



General Therapy Group for International Students

This group is an interpersonal process group for both graduate and undergraduate international students. We aim to create a safe space for international students to discuss issues affecting them. The focus of the group is determined by the members, but possible topics may include:

- Adjustment
- Academic difficulties
- Anxiety
- Cultural concerns
- Depression
- Family concerns
- Homesickness
- Identity issues
- Language barriers
- Loneliness
- Microaggressions
- Stress
- Relationships

The goal of the group is for international students to receive/provide support, learn about themselves and others, share their experiences, and discuss possible ways to cope with struggles. We hope this group ultimately helps international students enhance their personal growth while thriving in their academic life in the United States.

Day and Time: Tuesdays, 1 to 2:30 p.m.

Location: Counseling Center, 610 E. John Street, Champaign

To Join: Please schedule an initial appointment at the Counseling Center by calling us at 217-333-3704 between 7:50 a.m. and 5 p.m. Monday through Friday. After this appointment, you may need to briefly meet with the counselors who are in charge of the group to discuss your needs.

If you have any questions about this group, please contact Yuri Choi, Ph.D. (yuric@illinois.edu) or Jiyun Kang, Ph.D. (jiyunk@illinois.edu).



Counseling Center

217-333-3704

counselingcenter.illinois.edu