



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

THIS IS TOUGH: EXPLORING THE FIRST-GENERATION COLLEGE STUDENT EXPERIENCE

WEDNESDAY
1-2 P.M. ET

.....

Virtual

.....

Group begins
May 31



Register:

Complete a pre-screening
consultation to register.

Get started at

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 Facilitator: Chasma Mathis, Psy.D, .LP