

TIPS/RESOURCES for FIRST GENERATION COLLEGE STUDENTS

Adapted from the College of St. Scholastica

First-generation college students - students whose parents either never attended college or never earned a four-year degree - sometimes face a tall task when it comes to earning a college degree. Sometimes, figuring out how to go through higher education without your family members' experiences guiding you can be overwhelming. But, by working on organizational skills and taking advantage of all the resources available on campus, you will make this dream a reality!

9 TIPS FOR FIRST-GENERATION COLLEGE STUDENTS

1. Seek academic support resources early on

One of the biggest struggles first-gen students encounter in college is the lack of a family support system that has experience with the hurdles they're facing. In the midst of an increased college course load, it can be easy to become overwhelmed. *"Take time and go to tutoring if you are having trouble," says first-gen graduate Tyler Yost. "If you're stuck on a single concept, go to your professor's office hours. They don't like sitting in their office alone and you could also learn a lot while you're in there."* If you're even the slightest bit worried about a class (or classes), seek help as soon as possible! Take advantage of all tutoring resources as well as the office hours instructors keep that will help get you up to speed.

2. Find highly-motivated students to partner & study with

It's mind-boggling when you consider the time and financial commitments of pursuing a degree, but not all students in college are going to be enthusiastic learners. *"There will inevitably be group projects, and it's up to you to find those who will actually work hard and you'll learn from in the process," Yost*

says. Seek out group and study partners who seem to genuinely care; they'll push you to learn more and make the most of your time.

3. Embrace who you are

You don't have to come from a long line of doctors and lawyers to fit in or provide valuable perspective in the college classroom. *"The classroom environment can be intimidating," says first-gen graduate Natasha Payes. "But your perspective matters. Speak up and sit in the front row." Academic discussions in college are supposed to expose students to new points of view. You're smart enough to make it this far; don't let false notions or misconceptions about not belonging hinder your college experience. If you really engage with the course content, you'll undoubtedly walk away having learned more than if you stayed quiet in the back row!*

4. Be proactive about financial assistance

While there are a variety of different scholarship opportunities available each year to students, don't expect them to just fall into your lap. It might not be the most exciting activity, but dedicating time to your scholarship search can really pay off. *Meet with your advisor and Financial Aid counselor to talk about scholarship opportunities on campus and through your major. Also look at national databases (e.g. <http://myscholly.com>) to find opportunities.* But staying on top of the scholarship search isn't the only thing you should be doing to maintain financial stability throughout your collegiate journey. It is important to keep track of any loan debt you're accruing while in school. *If you need assistance with this, ask the Financial Aid office for strategies (307) 766-2116.*

5. Get involved!

"I would encourage first-gen students to find a way to create a home away from home at college," says first-gen graduate Chanté Griffin. "I made it a point to get involved in clubs on campus." Want to know the quickest way to feel like

you belong? Join a club! *If you're not sure where to start, look at the Campus Activities Center page (www.uwyo.edu/cac) and browse all the opportunities.* Be sure to scroll down to “Recognized Student Organizations” and look at the 250+ groups on campus.

6. Don't overload yourself

If you're planning on working a job while attending school, be cautious and don't over-commit. Let your employer know your situation. A common mistake is to not consider the time you'll need outside of the classroom to complete your work. You might have a class that only meets once per week, but the out-of-classroom workload will be similar to classes that meet more frequently. Plan for a heavy load and adjust!

7. Take (smart) chances

“Want to startup a business selling neon t-shirts to clubs? Start it. Want to play the mandolin. Find a group and try it,” Yost says. “You won't have as much time to test things out in such a welcoming environment ever again.” *This is an opportunity to go out on a limb and try something new that has always intrigued you.* If it doesn't work out, you're in an environment that allows you to move onto the next thing that interests you. As much as the college environment is about educating you to be successful when you enter the workforce, it's also a fundamental time in your life to find yourself and discover new interests.

8. Build your support system

If your family is unfamiliar with navigating the challenges of college, who do you turn to for support? *Be sure to tap into the many mentors who may be able to help. Your Synergy peer mentor, RA, instructors, and ACES advisor are great places to start.* Your Synergy advisor, Makayla Stewart, or peer mentor

can also help you get connected with a mentor or advisor who has experienced being first-generation and going through college.

9. Don't doubt yourself

“I was scared. I didn't know what to expect. I just knew that college would be harder than high school, and I was deathly afraid that I would flunk out,”

Griffin says. Here's the truth: The quote above could be attributed to practically any student heading into college for the first time. Some might hide it better than others, but there's always going to be a bit of nervousness and doubt when you're taking a big step in life. *Don't let it get the best of you — find confidence in how hard you've worked to reach this point and don't let anything keep you from stepping forward.*