

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

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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

Participation in CAPS programs is not restricted based on sex or race. All MSU students are welcome to participate based on the clinical recommendations of CAPS staff. SHW-CAPS-010923

