“WHO’S FIRST?” (FORUM FOR FIRST-GENERATION COLLEGE STUDENTS)

The "Who’s First?” Forum provides participants with a supportive, confidential environment to discuss their experiences as first-generation college students. A former first-gen college student himself, Dr. Roberto Luna, facilitates discussion about topics, which are determined by the attendees.

Fall 2016
Themes covered
10/17 Impostor Syndrome
10/24 Guilt of being at UCSD while family struggles
10/31 Self-care and taboo of mental health needs
11/07 Isolation and lack of belonging
11/14 Assimilation vs. acculturation
11/21 Asking for help and navigating UCSD expectations

Dates: Time: Monday’s from noon to 1pm.
Location: Chancellor’s Associates Scholars Program (CASP) 5th Floor Student Services Center (#555)
Click here for directions

To discuss being part of this group, please contact
Roberto D. Luna, Psy.D
(858) 534-0255
caps.ucsd.edu/groups

This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at (858) 534-3755 to arrange an appointment.