



RUTGERS

Center for Adult Autism Services



RUTGERS

Center for Youth Social  
Emotional Wellness

# Do you want support for your ADD/ADHD?

Enrollment is now open for the **ACCESS**  
*(Accessing Campus Connections & Empowering Student Success)*  
program. ACCESS provides students with ADD/ADHD  
the knowledge, skills, and supports needed to reach  
their full potential @ Rutgers

## Participation involves:

- Eight weekly 90-min group meetings + weekly 30-min individual mentoring meetings. Virtual and in-person options are available
- Learning evidence-based information about ADD/ADHD, time management and organization skills, strategies for increasing motivation by shifting unhelpful negative thoughts, and how to obtain support services @ Rutgers

## Eligibility involves:

- Being a Rutgers undergraduate or graduate student with ADD/ADHD
- Commitment to attend weekly ACCESS meetings consistently

The program is **free** during the 2023-24 pilot year

If you are interested,  
please complete the  
interest form using the  
QR code or at:

[rutgers.ca1.qualtrics.com/jfe/  
form/SV\\_9TeopXrdZbC4FNA](https://rutgers.ca1.qualtrics.com/jfe/form/SV_9TeopXrdZbC4FNA)



If you have questions,  
email us at:

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