Students that Excel Learn to Utilize Campus Resources!

Resources for FGCS at TCU Include:

**Student Support Services Program:** provides assistance, such as study skills, personal counseling, academic advice and assistance, tutoring, cultural events, academic workshops, career services, activities designed to foster enrollment in graduate programs, study lab, computer lab, and when requested mentoring involving faculty or upper classmen. For more info, contact the SSS office at (817) 257-5679 or (817) 257-5680.

**Texas Christian University’s McNair Post-Baccalaureate Achievement Program:** is designed to provide disadvantaged college students with effective preparation for doctoral studies as stated in the Higher Education Act of 1965. For more info, contact the TCU McNair Program office at (817) 257-7946.

**TCU Office of Scholarships and Student Financial Aid:** may have resources for scholarships specific to FGCS. For more info, contact (817) 257-7858.

**TCU Counseling Testing and Mental Health Center:** CTMH provides counseling, support, guidance for FGCS on a variety of issues. CTMH can help with adjustment and developing coping skills specific to the needs of FGCS. We also teach time management skills and biofeedback methods for handling anxiety. For more info, contact (817) 257-7863.

Remember that TCU is here to support you in your academic and personal success. All you need to do is ask for help!
What is the Definition of a First Generation College Student?

A First Generation College Student (FGCS) is a student whose parents did not graduate from a university with a four-year degree. This includes students whose parents attended but did not graduate from a university or attended a community college.

FACT OR FICTION?

1) FGCS attend full-time college less than non-FGCS.
   **FACT:** Statistics show that 30% of FGCS attend college part-time in comparison to only 13% of non-FGCS.

2) FGCS delay entering college following high-school graduation more than non-FGCS.
   **FACT:** Statistics show that 46% of FGCS delay college entrance after high school in comparison to only 19% of non-FGCS.

3) FGCS receive financial aid more frequently than non-FGCS.
   **FACT:** Statistics show that 51% of FGCS receive financial aid in comparison to only 42% of non-FGCS.

4) FGCS work full-time more frequently than non-FGCS while enrolled in college.
   **FACT:** Statistics show that 33% of FGCS attend college part-time in comparison to only 24% of non-FGCS.

So Why Are First Generation College Students Different Than Other Students?

According to the National Center for Education Statistics (NCES), 45 percent of first-generation college students drop out of school. This is more than double than non-FGCS students! However, the research also shows that when FGCS do graduate, their employment outcomes and performance are just as strong as non-FGCS. So, the difference is not that FGCS are less intelligent or motivated than non-FGCS. Rather, it is likely due to the unique challenges and struggles that FGCS face during their college years that their peers do not. But, FGCS often have unique strengths in addition to their unique stressors, which can lead them to success!

**FGCS UNIQUE STRESSORS**

- Financial instability
- False expectations
- Increased awareness of minority status when on campus
- Lack of preparation and/or support
- Lack of “college knowledge”
- Family expectations
- Conflicting obligations
- Pressure to do well/choose certain job

**FGCS UNIQUE STRENGTHS**

- Motivated
- Inquisitive
- Independent
- Open to Diversity
- Resilient

How to Be Successful At TCU

**Understand your strengths.** Chances are if you are a FGCS, you have strengths that have already led you to this point. Understand what your unique strengths are and think about how they can be applied to your college success and possibly your choice of major.

**Create balance.** FGCS typically have more stressors in their lives than their peers. So, it can be tempting to focus only on academics, family, or other stressors, which can lead to stress overload and burnout! It is important to create balance between academics/stressors and leisure time/social life. This may be hard at first, but rest and relaxation is healthy and prepares us to better handle our stress.

**Get Connected.** Become involved with the university in ways other than just academics. College learning happens outside as well as inside the classroom. Reach out to students, make friends, join an organization, and attend campus events.

**Utilize Campus Resources.** There are many resources at TCU that are here to provide you with the support and tools for academic and personal success. Successful college students utilize campus services and know when to ask for help. The next page lists resources for FGCS students at TCU.