

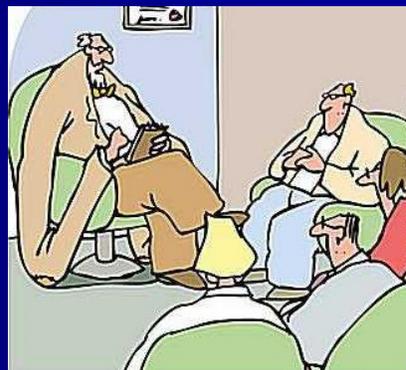


Why Create a Support Group?

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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.*



We're all in the same boat.

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.*



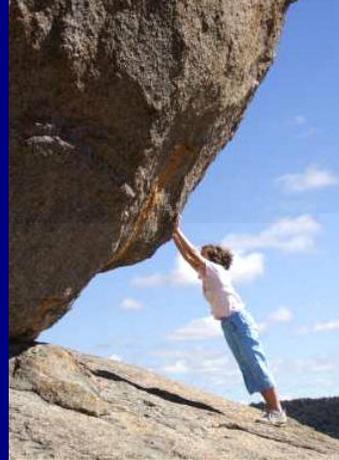
5. You will get important information about SSW & UB.

- *You will learn about the ins and outs of the Graduate Program in Social Work.*



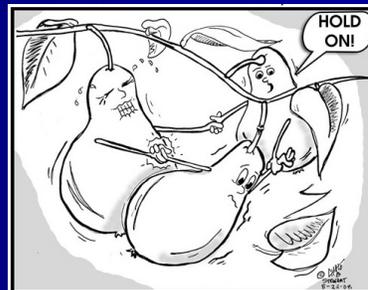
6. You will recognize how to use your strengths in new ways.

- *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.*



Pear to Pear Support

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.*

