International Student Group:

When: Tuesdays, 4:30 - 5:30 p.m.
Start date: September 25th, 2018
Where: Caldwell Hall, Room: TBD

Facilitators: Lavanya Devdas, Ph.D., and Alesya Nazarova, Ph.D.

- Increase your understanding of cross-cultural adjustment
- Increase your awareness of connection between adjustment stress and academic performance, and other areas of your life
- Increase your comprehension of how environment affects stress
- Role of community in helping you adjust more effectively

Membership: Open to all undergrad, grad, and professional international students.

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

To join (or for more info): Email Dr. Lavanya Devdas, ld364@cornell.edu or Dr. Alesya Nazarova, an596@cornell.edu

Visit our webpage for information on groups:

https://health.cornell.edu/services/counseling-psychiatry/group-counseling