



We Get It: Voices of Grieving College Students and Young Adults

Heather L. Servaty-Seib, David C. Fajgenbaum

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A unique collection of 33 narratives by bereaved students and young adults, this book aims to help young adults who are grieving and provide guidance for those who seek to support them.

Grieving the death of a loved one is difficult at any age, but it can be particularly difficult during college and young adulthood. From developing a sense of identity to living away from family and adjusting to life on and off campus, college students and young adults face a unique set of issues. These issues often make it difficult for young adults to talk about their loss, leading to a sense of isolation, different-ness and a pressure to pretend that everything is OK. The narratives included in this book are honest, engaging and heartfelt, and they help other students and young people know that they are not alone and that there are others who 'get' what they are going through. The narratives are usefully divided by themes, such as isolation, forced maturity and life transition challenges, and include commentary by the authors on grief responses and coping strategies. Each section also ends with helpful questions for reflection.

Inspired by the experiences of Dr. Fajgenbaum losing his mother during college and Dr. Servaty-Seib dedicating her career to college student bereavement, this book will be a lifeline for students and young adults who have lost a loved one. It will also be of immeasurable value to counselors, college administrators, grief professionals and parents.

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Charles Eiland:

Spent a free time to be fun activity to accomplish! A lot of people spent their down time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Might be reading a book can be option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the book untitled We Get It: Voices of Grieving College Students and Young Adults can be good book to read. May be it may be best activity to you.

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