

PARENT AND FAMILY GUIDE: WAYS TO SUPPORT YOUR FIRST-GENERATION STUDENTS

ELIMINATE GUILT AND EXPECT CHANGE

Some students might feel guilty about leaving their families to attend college. It is important to encourage them about the importance of a college education. It is also important to know that their daily routine will change significantly. Patience is needed, and growth will take place by both the student and parents.

CHECK IN WITH YOUR STUDENT

It is important for each student to know they have their family's support while away at college. Talking to your student regularly and letting them know they have your support will help motivate them throughout their collegiate career. Schedule a convenient time to talk with your student in order to connect without adding extra pressure and stress.

ENSURE YOUR STUDENT GETS INVOLVED ON CAMPUS

A college education is more than academics within the classroom. Studies have shown that involvement matters, and students who are involved are more likely to feel a sense of belonging on campus.

MOTIVATE YOUR STUDENT TO FIND A MENTOR AND STAY CONNECTED

Encourage your student to find a peer mentor. There are many peer mentor programs on campus, such as through the Student Success Center, Student Development and Access Services, college major departments, etc.

MOTIVATE YOUR STUDENT TO MEET WITH THEIR ACADEMIC ADVISOR

Meeting with an academic advisor ensures a student's success at college and will keep them on track to graduate. We encourage students to keep a copy of their degree plan of study, and keep track of their degree progression.

ENCOURAGE YOUR STUDENT TO JOIN THE GENJACKS PROGRAM

GenJacks is an academic learning community for first-generation college students. Learn more at sfasu.edu/genjacks.

 GenJacks  @sfa_genjacks


KNOW THE RESOURCES AVAILABLE TO YOUR STUDENT

Stephen F. Austin State University offers great resources available to each student. To view a comprehensive list of concerns, visit the A-Z Concerns webpage for resources available across campus at sfasu.edu/lwn/a-z.

ATTEND FAMILY WEEKEND

Family weekend is hosted in the fall, and is a great way for you to come to SFA and see how your student is doing. Check the SFA website as information becomes available.

FOLLOW SFA ON SOCIAL MEDIA

 sfasu  @sfasu

REMIND YOUR STUDENT THAT YOU'RE PROUD OF THEM

There are many pressures that college students have, but the number one pressure from students is living up to their family's expectations. Remind them of your support and the importance of a college education. Your constant support, encouragement and love are essential components for achieving educational goals.

AND DON'T FORGET TO ALWAYS SHOW YOUR LUMBERJACK PRIDE!

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