THIS IS TOUGH...
THE 1ST GENERATION EXPERIENCE

Wednesday 3:30 to 4:30 pm

Dates of Topics:
- 2/5 - Overview: Being the Pioneer
- 2/12 - My Uniqueness: Exploring Intersectionality
- 2/19 - Manifestations of Stress (Psychoeducation)
- 2/26 - Community and Connections
- 3/11 - Pride & Guilt
- 3/18 - YOUR bubble of Supports
- 3/25 - Prioritizing YOU: Boundaries
- 4/1 - Loving Thy Self: Self-Efficacy

Encouraged to attend all sessions to maximize awareness, however, not required. There will be no session during the week of Spring Break.

Group Facilitators:
Jessica Oyoque, LMSW and Jessica Gray, MSW Intern

Exploring the common challenges of being a 1st generation college student by engaging in activity-based reflections.

This drop-in group will focus on topics impacting the first-generation experience and how these impacts may influence stress, transition, and the overall balance of mental wellness.

No registration or screening required.

Open to students who may identify with the listed topics (see description left).

Contact: oyoqueje@msu.edu for more information

LOCATION:
Wilson Hall G-43B (CRU Room)
caps.msu.edu