Title of Article:  *Coping Strategies During Bereavement: The case of University of Botswana.*

Authors: Alao, A. A., Mabote, M.M., Sento-Pelaelo, O.T. Kgosititsi, A.D. et.al.


Date: 2010

Abstract:

The study investigated how University of Botswana students have been affected with loss and how they have coped with grief. The coping strategies and the adjustment patterns utilized during bereavement and grief were explored. The findings revealed that the most frequently used strategies included positive reinterpretation and growth, religious coping and acceptance. The percentages of students found using some forms of maladaptive modes of coping such as mental disengagement, etc. suggest the need for professional assistance.