

SO... NOW I'M IN COLLEGE

A FIRST GEN GUIDE TO UC MERCED

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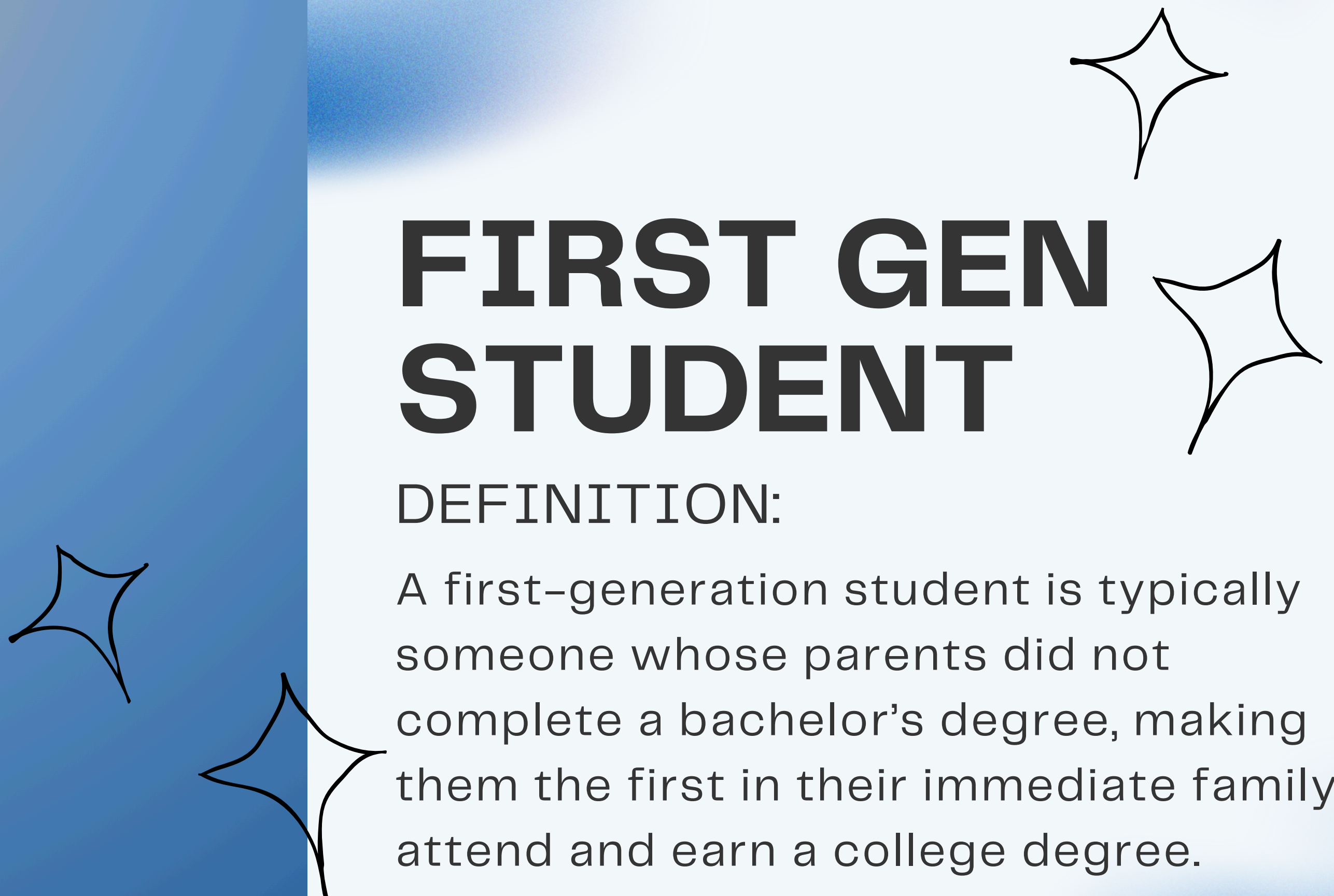


PARENTS IMMIGRATED FROM ZACATECAS, MEXICO
BORN IN SANTA BARBARA, CA
PROUD QUEER LATINA FIRST GENERATION STUDENT
UC SANTA BARBARA – B.A. SOCIOLOGY
SAN DIEGO STATE UNIVERSITY – M.A. EDUCATIONAL LEADERSHIP



WAIT...

HOW DID I GET HERE?



FIRST GEN STUDENT

DEFINITION:

A first-generation student is typically someone whose parents did not complete a bachelor's degree, making them the first in their immediate family to attend and earn a college degree.

BEING FIRST GEN

AND WHAT NO ONE TELLS YOU ABOUT IT



COMMON STRUGGLES

FEELING LIKE YOU DON'T BELONG

NOT KNOWING "HIDDEN RULES" OF COLLEGE

BALANCING FAMILY EXPECTATIONS AND RESPONSIBILITIES

MYTH VS REALITY:

MYTH: "EVERYONE ELSE HAS IT FIGURED OUT"

REALITY: MOST STUDENTS ARE LEARNING AS THEY GO!

REFRAME...

**! BEING FIRST-GEN = RESILIENCE, ADAPTABILITY,
INDEPENDENCE !**

KEY CAMPUS SYSTEMS

MYUCM / CATCOURSES / UC
MERCED CONNECT

EMAIL IS EVERYTHING
(PROFESSORS + STAFF!)

IMPORTANT RESOURCES

BOBCAT ADVISING CENTER

STUDENT FIRST CENTER

DEAN OF STUDENTS

RESIDENT ASSISTANTS

NAVIGATING UC MERCED

THE BASICS

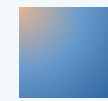
OFFICE HOURS

WHAT THEY ARE

WHY THEY MATTER (THIS
IS HUGE FOR FIRST-GEN
SUCCESS)

ACADEMICS 101

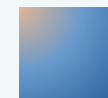
HOW TO ACTUALLY SUCCEED



TIME MANAGEMENT:

SYLLABI = CONTRACTS (READ THEM!)

USE A PLANNER OR DIGITAL
CALENDAR



ASKING FOR HELP:

EMAILING PROFESSORS, OFFICE
HOURS

USING CAMPUS TUTORING EARLY,
NOT LAST-MINUTE



STUDY STRATEGIES:

DON'T JUST REREAD.. ACTIVELY
TEST YOURSELF

STUDY GROUPS



NORMALIZE STRUGGLE:

“YOU'RE NOT FAILING, YOU'RE
ADJUSTING.”



It's important that you build a good support system,
especially when away from home!

You don't have to do this alone..

YOUR SUPPORT SYSTEM

WHAT KIND OF SUPPORT IS THERE?

FRIENDS & CLASSMATES



FACULTY & PRO STAFF



ON CAMPUS EMPLOYMENT



STUDENT ORGANIZATIONS



BALANCING LIFE, FAMILY, AND COLLEGE

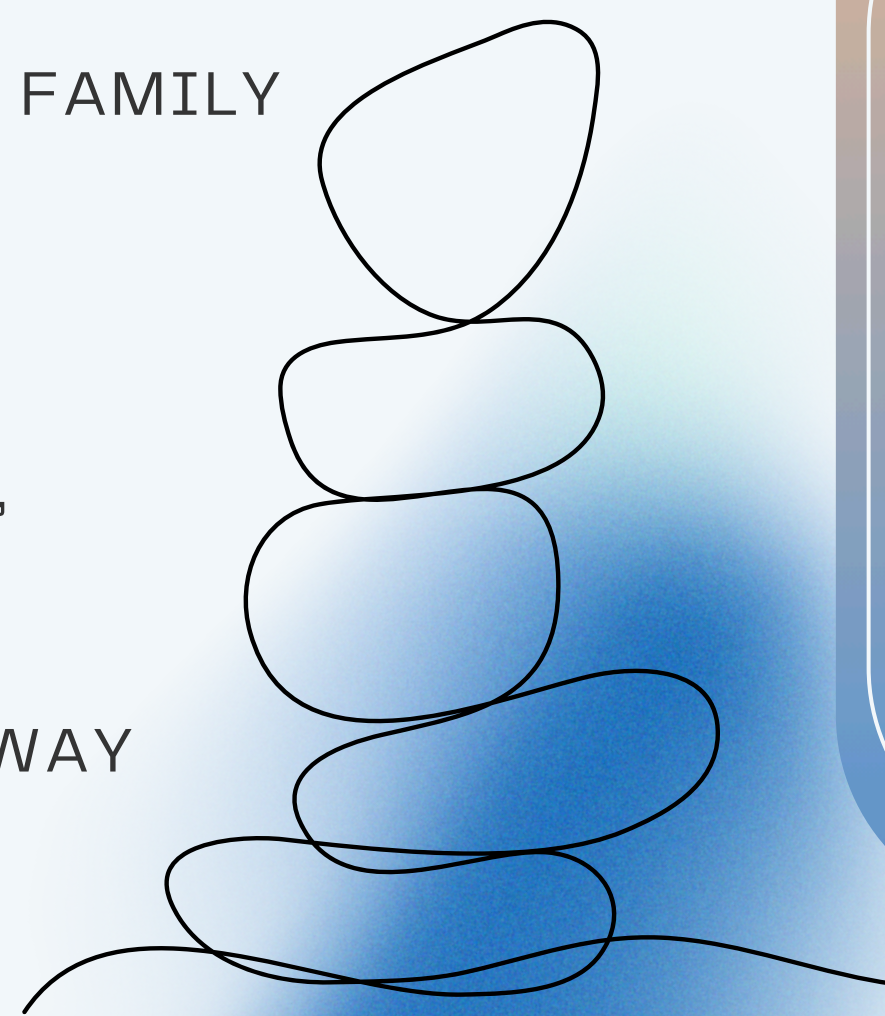
FAMILY EXPECTATIONS

TRANSLATING COLLEGE LIFE TO YOUR FAMILY

GUILT AND PRESSURE

MISSING EVENTS, FINANCIAL STRESS,
RESPONSIBILITIES

SETTING BOUNDARIES IN A HEALTHY WAY



“REMINDER:
You’re doing this for your
family – but also for yourself.”

FINANCIAL AID BASICS

- FAFSA
- SCHOLARSHIPS
- WORK-STUDY

CAMPUS RESOURCES

- BASIC NEEDS / BOBCAT FOOD PANTRY
- DEAN OF STUDENTS
- CAT TRACKS

BUDGETING TIPS

- BUILD A REALISTIC BUDGET
- USE WEEKLY SPENDING LIMITS
- MAXIMIZE STUDENT DISCOUNTS



FINANCIAL REALITY CHECK

TAKING CARE OF YOURSELF

“YOU DESERVE TO BE HERE
AND TO FEEL OKAY.”

BURN OUT IS REAL!

THERE'S MANY COMMON FEELINGS

- ISOLATION
- STRESS
- ANXIETY

AS A CAMPUS RESOURCE, STUDENTS CAN USE OUR
COUNSELING AND PSYCHOLOGICAL SERVICES FOR FREE!

REMEMBER THESE QUICK TIPS

GET GOOD REST

TAKE BREAKS

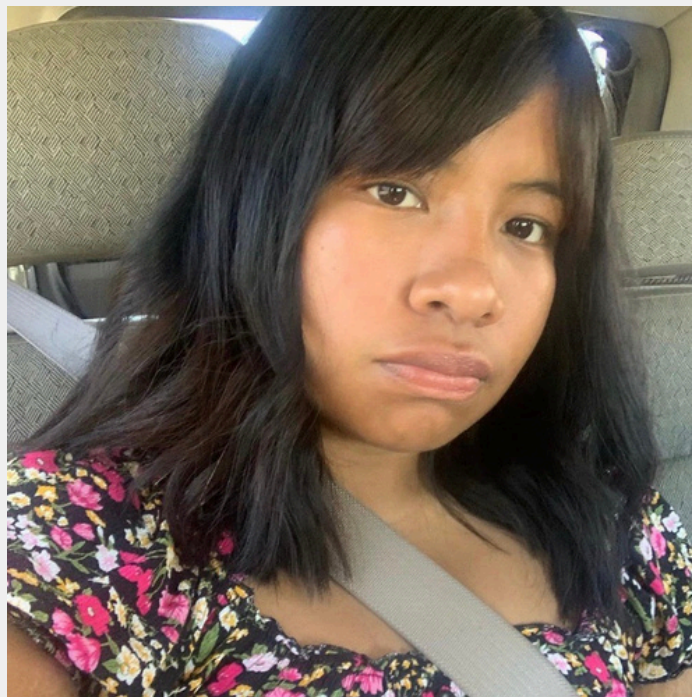
TALK OR REACH OUT TO SOMEONE FOR SUPPORT

1ST YEAR GAME PLAN

- ✓ **GO TO AT LEAST 1 OFFICE HOUR IN THE 1ST MONTH**
- ✓ **JOIN AT LEAST 1 CLUB OR PROGRAM**
- ✓ **MEET WITH AN ACADEMIC ADVISOR EACH SEMESTER**
- ✓ **BUILD 2-3 MEANINGFUL CONNECTIONS**
- ✓ **USE TUTORING ONCE (EVEN IF YOU THINK YOU DON'T NEED IT)**

STUDENT PANEL

ANAHI VELASCO



ANGEL GOMEZ



CHRISTOPHER YBARRA



YURITZIA MARTINEZ
BARAJAS



YOU BELONG HERE

“You don’t have to know everything, you just
have to keep going.”

THANK YOU

EMAIL: MCARRILLOORTEGA

LINKEDIN: MINERVA CARRILLO ORTEGA

