



RESOURCES FOR PARTNERS

Read, Watch, and Listen to First Gen Stories

First generation college students need mentors who believe in us: <https://www.science.org/content/article/first-generation-college-students-need-mentors-who-believe-us>

Article about the importance of mentors for first-gen students.

'I Had to Choose Myself': A First-Gen Story: bit.ly/3sfsRr6

Photo essay on what it means to be first gen for one student.

Instilling the 'Senses' for First Generation College Students:

https://www.ted.com/talks/lindsey_dubose_instilling_the_senses_for_first_generation_college_students

TED Talk about the additional barriers to success that first generation college students experience from childhood through graduation, compared to non-first gen peers. The discussion emphasizes a need for both an "instilled sense of possibility" from a young age and an "institutionally-cultivated sense of belonging" to succeed in higher education.

In Their Own Words: Challenges of First-Gen Students: bit.ly/30EtBjm

Video on first-gen challenges for students, part of a series by the Chronicle of Higher Education.

Living a double life: <https://www.greatschools.org/gk/articles/struggles-first-generation-college-students-face/>

Article that describes a unique challenge to first-gen students in navigating family roles.

Reflections of a Recent First Gen College Grad: <https://jsf.bz/news/reflections-of-a-recent-first-gen-college-grad/>

Powerful blog by a University of Florida graduate about remembering and acknowledging accomplishments despite challenges, leaning on support systems, and reflecting on dreams she had at 18.

What I have learned as a first generation college student: <https://www.youtube.com/watch?v=VRVG7kvw7g>

Ted Talk on what Lyric Swinton learned as a first-gen student and how she dealt with feeling out of place and isolated at college.

Other Resources and Tools for Supporting Students

Collective Success Network: <https://www.collectivesuccess.org/resources>

Collective Success Network with help centers, mental health resources, blogs, etc.

College Admissions Acronyms & Terms: [College Admissions Acronyms – Top Schools in the USA](#)

A starting place for walking a first-gen student through the many acronyms they will encounter.

College Search Advice from First-Gen Admissions Counselors – IACAC: <https://www.youtube.com/watch?v=vpslGexQE9E>

College search advice webinar from first-gen admissions counselors.

First Gen Empower: <https://firstgenempower.org>

Resources on applying to college, financial aid, succeeding in college, and more.

First Generation Scholars Network (ISAC): <https://studentportal.isac.org/firstgen>

First Gen Scholars Network info and services.

How To College: First Gen: <https://howtocollegefirstgen.org/>

First gen podcast hosted by ISACorps Alum, Cody Dailey. The ISACorps are recent college graduates that serve as near-peer mentors to students in Illinois, and many are first gen students. Find your ISACorps Member <https://studentportal.isac.org/isacorps>.

I'm First: <https://imfirst.org/>

List of colleges and universities that provide support for first gen students.

National College Attainment Network (NCAN): <https://www.ncan.org/page/EssentialWebsites>

All in one website for students to find information on postsecondary options. Can be a good resource for professionals to share with their first generation students.

Parchment & Transcript Exchange: <https://www.parchment.com/c/my-chances/>

Parchment offers free tools for any student that can help them get a meaningful estimate of their chances of admission to any college in their database. Also helps with college matching and finding scholarships.

Rise First: <https://risefirst.org/resources/resource-directory>

Nationwide Resources Directory designed to help and support first generation, low income FGLI students. Includes webinars that offer tips and advice. A section entitled Role Models with Stories focuses on successful FGLI individuals.

Senior College Seminar by Scoir: <https://www.scoir.com/senior-college-seminar>

Resource to walk high school students through a timeline of what they need to complete on the path to higher education, along with explanations of definitions and terms.

Supporting First Generation and Low-Income Students Beyond the College Acceptance Letter:

<https://blog.ed.gov/2021/04/supporting-first-generation-low-income-students-beyond-college-acceptance-letter/> Discusses challenges for first-gen students and practical ways that professionals can offer support.



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Supporting First Generation College Students: <https://eab.com/research/student-affairs/roadmaps/supporting-first-generation-college-students/>

Guide for supporting first-gen students.

Tips And Resources for First Generation College Students: <https://www.forbes.com/advisor/education/online-resources-for-first-generation-college-students/> Article from Forbes about a variety of resources and advice on where to find support at college.

Why First Gen: <https://firstgen.naspa.org/why-first-gen/why-first-gen>

First-gen page from National Association of Student Personnel Administrators (NASPA) with journals, research, resources, news, blogs, programs, and services.