

“WHO’S FIRST?” (FORUM FOR FIRST-GENERATION COLLEGE STUDENTS)

The "Who's First?" Forum provides participants with a supportive, confidential environment to discuss their experiences as first-generation college students. A former first-gen college student himself, Dr. Roberto Luna, facilitates discussion about topics, which are determined by the attendees.

Fall 2016

Themes covered

- 10/17 Impostor Syndrome
- 10/24 Guilt of being at UCSD while family struggles
- 10/31 Self-care and taboo of mental health needs
- 11/07 Isolation and lack of belonging
- 11/14 Assimilation vs. acculturation
- 11/21 Asking for help and navigating UCSD expectations

Dates: Time: Monday's from noon to 1pm.

Location: Chancellor's Associates Scholars Program (CASP) **5th Floor Student Services Center (#555)**

[Click here for directions](#)

To discuss being part of this group, please contact

Roberto D. Luna, Psy.D

(858) 534-0255

caps.ucsd.edu/groups

This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call the CAPS central office at (858) 534-3755 to arrange an appointment.



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