Perfectionism Workshops

Many of us are taught to believe that perfectionism is a good thing and will allow us to be better students. While there’s nothing wrong with striving to be your best, aiming for perfection can cause problems. This three-part workshop series will focus on:

• Exploring the origins of perfectionism.
• Examine the impact of perfectionism on daily life.
• Discuss ways to better manage perfectionism and live a more balanced life.

**Days and Time:** For Spring 2019, this three-part workshop will be offered on Wednesday, April 17, April 24, and May 1 from 3 to 4:30 p.m.

**Location:** Room 44 of the Counseling Center (610 E. John Street, Champaign)

**To Register:** Register online at counselingcenter.illinois.edu/Perfectionism. We encourage you to attend as many sessions as your schedule allows. Please fill out this form to register. Be sure to register soon—these workshops have a limited number of seats available.

If you have any questions about this group, please contact Dr. Jiyun Kang (jiyunk@illinois.edu) or Dr. Patricia Ricketts (pricktts@illinois.edu).

![Image of students studying together]

**ILLINOIS Counseling Center**

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