

ALIST OF TIPS FOR FAMILIES OF FIRST-GENERATION COLLEGE STUDENTS

1. **Show support** for your student

One factor that increases student success, is knowing they have the support of their family and loved ones along the way. Never underestimate the power of verbalizing your support and reminding them how proud you are they are going after their dreams!

2. Utilize the **resources** around you

As this will be a new experience for both your student and yourself, it's ok not to have all the answers. We encourage both you and your student to take advantage of the resources that are offered through the College or University. These resources such as tutoring, advising, money management, mental health services and technology support, just to name a few, are available free of charge and set in place to help your student succeed.

3. Encourage your student to **get involved**

In addition to using resources, it is important for your student to get involved. Many First Generation College Students experience "imposter syndrome" which is the false feeling that they don't belong or aren't good enough no matter how much work they put in and success they see. Getting students connected to clubs, organizations and mentors they can relate to socially and culturally will help bring a sense of belonging. Remind your student that they are worthy of every opportunity that awaits!

4. **Accept** change

This new journey your student is on will bring about change in their personal life, expand their mindset and help shape them into the adult they are meant to be. This can bring about change in the family dynamic which may cause for some adjusting on everyone's part. Remember how empowering this experience will be for your student and although it may be challenging at times having to create a new normal, it will be worth it!

KEEP THE CONVERSATION GOING! IF YOU HAVE ADDITIONAL QUESTIONS ABOUT HOW TO BEST SUPPORT YOUR STUDENT OR NEED RESOURCES FOR YOURSELF, EMAIL COLLEGENOW@AUSTINCC.EDU TO GET CONNECTED.