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.

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

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)

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