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PRESENTS

A HANDBOOK FOR 1ST GENERATION
COLLEGE STUDENTS

#ThingsIWishIknewInCollege

A HANDBOOK FOR 1ST GENERATION COLLEGE STUDENTS

A Handbook For Ist Generation College Students

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CONTENTS

CHAPTER1	1
CHAPTER2	13
CHAPTER3	21
CHAPTER4	29
CHAPTER 5	37
ACKNOWLEDGMENTS	46

Letter To My Younger Self

Dear Me,

Congratulations, you've made it through the awkward years of high school. From weird first impressions, fifteen-minute crushes, school gossip, midterms, and late-night cramming sessions. You made it to the other side of the journey.

Here comes the next chapter. The chapter of self-discovery and unlearning everything I presumed to know about the world from a one way street. This is the journey you have undoubtedly prepared for your entire academic life.

You have made it this far and this is no doubt the pinnacle decision of your life. I know that you never imagined you would be on this journey alone and that you are incredibly scared for what is about to come. Just know that everything you could ever need is already inside of you. Don't look back this in an uphill climb.

Here are some things I want you to think about for the next four years on your college journey.

- Create a plan – I don't expect you to know everything or get everything right the first time but just going through these years aimlessly will set you back more than you can wrap your little head around right now. With that said I want you to create a road map for what you intend to do when college is over and how you will get there. Again, I know this can be overwhelming and there will be highs and lows just start.

- Be Accountable – This will be the time you learn to be accountable for your actions. If you are late to class, miss a test, don't complete an assignment no one will be chasing you to complete those items. You have to be responsible and take accountability for all your actions; you will have no one to blame but yourself.

- Seek Counseling – There will be periods where life feels like too much, there will be periods of frustration

- Don't Make Assumptions – Ask, please always ask questions In class in relationships, in friendships, at work. Like the saying going to ASSUME is to make an ASS-of U & M E
- Have fun but be smart and ALWAYS DO YOUR BEST.

Lastly, don't worry so much about money. It will all work out.

From,

CHAPTER ONE

The Transition

To live through an impossible situation, you don't need to have reflexes of Grand Prix driver, the muscles of Hercules, the mind of Einstein. You simply need to know what to do. – **Anthony Greenbank**

Has that moment of uncertainty and anxiousness hit you yet? Don't worry, it will and it's completely normal. You're probably anxiously anticipating the day you get to drive out of your parent's driveway, or hop on that greyhound and off into the perfect sunset. Headed toward the campus of your

dreams. Perhaps you've planned this day out and loaded your car with everything you will need to make the first semester a huge success.

Unfortunately, going away to college is not only a major accomplishment for you. It's a standard that sets precedence for your entire family. You see the huge smiles and receive the warm congratulatory hugs from your family. However, you are secretly being passed the baton of the future legacy of your entire family. You are indeed indebted to become the first one in your family to break generations curses and build a new bridge of hope for your family.

Although the words may not be spoken loudly over the applause and sobbing cries of onlookers and supporters. You undoubtedly feel the insurmountable pressure as a first-generation college student to raise the bar and exceed expectations.

Scary? Yes. Impossible? No. All through high school you will be constantly advised about college being a top priority for your future. The older you grew in age the more pamphlets from colleges across the country would arrive in your mailbox daily. Your family and friends will constantly be inquiring about your perspective college options. Your parents eagerly book you for college campus visits. You're probably trying to adjust to the idea that college is right around the corner and you need a moment to face the reality of how much of a transition everything will be once you make a decision. In comparison to college, everything in high school has relatively prepared you for college. Writing

essays, running in between classes, meeting FASFA deadlines, national exams, etc. It will feel as if your life is no longer your own and to a certain extent it's not any longer.

Transition to the next chapter in your life takes courage and guts to prepare yourself for the future you always dreamed about in your mind. Yet, no one stops and asks you if you are ok or if you are mentally prepared to handle everything the next chapter will require of you.

College is an important part of your success story. However, it's more important that you are confident in your decision-making process. Why? This is your life. College is the middle point between you and the real world. You are solely responsible for your success. If you are not focused and truly are not prepared to put your best foot forward for this experience chances are you will waste a lot of time and money. College requires all of you,

Finding your passion will lead you to not only secure the job of your dreams but also allow you to create a life of fulfillment.

An important thing to remember is that it's okay to feel nervous, scared, excited and overwhelmed. You're human and you're allowed to process things in a way that you understand. Quiet as it's kept not going directly to college is not a bad decision if you know you are not ready. We live in a world that empower our choices to pursue alternative ideas. Your education begins in the classrooms and continues in the world around you.

Reading this book will help you graduate with little to no debt and obtain employment once you graduate.

CHAPTER TWO

HOW TO BE A SUCCESSFUL STUDENT

“Don’t let what you cannot do interfere with what you can do.” – **John Wooden**

I went to a specialized high school which has more resources for NYC students, and does a pretty good job preparing you for the academic intensity of college. But I had some personal challenges that influenced some of my decisions prematurely. For me college represented a way to a better life and a brighter future. I saw college as an opportunity to change the trajectory of my future. I didn’t feel comfortable within my surroundings. I never wanted to settle for less than I deserved. Unlike most people I didn’t have a golden ticket through the next stage in my life. I knew that the future I imagined depended on me making the hard choice and fighting my way through life. For me, college was not just the key to my future, it was the pot of gold waiting for me within my destiny.

When I first started out in college I was ambitious, I allowed my instincts to guide me. Sometimes that meant cramming for an exam last minute or racing across campus to get to class. I knew I was an adult since everyone around

me co-signed that I was technically in the world alone. In college you learn to adjust to being on your own really quickly. It's either sink or swim. People always say that everything in life prepares you for the next thing. Being on my own since I was 17 forced me to mature quickly. I learned to adapt and pick up on the things within no time at all. It was honestly a little scary at first because I'm not one to break down and ask for help. I'm strong enough to handle whatever life throws in my direction. But, on some days I wish I had someone to pick me up and tell me everything was going to be okay. Despite the many obstacles and challenges, I faced daily, I was determined to keep going.

“Was I a terrible student? No. I learned that the only way to succeed as a first-generation college student was to learn through trial and error. Luckily, I was able to minimize my distractions. College was not just another passage door for me. For me, college was a personal and intimate experience to really get to know myself and unlearn everything I thought I knew about the world. My success was all on my shoulders and I was responsible for reaching this goal.

According to the University Business, thirty percent of higher ed students today are the first in their family to attend college, while 24 percent—4.5 million—are both first-generation and low-income.

That means a significant portion of students is at risk of dropping out, as National Center for Education Statistics data shows that only 11 percent of low-income, first-generation

students graduated within six years of starting. And less than one-quarter of first-generation students overall earn their way to a bachelor's degree, compared to 68 percent of their non-first-gen peers.

The purpose of this book is to help you beat the statistics and excel well beyond expectations. To do so you need to have a solid plan, backed by action.

Deciding what your life should look like once college is over is very important. Now, if there is anything I can guarantee it is that everything will not always be easy ride. But you have to have an in-depth plan. An in depth plan includes breaking down the pros and cons of a four year college, what to expect in the first year, secondary programs to help navigate your academic career, and learning to transition successfully from high school student to first generation college graduate.

High School Students

As you prepare to transition from high school and into college, you have to be prepared to mentally shift your mindset into the next phase. There's a lot to consider when it comes to deciding about which college you'd like to attend. While every student's preferences are different, there are some basic questions which apply to most prospective students.

Here are some questions to ask yourself while creating your post-secondary plan.

Am I on the right route? A four-year university is not the right decision for everyone. Don't feel pressure to do so until you are ready. You will pay for it later in some way shape or form.

What are my options? If there is anything I want you to take from this book, it is how to **FIND** and **USE** resources.

It will be the key to success in whatever you do in life. Now, there are several options after high school. If I could do it all over again I would have pursued a degree at a community college and then got a full scholarship to a four-year anniversary. Why? It's cost-effective. There were plenty of community colleges offering the same program for a fraction of the price. Additionally, most community colleges have programs specific to first-generation college students that will help pay for the cost of your degree.

A successful student understands keeping your debt as

low as possible must be apart of the plan. Don't be intimidated or afraid to weigh your options. This is your opportunity to shape your future and a great way to start the journey is by staying debt free. If you can escape student loans and obtain an education in the process, you are effectively winning. No matter how hard the decision may be, make the best decision that will give you a more financially stable future.

Community College Debunked

Let's be honest, community colleges have a pretty bad

reputation when it comes to getting a quality education. You probably have heard all of the negative tales of a degree from a community college is not as good as a university. Perhaps you may have been told that some people only attend a community college because they can't afford a four-year university. Like most misconceptions, community college myths are based on elements of truth. But like most misconceptions, these myths lead to mistaken beliefs that could warp your ability to choose the right post-high school educational path.

Here's the great thing about a community college that most people like to leave out of the conversation. You can obtain a college degree and enter into the workforce within a number of years. Community colleges offer a more intimate and personable experience for post high school graduates. Sometimes you may get lost and feel like just another number at a big university. Some people perform better in smaller environments that allow their creativity and natural instincts to kick into high gear.

Community colleges offer workshops, seminars, flexible scheduling of classes, and resources to make the academic experience satisfactory. While being on a big campus is exciting to be apart of the organizations, campus tours, and learning from some of the countries best professors you are still obtaining an education.

Most Common Myths About Community College

1. Community College is not “second-class” education.
2. Community College is easier.
3. Students who attend community college because they did not get accepted to four-year universities.
4. Most Students who attend community college are older, with full time jobs.

Community colleges are not just for post high school graduates. It's an establishment is to help boost the working-class citizen with more resources and options to grow their income. Some people may decide to pursue a Bachelor of Science degree to apply for a new position within a company. Some people decide to go back to college once their kids are grown. There is no shame in attending a community college. Community colleges represent a secondary resource for those looking to pursue an education.

Similar stigmas against community college steered me away. I also desired the freedom and college lifestyle that I was cohered into as a adolescent. A community college is not a bad decision. Preparation is key to your success and whichever route you take make sure it's one that you will be happy with later.

Alternative Career Paths

What if you're not quite sure about a community college or a four-year university?

For some people, this is a real dilemma. A huge burden on first generation college students is having limited beliefs on their potential. It can be picked up in school, in the household or an instinct of trying not to overwhelm the family.

A major key to success is to give up those limited beliefs. Its time to break the glass ceilings and challenge the former way of thinking. Condition your mind to see all the possibilities of where you can take your life once you step outside of the box. Today, we live in a world that provides us with unlimited options to create the career path we always hoped and dreamed possible. We don't have to go deep into debt and stress ourselves out by trying to figure out how to pay tuition. Even if you think a community college is not a good fit for you, keep your options open. There are tons of programs available that can help you enter the career of your

choice.

If you have an interest in becoming a pharmacist or Nurse Nurse Practitioner. Here are some suggestions for programs:

Pharmacy School

As a former Pharmacy Technician at National Retail Pharmacy, I discovered that two out of every three pharmacy interns had been given this path by a family member. Three of the pharmacists were under 25, one had a full ride provided he kept a 3.0. Here is what I learned; one you can become a Pharmacist straight out of high school.

Once you turn 18 you should apply as a Pharmacy technician. The Pharmacy field is not reserved for super braniacs or science wizards.

So how do you do it? A little research will take you far. If you are going to attend Pharmacy school fresh out of college you will need to search for schools that have a six-year program. There are different types of Pharmacy Degrees, so you also want to research the type you are trying to obtain.

For the first two years of pharmacy school you will take courses like the “general education” courses you would take if you were attending a regular University. Working at as a pharmacy technical is important as most major retail pharmacies (CVS, Walgreens, Costco, Wal-Mart, Target) have

intern programs which will not only help your chances of succeeding in school but also will help you lock a job upon exiting. I am by no means saying this is something easy, but if you are dedicated, fully apply yourself and have a great memory you could go far in this field.

“Direct medical programs target high-achieving high school students who are committed to entering the medical field. These elite combined degrees give students the opportunity to go directly from undergraduate to medical school, without the hassle of the typical med-school admissions process. “-Kristen Moon, Forbes.com

Here are some schools with six-year programs:

- Albany College of Pharmacy - The disciplines of pharmacy and pharmaceutical sciences contribute in very different ways to a patient’s health. Most people are familiar with the pharmacist’s role in dispensing drugs and counseling patients. But fewer realize that it is often the pharmaceutical scientist who initiates the process by which these drugs are discovered and developed.

Our Bachelor's in Pharmaceutical Sciences has been designed to include both the coursework and hands-on laboratory experiences required to succeed in this dynamic field. The result is a degree that serves as a springboard to master’s or Ph.D.-level programs, medical school, or

entry-level positions in the pharmaceutical and biomedical industries.

Students interested in further preparing themselves for this field may want to explore our B.S./M.S. dual degree program which allows you to obtain a Bachelor's and Master's degree in Pharmaceutical Sciences in just five years.

<https://www.acphs.edu/pharmaceutical-sciences>

- Northeastern University - Pharmacy majors enrolled in the joint Doctor of Pharmacy (PharmD)/Master of Public Health (MPH) Program have the opportunity to take graduate courses in the MPH Program while earning their PharmD. Up to 15 credit hours of these courses count toward both their PharmD and MPH, allowing these students to earn their MPH in a shorter amount of time than it would take to earn it separately from their PharmD.

https://bouve.northeastern.edu/health-sciences/programs/pharmd-mph/#_ga=2.192401454.561029217.1518530122-1431602535.1518530121

- • Ohio Northern University - 0-6, direct-entry pharmacy school experience

- 9,000 ONU pharmacists have graduated into the profession since 1884

- ONU is ranked the No. 1 private college of pharmacy in the state of Ohio (according to U.S. News and World Report)

- 99 percent of our graduates are employed within six

months of graduation

- Approximately 93 percent of our graduates pass the National Association of Boards of Pharmacy Licensure Examination (NAPLEX) on their first attempt. In 2017, the national passage rate was 85 percent. <http://www.onu.edu/pharmacy>

- St John's University - Well-trained pharmacists are always in demand. According to the Bureau of Labor Statistics, jobs for pharmacists will rise 17 percent by 2018. This growth is fueled by the increasing use of prescription drugs by an aging population; scientific advances leading to the introduction of new drugs; and pharmacists' growing involvement in patient care.

If you're interested in a rewarding career as a pharmacist, discover the entry-level Doctor of Pharmacy Degree Program (Pharm.D.) at St. John's University. Offered by our College of Pharmacy and Health Sciences — one of the leading schools of its kind — the program is designed to provide students with the clinical and academic skills and knowledge needed to deliver outstanding patient care in all pharmacy settings.

<https://www.stjohns.edu/academics/schools-and-colleges/college-pharmacy-and-health-sciences/programs-and-majors/doctor-pharmacy>

- St. Louis College of Pharmacy - Students who begin completing their undergraduate coursework at the College may pursue a Pharm.D. with an integrated B.S. In the integrated program, the final year of undergraduate

coursework overlaps with the first professional year. Students complete their bachelor's degree and participate in Commencement at the end of the first professional year.

The College provides a challenging learning environment where students can explore career options, develop practical expertise, and become leaders in the profession and their communities. Small class sizes allow students to have direct access to faculty and staff, and promotes strong, mentoring relationships.

<http://www.stlcp.edu/academics/pharmacy/integrated-pharmd-bs.html>

Nursing School

Like Pharmacy school you can also enter Nursing School directly out of high school. The U.S. Department of labor projects more than a million nursing positions will need to be filled immediately. Check out the following link to see what path you should pursue for a career in nursing.

<https://bigfuture.collegeboard.org/explore-careers/college-majors/thinking-about-nursing-school>

Culinary School

Do you really have a passion for cooking?

Consider going directly to culinary school. The following website has great information about degree types and programs.

<https://www.culinaryschools.org/culinary-degree-types/#context/api/listings/prefilter>

We would be here all day going though all the other professions just know that there are OPTIONS.

College Students

Here are some things to consider?

Picking a major – If you have chosen your school based on your major you can skip this. This is particularly for students who are undecided. Drilling down based on your interest might not be enough so the next step is RESEARCH. New professions and occupations arise every day based on the needs of the world. Check out the Bureau of Labor Statistics and find out what the job growth is projected to be in 5,10, 15 years? You don't want to have to broad of a major nor do you want to be too specialized. Per the Washington Post only 27% of college graduates work in fields related to their major. Although this accounts for career changes the bigger story is that students could not find jobs related to their degrees. Be very mindful of covering all your tracks when you change your major. If you aren't on top of things changing your major can add an extra semester causing you more time and money. Essentially, I was set up to finish college a year early but didn't graduate in 4.5 years after switching my major my second semester sophomore year. Switching my major became an issue because I didn't have all my l's dotted and t's crossed. All majors have required classes and pre-requisites, one of the pre-requisites I needed to enter the higher level courses was not offered in the upcoming semester so I could not proceed. Unfortunately, this is a problem many students come across and often you will see students "walk" during graduation even when they haven't fulfilled their degree requirements.

2. Transferable Credits – We will revisit this more in depth in a later chapter but as a freshman it is very important to transfer any earned credits while in high school. Examples include college courses, AP Exam scores (4 or

Above), or State Regent Exam scores. (85 or above in a foreign language). The stipulations will vary by school/state but please check and see if you can transfer any credits it will allow you some of the required General Education College Courses. This will save you time and \$\$\$.

3. 5 Year plan – Our adolescent years can rob us of reality. We seem to think that we have all the time in the world. In a way we do, but to truly be successful you have to take accountability for your self, your future, and make sure your actions are always with intention. When I was a freshmen I had a 5 year plan IN MY HEAD – NO BUENO. It is very important to write it out, make it make sense of itself. Refer to handout for sample 5 year plan.

4. Semester Plan – Unlike high school your schedule is not created for you. You are responsible for registering for courses after meeting with your advisor. A successful student does not rely on their advisor prepare yourself, and come prepared with questions with your degree audit. (Refer to Worksheets for Sample) Courses are posted on the school website before the semester ends, use this to compose a potential schedule. Research courses and professors using sites like ratemyprofessor.com.

2. What am I learning in the process?

3. Am I growing in the environment personally and academically?

Asking yourself the tough questions provide you with clarity. It's important that you keep your head in the game. But, also not overwhelmed with trying to exceed other people's expectations of you. College is your valuable time to not only pursue your career endeavors. But, it's an important step in your development as an adult.. four-year college is a lot of pressure and weight on your shoulders. It is a rich and cultured environment that moves rather quickly. Whereas with a community college you can develop at a slower pace and take the skills necessary and apply them to a four-year college

Key Stone Habits

Now that you have your plans written down, let's discuss how to develop habits to make sure you are progressing. In college you have to manage your schoolwork and your social life. You will be tempted to hang out late or participate in school functions etc. Having key stone habits will keep you on track.

- Exercise – I am sure you heard of freshmen 15! Most companies have a free gym technically its included in your tuition so you paid for it. However, this suggestion is more about your mental state and proven success areas in other aspects of your life. According to the Association for Applied Sport Psychology, exercise is correlated with better mood, less stress, more confidence and better sleep.
- Make your bed – I know I know what college student has time for that? The one who is determined to be successful. Making your bed is correlated to increased productivity and happiness.
- Develop daily routines – having the ability to plan your class schedule makes it easier to create consistency, even if its just getting up and going to bed at the same time. People with routines are more productive and often better with their finances.
- Willpower – Self-discipline is the catalyst for success in every part of life. In college you will be subjected with pressure to drink, break rules, stay up all night etc. learn to say NO, and mean it. And if you are of age and decide to participate in any activities KNOW YOUR LIMIT!

2D. RESOURCES – You cannot become a successful student without knowing what is available to you and actually using it to your advantage. I cannot stress enough how important it is to FIND YOUR RESOURCES. Don't ever feel as if you are too good for help or too embarrassed for guidance. Your tuition contributes to the existence of these resources.

COUNSELING

2E. NETWORKING

FIND A MENTOR: An important step of networking is finding a mentor. The minute you feel attached or drawn to any professor, faculty or staff consider asking them to be your mentor.

Ways to ask someone to be your mentor? (Worksheet)

- Ask to have lunch?
- Be able to explain what you want to achieve out of the mentorship.

The second biggest regret of my peers is always “I didn’t network as much as I should have”. The saying it’s not what you know it’s whom you know, still and will always be relative in today’s world. Whether it’s for an internship, job, recommendation, you name it knowing the right people will always give you a boost. You want to learn how to build contacts, and whenever you are working on any project make the best impression. College campuses are a great networking resource because they are endless opportunities.

2F Internships

Internships are awesome for several reasons. One, you get to experience a field that sparks your interest and figure out if it truly is something you see yourself doing. Second, you will always gain a learning experience you will be able to apply at some point in your life. Third, you may come across an opportunity they may turn into a job. I suggest having a minimum of three internships throughout your college career, and don’t wait until your senior year to secure one. Also, don’t be afraid to create your own internship. Social

media is so valuable in that way, if you see an organization you are interested in don't be afraid to reach out and CREATE an opportunity.

2G. Campus Groups

The bigger the campus the more groups to choose from, join one! There are groups from just about any thing you can think of. Joining a group on campus will allow you to meet new people and also build relationships with Professors and Administrators.

Cultural Groups

Major Groups

Sororities/Fraternities

Residential Assistant

2F -STUDY ABROAD

Whenever I ask my fellow college graduates what is the one thing they wish they did in college the number one answer is always to STUDY ABROAD.

Most schools offer some sort of Study Abroad program, which allows you live in a different country while still obtain college credits. You should check with the international affairs/study abroad groups to find out exactly what countries are available for what semesters. Also, check out course requirements any pre-req (courses that need to be completed before session begins).

Why you should study abroad?

If you think high school went by quickly, I'll be the first to tell you college goes by even quicker. The difference is when you get out of college you are truly on your own in the real world, with rent, student loan payments, cell phone bills, and any other thing you never had to worry about. These responsibilities will make it 100 times harder and if we are real honest almost impossible to just pick up and visit another country. For these reasons alone you should consider studying abroad. This will really be the only time you get pick up your life and move across the country for the month

A HANDBOOK FOR 1ST GENERATION COLLEGE STUDENTS

Personal Growth – Living in another country forces you to step out of your comfort zone. “Overall, I learned a lot more about myself in that one semester than I did in the three and a half years in my home school because of the unique space in which I learned, experienced, and spent exploring another culture.” says Carolyn Valtos (IES)

Building your resume – SA Programs are a resume booster!

Increased Self Confidence – Being in a foreign country you will be faced with new opportunities to grow which is a confidence booster.

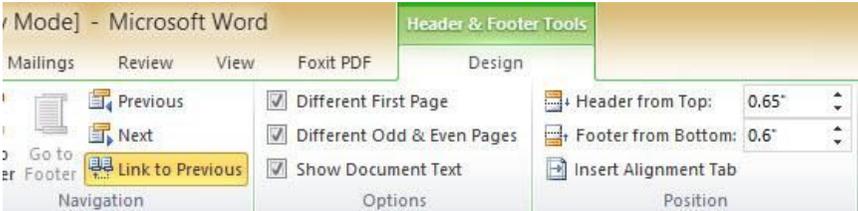
When you graduate you may never get the chance to live in another country. No work obligations, no legit bills.

Lifetime Benefits — Once in a lifetime experiences.

Summer Opportunities – If you don't want to S/A during the school year look for summer programs.

CHAPTER THREE

MONEY



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CHAPTER 5

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