

international student support group

Tuesdays, 4:30-5:30 p.m.
Caldwell Hall



what to know

This group is open to all undergraduate, graduate, and professional international students

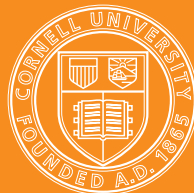
- Share your experience with (and understanding of) cross-cultural adjustment.
- Explore connections between adjustment stress, academic performance, and other areas of your life.
- Consider how your environment affects daily stresses.
- Learn to engage the community to help you adjust more effectively.

contact

To discuss joining the group (which begins 9/25/18) and/or receive additional information, please email the group facilitators:

- **Lavanya Devdas, PhD**
(ld364@cornell.edu)
- **Alesya Nazarova, PsyD**
(an596@cornell.edu)

Desserts will be offered as part of community-building in this group!



Learn more about group counseling at Cornell Health: health.cornell.edu/GROUPS