

First in the Family

Submitted by stahlman on Tue, 01/09/2018 - 8:41am



Are you the first in your family to attend college? If so, congratulations and welcome to the University of North Carolina at Chapel Hill! Being the first in your family to attend college can be an exciting and eye opening journey, and can be a source of great pride and hope to a family. However, it can also be a challenging and isolating experience. The First in the Family group is a safe and nurturing environment for Carolina's first generation college students to discuss the challenges of being the first in the family to attend college with others who "get it." The group will be a place to give and receive support, and will touch on topics such as financial stressors, maintaining boundaries, networking, and family conflicts, in order to help students to be successful academically, professionally, and personally.

We recognize that first generation college students are pioneers in the journey of higher education, and as such, have unique needs in navigating the college experience. Join us at First in the Family to help develop your road map to success!

This group requires an initial assessment at CAPS. The therapist will help you schedule a brief screening interview to see that the group will adequately address your reasons for coming to the group.

Use the [group interest form](#) ^[1] with questions or to express interest in this group to the facilitator(s).

Meeting Day and Time:

Tuesday 1:00 - 2:30 pm

Group Type:

[Theme/Support](#) ^[2]

Status:

Full

Facilitated By:

Erinn Scott, Psy.D. & Breezie Gibson, M.A.

Source URL: <https://caps.unc.edu/first-family>

Links

[1] <https://caps.unc.edu/services/group-therapy/how-join-group>

[2] <https://caps.unc.edu/group-therapy-types/themesupport>