



First Gen Symposium

Monday, March 11, 2024

First Gen Flyers: Empowering through Community

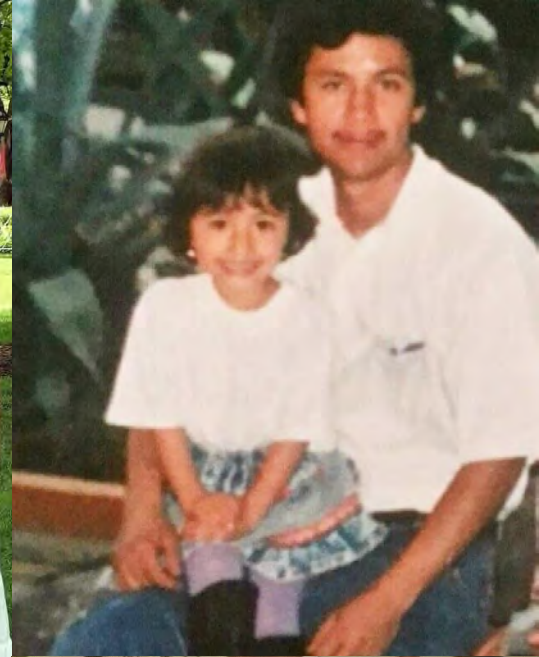


Stephany D. Renovato Tovar

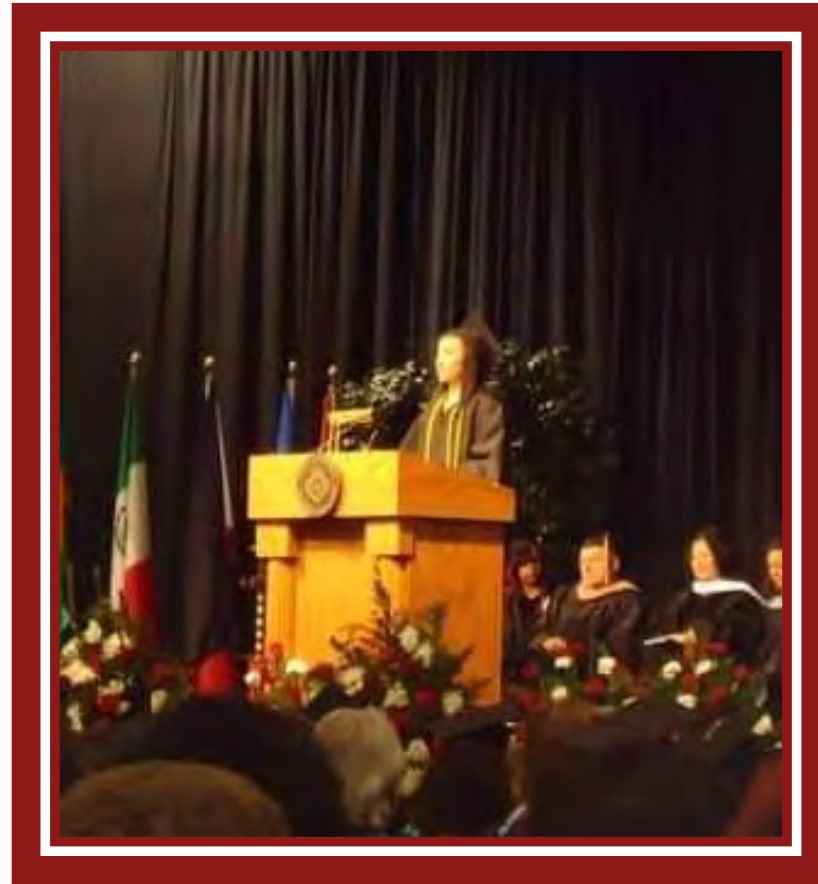


My Journey

- Guadalajara, Mexico
- Daughter
- Oldest Sister
- First Gen College Student



A family dream



First Gen Flyer Mentoring Program

The First Gen Flyers Program at Lewis is a small community of first-generation students, who share their experiences, celebrate their accomplishments, and support one another.

Goals

The program is focused on the following goals:

- Create a Lewis University first-generation network by connecting first-generation students with one another and with first-generation faculty/staff
- Build on first-generation students' strengths while expanding their knowledge and experience through ongoing programming and mentorship.
- Celebrate first-generation identity and achievements.

Our Approach

- Focus:
 - Empowering students
 - Take ownership of their journey
 - Lift their experiences
 - Story telling – joy, strengths, love
 - Connect them to build community
- Stay away from lecturing on what some may think first-generation students are deficient in

First Gen Flyer Mentoring Program

- Started in 2020
 - Hearst Scholarship
 - 5 students
- 2023-2024:
 - 26 mentees
 - 4 Peer Mentors
- Year long program



Invitation

- Page on Lewis website
 - <https://lewisu.edu/firstgenflyers>
 - Definition, eligibility, benefits of joining, pictures, and contact information
- In the summer, students receive an invitation via email
- Joining First Gen Flyers is simple

WHAT DOES IT MEAN TO YOU TO BE THE FIRST IN YOUR FAMILY TO GO TO COLLEGE?

Please limit your response to 500 words or less.

Events

- Welcome Social
- Monthly Lunch & Learns
- First Gen Flyer Week
- Lewis Family Day
- End of the Year Celebration
- One-on-one meetings between mentees & peer mentors



SEPTEMBER STUDY TABLES

TUE, SEPTEMBER 19

5 PM / AS 024S

LEWIS FEST

SAT, SEPTEMBER 23

11 AM / Lewis University Campus

SEPTEMBER LUNCH & LEARN

WED, SEPTEMBER 27

12 PM / JG 222

FOOD & GIVEAWAYS!

Available at all events.



OCTOBER STUDY TABLES

TUE, OCTOBER 17

5 PM / AS 024S

OCTOBER LUNCH & LEARN

WED, OCTOBER 18

12 PM / JG 222

WE ♥ FIRST GEN FLYERS WEEK

NOVEMBER 6-10

Events, giveaways, food, and more!

HALF-WAY THERE CELEBRATION

TUE, NOVEMBER 14

5 PM / University Dining Room



First Gen Symposium

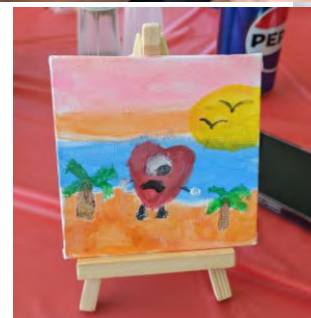
Welcome Social

- Introductions
- Welcome Package
- Flyer with all semester events
- Ice cream & games



Monthly Lunch & Learns: Community & Reflection

- Show & Tell
 - Connections, vulnerability, remembering your WHY, family
- Spooky Cookie Decorating Contest
 - Registration, midterms, “scary” topics
- Vision Board
 - Goals, obstacles, accountability
- Mini-canvas painting
 - Self-care and boundaries
- And more!



First Gen Flyer Week

- Open to all students!
- Faculty and staff involved
- Empowering First Gen Flyers
- University wide initiative



First Gen Symposium



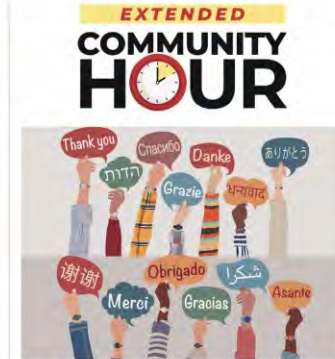
COPING & THRIVING AS A FIRST-GEN FLYER

TUE, NOV. 7

3 PM / AS 157A

First-generation college students may encounter stressors that can impact their mental health, like imposter syndrome, guilt, and anxiety. Join Franky Schulze from the Center for Student Wellness as **she shares ways to overcome challenges that are unique to first-generation students.**

Open to all students. No registration required.
Raffles and giveaways!



ALL FEST WED, NOV. 8

12 PM / SB 142

Celebrate your roots as you navigate a new journey! Join us for a **multicultural celebration of gratitude and harvest traditions with music and food.** We encourage you to wear traditional clothing to proudly represent your culture.



REGISTRATION IS REQUIRED!



FIRST-GEN FACULTY PANEL: SHARING JOURNEYS

FRI, NOV. 10

3 PM / UDR - AS 104C
(University Dining Room)

First-Gen Flyers are invited to **connect with faculty, who were also first-generation college students.** Faculty members will share their journey and give advice to our current First-Gen Flyers. **Food will be provided.**



REGISTRATION IS REQUIRED!



End of the Year Celebration

- Family and friends are invited to celebrate their students!
- Giveaways, food, and activities
- Keynote speaker



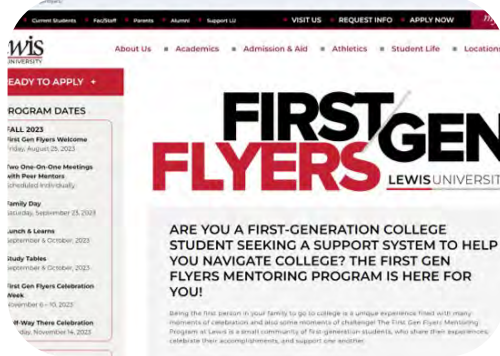


Visibility: You are not alone

- Students share they sometimes struggle with:
 - Isolation
 - Guilt
 - Imposter Syndrome
 - Anxiety
 - Pressure
 - Changing family dynamics
 - Confusion



Visibility



Website



Logos

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Outlook
Signature



Welcome
Package



Yard Banner



Polos for Faculty
& Staff



First Gen Symposium

LEWIS FLYERS

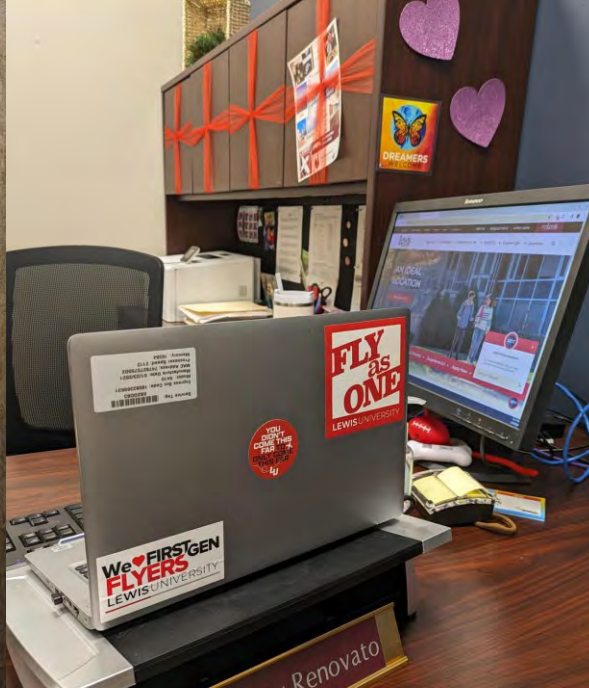
We ♥ FIRST GEN FLYERS LEWIS UNIVERSITY

SHARING THE DREAM

FLY as ONE LEWIS UNIVERSITY

START BY LEWIS UNIVERSITY

DIVERSE INCLUSIVE ACCEPTING WELCOMING SAFE SPACE FOR EVERYONE



OLVED!

LEWIS UNIVERSITY Tutorial Services
Lewis University offers peer-to-peer tutoring in approximately 100 courses through our Academic Services Department located on the 3rd floor of the Learning Resource Center.

Tutorial Services Offer:

- One-on-One or Group Tutoring Sessions
- Day and Evening Tutoring Sessions
- Self-Directed Tutoring Sessions
- Improved Confidence in Area of Study

For a list of tutoring options and schedules, visit: lewisu.edu/appointment

academic services Question? Contact us at: (815) 836-5999 | academic.services@lewisu.edu

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SAFEwalk 24/7 ANYTIME, ANYWHERE. CALL US 815-836-5222. LEWD PROVIDES A SAFE WALKING SERVICE FROM ANY POINT ON CAMPUS TO ANOTHER CAMPUS LOCATION AT ANYTIME.

INTRAMURAL SCHEDULE

KEEP GOING KEEP GROWING LEWIS FLYERS

3 Mindfulness Practices

Box Breathing

1. Breathe out slowly, relaxing all the air from your lungs.
2. Breathe in through your nose as you slowly count to four in your head. Be conscious of how the air fills your lungs and throat.
3. Hold your breath for a count of four.
4. Exhale for another count of four.
5. Hold your breath again for a count of four.
6. Repeat for 3-5 rounds.

Body Scan

1. Sitting comfortably, close your eyes and take a few deep breaths in through the nose and out through the mouth. Notice how the body feels.
2. Starting at the top of the head, slowly and gently scan down through your body. Pay attention and notice how each part feels.
3. Remember, you're not trying to change anything, simply notice how the body feels as you scan down evenly and notice each and every part of the way down to the toes.

Self Breath

1. Breathe in slowly and use to yourself. Slow. Even. Long. Full.
2. Breathe out slowly and use to yourself. Slow. Even. Long. Full.
3. Repeat for 3-5 rounds.

CAREER EXPO MARCH 20 12-3 P.M.



SCHOLARSHIPS FOR DREAMERS

DREAMERS WELCOME

LR-328

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FLY as ONE LEWIS UNIVERSITY

Liseth Chavez
Assistant Director
Academic Services

Stephanie Enervold-Macier
Assistant Director
Academic Services

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Accessible

- Community Hour (Wednesdays at 12 pm)
- Food available at all Lunch & Learns
- Consistent
 - Date, time, location
- Flexibility
 - Survey, feedback
- Interesting activities and topics
- Peer mentors are paid!



Peer Mentors

Peer mentors develop a lasting and trusting relationship with First Gen Flyers mentees by offering one-on-one support, assisting with the transition from high school to college, acting as a resource, providing leadership, and offering guidance for students for a given academic year.

- Must be part of the mentoring program to be eligible to apply
- Paid position (Does not have to be FWS)
- Intensive 3-day training in the summer

Feedback from First Gen Flyer Mentees

- “The best part of the mentoring program is attending the different events and activities and meeting students on campus.”
- “I like sharing similar experiences with a group of people.”
- “I have had an overall great experience with the first gen flyers program and I am benefiting from it. I would love to be a mentor of the program in the future.”

Feedback from First Gen Flyer Mentees

- My favorite part of being a mentee was:
 - “Having someone to help during a new time”
 - “Having someone to reach out to. I can recall sending questions to my mentor and getting a response very quickly!”
 - “The warm welcoming community”



Community

- First Gen Flyers are valuable members of the Lewis community
- Support system
- Students can see past the titles
- Students can see themselves thrive in academic settings

Thank you!

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