Recommendations for First-Generation College Students Transitioning in the First Year of College

Now that you have begun college what can you do to ensure that you complete your academic goal and have a positive college experience? Here are some things to help you deal with the first year of college.

› Attend New Student Orientation – This will help get you connected to the campus community and resources from the very start. If you haven’t already please check out the Online Orientation website to proceed with this mandatory training.

› Be patient – While campus may seem new and overwhelming for new students, it becomes more familiar with time. Refer to the many signs posted around campus to assist you in navigating your surroundings. Maps, visiting the Multidisciplinary Success Center at LAC or PCC, returning students, and the college website are all useful tools to get you through the initial transition to campus.

› Utilize Campus Resources – There are numerous resources on campus designed to create a rewarding college experience. We encourage all students to take advantage of all the programs and services available to assist you! A range of offices and programs can be found at the Student section on the college’s homepage. In addition, the LAR Department’s academic resources are a source of support and too financial aid programs, and mentoring/tutoring programs offered to address various student needs.

› Connect with other students – If you talk to other students, you are likely to discover that they share similar questions and concerns. Connect with
returning college students as a resource, since they have already navigated through this experience and are knowledgeable about all available campus resources. Also consider seeking out support from faculty/staff on campus to assist you.

- **Get involved** – First-generation students are more likely to work while taking classes and be enrolled part-time than their non first-generation counterparts. By becoming involved on campus, you may receive the support you need and begin to feel more integrated with other college students. If you have time student clubs and organizations are a fun way to interact with other students and faculty. Meeting people with similar interests and goals is an exciting way to make friends and participate in social activities and develop your support system on campus!

- **Care for yourself** – The foundation for a productive college career is a healthy lifestyle. Take the necessary steps for nurturance, getting adequate rest, socializing, and physical activity. Kinesiology activity courses and Intramural & Recreational Sports offer several options that students can utilize to work towards wellness. Student Health Services Centers and the Psychological Services Offices are just a few campus facilities that strive to promote healthy practices and to educate the campus community on various health topics.

- **Maintain a Balance** – While in college you will have a lot to juggle. Balance, organization, and time management will be key to your success. With your academic, social, work, and family responsibilities, it will be important for you to find a way to balance competing needs and obligations. Remember the perseverance, resilience, resourcefulness, and hard work that got you here will also help keep you here.

- **Ask For the Support of Your Parents/Family** – Since your parents did not pursue a bachelor’s degree, they may not understand what you are experiencing and the amount of time and effort you will be putting into your academics. Provide your family members with an idea of what college is like by sharing with them your daily activities and let them know how they can best support you. As you grow and develop, you may begin to feel different from your family and peers. This is a natural process for all college students, and it can be helpful to share your experiences with each other. Talking with people whom you trust about what you are experiencing as you transition into the new college environment can be empowering for you.