

## First Gen Stories

### Read

**Reflections of a Recent First-Gen College Grad:** <https://jsf.bz/news/reflections-of-a-recent-first-gen-college-grad/>

Powerful blog by a University of Florida graduate about remembering and acknowledging accomplishments despite challenges, leaning on support systems, and reflecting on dreams she had at 18.

**First-generation college students need mentors who believe in us:** <https://www.science.org/content/article/first-generation-college-students-need-mentors-who-believe-us>

Article about the importance of mentors for first-gen students.

**Living a double life:** <https://www.greatschools.org/gk/articles/struggles-first-generation-college-students-face/>

Article that describes a unique challenge to first-gen students in navigating family roles.

**'I Had to Choose Myself': A First-Gen Story:** [bit.ly/3sfsRr6](http://bit.ly/3sfsRr6)

Photo essay on what it means to be first gen for one student.

### Watch

**In Their Own Words: Challenges of First-Gen Students:** [bit.ly/3QEtbjm](http://bit.ly/3QEtbjm)

Video on first-gen challenges for students, part of a series by the Chronicle of Higher Education.

**Instilling the 'Senses' for First-Generation College Students:** [https://www.ted.com/talks/lindsey\\_dubose\\_instilling\\_the\\_senses\\_for\\_first\\_generation\\_college\\_students](https://www.ted.com/talks/lindsey_dubose_instilling_the_senses_for_first_generation_college_students)

TED Talk about the additional barriers to success that first generation college students experience from childhood through graduation, compared to non-first gen peers. The discussion emphasizes a need for both an "instilled sense of possibility" from a young age and an "institutionally-cultivated sense of belonging" to succeed in higher education.

**What I have learned as a first-generation college student:** <https://www.youtube.com/watch?v=VRVG7kjjw7g>

Ted Talk on what Lyric Swinton learned as a first-gen student and how she dealt with feeling out of place and isolated at college.

## Other Resources and Tools for Supporting Students

**Tips And Resources for First-Generation College Students:** <https://www.forbes.com/advisor/education/online-resources-for-first-generation-college-students/> Article from Forbes about a variety of resources and advice on where to find support at college.

**Why First Gen:** <https://firstgen.naspa.org/why-first-gen/why-first-gen>

First-gen page from National Association of Student Personnel Administrators (NASPA) with journals, research, resources, news, blogs, programs, and services.

**First Gen Empower:** <https://firstgenempower.org>

Resources on applying to college, financial aid, succeeding in college, and more.

**Parchment:** <https://www.parchment.com/c/my-chances/>

Parchment offers free tools for any student that can help them get a meaningful estimate of their chances of admission to any college in their database. Also helps with college matching and finding scholarships.

**National College Attainment Network (NCAN):** <https://www.ncan.org/page/EssentialWebsites>

All in one website for students to find information on postsecondary options. Can be a good resource for professionals to share with their first generation students.

**How To College: First Gen:** <https://howtocollegefirstgen.org/>

First-gen podcast conducted by Cody Dailey.

**College Search Advice from First-Gen Admissions Counselors – IACAC:** <https://www.youtube.com/watch?v=vpsIGexQE9E>

College search advice webinar from first-gen admissions counselors.

**First Generation Scholars Network (ISAC):** <https://studentportal.isac.org/firstgen>

First Gen Scholars Network info and services.

**Collective Success Network:** <https://www.collectivesuccess.org/resources>

Collective Success Network with help centers, mental health resources, blogs, etc.

**I'm First:** <https://imfirst.org/>

List of colleges and universities that provide support for first gen students.

**Senior College Seminar by Scoir:** <https://www.scoir.com/senior-college-seminar>

Resource to walk high school students through a timeline of what they need to complete on the path to higher education, along with explanations of definitions and terms.



# RESOURCES FOR PARTNERS

**Rise First:** <https://risefirst.org/resources/resource-directory>

Nationwide Resources Directory designed to help and support first generation, low income FGLI students. Includes webinars that offer tips and advice. A section entitled *Role Models with Stories* focuses on successful FGLI individuals.

**Supporting First-Generation and Low-Income Students Beyond the College Acceptance Letter:**

<https://blog.ed.gov/2021/04/supporting-first-generation-low-income-students-beyond-college-acceptance-letter/>

Discusses challenges for first-gen students and practical ways that professionals can offer support.

**College Admissions Acronyms & Terms:** <https://collegeparents.org/college-admissions-acronyms-terms/>

A starting place for walking a first-gen student through the many acronyms they will encounter.

**Supporting First-Generation College Students:** <https://eab.com/research/student-affairs/roadmaps/supporting-first-generation-college-students/>

Guide for supporting first-gen students.