STRESSED about completing your dissertation? You are not alone!

This support group is specifically for graduate students currently working to complete their dissertations. Participation in a support group can be an excellent way to receive normalization of your individual experience while offering support to others as you journey through the dissertation process together.

The group aims to:
- Teach skills to effectively manage anxiety/stress
- Increase personal motivation
- Provide additional accountability and structure
- Offer a supportive, therapeutic space while you near the end of your degree!

HOW DO I JOIN?
Students can self-refer or be recommended to the group by any LSU professional.

REFERRAL CONSIDERATIONS
- This group will remain OPEN to new members. Students can join at any point in the semester.
- Students should be open to participating in a supportive group experience with skill-building activities. Personal disclosure is not expected.
- This group may not be appropriate for students with active suicidal thinking, disruptive behaviors, or experiencing a crisis that would necessitate immediate emergency care.

FOR FURTHER INFORMATION:
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