



Counseling and Psychiatric Services (CAPS)
University Health and Wellbeing
MICHIGAN STATE UNIVERSITY

CULTIVATING CONCENTRATION WORKSHOP

TUESDAYS

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11 A.M-12 P.M. ET

.....

HIPAA-Compliant
Zoom



Register:

Get started at
caps.msu.edu/schedule.

Indicate "Cultivating
Concentration
Workshop" on the
scheduling form.



This four-part workshop focuses on improving concentration, attention, and motivation to complete academic and work demands.

The workshop is available three times during the Spring 2022 semester:

- January 24
- February 21
- March 28

**Facilitators: Ashley Craft, MA
Jody Zhong, M.Ed**