

FIRST WEEKS OF COLLEGE NOT WHAT YOU EXPECTED?

You're not alone!

JOIN THE **FRESHMAN** **TRANSITION** **GROUP**

Many students find the transition to college life challenging! It's normal to feel homesick, lonely, or anxious with so many changes happening at once. **But, you can do something about it!**

The freshman transition group will meet weekly for 5 weeks beginning on **Tuesday, September 6th, at 3:30 pm.**

A professional counselor will facilitate the group, and work with students to ease this transition.

Please contact the College Counseling Center if you are interested in joining or would like more information.

**Change your
experience on
campus**

**Learn about
resources on
campus that can
help**

**Talk with other
freshman who can
relate**

**Learn how to
alleviate
homesickness**

**Gain strategies to
make new friends**

**COLLEGE
COUNSELING
CENTER**

131 Van Housen Hall

(315) 267-2330

Monday-Friday
8:30 a.m. - 4:30 p.m