

#FIRSTGENPROUD

Alumni Blog- November 2021

#FIRSTGENPROUD

It seems like when you hear about first generation college students, it is always highlighting the struggles that they face. This is true- often first generation students feel less confident and uncomfortable on campus and in their classes. They usually have to balance work and school as well as face other challenges.

#FIRSTGENPROUD

In Upward Bound, we touched on these topics when you were students. Now as an alumni, we are sure that you have (hopefully) worked through a lot of these issues. If you are having any issues you need help with, please reach out to your Education Specialist. We will help get things sorted out ASAP.

Today, we want to talk about

First Gen Strengths

Wait...what?! Yes, first generation students have a unique perspective that can give a leg up in certain areas.

So, the next time you feel out of place or unsure, remind yourself of how awesome you already are.

#GOALS

First generation students set goals and expectations for themselves- especially when it comes to college. Those who stick to working towards those goals are often successful not only in college but later down the road.

#TIMEMANAGEMENT

Most first generation students have had to balance work, school, and extracurricular activities while in high school. This often continues- okay intensifies- in college. Your learning curve for this skill is often lower than other students.

#MULTITASKER

First generation students are excellent at multitasking. This is a skill that is built when you don't have a lot of extra time, so naturally you learn to multitask. Honestly, this is one of the most important college skills you can have.



#LIFESKILLS

While we know that not every first generation student can complete all life skills- most have more life skills than non-first generation students. Being able to take care of yourself, knowing how to manage money, pay bills, make your own food, do laundry, etc, just means less life skills you had to learn when you moved away from home.

#CREATIVE

Since many first generation students don't have all the college answers, they are good at either finding out how to take care of the problem, who to talk to, or come up with a completely unique solution. When that happens go ahead and give yourself a pat on the back!



#APPRECIATIVE

First generation students are thankful and appreciative of the campus resources available and more likely to use them. This can increase the likelihood that a student will be successful in college. We all need a little help sometimes.