

First-Gen Yearbook

FIRST-GEN INSIGHT

Faculty and staff at AU who were first-generation students share their stories and give advice

RESOURCE GUIDE

We've compiled a list of helpful resources at AU for first-gen students

JOIN THE COMMUNITY!

How to get in contact with CDI and stay up to date with the first-gen community at AU



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LGBTQ, MULTICULTURAL,
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Mary Graydon Center

201 & 202

M-F 9-5pm

On the cover:

Ryan Barto

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First-Gen

A first-generation college student is defined as a student whose parent(s)/legal guardian(s) have not completed a bachelor's degree. This means that you are the first in your family to attend a four-year college/university to attain a bachelor's degree.

Regardless of definition, if you feel that you are the first in your family to chart college as a new territory, AU's first-generation community welcomes you! The Center for Diversity and Inclusion is committed to ensuring that our campus community is a welcoming and affirming place for all of our students.

This yearbook consists of AU faculty and staff who identify as first-gen. We asked them some questions about their first-gen experiences to share some of their insights and meaningful advice for the first-gen AU student community.

Also if you're a first-gen student, don't hesitate to reach out and ask questions to any staff or faculty featured here! And remember to keep up with CDI to be updated on any first-gen events so that you may meet other first-gen students on campus.





Sharon Alston SHE/HER/HERS

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Feel proud of what you accomplished (don't second guess yourself) and don't hesitate to get involved. Don't be afraid to make mistakes and ask for help.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

It's important to understand that we all have areas of insecurity. Just remember to keep track of your accomplishments/successes.

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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Keep pushing forward. You will inspire those around you to change for the better. The next generations will think of what you did as the new norm and that is a wonderful feeling.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Make connections. As a first generation student in a family of immigrants, I lacked the parental "connections" for employment opportunities

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

General education courses and free electives are your friends. I first wanted to be an automotive technician, then I ended up doing information systems as undergrad and following that with a MBA.



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WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

While in undergrad, I was working two jobs and didn't have time to search for any career opportunities. But, I run across a flyer from the career service office and met with a counselor and she directed me to opportunities that I was not aware of.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

01 Where can I borrow or find free textbooks?

02 How can I finish my degree faster?

03 Where can I locate and apply for grant money?

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Do not allow anyone to isolate you from campus programs. Either make an effort to locate a support group at the University or create you own support team..

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Compile a list of places to study and locate opportunities to take care of yourself. I would spend four hours in the library, on the weekends, when it was less crowded.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

Being first GEN sometime does not give you the leisure to fail, so instead of focusing on failure, focus on your accomplishments (pass one class at a time). If you do fail, regroup, start again and don't look back...



DON'T TAKE NO FOR AN ANSWER, KEEP ASKING QUESTIONS UNTIL YOU GET THE ASSISTANCE YOU NEED.



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Enjoy your time as a freshman. Find a mentor-- either a professional staff or faculty Join a club, Greek org, etc--find your passion you will find "your people" to help you navigate your college experience

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Don't just go to grad school or Law School right out of college if you are not feeling it! The job market is pretty good right now--maybe take a year or two off. You will appreciate your grad level experience more and you will have more professional experience to help you

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Study a lot, think a lot, work hard: DO NOT GET BEHIND in your coursework. Take advantages of all opportunities the university offers (like attend lectures even if they are not in your field). Take a break during summer if you have something productive to do (like work) or else take a course (s).

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

You are almost there; keep studying.



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Ask so many questions and explore a wide variety of courses. I loved my undergraduate career, and I wish I had taken advantage of even more opportunities in school.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

I would emphasize using career services and really learn to market my soft skills. I would also encourage myself to practice public speaking and interviews at every chance.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

I would have used our Career Services office more often, and I would have done more research on marketing my skills. The career options can be overwhelming, so I would have take more opportunities to shadow/speak to professionals.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

Honestly, this feeling has never really gone away for me. Even in graduate school, I was doing really well, but I never felt like I should be there. I ended up not really enjoying it. I dealt with it by working out or reading or practicing a different skill-set that was not academic. This way I was doing something that benefited me and that I enjoyed, then I was less likely to compare myself to others.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

01 What is graduate school?

02 How do I double major or minor?

03 How do I effectively study and learn?



Talisa Carter SHE/HER/HERS

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Be you. You're enough. Asking for help is a strength. Comparison is the thief of joy.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

Re-frame fear with faith. Remember where you come from. Focus on where you're going.

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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMEN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Don't compare yourself to others- your college journey is YOURS. Trust yourself.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

The first gen experience will follow you into your professional career as you learn a new way of being.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

I've talked with others about it, which helped me to realize that I wasn't alone. I also had to build my trust and confidence that I knew what I was doing and deserved to be in college (undergrad and grad).



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Get involved, including in on-campus employment and student organizations.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Visit the career center.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

On-campus job opportunities

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

I would encourage myself to befriend responsible and caring upper-class students. I would also encourage myself to ask more questions and sit down with more faculty and staff to learn about their career paths.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

I would encourage myself to trust that I know how to make good decisions and that it is okay to not always be in control. Life isn't always linear. That's terrifying but also very exciting!

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

It wasn't until I was far into my degree program that I learned about other fields. As a curious individual, I took this as an opportunity to pick up a minor. Ultimately, this helped me see that there were many other career paths that existed in the world and changed my perception on how to approach career learning.



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

It is imperative that you understand your "why". For me it was important for me to take advantage of the fact that you're only 18 once! So make wise decisions.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Sit in the moment and realize that you deserve to be exactly where you are.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

I grew up in college campuses because I was a "gifted student". So I've never felt like I didn't belong at a PWI. My biggest adjustment was at my alma mater an HBCU in the South. As a New Yorker I was afraid of not fitting in.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Let yourself truly celebrate what you are about to achieve, and don't let yourself forget where you came from. Your success is success for your whole family and community.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

01 What basic skills (such as studying, completing homework, writing) do I need to better master in order to be successful in college?

02 How can connecting with other first-gen students help support me in my experience?

03 What perspectives or values does a first-gen perspective bring to a college's diversity?



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

It's not just about grades! Talk to your professors, seek their advice and feedback, and get involved on campus and in the local community. When you get a final paper back, don't just see what you did right. Engage with the professor's comments, and try to improve the paper even after the close of the class. Develop and maintain relationships with your professors, as they are a potential network AND will need to write your grad school recommendations.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Slow. Down. You've done well, but that doesn't necessarily mean that you are ready to go right to graduate school or whatever your goal is. Explore all of your options and speak with your mentors about the best way to achieve your goals.

Tara Flakker

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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

It will be okay if the path ahead does not go as outlined. Graduation is a beginning and not an end. Be easy on yourself, you are the first to graduate from college, but not the first in your family to have a career and navigate life. Talk to others, learn from their stories and think about how you want to shape your own path.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

01 How do I stay focused on the learning process and not the end goal of completion?

02 How do I live in the moment without guilt and worry about the future?

03 What can I do to network better and build strong relationships with faculty, field supervisors and peers/future colleagues?



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

I would have advised myself to ask questions and access all of the resources available to me on campus. It was not until the last year and a half of my master's program when I took advantage of all of the resources available to me and regret not doing so sooner. Remember, you are paying for it all and you should not feel shame.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

I would have told myself that you belong in the classroom. You went through the same application process as every other person in the room and got accepted; you are not an imposter.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Be open to learning as much as you can. Participate early and often.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

In hindsight, I was at pains to be something of a 'know-it-all' and displayed an arrogance that was unsuitable to my educational and lifetime achievements. I was fortunate to have academic mentors that guided me towards more expansive understandings of my academic fields, and thus allowed me to make much more of my undergraduate experience than simply completing the degree program.



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WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

- 01** Am I experiencing this or merely persisting through this experience?
- 02** Am I investing my time wisely?
- 03** Is what I am doing contributing to my life?

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

Info interviews, speaking with faculty in courses that were outside my major, speaking with other students to hear their interests.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Don't be shy! Ask lots of questions, try not to make any assumptions, put yourself out there. There are so many opportunities to meet people, explore interests, and learn about life, on top of all the academics. Chances are you have something in common with everyone, and there are some people who share your interests or experiences.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

By the fall, make a five-year plan (or if that's too intimidating, make a three-year plan). Start looking at jobs announcements or applying to graduate programs in September. Dream big, put yourself out there, and brush off any rejections. It's a big world and there is a place for you in it.



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Allow your accomplishments to soak in. You worked so very hard to get to this point, enjoy it!

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

I built relationships with everyone I came in contact with. From my professors to hall staff to housekeeping staff. Everyone has a unique background and everyone has their own cluster of relationships. You never know who will inspire you and who may know someone who will give you your dream job.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

- 01** What scholarships are currently available for students?
- 02** "Would you mind repeating that again?"
- 03** Are there any other class options which would fulfill this credit obligation?

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Slow down, you will do well (even though you are surrounded by others who seem better prepared). Develop a support group of friends as soon as possible. Don't neglect extracurricular activities that are fun (not pursued for resumé purposes).

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

I was fortunate enough to find a group of friends/roommates who had similar backgrounds and were less intimidated by college. They were also extroverts (I was not). Over time, I also learned who the real impostors were.



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Don't be afraid to ask questions. Listen to your gut and trust yourself. Find other students who have similar values as you.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Don't rush and stop comparing yourself to others. We all have different paths and going straight to graduate school isn't the "right" or "best" path just because many people are doing it.

HOW ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

Crying. a lot. Finding faculty and mentors I trusted who held a LOT of space for me. Joined a woman of color coalition, which brought together students, staff, and faculty.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

01

How do I integrate volunteer and internship experiences into my resume?

02

How can I benefit from counseling?

03

How do I find mentors?



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WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

Impostor syndrome was incredibly real during grad school. My first and second semesters were rampant with feelings of inadequacies and comparisons to others in my cohort whom I felt were "better" than me. However, during one of my classes, we all ended up bringing up the fact that ALL of us felt that way, which was super comforting to know we all shared in the same struggles.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

Once my best friend left Penn State after our first year, I had to go out of my comfort zone and meet new people. I volunteered at the LGBTQA Student Resource Center which eventually led to an internship position which eventually led to my first career in higher education.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Be sure to talk to and use as many resources on campus as possible. Some of the conversations you need to have about your future, your immediate family may not be able to help. But mentors on campus can help you have those conversations.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

I really didn't and I've regretted it. I didn't leverage the career services and didn't have key conversations while I was a senior. I found my way but it took a lot longer than I would have liked. In retrospect, I'd say try and many internships as you can. Don't be afraid to take a step even if you're not sure it's the right professional step. Your chosen career can change.



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Ask questions. Ask tons of questions. There was so much that I didn't even realize that I didn't know, and often I was not bold enough to ask, ask, and ask again (ask differently!) to get what I needed.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Proactively develop financial literacy. Understand what loan repayment looks like so that you can take advantage of current opportunities - including your first job search - in a responsible way.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

I was a theater major. I rehearsed a minimum of 30 hours/week, and worked two jobs - 15 hours a week at a federal work study job, and 15-20 hours a week at a restaurant. I took 18 hours of credit each semester. With the exception of my work study jobs (one in the library and the other in the alumni relations office at the School of Theatre), and one or two opportunities auditioning for summer stock opportunities, I did not take advantage of other opportunities.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

01 Is there assistance available for students who cannot afford to take advantage of internships and other experiential opportunities?

02 How can I better understand the implication of my financial situation?

03 What resources exist for navigating life after I graduate?



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Do more fun things. Don't take school too seriously.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Don't stress about finding a job. Do more fun things.
Don't take school too seriously.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

First-gen wasn't an identifier many college students used in 2005. It was nice not carrying around the idea that I was that different from other students.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

You will struggle and at times you won't even realize it. Have grit, have perseverance, be confident. But not all at once. Give yourself the chance to grow, give yourself time to grow. You will be surprised so see how far you have come.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

01 What is important to YOU?

02 Why is X, Y, Z important to you?

03 At the end of the day, what do YOU wanna do and does it make you happy?



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

ASK QUESTIONS! When I was in school I didn't want to be labeled as the "uneducated black girl" in class so whenever I heard a term or learned a new concept that I didn't understand I never asked questions and that enhanced my struggle. Be brave, step up and remember the only dumb question is one that wasn't asked. If you don't know something ask, even if you do it in private.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Start thinking about what your next move is going to be! Whether it is work or back to school, just be proactive. If you know you want to go back to school or start a career, find someone on campus that you trust and start talking through the steps you need to take to make it to where you want to go. This person can help you network and be your accountability partner to keep you on track.



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

My advice is: Ask questions, ask for connections, recommendations, referrals; ask to meet people and network. Network with students, faculty and professionals.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

There are opportunities that I didn't know existed because I didn't know who to ask or what the relevant questions were. Seek support, make use of the resources available to you.

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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Talk to your peers! Building your own toolkit of knowledge, resources and support can be difficult. Talk to peers, ask your RA, visit different offices, and find those on campus who can support you. Coming into college as a first-gen can be hard at first, but step out of your comfort zone and ask people for help. It is ALWAYS ok to practice humility and seek out support, no matter how big or small the question. You do not have to conquer college alone. You are not expected to conquer college alone. Ask for help, talk to peers, explore all AU has to offer, and step outside your comfort zone! There is always someone who can help you. Seek clarity.

HOW ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

This was difficult. I put immense pressure on myself to succeed and take on a major that I knew would make me money. After my first chemistry test, I cried for days. I cried every night doing the homework. "I thought I was smart? Why don't I understand this? Why can't I afford the online textbook?" I started to doubt my intelligence and ability to succeed.

I talked to my biology professor who became a close mentor and he said "Stacey, do you even like this material?" My immediate response was "No." I realized that I was following this career path to become a doctor because I wanted to provide for my family and not deal with the stress of being a low-income first-generation college student anymore. This was a tough pill to swallow when I realized it was just too difficult for me to succeed and I was not cut out to be a biochem major. My friends, family, and advisor talked to me about areas of science that I did love and how I could incorporate that into a different major. I felt understood and heard, and gave myself the permission to explore different fields.

You have to remember that it is OK to fail, but it is also OK to forgive yourself. There are numerous factors that affect the experience and transition of FGCS throughout higher education. I felt that I needed to pretend to be middle-high class to make friends or to get in the best sorority, only to realize I ended up in a sorority that was filled with incredibly diverse women who welcomed me as I was. Find the people who make you feel like a better person, and I hope that can assist you in living our your true self versus feeling like an imposter in your own body. This is easier said than done, but college is a time that you can explore the type of people you want to surround yourself with.



"You have to remember that it is OK to fail, but it is also OK to forgive yourself."





Joy Milfort SHE/HER/HERS

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

I didn't really know how to do this.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

Owning my place in the classroom space. Staying focused on my personal best and not comparing with others

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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Feel proud of what you accomplished (don't second guess yourself) and don't hesitate to get involved. Don't be afraid to make mistakes and ask for help.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Feel proud of what you accomplished (don't second guess yourself) and don't hesitate to get involved. Don't be afraid to make mistakes and ask for help.



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Take your time and explore as many colleges and universities as your resources allow. Look into the academic quality, but also the support systems available to people sharing my identity and culture.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

I attended forums, spent time with advisors, visited networking events & socials.

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WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

- 01** What are my immediate goals?
- 02** What is my five-year plan?
- 03** How will I best support my career aspirations while supporting myself financially in the immediate present moment?

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

I leveraged the friendships I had from high school and university to find out what advice their parents gave them and I branched out as much as possible through internships and other similar opportunities to learn more about my options.

Paula Palhus

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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Build relationships with faculty. Get involved in a campus club or activity every semester Find ways to value the difference that you bring

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Stay connected to friends and faculty—this is a beginning, not an ending. Be patient. It might take a year or two to land a job that you really want.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

- 01** How are some students getting so close to faculty mentors?
- 02** How can I succeed in an environment that sees my background as something to overcome?
- 03** Where can I have an honest conversation about class differences?



Celine-Marie Pascale

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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

It's ok to not know everything in "how to college," but get over that fear to ask for help.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Its ok to follow your passion even though your family has stereotypical expectations of which career you should go into. You deserve to be happy and they do not understand college was meant for you to find your passion.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

My family wanted me to be a medical doctor, but my senior year of college I switched my major to Liberal Studies with emphasis in "Women and Leadership in Healthcare." This supported my dreams to study and work in student affairs because I believed education was empowering and liberating, especially in the college atmosphere.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

I still deal with imposter syndrome and not feeling like a failure in doing what my family wanted me to become. I stay rooted in my values and purpose of ubuntu, which helps me forget about those fears. I also surround myself with community that understands and keeps me motivated in this path.

WHAT QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

01 What can do to build my financial literacy and save money in the long run?

02 Can I have a first gen faculty/staff/student mentor?



Robert Randolph, Jr., Ph.D.

HE/HIM/HIS

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

There is no need to fear the unknown--it is the beginning of knowledge and experience.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

This is your life! How can you be an imposter in your life? Think about it...

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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Don't be afraid to ask questions! My family had no idea how to answer my frustrations or questions, so I had to fend for myself in ensuring I had the answers.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

While my experiences may not have been the "traditional" route of career, I sought out leadership experiences. I knew as an early college student that I wanted to go into Higher Education, so most of my experience came from leadership positions or having research or papers written in that context.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

Some of the ways I dealt with fear was from speaking with full-time staff members. Most of the time I would feel that I am not performing on the same level as my peers would, so seeking advice on papers or quizzes helped me hear from the "experts" that I am on the right track. It also helped me seek out my own mentors - who I still speak with today.



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Don't be afraid to ask questions. The vast majority of faculty and staff, as well as other students, can help you navigate, acclimate, and thrive at AU.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Start serious networking at the start of your senior year. Networking and job searching are tough to do at the same time.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

Attend networking events and career panels that career services offices and schools/depts put on. Ask questions, read and research.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

This doesn't just happen while you are at school. I have felt this way from time to time in every job I have ever had. Be open and find colleagues you can share your misgivings with. They usually confirm they have felt the same way as well. It's a normal feeling to have as you acclimate to a new situation.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

01 Can I afford to study abroad? (The answer was yes but I was too intimidated to ask)

02 Are faculty really interested in getting to know me? (The answer was yes!)

03 How long will it take to feel like I fit in and belong at college? (The answer was about a year)



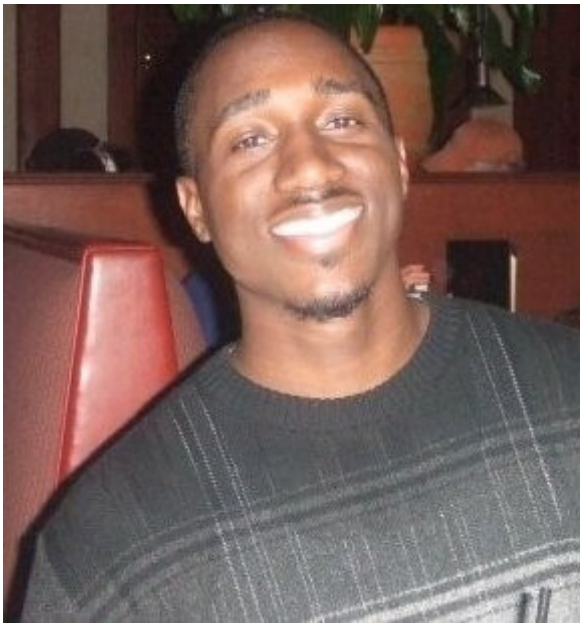
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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Seek out tutoring and continue to ask questions until you have a clear answer. Within your normal routine try to have one thing that sticks out as very different from the ordinary day such as run, perform poetry, explore a place off campus, etc. It always helps to have something different so you don't fall into a boring routine.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

I simply talked to people and had authentic conversation. I hated the term "networking" because it sounded so transactional but found out those conversations I was having and people I met were actually authentic networking in action. Through conversations and being involved in various circles (whether organizations, job, or friend group) I was surrounded by people who were either looking at different career options than I was or that had different paths toward the same one.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Do not be afraid to ask questions and for help! Know that a lot of people are rooting for you and support you.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

Do not be afraid of opportunities, even if they do not completely make sense in your "ideal" professional path. Believe in yourself and be open to change.

WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

- 01** How could studying abroad fit into my academic schedule?
- 02** What resources are available to me to help me succeed?
- 03** Are there staff and faculty that are first generation that understand what I might be going through?



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Learn how to properly study. The SQ4R method worked for you later on. Prioritize learning, study efficiently, continue to be a good person because with patience everything else will take care of itself.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Stick with Psychology. Continue to cultivate friendships and extend it further with networking.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

I didn't have impostor syndrome because I felt I had a solid understanding of the value of diverse experiences on a campus. I was part of bringing something plenty of people have not been around before which is needed for learning. I did not deal with failure as well as I could have but I coped by pressing on and understanding there are various paths towards success.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Don't wait for someone to give you the answers to the questions you have. Be proactive in figuring out what you need and how to get that help. Don't be afraid to ask for help when you need it, but know that you're more than capable of navigating the system just as well as anyone else.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

Attend events, reach out to faculty and staff, and look into things you might not think would be interesting. Take advantage of the resources on campus - they're here for you to use!



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WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

This is something that I still struggle with today and I believe it is imperative to have mentors and colleagues who support and push you to challenge yourself. I am someone who does not like to take risks, so I am quick to find reasons not to do something, but there are a lot of people in my life whos opinions I value and who challenge me to think differently. The truth is, you can do anything you want, you just have to believe you can and actually WANT to do it.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

Throughout college, I found different clubs and organizations that were associated with my interests or major in order to find folks that had similar goals and paths as myself. Being apart of academic clubs gave me an opportunity to apply for scholarships or jobs that I would have been unaware of. I also applied to be a Resident Assistant and an Orientation Leader. While I moved forward with being an RA, this experience helped me understand how my institution worked, where campus resources were, and ways to enhance my leadership, communication, and interpersonal skills. I believe this campus job helped prepare me for many other positions I have held since.



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WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

01 How can I study abroad?

02 Ways I can connect with other first-gen students (groups, programs, etc.)?

03 Are there other ways that first-gen students can be supported on campus?



Andrew Toczydlowski

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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Try everything! Immerse yourself in the campus, go to club meetings, visit different offices and departments, sign up for competitions, try everything at least once to figure out what you do or don't like.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Learn more about job benefits (especially retirement). Start saving for retirement during your first full-time job right away.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

Found others who were first gen and figured things out together. I knew stuff they didn't and they knew stuff I didn't so it was helpful to connect regularly to share what we learned or what we were confused about to see who knew what or where to find the answers.

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

I would want to encourage myself that I belong there and to enjoy the moment because I worked hard to get there. Also, no one knows what they are doing so just keep going till you figure it out!

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

My experience was very different from many first gen students because I didn't step foot on a college campus till I was 27 years old. For me I had to combat impostor syndrome daily because I was older and a first gen. I had post its all over my room and inside my car that told me to keep going. Some were written by my friends, family, and even myself. I could not have graduated without the support of my loved ones.



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WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

1. Ask as many questions as you can--there's truly never a stupid one, and someone else in the room will always be grateful you spoke up. 2. Write things down so that you remember the details later when talking to your mom. This is especially needed when it comes to financial aid, housing, and study abroad. 3. Everyone is totally lying about how well-adjusted they are. You're all going through it--some are just better at faking it than others

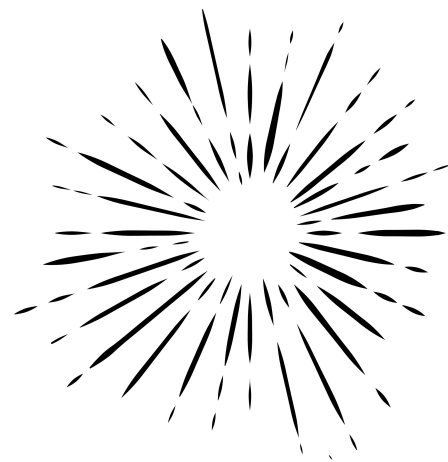
WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

I applied for any and everything that seemed interesting to me at the time, regardless of career connections or "marketability." I had no idea what I wanted to do in the long-term, so I followed my interests and the people whose company I enjoyed and felt challenged by, and I let the rest come naturally. I talked to as many adults as I could, even if I was only even remotely interested in their work, which helped me figure out the things that I did NOT want to do. This also helped me get connected with programs specifically for first-gen college students, such as conferences and on-campus opportunities. I realized quickly that if I didn't tell my story, people weren't going to be knocking down my door to ask about it. I had to market myself, and I did so by following my curiosity and talking to everyone who would listen.

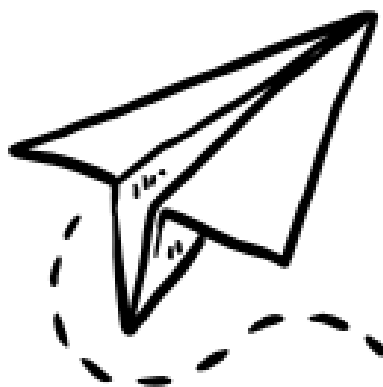
" I HAD NO IDEA WHAT I WANTED TO DO IN THE LONG-TERM, SO I FOLLOWED MY INTERESTS AND THE PEOPLE WHOSE COMPANY I ENJOYED AND FELT CHALLENGED BY, AND I LET THE REST COME NATURALLY.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

I learned how to deal with a fear of failure in the only way I think you truly can: by failing, and failing hard. I applied for a summer job on-campus that was connected to my interests in education, thinking it would be a perfect fit and the way forward in a possible career. When I didn't get the job, I was devastated--but I had to find some other way to make money to afford campus housing. I took a job as a tour guide, which felt far less impressive at the time. It was only when I realized how much more I gained from becoming a tour guide that I started to understand that I had failed for a reason: that education job simply wasn't meant to be, but something else was. I didn't have backup plans with internships and family connections back home, so I did the best I could and realized that if I was going to fail, it was something else needed to my life. That tour guide job connected me with staff and administrators who would later write my recommendations for graduate school--so I where I needed to be.



"I did the best I could and realized that if I was going to fail, it was because something else needed to happen in my life."





Shatina Williams

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WHAT THREE QUESTIONS DO YOU WISH YOU HAD ASKED THROUGHOUT YOUR EDUCATIONAL EXPERIENCE AS A FIRST-GEN?

01 How do I find a mentor?

02 Am I on track to reach my goals?

03 Can you help me with this?

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR SENIOR YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Being a first-generation college student is not easy and that is okay. It is okay to not know something or feel as though you have some catching up to do. It means you will have to work harder to be in the know.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

I got involved in various opportunities. It was not until I had a conversation with my mentor, telling him what I like and what I don't like that we determined that I would like to be a Psychologist. I did not know what a psychologist was or what graduate school was. My mentor walked me through the entire process.

WHAT ARE SOME OF THE WAYS YOU MAY HAVE DEALT WITH FEAR OF FAILURE OR IMPOSTOR SYNDROME AS A FIRST GEN?

I found my tribe. I found people who understood what it was like and we shared information together. For example, I did not know that I could receive free tutoring on my campus or that going abroad for studies was a thing. It was only through conversations that I learned and was encouraged to pursue those things that I did not know were opportunities.

Jamie Wyatt SHE/HER/HERS

WHAT ADVICE WOULD YOU GIVE YOURSELF DURING YOUR FRESHMAN YEAR OF COLLEGE ABOUT NAVIGATING SCHOOL AS A FIRST-GENERATION STUDENT?

Don't be afraid to ask questions. You won't out yourself. Everyone is new at this college thing just like you.

WHAT ARE SOME OF THE WAYS THAT YOU EXPOSED YOURSELF TO DIFFERENT CAREER OPTIONS AND OPPORTUNITIES AS A FIRST-GEN?

I actively sought out faculty mentors and internship opportunities.



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SUNY COLLEGE AT BUFFALO C/O 1991
AMERICAN UNIVERSITY C/O 2000

JWYATT@AMERICAN.EDU

First-Gen Campus Resources

Center For Diversity & Inclusion:

<https://www.american.edu/ocl/cdi/firstgen-faq.cfm>

Career Center:

<https://www.american.edu/careercenter>

Counseling Center:

<https://www.american.edu/ocl/counseling>

Financial Aid:

<https://www.american.edu/financialaid>

First-Gen Study Abroad:

<http://bit.ly/firstgenabroadau>

Health Promotion & Advocacy Center:

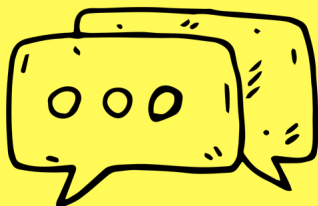
<https://www.american.edu/ocl/promote-health>

The Market:

<https://www.american.edu/ocl/the-market.cfm>

Merit Awards:

<https://www.american.edu/careercenter/meritawards>



Yearbook Directory

*the
all
will*

ACADEMIC SUPPORT

Stacey Miles 20
Jamie Wyatt 34

ADMISSIONS

Sharon Alston 4
Jineva Byrne 7
Jeremy Lowe 18

ADVISING

Tara Flakker 11
Josh Keilholtz 16
Brigitte Suastegui 28

ALUMNI RELATIONS

Traci Crockett 9
Raina Lenney 17
Jonathan Sorge 27

CAMPUS LIFE

Yoo-Jin Kang 15
Tatisha McKay 19
Joy Milfort 22
Jacob Ortiz 22
Shannon Smith 27

CAREER CENTER

Daniel DeHollander 9
Samantha Mitchell 22
Brian Rowe 26

COUNSELING CENTER

Shatina Williams 33

FACULTY

Talisa Carter 8
Olga Cordero Brana 6
Fred Engram 10
Chemi Montes 19
Miles Kahler 14
Celine-Marie Pascale 23

FIRST YEAR ADVISING

Camille Clark 8
Esther Philip 24
Arthur Stallworth 28
Kyle Whitaker 31

FRATERNITY & SORORITY LIFE

Nadir McCoy 18
Travis Roberts 25

GUEST SERVICES

Kim Araya 6

HEALTH PROMOTION & ADVOCACY

Val Tovar 30

HOUSING & RESIDENCE LIFE

Maryann Jackson 14
Myranda Thomson 29

KOGOD

Eric Enrico Hunt 13
Jason Kennedy 16
Andrew Toczydlowski 30

LIBRARY

Carol Ido 13

OFFICE OF MERIT AWARDS

Lori Felton 11

REGISTRAR

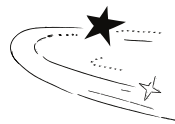
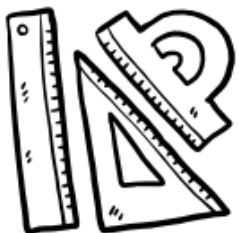
Carlos Amaya 4
Michael Giese 12
Paula Palhus 23

WASHINGTON COLLEGE OF LAW

Vanessa Anthony 5
Anastassia Fagan 10

WRITING CENTER

Robert Randolph, Jr. 25





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