Writing a dissertation or a thesis can be a challenging time. Feelings of being blocked or stuck, overwhelmed, frustrated, isolated, or unsupported can interfere with the process of writing and research. You are not alone. This group is designed for any graduate student writing a thesis or dissertation who is experiencing distress or discouragement. Its aim is to help students reconnect with their creativity and motivation.

WHAT CAN YOU EXPECT?

This group will provide a safe and confidential space for graduate students writing a thesis or dissertation to share their experience and receive support from each other and the facilitator, as well as give support to each other. It will also focus on goal setting and anxiety/stress management. We will start by identifying and exploring struggles currently experienced by group members, and tailor the group to address these specific issues, which may include imposter syndrome, procrastination, creating and meeting deadlines, lack of motivation, or struggles with supervision. Interactive activities and discussion will help us to understand our experiences and explore new tools and skills for coping with these and other challenges.

HOW TO ACCESS THE GROUP?

While this is an open group, space is limited. We ask that participants commit to attending every week. To register, make an intake appointment at SFU Health and Counselling Services by calling 778-782-4615 in Burnaby Campus, 778-782-5200 in Vancouver or Surrey.

You can also contact the program facilitator Susan Brook via email at hcsgrad@sfu.ca to schedule a brief phone appointment and to ask any questions you may have.

THURSDAYS, 12.00-1.30 PM
FEBRUARY 23-APRIL 6, 2017
SFU BURNABY CAMPUS
MAGGIE BENSTON CENTRE, ROOM 0309
PROGRAM FACILITATOR: SUSAN BROOK
*Directions will be forwarded to participants via email.

FOR STUDENTS WHO:

- Are at any stage of writing a dissertation or thesis
- Find loneliness, frustration, anxiety, or other emotions are getting in the way of the research and/or writing process
- Are experiencing challenges with a supervisor
- Find it hard to balance the challenges of life and dissertation/thesis writing
- Are having difficulties with creating and/or meeting deadlines and goal-setting
- Are willing to engage in group activities and share at their own pace

students.sfu.ca/health