Why Create a Support Group?

Elaine S. Rinfrette, LCSW-R, PhD
University at Buffalo
School of Social Work

1. You will know where to go to get support.

- You will have a place to go that you know will always be there for you.

“To foster a sense of trust, I always like to end each session with a group hug.”
2. You will be with other people who understand what you are going through.

- It’s hard for family and friends to know what happens in graduate school.
- Your peer group members will understand.

3. You won’t feel alone in a new environment.

- Sharing with other students helps you address how you feel and figure out what to do that will help the situation.
4. You will have a safe place.

- Go ahead, complain, kvetch, gripe, bitch.

5. You will get important information about SSW & UB.

- You will learn about the ins and outs of the Graduate Program in Social Work.
6. You will recognize how to use your strengths in new ways.

- Access the skills you have used to get through past challenges.

7. You can evolve from a new student to an advocate for yourself and others.

- You will have the chance to help yourself and others become successful students, promote change, support causes.
8. You can get ideas about how to balance your personal life and your academic life.

- Get help with "I need my life back" while maintaining your academic success.

9. You will get important information about what matters to you.

- Valuable information is shared among group members.
- Hear about courses, professors, tutors, activities, and other resources.
10. You will leave a legacy to the next generation of students.

- You will practice social work skills by passing on an important tool for success to the students who follow you into the SSW.