



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 Fall 2020 we're offering this three-part online workshop twice. One will be offered on Monday, September 28, October 5, and October 12 from 3 to 4:30 p.m. The second series will be offered Monday, October 19, October 26 and November 2 from 1 to 2:30 p.m.

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. Patricia Ricketts at pricketts@illinois.edu.



Student Affairs

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