Fall 2019

Drop-in spaces for UMB students

These spaces are open to all students - you do not need to register or make an appointment. You do not need to commit to consistent attendance. Just stop by the counseling center group space (Quinn Administration Building 2nd floor) at these times to talk more about your experience and get support!

Drop-in support for new UMB students

Tuesdays 3:30 - 4:30 pm (from September 3rd, 2019 – October 10th, 2019)

Thursdays 11:00 - 12:00 pm (from September 3rd, 2019 – October 10th, 2019)

Facilitated by Bryan Balvaneda, MA

This drop-in space supports students transitioning to UMB, including first-year and transfer students. Transitions are exciting times, but change is also hard and can sometimes feel isolating, stressful, or anxiety-producing. Topics this group may address include: navigating academics and the challenges of college, managing stress, developing new relationships and handling conflict, and the challenges of more independent living. Just stop by to talk more about your experience! The space may help you to navigate the challenges and opportunities of life at UMB to make your time a less stressful and more comfortable experience.

Drop-in support for first-generation UMB students

Thursdays 12:00 – 1:00 pm

Facilitated by Bryan Balvaneda, MA

Walking the path towards academic success can be a rewarding yet difficult experience, especially for those who are the first in their family to attend college and beyond. This drop-in space, led by a first-generation college- and now graduate-student, is a group space to discuss the challenges and stresses of being a first generation college student. Topics will include, but are not limited to: balancing home, work, social and academic life, navigating academics such as identifying majors and extra-curriculars, communicating with peers and faculty as well as family about academic needs, and managing expectations for oneself and from others during these new times.

While you are welcome to just stop by, feel free to call (617-287-5690) or e-mail (counseling.center@umb.edu) with any questions, or if you already use counseling talk with a clinician for more information.