



# This is All New To Us:

## *Advice for Parents of First Generation College Students*

Melissa Goyait  
University of New Hampshire  
Educational Talent Search



1.888.7.GRADUATE x119 • [nhheaf.org](http://nhheaf.org) • [collegeplanning@nhheaf.org](mailto:collegeplanning@nhheaf.org)



# 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!!!**

# Agenda

- 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



# Learn the College “Lingo”

## Types of Degrees & Institutions

- **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

# Learn the College “Lingo”

## Types of Degrees & Institutions

- **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

# Spring Junior Year – College Prep

## 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
- [www.collegeboard.org](http://www.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
- [www.actstudent.org](http://www.actstudent.org)

Some schools do not require Standardized Tests

[www.fairtest.org](http://www.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 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



# Fall Senior Year - Applying to College

## 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](http://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 1<sup>st</sup>
- **Legally Binding Contract** – student **MUST** attend that college if accepted (regardless of the financial aid package!)
- Student typically hears about acceptance by late November

- **Early Action**

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

- **Regular Admission**

- Typically apply between December 1 – March 1<sup>st</sup>
- Student typically 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 1<sup>st</sup> of the student's senior year
- **CSS Profile – An additional form required by 400+ 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 & Scholarship Season

- 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 - [www.nhcf.org](http://www.nhcf.org)
    - Statewide Student Aid Program
    - Career Aid for Technical Students

**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!

# *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. Facebook/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'  
Center for College Planning  
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