



# First-Gen Survival Guide Sheet

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## How to Access Campus Resources

- Tutoring Center – Free subject-specific tutoring sessions. Visit your school's Academic Support Center or Learning Commons.
- Mental Health Services – Most campuses offer free or low-cost counseling. Don't hesitate to ask your advisor or RA for details.
- Career Services – Resume help, internship search, and mock interviews.
- Cultural/Identity Centers – Safe spaces to connect, find mentors, and build community.

## What to Ask Your Advisor

- What classes should I prioritize this semester?
- Am I on track to graduate on time?
- Are there scholarships or programs for first-gen students?
- Can you help me explore majors or career paths?
- How do I handle academic probation or course withdrawal?

## Self-Advocacy Tips

- Speak up early – Don't wait until you're struggling to ask for help.
- Be specific – Know what you need when emailing professors or staff.
- Use your voice – Join student orgs, speak to deans, and participate.
- Keep records – Save copies of emails, syllabi, and key conversations.

## "What I Wish I Knew" Quotes from First-Gen Students

"It's okay to feel out of place at first. You belong just as much as anyone else."

"I wish I'd known about free tutoring sooner; it made a huge difference in my GPA."

"You don't have to do it all alone. Find your people and lean on them."

"Asking for help isn't weakness, it's how you win."