



# What Does A First-Generation College Student Look Like?

Northwestern Oklahoma State University

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# FGCS FACTS

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- Term “First Generation College Student” was coined in 1979 by Fuji Adachi.
- Adachi applied the term to students who did not have at least one parent with a bachelor’s degree.
- First-generation students make up about 40% of the U.S. college population.
- Students are likely to be from low-income backgrounds and minority groups.
- “First-gens are diverse in myriad ways and span socio-economic classes, international, domestic, religions, races and ethnicities, sexual orientations, etc.”

# FGCS FEARS

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- “It's really a different cultural experience when someone who's a first-generation student comes to college. They're not just entering a school; they're entering an academic, cultural environment that often has a lot of unspoken rules and sets of cultural mores” (Hopkins).
- “I want to know what I don't know I need to know.”

# FGCS NEEDS

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- Stronger academic skills
  - Reading Skills
- Better time management skills
  - Prioritization
- Stable family support system
  - Isolation
- Consistent financial support
  - Academic & Personal
- Solid self-care practices
  - Asking for help

# FGCS BEST PRACTICES

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- Consistent school and community involvement
  - To-Do Lists, Navigation Guides
- Simple Counseling Skills
  - Homesickness, Athletic Life, Family
- Mentor and tutor services
  - Transition into major coursework, Alumni talks
- Life skills workshops
  - Laundry, Healthy Eating, Hygiene
- Intrusive advising
  - Contact advisees, 15 to Finish, Check emails

# FGCS BEST PRACTICES

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- First Generation College Student FAQ page
  - Example: <https://coe.k-state.edu/walk-in-my-shoes/first-generation/>
  - Example: <https://www.brown.edu/campus-life/support/first-generation-students/faq-0>
  - Example: <https://www.chapman.edu/students/academic-resources/first-generation/index.aspx>
  - Example: <https://college.harvard.edu/admissions/hear-our-students/first-generation-students>

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