usc.edu) for more information!**