

Transcript of Why Create a Support Group PowerPoint Presentation

Title Slide

Why Create a Support Group?

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Image Alt Text: A person walking on a snow covered path with snow covered trees on both sides of the path.

Slide 1

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.

Image Alt Text: A cartoon of a man with a clipboard and four individuals sitting in cars in a circle. The man with the clipboard says “to foster a sense of trust, I always like to end each session with a group hug.”

Slide 2

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.

Image Alt Text: 6 men and women rafting down a river with their paddles sticking out of the raft. The caption states: “we’re all in the same boat.”

Slide 3

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.

Image Alt Text: A kitten with orange fur with its arm over the shoulder of a kitten with black and white fur.

Slide 4

4. You will have a safe place.

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

Image Alt Text: A cartoon of an older woman wearing a floral sweater looking backward. “When life seems like an uphill climb, take comfort in the fact that you’re mooning everyone behind you” is written next to her.

Slide 5

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

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

Image Alt Text: Three African American women running approaching hurdles on a track. The women in the middle is in the mid-jump.

Slide 6

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

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

Image Alt Text: A young boy supports a large boulder on a hill.

Slide 7

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

- You will have the change to help yourself and others become successful students, promote change, support causes.

Image Alt Text: A cartoon of three pears on a branch. One pear is falling and the others are grabbing its hands, while one states “hold on!” The caption states: “pear to pear support.”

Slide 8

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.

Image Alt Text: A circle divided into 8 segments with photos inside each segment. Segment one is labeled “school” with a picture chalk board with a graduation cap drawn on it inside of it. Segment two is labeled “clubs” with a picture of a child covered in paint holding a paint brush inside of it. Segment three is labeled “work” with a photo of an individual serving coffee inside of it. Segment four is labeled “family” with a photo of a female child and man laughing inside of it. Segment five is labeled “friends” with a photo of children laying with their heads toward each other inside of it. Segment six is “self” with a photo of a women walking on the beach inside of it. Segment seven is labeled “hobbies” with a photo of children playing video games inside of it. Segment eight is labeled “sports” with a photo of children huddling with their hands together inside of it.

Slide 9

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.

Image Alt Text: A dog laying down sleeping with a kitten under its ear sleeping.

Slide 10

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 in the SSW.

Image Alt Text: A pair of hands reach out to receive a red gift box from another set of hands.