This group will explore the common challenges of the first generation college student experience and how these impacts may influence stress, transition, and the balance of mental wellness.

This group is for undergraduate students and open to students who may identify with the following topics.

DATES OF TOPICS:
9/29  OVERVIEW: BEING THE PIONEER
10/6  MY UNIQUENESS: EXPLORING INTERSECTIONALITY
10/13 MANIFESTATIONS OF STRESS
10/20 COMMUNITY AND CONNECTIONS
10/27  PRIDE & GUILT
11/3  YOUR BUBBLE OF SUPPORTS
11/10 PRIORITIZING YOU: BOUNDARIES
11/17  LOVING THY SELF: SELF-EFFICACY

This series will meet on HIPPA compliant ZOOM. No screening required.

Click on the link below to register.
https://msuhipaa.zoom.us/webinar/register/WN_skOkGcidTWa-u_C_n4_7-A

Facilitator:
Jessica Oyoque-Barron, LMSW