

Support Group

The Support Group provides students with an opportunity to discuss personal issues that affect their academic life and other topics that may interest them. Students are encouraged to bring up their concerns, in this way everyone in the group can explain their own experience and be able to help other members who undergo similar circumstances.

Note: Everything expressed in the group discussions is confidential. Bad language is not allowed.

Weekly Group Discussions: October 12, 19, and 26. November 2, 9, 16, and 30.

Time: 12:30 pm to 1:30 pm

Place: North Academic Center, 1/209

SDS has a list of suggested topics:

- Welcome and Semester Challenges
- Time Management
- Midterm Stress
- About Assertiveness
- Goings for your Goals
- Finals Stress
- Friendships and Dating