



Counseling and Psychiatric Services (CAPS)  
University Health and Wellbeing  
MICHIGAN STATE UNIVERSITY

# THIS IS TOUGH: EXPLORING THE 1ST GENERATION COLLEGE STUDENT EXPERIENCE

**THURSDAYS**  
2-3 P.M. ET

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In Person

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Group begins  
January 26



## Register:

Complete a pre-screening  
consultation to register.

Get started at

**[caps.msu.edu/schedule](https://caps.msu.edu/schedule)**



This space is about supporting and empowering one another through shared experiences.

Topics could include transition, family, relationship dynamics, exploring values and identity, navigating cultural expectations and building community.

A group screening is required to join. This group is for undergraduate students only.

**Group Facilitators:**  
**Chasma Mathis, Psy.D, .LP**  
**Jody Zhong, M.Ed**