

# Finding Your Focus: Undergraduate ADHD Support Forum

Do you have ADHD or struggle to maintain your attention and stay focused, especially while learning online? Join our forum to connect with other undergraduate students and develop strategies and skills to manage ADHD symptoms and feel more successful as you navigate online learning. This is a drop-in forum and students are welcome to join each week or as it fits their needs and schedules.

**Spring Quarter 2021: Weeks 2-10**  
**Mondays 3–4 PM (Except 5/10 and 5/31)**

Zoom: <https://uchealth.zoom.us/j/89691666013>



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*This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at (858) 534-3755 to make an appointment.*

