

# Preparing First Generation Students for College

Presented by:

USI's TRIO Student Support Services



# Agenda



- Overview of USI's TRiO Student Support Services Program
- Human Development and College Students
- Talking About College Majors
- Working with First Generation Guilt

# How Do I Qualify?

## **Be a first-generation college student, or...**

so neither mom, dad, parent, nor guardian has earned a 4-year degree (having an associates/technical degree would still qualify the student as first generation)

## **Meet income eligibility, or...**

usually on your FAFSA this means that you qualify for a **Pell grant** or if you are an Indiana resident you may receive the 21<sup>st</sup> Century Scholarship

## **Have a documented disability**

usually students who have an IEP plan in high school, diagnosed ADHD, and/or other learning, physical, or psychological disabilities



# How We Help

- **Academic Advising and Monitoring** • **Peer Mentoring**
- **Academic Coaching** • **One-on-One Tutoring** • **Financial Counseling**
- **Applying for Scholarships** • **Cultural Enrichment Programming**
- **Career and Major Exploration** • **Graduate School Preparation**
- **Developing Leadership Skills** • **Student Employment**
- **SSS-Specific UNIV 101 Experience** • **Free In-Office Printing**
- **Personal Guidance** • **And MUCH More...**

# How Do I Apply?

Go To:

- USI.EDU

Search:

- Student Support Services

Click:

- How to Become a Participant

Click:

- Application for 2020-2021

# Human Development and College Students

Unlike physical human development, psychological development expands most during the college years.

*Beside the obvious intellectual development, young adults begin to integrate their identity and internalize a personal set of beliefs and value system (Blimling, 2010).*

*How high school professionals may support and prepare first-generation college student's, beyond academics, for personal success, as well as, academic success.*

- **Students must believe they are intelligent enough to compete in a university environment**
- **Students explore their physical and manual competence in college.**
- **Students need to have a sense of belonging.**
- **\*\*Recommendation: A structured course for college preparedness beyond academics**

# Let's Talk about College Majors

## Major decisions and its Importance

A **MAJOR**, or specialized area of study, is requisite to graduate from any university. Less important as a determinant of career and general life success. Skills, experiences, and relationships developed from participation in student organizations are the crux of academic achievement, personal growth, and professional success.

**Very Important for First Gen students to start thinking about their major early!**

## What can you do?

- Be proactive! Talk to students about their plans for university. ***“Have you thought about a major?”***
- Apply your analytical skills to introduce students to their own strengths.
- Encourage students to be ***explore*** their values, passions, and future career interests!

**Do what you do well! *Listen, show care, and support!***

**EXPAND THEIR POSSIBILITIES!**



# Working with First Generation Guilt

- As a first-generation college student, one will face many waves of emotions.
- There may be external guilt placed on the student by family.
  - This guilt may be seen through providing for the family while attending school.
  - It also may be through the comments from family that the student is now “too good” due to receiving a college education.
- Another form of guilt we may not take into consideration is the internal guilt that a student may feel.
  - This may present itself through the student feeling like they no longer belong or the struggle of finding their place within the family unit when they return home from college.
- What you can do: Talk with the student and help validate the feeling they are experiencing.



# Contact Us!

Aaron Pryor, LCSW  
Program Director  
812-228-5086  
[alpryor@usi.edu](mailto:alpryor@usi.edu)

Madea Erickson  
Academic Coordinator  
812-228-5087  
[merickson@usi.edu](mailto:merickson@usi.edu)

Va Cun  
Academic Counselor  
812-461-5249  
[vtcun@usi.edu](mailto:vtcun@usi.edu)

Macie Cox  
Graduate Assistant  
812-228-5125  
[mrcox4\\_se@usi.edu](mailto:mrcox4_se@usi.edu)

<https://www.usi.edu/university-division/student-support-services/>

# References

Blimling, Gregory. (2010). The resident Assistant. 7<sup>th</sup> ed. Retrieved from [https://he.kendallhunt.com/sites/default/files/uploadedFiles/Kendall\\_Hunt/Content/Higher Education/Uploads/Ch08\\_Blimling\\_7e.pdf](https://he.kendallhunt.com/sites/default/files/uploadedFiles/Kendall_Hunt/Content/Higher_Education/Uploads/Ch08_Blimling_7e.pdf)