

UNIDAS Group Topics

University of Colorado, Boulder- Group for Latina/Chicana students

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Latina at CU- Understanding what it's like to be Latina at CU. Explore challenges and how to work through them. Discuss the importance of community and supporting each other.

Body image- Exploring what affects how we feel about our bodies and image, how sometimes conflicting cultural messages can impact the expectations we have about our body image, and learn healthy ways to feel more comfortable with and appreciate our bodies.

Stress and anxiety- Getting a better sense of different personal, academic, and cultural/environmental issues that create stress and anxiety, how they affect each of us, and how to better cope with them.

Finding direction in life/becoming a professional- Exploring goals for the future, what are the supports/resources we have available and what are the barriers. Being able to look at how conflicts in roles and expectations for Latina women can sometimes impact our journey. Increase clarity and motivation around goals.

Romantic relationships/sex- Making sense of past and current relationships, what we have learned about ourselves, and what we want from future relationships. Look at how to maintain your sense of self in relationships and what the role that sexuality plays in each person's life.

Self-esteem/self-worth- Exploring what affects each person's self-esteem and how our self-esteem affects different areas of our lives. Explore ways to increase and maintain self-esteem.

Learning how to deal with your emotions- Looking at how we view, understand, and deal with emotions. Learn to be less judging of how we feel, how to better communicate them with others, and deal with highs and lows.

Academics- Discussion and tips around how to deal with time management and procrastination issues as well as test anxiety.

Play- Learning more about each person's play style and how play can be a useful and important part of our everyday lives. Take time to actually play together.

Values- Gaining clearer picture of what our most important values are through a value clarification exercise and explore how these are tied to your major, goals, and sense of self.

Stereotype Threat- Learn about and explore how fear of being stereotyped or “being found out as an impostor” can actually impair your performance on academic and other tasks. Learn how to defy stereotypes and define yourself.