



It's All in the Research

Here at Actively Moving Forward® (AMF) we are passionate about advocating for and spreading awareness about the unique issues many grieving young adults are faced with.

When asked why this is an important age group to focus on, we have years of service to fuel our passion - but don't just take it from us! Let's turn to some of the research to help explain this "silent epidemic".¹



- “Many argue that the experience of bereavement during the college years can hinder the successful completion of developmental tasks faced by these late adolescents (*Balk, 2001; Balk et al., 1998; Balk, Tyson-Rawson, & Colletti-Wetzel, 1993; Balk & Vesta, 1998; Janowiak et al., 1995*).”²
- “College students who are grieving can find their identity formation challenged as they begin to question seriously their own competence and self-worth. In particular, individuals may experience considerable difficulty recovering from grief and thereby endanger the prospects of gaining the maturity needed to lead lives filled with a sense of autonomy, direction, and intimacy.”³
- “The quantitative and qualitative results of the present research underscore how bereavement during this time relates to the totality of the college experience, from interactions with professors and peers, to academic work and engagement in campus life.”⁴
- “Strange and Banning describe the significant roles that campus environments can play in promoting and enhancing students’ adjustment, development, learning, and success. Because campuses are also places in which bereaved students may grieve their death losses, it is important to examine these environments and their impact.”⁵

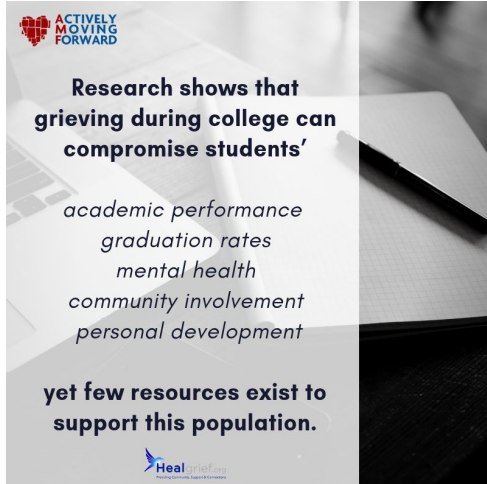
¹ *Balk, D. E. (2001). College student bereavement, scholarship, and the university: A call for university engagement. Death studies, 25(1), 67-84.*

² *Mathews, L. L., & Servaty-Seib, H. L. (2007). Hardiness and grief in a sample of bereaved college students. Death studies, 31(3), 183-204.*

³ *Balk, D. E. (2001). College student bereavement, scholarship, and the university: A call for university engagement. Death studies, 25(1), 67-84.*

⁴ *Cupit, I. N., Servaty-Seib, H. L., Tedrick Parikh, S., Walker, A. C., & Martin, R. (2016). College and the grieving student: A mixed-methods analysis. Death studies, 40(8), 494-506.*

⁵ *Taub, D. J., & Servaty-Seib, H. L. (2008). Developmental and contextual perspectives on bereaved college students. New Directions for Student Services, 2008(121), 15-26.*



While research greatly supports the work we do at Actively Moving Forward® (AMF), we believe the voices and experiences of our AMFers are also invaluable.

The co-founder of AMF, David Fajgenbaum MD, MBA, MSc, FCPP & grief researcher Heather Servaty-Sieb, Ph.D. combined the latest research with stories from AMFers to help both young adults and professionals to understand the issues and needs surrounding the grieving young adult population.

Learn more by reading: [*We Get It: Voices of Grieving College Students and Young Adults.*](#)

We are thankful to have testimonials from AMF program participants to help us explain their grief journeys and how AMF has made a difference in their lives:

“Joining a community who could empathize what it's like to live life after losing a loved one gave me so much hope. AMF taught me to positively move forward by sharing stories and doing acts of kindness.”

Aileen: Campbell University

“Actively Moving Forward connected me with other students who knew EXACTLY what I was going through. I went from feeling completely lost and alone, to feeling empowered even when grieving.

Because of that, my dad's legacy lives on every single day.”

Alex: Lewis University

“I did not really process the grief from my father's death until I went to college and was faced with a new environment filled with people who didn't know anything about me. The AMF support group was my safe haven, my place of unspoken understanding when there were no words, my strength when things felt unhinged, and through service projects, a place to direct my energy and help others in the same way.”

Katy: Georgetown University

“AMF builds relationships, provides support, and strengthens your belief of hope for the future. AMF strengthened relationships I had on my campus. It brought us together to share meals, share time and share stories. AMF also connected me with fellow students I passed in the hallway everyday but had no idea they struggled with the same things I did. Even beyond my campus, AMF connected me with others across the nation. We met for a conference that was only a weekend, but our goodbye was long and bittersweet. We had been joined together by our grief, joined together by the stories we shared and our passion in helping others. We were joined together by AMF. WE ARE AMF!”

Brenna: University of Minnesota - Duluth