



This is All New To Us:

Advice for Parents of First Generation College Students

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Who Are First Generation Students?

A ***first generation college student*** is a student who is the first person in his or her family to ***attend a college or university***

Sometimes the term is used to refer to students who are the first in the family to complete college, or to become the ***first generation college graduate***

Nationally, about 35% of all college undergraduates (65 million students) are first-generation

That's about 18.5 million first generation students

You are not alone!!!



- What leads to first generation success?
- How to begin the process?
- **Time Line:**
 - Spring Junior Year
 - Summer Vacation
 - Fall Senior Year
 - Winter Senior Year
- **Preparing to be a freshman *again!***
 - *Student* strategies for freshman year
 - *Parent* strategies for freshman year
- **Resources**

What Helps Lead to Success?



- **Parental Involvement**
 - Even if parents didn't go to college, all families have experience and knowledge that can help the student through the process
 - *Remember - as parents your opinion still matters!*
- **Start College Planning Process Early**
- **Learn the “Lingo” and Ask the Questions!**
- **Identify and Utilize Resources**
 - Where to go during the college admissions process
 - What resources are available on a college campus



Types of Institutions & Degrees

- **Trade or Professional Schools**
 - 2 weeks to 18 months
 - Certificate / Diploma
- **Community Colleges**
 - Certificate / Diploma – 2 weeks to 18 months
 - Associates Degree (AA or AS) – 2 years
- **College or University**
 - Bachelors Degree (BA or BS) – 4 years
 - Masters Degree / Doctorate (MA, MS, MBA, PhD)
– 2 to 6 yrs after Bachelors

Types of Institutions & Degrees

- **Public College or University**
 - Owned and operated by the STATE
 - Typically cost less for “in-state” students
- **Private College or University**
 - Owned and operated by a PRIVATE entity or business
 - No distinction in pricing for “in-state” - everyone pays the same price

Register and Take Standardized Tests

SAT

- 3 hours (+50 min optional essay)
- Score between 400-1600
- No science section
- Math through Algebra II /Trig.
- Cost \$60 with essay
- collegeboard.org

ACT

- 3 hours 15 minutes (w/writing)
- Score between 1-36
- Writing test optional
- Science reasoning section
- Cost \$62.50 with writing section
- actstudent.org

More than 1,000 colleges and universities do not
require students to submit standardized tests

fairtest.org



Spring Junior Year – College Prep



- **Meet with your School Counselor**
- **Stay involved in school and community activities**
- **Begin researching careers and majors:**
 - Use search engines
- **Visit college campuses and take tours**
 - Ask specific questions!!!
- **Talk about “realistic” college budget**
 - Begin a conversation about money available for college and funding options

TIP: Do a **job shadow** –
follow a career person for a day to see daily job
tasks and responsibility



Schedule Senior Meeting with School Counselor

- Each HS has their own procedures for handling college admissions paperwork
 - Find out which forms your student needs to complete
 - How much lead time do counselors need to finish their contributions?
 - Do they mail your completed packet? Do you? Or do things get sent separately by both of you? Or is everything submitted electronically?

Begin filling out admission applications

- Most colleges have moved to online applications
- www.commonapp.org – a form used by 700+ colleges to simplify the process

TIP: *Budget for applying to college*

- SAT or ACT fees (x 2 or 3)
- Application fees (x # of schools)
- Travel/accommodations for visits
- School & housing deposit



Know the Types of Admission

- **Early Decision**

- Typically apply by November 1st
- **Legally Binding Contract** – student **MUST** attend that college if accepted (regardless of the financial aid package!)
- Student generally hears about acceptance by late November

- **Early Action**

- Typically apply between November 1 – December 1
- NOT a legally binding contract
- Student generally hears about acceptance by late December

- **Regular Admission**

- Typically apply between December 1 – March 1st
- Student generally hears about acceptance by late March

- **Rolling Admission**

- No set deadline to apply, BUT many have a Priority Deadline



Fall Senior Year – Financial Aid

- **FAFSA** – Free Application for Federal Student Aid
 - A FREE federal form all students must complete in order to be eligible for state/federal grants or loans
 - **EFC** – Expected Family Contribution
 - Can begin filing the FAFSA on October 1st of the student’s senior year
- **CSS Profile** – An additional form required by 200+ colleges
 - This form is NOT free and may have a different deadline than the FAFSA
 - Some CSS Profile deadlines are before admission deadlines – check each individual school website carefully

TIP: *BEWARE of Deadlines!!*

Each college has it’s own set of deadlines for BOTH admissions and financial aid. You **MUST** know them and follow them!



Winter Senior Year – Financial Aid & Scholarships

- **Receive acceptance letters and review Award Letters** - offer of financial aid from the school that includes both federal/state and institutional aid
- **Apply for local scholarships**
 - School Counseling Office/Naviance
 - Employer
 - Library
 - Civic Organizations
 - New Hampshire Charitable Foundation - nhcf.org
 - Statewide Student Aid Program
 - Career Aid for Technical Students

TIP: Apply, Apply, Apply!!

There are thousands of scholarships available, but you won't get any if you don't apply. Make sure you meet DEADLINES!!!



Student Strategies for First Year

- **Attend class regularly**
- **Take classes with friends/ build support network**
 - Group study
 - Group projects
 - Sharing notes
- **Do reading before class**
- **Meet with your professors or TA (Teaching Assistants)**
- **Work on time management**
- **Find a place to study away from the top *three* distractions**
 1. Internet
 2. Friends
 3. Social media



Parent Strategies for Year One

- Encourage students to get to know professors/TA's
- Encourage students to use the free services available on campus
 - Counseling or Mental Health Center
 - Health Services
 - Writing Centers / Math Lab / Tutoring Services
 - Computer Lab
 - Library Overview or Librarians
 - Professor's Office Hours
 - Student Services
 - Residential Life –
 - RA's – Resident Assistant
 - RD's – Resident Directors
- Stress the importance of time management-provide calendar or strategy for scheduling





Questions?

**The NHHEAF Network Organizations'
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