

## **First-Generation & Low-Income Student 2021 Virtual Advising Guide**

### **I. Description/Introduction:**

If you are the first in your family to attend college (siblings don't count) or even graduate college, know that you are not alone. College may seem out of reach at times or difficult to complete, especially if your family has limited financial resources, but know that college can be both affordable, accessible and attainable.

My own experience building a better life for myself has been quite tumultuous and requires constant reflection, restriction, and balance. Sometimes I feel it is out of pure strokes of luck that I have been able to overcome the seemingly insurmountable barriers. The truth is that our experiences with poverty and the unknown endows us with a special gift- Resilience. Resilience allows us to wear a smile and keep our heads up when really our hearts feel heavy with fear and anxiety about tomorrow. Keep going!

Even resilience has its limits. We must find support before we are overwhelmed. I in part created this guide because many times when I did reach out to others for help, I was met with either apathy or indignation. I was often advised to go through what they had in their own time, or learn "the hard way" like they had. Those were often the requirements for receiving help- follow in others footsteps.

Make your own path towards success and happiness. Be who you are and listen to your heart. I use this guide to impart my knowledge and personal lessons so that you and others that are the first or come from a low-income family do not always have to learn "the hard way". We have had enough of that just getting here.

This guide is a culmination of 6 months of physical labor and 9 years of informal knowledge in this discipline. It is intended to help you navigate your future and know what barriers may lay in your path. The knowledge in this guide reflects both personal lessons I've accumulated and quantitative understandings of the common struggles we face due to our background. If you work with students, the resources in this guide may help you serve these students better or connect them with these resources.

I hope that the material in this guide will help you no matter where you are in your journey, whether in high school, college, or beyond. You will always be Bound in only one direction: Upward.

Forever Bound & Beyond

-Josh

## II. Resources For Educators & Other Professionals-

Thank you for your service to these youth at all levels of their educational journeys. Without you, our progress would be almost impossible. The resources below may be helpful when interacting with FGLI students, building programs to serve them, or advocating for policies that protect and benefit them.

- A. [Research Findings on First-Generation & Low-Income Students](#)
- B. [Research & Policies For FGLI Students](#)
- C. [Higher Education Research](#)
- D. [The 74 Education Newsletter](#)
- E. [First Gen. Non-Profits](#)
- F. [College Access & Success Program Directory](#)
- G. [College Resource Directory](#)
- H. [National Student Clearinghouse-Student Tracker](#)-Use to track students to see enrollment and graduation status
- I. [Student Tracker Description & Tutorial](#)
- J. [Best Practices](#)
- K. [FGLI Books](#)-HIGHLY RECOMMEND PRIVILEGED POOR, BECOMING, & EDUCATED
- L. [The Cost of Being Poor at An Elite Institution](#)-Student Narratives
- M. [High Impact Practices](#)
- N. [Study Abroad & Internships](#)
- O. [College For Social Innovation](#)- Innovation in Boston Addressing Career Readiness & Internships
- P. [National Report Cards For Colleges on SocioEconomic Mobility](#)- You can go to the data page and download the national data set to view your own school's performance. It does not take into account graduation rates as much.
- Q. [School Program Profiles & Ranking](#)- I do not necessarily agree with the rank, but reading the programs each school offers may be helpful.
- R. [Ranking II](#)
- S. [AL1GN National Conference](#)- Conference for FGLI College Students each Spring..

To the extent possible, I recommend that students be included in the planning, implementation and evaluation stages of programming and policy decisions. The ideal is to be on [rung 8 of the youth participation model](#), also known as the **youth-adult partnership**.

If you are interested in doing an overview workshop/tutorial training of the guide and its contents for staff or students, or want a PDF or Word copy, please let me know. :)

## T. Innovative Programs & Resources:

1. [Being Not Rich Guides](#)-This is a NATIONAL STUDENT Endeavor that many colleges are supporting.
2. [Media Coverage on Not Rich Guides](#)
3. [Empowering First Generation Student Facebook Group](#)
4. [Georgetown-Georgetown Scholars Program \(GSP\)](#)-I'm biased because I love the staff and the collaborative history of the program. :)
5. [University of Pennsylvania](#)
6. [UC Berkeley](#)
7. [UNC-Chapel Hill](#): I would also look at their covenant scholarship program
8. [Wichita First Gen. Coordinating Council](#)-
9. [Old Dominion University LeADERS Program](#)- High Impact Practice!
10. [University of Richmond EnCompass](#)
11. [Pennsylvania Colleges With Programs](#)
12. [Virginia Tech](#)- With a donation funding the staff and office. They have accomplished a lot in under two years.
13. [University of Virginia-Advocacy Class for FGLI Students](#)
14. [Angelo State University- First In The Family Program](#)
15. [DePaul University Internship Plu\\$](#)
16. [Redlands Book Lending Program](#)
17. [Washington State University-First Generation Abroad](#)
18. [Georgia State Meta-Majors](#)- Highly Recommend!
19. [Harvard Alumni Group for FGLI Alumni](#)- Many more universities are building alumni networks and groups of FGLI Alumni and collaborating.

This list is not exhaustive nor do I endorse that all methods are equally effective. Some of the innovations are interesting ideas to consider for your own programming. I would adopt programs and innovations from organizations and institutes that have higher external validity to your own.

### III. High School Success: How to Survive High School:

Let's admit it, high school is HARD! You have so much work and so little time. At least in college there is more time to complete your work. You may not be sure how many of your subjects apply outside the classroom and may have little motivation to do well. While the list below is not exhaustive, I attempt to help show how some of the knowledge you learn applies outside of school and why it matters. If there is a subject or concept that you want to learn more about or know how it applies, let me know and I will try to include it.

#### A. Literature:

1. [Why Study literature?](#)
2. [What is Literature for?](#)
3. [How fiction can change reality](#)
4. [How and Why We Read: Crash Course English Literature #1](#)
5. [How to Analyze Literature](#)

#### B. Writing:

1. [Why is Writing Important?](#)
2. [Strayer Studios: The Power of Writing](#)
3. [Writing an Essay Outline](#)
4. [Paragraphs \(Part I\) - What is a Paragraph](#)
5. [How to Write a Good Paragraph](#)
6. [How to Write an Effective Essay](#)

#### C. Math:

1. [Why Math is Important](#)
2. [Mathematics in real life](#)
3. [The Map of Mathematics](#)
4. [Real Life Math](#)
5. [Algebra Basics: What Is Algebra?](#)
6. [Using Algebra and Geometry in the Real World](#)
7. [Geometry in the Real World Project](#)
8. [Calculus at a Fifth Grade Level](#)
9. [Introduction to Calculus \(1 of 2: Seeing the big picture\)](#)

**D. Science:**

1. [What is Science?](#)
2. [Earth Science: Crash Course History of Science](#)
3. [The Map of Chemistry](#)
4. [Importance of Chemistry in Life. Everyday Uses](#)
5. [Chemistry Life Hacks for Everyday Problems](#)
6. [Chemistry Life Hacks](#)
7. [How Alcohol makes you drunk-Chemistry Explained](#)
8. [Importance of Biology](#)
9. [Why learn Biology?](#)
10. [Biology- What is a coronavirus?](#)
11. [Biology- Diabetes and the body](#)
12. [Biology & Cancer: from a healthy cell to a cancer cell](#)
13. [Biology & Heart Disease](#)
14. [Biology & Stress: How stress affects your body](#)
15. [Biology & Anxiety-The Science of Anxiety](#)
16. [Biology & Depression-The science of Depression](#)
17. [Biology & Bipolar Disorder](#)
18. [Biology & Asthma](#)
19. [Biology & Allergies](#)
20. [Biology & Caffeine](#)
21. [Physics is Life](#)
22. [The Importance of Physics](#)
23. [What is Physics?](#)
24. [Physics Lecture - 1 - Introduction to Physics](#)
25. [Physics-How Atomic and Hydrogen Bombs Work](#)
26. [Physics-Nuclear Energy Explained: How does it work?](#)

**E. History:**

1. [WHAT IS HISTORY?](#)
2. [What is History for?](#)
3. [Global History and AP World Review in 16 Minutes](#)
4. [Geography: What is it for?](#)
5. [History of the America in 25 minutes](#)
6. [The Natives and the English](#)
7. [History of African-Americans](#)
8. [Growth, Cities, and Immigration: Crash Course US History](#)
9. [Mexico & The U.S.-Braceros Program](#)
10. [A global history of women's rights, in 3 minutes](#)
11. [The American Political System Explained in 10 Minutes](#)
12. [How to understand power](#)
13. [Protests & powerful change](#)
14. [Shaping Public Opinion: Crash Course Government and Politics](#)
15. [The American President's Cabinet Explained](#)
16. [How do executive orders work?](#)
17. [Contact Your Representatives](#)
18. [How to Contact Your Congressman](#)
19. [How to Get a Story in the Local News](#)
20. [Levels of Government](#)
21. [How To Write Petitions](#)
22. [Petition Examples](#)
23. [Intro to Economics: Crash Course](#)
24. [Economics of Education](#)

If you find any of the subjects above interesting, I encourage you to explore these topics more in-depth on your own or ask your teachers for more material in any interested subjects. This list is not meant to replace what you learn in school, but rather help you understand how each subject can be useful in your current life or in the future.

### F. NY State Graduation Credit Requirements:

While this is specific to NY state, **you can find your own online, usually through your state's department of education website. Type, "XX State high school credit requirements" or something similar.** In case your school is not clear in explaining what you need to graduate or if you want to fit in a specific class, you can compare the requirements to what you have on your transcript to see if you have room. You can ask your guidance counselor to send you a copy of your transcript.

| <u>Class/Subject Focus:</u>   | <b>Minimum Credits</b> |
|---|------------------------|
| English   | 4                      |
| Social Studies<br><br><i>Distributed as follows:</i><br><br><ul style="list-style-type: none"> <li>● U.S. History (1 credit)</li> <li>● Global History and Geography (2 credits)</li> <li>● Participation in Government (1/2 credit)</li> <li>● Economics (1/2 credit)</li> </ul> | 4                      |
| Science<br><br><i>Distributed as follows:</i><br><br><ul style="list-style-type: none"> <li>● Life Science (1 credit)</li> <li>● Physical Science (1 credit)</li> <li>● Life Science or Physical Science (1 credit)</li> </ul>  | 3                      |
| Mathematics   | 3                      |
| Languages other than English (LOTE)   | 1 *                    |
| Visual Art, Music, Dance, and/or Theater  | 1                      |
| Physical Education<br><br>(participation each semester, 1/4 credit earned per semester)   | 2                      |

|              |           |
|--------------|-----------|
| Health       | 1/2       |
| Electives    | 3.5       |
| <b>Total</b> | <b>22</b> |

NOTE: If you feel you are misplaced in any class or feel you can take a more advanced class for any subject, ask your guidance counselor, teacher, or advisor for your options and if you can take the end of course exam or regents. If an advanced class is not offered, ask if the class (like A.P.) is offered online through the state.

#### G. **Effective Note-Taking:**

In order to be successful in college, you must be able to take effective notes that capture what you learned in class and use them to study for tests and exams later. Below are a few video links of effective note-taking strategies. The only best way is the way that works best for you.

1. [How to Take Notes | Science-Based Strategies](#)
2. [How to take efficient and neat notes - 10 note taking tips](#)
3. [How to Take Great Notes](#)

#### H. **Effective study-habits:**

While it is possible to pass your exams by cramming for your exams, you will not actually remember the knowledge you learned in your future. You go to college to use knowledge in your life, so it is important that you study effectively and regularly so that you don't forget the material you learn. Below are some links that will explain effective study habits:

1. [9 Study Tips](#)
2. [How to Study Effectively for School or College](#)
3. [The Neuroscience of How Learning Works](#)
4. [How the Brain Learns](#)
5. [How We Learn](#)

#### I. **Time Management:**

The amount of free time you have in college is much greater than in high school. You spend less time in class and often need to balance your free time between studying and engaging in other activities like clubs or spending time with friends or community service. Below are some links to help you manage your time, both for high school as well as college.

1. [Managing your time](#)
2. [Time Management Tips for High School Students](#)
3. [Time Management for Online Students](#)
4. [How to Manage Your Time Better](#)
5. [Creating Schedule in Google Calendar Tutorial](#)
6. [SYNCHRONIZE Google Calendar With Android](#)
7. [How to Sync Google Calendar on iPhone or iPad](#)
8. [Create online Schedule Instructions and Templates](#)



**J. Tests & Exams:**

Below are strategies for taking tests in high school. Please note that in college, tests are much more difficult as they engage critical thinking and are often not multiple-choice.

1. [7 Tips and Strategies for Answering Multiple Choice Questions](#)
2. [Test Taking Strategies](#)
3. [Test Taking Strategies - Study Tips - Test Anxiety](#)

**K. SAT & ACT Tests:**

While your school may emphasize the SAT & ACT test, I want you to know that this test, nor any test, does not determine your intelligence. The history of these exams have racist roots and were actually created for the military and now are a source for the College Board to make money each year. Below are links explaining the history of the tests as well as tips on how to prepare and take the test. Know that most colleges pay much more attention to your grades in high school than your test scores.

1. [The History of the SAT](#)
2. [The problem with America's college entrance exam](#)
3. [The History of the ACT](#)
4. [Overview of SAT Test Structure](#)
5. [Everything You Need to Know About The ACT Test](#)
6. [Should I Take the SAT or ACT? Find out in 9 minutes](#)
7. [Using Khan Academy For SAT PREP \(FREE\)](#)
8. [SAT Strategy Example](#)
9. [SAT® Prep: 10 BEST Strategies for Reading, Writing & Language, and Math!](#)
10. [SAT Practice Tests](#)
11. [10 ESSENTIAL TIPS AND STRATEGIES FOR THE ACT](#)
12. [Tips & Practice ACT Test](#)
13. [ACT Math Prep - Practice Test 2019 Video Follow Along](#)
14. [ACT English 10 Hints, Tips, and Strategies Follow Along](#)

**L. Tutoring:**

1. [CovEducation](#)
2. [Homework Hotline](#)

#### **IV. Accessing College: Know Where To Go**

Keeping up in high school and applying to colleges and financial aid is a full time job, with no pay and lots of overtime. College to FGLI youth is a mystifying concept. I hope to help demystify the components and process with the links below. If there is a topic that you would like to learn that is not covered, let me know and I will try to include it.

##### **A. Admissions & Applying:**

1. [Types of Institutions: Colleges and universities](#)
2. [Types of Colleges II](#)
3. [Land Grant Universities](#)
4. [How Does College Work](#)
5. [College Admissions 101: What Do Colleges Look For?](#)-NOTE: MANY COLLEGES ARE NO LONGER TAKING TEST (SAT/ACT) SCORES. CHECK WITH THE SCHOOLS YOU ARE INTERESTED IN.
6. [How Broken The College Admissions Process Is](#)
7. [College Application Deadlines 101](#)
8. [Applying to college as an undocumented student](#)
9. [College Guide for Undocumented Students](#)
10. [Advising Undocumented Students](#)
11. [How to Pay for College as an Undocumented Student](#)
12. [How to Manage the Timeline of College Admissions](#)

##### **B. Resources for Students with Children**

1. [SINGLE PARENT COLLEGE STUDENTS| YOU CAN DO IT](#)
2. [TIPS ON GOING TO COLLEGE AND BEING A MOM!](#)
3. [MOM IN COLLEGE! | Tips on going back to school after having kids!](#)
4. [TIPS ON GOING BACK TO COLLEGE AS A MOM](#)
5. [Colleges for Students with Children](#)
6. [Scholarships, Grants & Financial Aid for Single Moms & Dads](#)
7. [Financial Aid Information for Students with Dependents](#)

NOTE: See if the schools you want to attend offer options for child-care or know of community resources that do.

- C. **Foster Care Students-** This section has resources for both students as well as case workers and those that work with them in higher education.
1. [Foster Care Alumni in College](#)- Great for those who work with foster youth in any capacity
  2. [Foster Care Resources Directory](#)- I would look at this one first
  3. [Foster Care to Success Resources](#)
  4. [Foster Youth - COLLEGE IS FOR YOU!!!](#)
  5. [Financial Aid & Scholarships](#)
  6. [Financial Aid & Scholarships II](#)
  7. [FAFSA Walkthrough for Foster & Adopted Youth](#)-Student Perspective
  8. [Working with Foster Youth in the Financial Aid Process](#)-Great Especially for Case Workers To Watch
  9. [MEFA Institute](#)-Referred to in Link Above
  10. [Foster Care Extended Data By State](#)
  11. [Tuition Waivers By State](#)
  12. [Student Story: "It's Just A Stepping Stone"](#)
  13. [Foster Care Peer Mentor Program](#)-Varies by university that have these programs
  14. [First Star Program News Coverage](#)
  15. [Foster Care In Higher Education Presentation & Recommendations](#)
  16. [Higher Agency, Inc. - Advice from college students from foster care](#)
  17. [Beating The Odds 2020: Supporting Youth In Foster Care Going Into College](#)
  18. [COVID-19's Impact on College Foster Youth - Jaqueline's Interview](#)

**D. Formerly Incarcerated Individuals**

1. [How to Get Hired or Go to College After Incarceration](#)
2. [Resources](#)
3. [Prison Education: Guide to College Degrees for Inmates and Ex-Offenders](#)
4. [Federal Student Aid for Students in Adult Correctional and Juvenile Justice Facilities](#)
5. [Congress lifts long-standing ban on Pell grants to people in prison](#)-most recent development.
6. [From Incarceration to College Graduation: How Colleges Can Support the Education Goals of Formerly Incarcerated Students](#)
7. [This Man Shares His Journey From Prison to College Graduation](#)
8. [PIECING TOGETHER A COLLEGE EDUCATION](#)
9. [Inmate to Individuals : Resources for Formerly Incarcerated](#)- Individual Story/Experience
10. [Nonprofit Director- formerly incarcerated to UCLA Graduate](#)
11. [Resources Directory](#)- Useful for college officials and case workers especially
12. [Policy & Research Data](#)
13. [Prison Education Foundation](#)
14. [Prison Scholars Fund](#)
15. [Scholarship for Children of Incarcerated Parents](#)-More are available if interested, just search “scholarships for incarcerated parents” or something similar.
16. [Scholarships for Felons](#)

**E. College Selection & Evaluation-** Not only should you research the schools you are interested in by hearing from university officials, you should also research the student perspective, especially from students that look like you and from similar backgrounds. You can search for a “day in the life of XX University/College” and see what students say about their experience.

1. [Tutorial on Evaluating Prospective Colleges](#)
2. [Why Are Historically Black Colleges Important?](#)
3. [Black Excellist: Top Ranked Historically Black Colleges & Universities \(HBCU\)](#)
4. [College Search Engine](#)
5. [College Scorecard](#)
6. [Data USA](#)-Use to look at data for specific schools like graduation rate, acceptance rate, etc.
7. [A DAY IN THE LIFE OF UNIVERSITY AT BUFFALO](#)
8. [FIRST WEEK OF COLLEGE| BUFFALO STATE](#)
9. [A day in the life of an nyu student](#)

**F. College Application Components-** The Common Application is one of the most popular college applications but please note that many colleges require other types of applications so please check with their admissions websites on the applications they accept.

1. [Common Application walkthrough part 1: Setup and college selection](#)
2. [Common Application walkthrough part 2: Profile](#)
3. [Common Application walkthrough part 3: Family](#)
4. [Common Application walkthrough part 4: Education](#)
5. [Common Application walkthrough part 5: Testing](#) NOTE: MANY COLLEGES ARE TEST OPTIONAL CHECK WITH EACH SCHOOL YOU ARE APPLYING TO.
6. [Common Application walkthrough part 6: Activities](#)
7. [Common Application walkthrough part 7: College specific supplements](#)
8. [How to Write a WOW College Essay! Tips for the Common App, Coalition App and Personal Statements](#)
9. [My College Admissions Essay Example](#)
10. [Other Essay Examples](#)
11. [Essay Support Tutoring](#) NOTE: ORGANIZATIONS & SCHOOLS MUST PARTNER FIRST TO RECEIVE SERVICES

## G. Financial Aid

1. [Types of grants and scholarships](#)
2. [Understanding Your Financial Aid Offer](#)
3. [FAFSA Overview](#)
4. [Financial Aid and Undocumented Students: Questions and Answers](#)
5. [Am I Eligible for Financial Aid if My Parents are Undocumented?](#)
6. [State University of New York Financial Aid Rules for Undocumented Families](#)
7. [Financial Aid and Scholarships for Undocumented Students](#)
8. [FAFSA - Full Walk-through](#)
9. [MAXIMIZE Financial Aid: 5 Legal FAFSA Tricks and Hacks](#)
10. [What Is Federal Work Study And How Much Does It Pay For College](#)
11. [What is Work-study?](#)
12. [Which of the 5 Types of Student Loans Is Right For You?](#)
13. [Variable vs Fixed Rates for Loans: Whats the Difference?](#)
14. [Student Loan Interest | Student Loans](#)
15. [Types of Scholarships](#)
16. [Questbridge Scholarship- I received this scholarship! Ask me about it! :\)](#)
17. [SCHOLARSHIPS FOR UNDOCUMENTED STUDENTS](#)
18. [MORE SCHOLARSHIPS FOR UNDOCUMENTED STUDENTS](#)
19. [How I won OVER \\$1 MILLION in scholarships for college | Scholarship Tips](#)
20. [Scholarships List-Buffalo Public Schools](#)
21. [The Best Scholarship Websites For Finding Money](#)
22. [How to Apply for Scholarships like a Pro](#)
23. [The Scholarship Essay Formula — Top 10 Things you NEED to say in your scholarship essay/ application](#)
24. [How To Write Scholarship Essays \(2020\) | How I Won Several Scholarships Using the SAME Essay!!](#)
25. [Essay Writing Tips for Scholarships](#)
26. [Scholarship Essay Examples](#)
27. [Scholarships](#)

**NOTE: You must complete financial aid forms each year you are in college, so save all account information for both you and your parents! Also save all written documentation and communication between you and financial aid officials.**

## V. **Succeeding In College: Resources, Tips & Advice:**

It is not enough to get into college. There are many barriers for FGLI students while they are in college. The most recent statistic from the NCES is that only 11% of FGLI students graduate college within 6 years. That is a huge issue. The resources below address barriers typical for FGLI college students. My hope is that in absence of support from university officials that you can still find the answers you seek with the resources below. If there is a barrier that is not addressed that you want covered, let me know.

### A. **Academic Barriers & General Resources:**

1. [Navigating College as a First-Gen Student](#)
2. [The Ultimate Glossary of College Terminology](#)
3. [Understanding & Navigating College Hierarchies](#)
4. [5 Tips for New College Students with Disabilities](#)
5. [7 Things to Know About College Disability Services](#)
6. [Disability Rights for College Students](#)
7. [Students Rights Overview & Resources](#)
8. [What are office hours?](#)
9. [Trio Student Support Services \(SSS\)](#)- Upward Bound's Sister Program for College. NOTE: CHECK TO SEE IF YOUR COLLEGE HAS AN SSS PROGRAM
10. [20 Useful Websites Every Student Should Know About](#)
11. [What College Classes Are REALLY Like](#)
12. [Example Syllabus](#)
13. [How to Prepare for College Courses | 6 Must Know Study Tips](#)
14. [How to Bounce Back from Failure](#)
15. [What is imposter syndrome and how can you combat it?](#)
16. [Intro. College Class-MIT](#)
17. [History Intro. College Lecture- Columbia](#)
18. [Intro. Writing College Lecture- University of Chicago](#)
19. [How to Read Your Textbooks More Efficiently](#)
20. [How I take notes from books](#)
21. [How to Save the MOST Money on Textbooks](#)
22. [8 Websites to Download PDF Textbooks for Free](#)
23. [College Office Hours Tips](#)
24. [How to Read a Syllabus](#)
25. [College: Understanding the Syllabus](#)
26. [General Types of College Campus Resources](#)
27. [Taking Advantage of College Resources](#)
28. [30 Useful Tips for College](#)
29. [Finding and Utilizing College Resources](#)
30. [College Final Exam Examples](#)

**B. Library, Research & Capstones**

1. [How to Search Academic Databases for Research Papers](#)
2. [How to Make Research Easy \(& Even Enjoyable\)](#)
3. [Navigate your College Library](#)
4. [How to use Google Scholar to find journal articles](#)
5. [What is a Literature Review? Explained with a REAL Example](#)
6. [How to Write a Literature Review](#)
7. [Research Literature Review Guide & Tips](#)
8. [Literature Review Examples](#)
9. [Tutorial: How to Read and Comprehend Scientific Research Articles](#)
10. [What Is An Undergraduate Thesis/Dissertation?](#)
11. [How To Write A Dissertation at Undergraduate or Master's Level](#)
12. [Thesis Example I](#)
13. [Thesis Examples II](#)
14. [What is A Capstone?](#)
15. [What is Purpose of Capstone Project?](#)
16. [Choosing your Capstone Project](#)
17. [Capstone Project Examples & Subtopics](#)



- C. **Housing & Food**- Use this if you need help finding food, housing, or other resources
1. [Being Not Rich Guides](#)-This is a NATIONAL STUDENT Endeavor that many colleges are supporting. Check here to see if your university has one.
  2. [Media Coverage on Not Rich Guides](#)
  3. [Student Affairs/Services & Supports](#)- This is an office at a college that is designed to support you and connect you to necessary resources so that you can thrive while in college, so don't be afraid to reach out to them. You can find their contact by searching on the university website or asking your professor or advisor.
  4. [College Students & Food Stamps](#)
  5. [APPLY FOR EBT \(SNAP/FOOD STAMPS\) AS A COLLEGE STUDENT!](#)
  6. [EBT Myths vs Facts: For College Students!](#)
  7. [College Food Pantries](#)-NOTE: Some colleges have food pantries and some don't. Please check with your college. If not, you can find out if the local community has food pantries.
  8. [LIVING ON CAMPUS VS OFF CAMPUS in COLLEGE | PROS & CONS](#)
  9. [college roommate tips!! 😬what I wish I knew freshman year](#)
  10. [College Roommate Survey Information](#) NOTE: Many colleges survey you if you do not have someone in mind that you want to room with. This is to find someone that has similar preferences to you. If you have someone in mind, then both you and the other person must list each other on the survey.
  11. [College Move-In Day: What to Expect and Survival Tips](#)
  12. [Budget Friendly Packing List For Dorms](#) NOTE: Make Sure To Check The Bed Size & Buy The Right Sheets. Yes- That One Was Aimed At You Michelle Obama ;)
  13. [Community Resources for Housing Insecure Students](#)
  14. [Department of Health & Human Services Resources](#)

#### D. Community College & Transfer Students

1. [8 Tips for Community College Transfer Students](#)
2. [Community College Vs. 4 Year Schools](#)-NOTE: CHECK WITH THE 4 YEAR SCHOOL YOU WANT TO ATTEND TO MAKE SURE THEY WILL ACCEPT YOUR CREDITS!
3. [Article on Community College Struggles](#)
4. [Community College: Pros & Cons](#)
5. [Community College Myths/Tips and Advice](#)
6. [COMMUNITY COLLEGE...my experience, advice and tips](#)
7. [College Transfer Tips: Best Bets and Worst Bets for Transfer Admissions!](#)
8. [What you need to know before you transfer](#)
9. [Transfer Student Advice: UC Berkeley Students Tell All You Need to Know!](#)
10. [Social Life and Adjusting](#)
11. [Transfer Tips](#)
12. [Scholarships for Transfer Students](#)- You can search for more if you need to, just check the deadlines! :)

#### E. First-Gen. & Low-Income At Ivy & Other Elite Schools

1. [LIST OF ALL ELITE & IVY SCHOOLS IN THE U.S.](#)- I add this because I was unaware of the prestige of my college until I arrived there. Know what you're walking into and don't be me! :)
2. [What it's like to be a first-gen student at an Ivy League school](#)
3. [Ivy League Trailblazers](#)
4. [Skipping class: Integrating low-income students at America's elite universities](#)-NOTE: Many IVY's have student groups for FGLI Students. Seek them out.
5. [Challenges of a first-gen, low-income Ivy Leaguer](#)
6. [being FIRST-GEN/LOW INCOME is \\*not\\* easy // the ivy league and yale financial aid](#)
7. [Opening Up About Being First-Gen/Low-Income in the Ivy League](#)
8. [Anthony Jack - "The Privileged Poor"](#)
9. [The Privileged Poor Book Description](#)- HIGHLY RECOMMEND YOU READ!!!!!!

## F. Minority Students In College

1. [An everyday dimension of racism: Why we need to understand microaggressions](#)
2. [Mental Health and Wellness for Students of Color: Transitioning to College](#)- NOTE: This Video Is A Bit Longer But Necessary :)
3. [How Do You Respond to Microaggressions?](#)
4. [Experiences In The Classroom](#)
5. [College Resources](#)
6. [Resources II](#)- NOTE: Much more comprehensive & general
7. [Resources III](#)
8. [Resources IV](#)-Ethnic minorities, Women, LGBTQ+, Disabilities, Religion, etc.

## G. College For Veterans/ROTC Students

1. [DATA ON VETERANS IN COLLEGE](#)- ~ 62% of student veterans are first-generation college students.
2. [Military Programs & Assistance In College](#)
3. [ROTC Programs Explained](#)
4. [5 Things I Wish I Knew Before Joining Army ROTC](#)
5. [All About ROTC- Student Perspective](#)
6. [ARMY ROTC Q&A!! + Scholarships, Basic Camp, Free College and Grad/Med School!](#)
7. [A day in the life of an ROTC student](#)
8. [Air Force ROTC; A Day in the Life of a Cadet](#)
9. [Navy ROTC New Student Indoctrination](#)
10. [Jose Figueroa-Cifuentes First Gen. Story](#)
11. [Going to College as a Veteran - 5 Tips](#)
12. [Resources for Veterans](#)
13. [Vets Get Real about going to college](#)
14. [When veterans enroll at elite schools, they're not just students](#)
15. [Veterans In College \(what you need to know\)](#)
16. [Student Veterans and their stories of growth](#)
17. [Unique challenges for student Veterans](#)
18. [5 Tips for Veterans Going to School](#)
19. [My First Day Of School As A Military Veteran!](#)
20. [Resources for Veterans II](#)

## H. College Athletes

1. [General Research](#)
2. [First Generation Student-Athletes: Academic Advising Lecture](#)-Kinda Long & Narrow Focus
3. [Student Athlete: Story](#)
4. [PROS AND CONS OF BEING A STUDENT-ATHLETE](#)
5. [Chance of Being Drafted Professionally](#)- This Isn't To Dishearten You, I just Want You To Know Your Options! I Believe In You! :)
6. [5 Things All Student Athletes Need to Know](#)
7. [Day In The Life: NFL VS College](#)
8. [Day in the Life of an OHIO STATE ATHLETE](#)
9. [10 THINGS YOU NEED TO KNOW BEFORE BECOMING A COLLEGE ATHLETE](#)
10. [DAY IN THE LIFE | D1 STUDENT ATHLETE | TEXAS](#)
11. [Pros And Cons Of Being A D1 ATHLETE](#)
12. [Could You HANDLE Being A College Athlete?](#)
13. [Why College Athletes Don't Get Paid](#)

NOTE: Most colleges have resources and support systems set up for student athletes. I encourage you to seek them out or ask someone if you need assistance or are struggling in any form.

## I. Choosing Classes & Majors

1. [How To Schedule College Classes \(tips and advice\)](#)
2. [How to choose a Major](#)
3. [How to Choose a College Major Advice](#)
4. [How To Choose The Perfect College Major For You](#)
5. [Research on Changing Majors](#)- Note: IT'S NORMAL, BUT IT'S BETTER TO DO IT EARLIER RATHER THAN LATER!
6. [Should You Change Your Major?](#)

**J. Top Majors Explained & Explored-** Within each Major or field listed below, I included different aspects. Some links explain or define the major and career path, some links expose student perspectives and advice within the major, and some links show objective career data for each industry. Finally, I tried to include an intro. College class for each major to give you an “Academic Appetizer”. You have the right to sample a major before committing money and time.

**1. Business (common classes and sub-majors)**

- a) [10 Types of Business Degrees: The Beginner's Guide](#)
- b) [Intro to Economics: Crash Course Econ #1](#)
- c) [Microeconomics vs Macroeconomics](#)
- d) [Understanding Financial Statements and Accounting: Crash Course Entrepreneurship #15](#)
- e) [FINANCIAL vs MANAGERIAL Accounting](#)
- f) [Accounting Basics Explained Through a Story](#)
- g) [Introduction To Marketing | Marketing 101](#)
- h) [Marketing Strategy Examples](#)
- i) [What is Human Resource Management?](#)
- j) [An Animated Introduction to the Key HR Functions](#)
- k) [What is Finance?](#)
- l) [Majoring in Finance](#)
- m) [What is Operations Management?](#)
- n) [What is hospitality management?](#)

NOTE: Business majors [comprise over 19% of degrees conferred in 2018](#) and is the most popular major. While it is the most popular, it does not mean it was the most secure or lucrative degree. Please check career data on the occupation you want to pursue in the career section. The above links are basic concepts that will be covered in a business major's curriculums.

2. **Healthcare (common classes, majors, and concepts in the curriculum):**

- a) [EXTREMELY Underrated Healthcare Majors](#)
- b) [What is Public Health??](#)
- c) [Nursing School Curriculum for BSN | Bachelors Degree in Nursing School Class Schedule](#)
- d) [What Is Organic Chemistry?: Crash Course Organic Chemistry #1](#)
- e) [Inorganic Chemistry](#)
- f) [Applications of Inorganic Chemistry](#)
- g) [What is Biochemistry?](#)
- h) [Introduction to Anatomy & Physiology](#)
- i) [What is Healthcare Informatics?](#)
- j) [What is Medical Administration?](#)

NOTE: This is not an exhaustive list of fields in healthcare. Please note that pursuing a medical doctor career is a graduate degree and is not a field you can study in college. The classes listed above (chemistry, biology, anatomy, etc.) are all classes that comprise the “premed” track. These are classes that people often take before applying to medical school to become a doctor or a nurse. **You do not have to study these fields to apply to medical school**, but the knowledge could help. For more options of careers in healthcare, see the career section. For more about going to medical school, see the graduate school section.

### 3. Social Sciences and History

- a) [An introduction to the discipline of Anthropology](#)
- b) [Intro College Class in Anthropology](#)
- c) [CAREERS FOR ANTHROPOLOGY MAJORS](#)
- d) [Anthropology Career Outlook Data](#)
- e) [Introduction to Psychology as a Major](#)
- f) [Intro. Psych. Class at Yale: This Is Your Brain](#)
- g) [Psychology Career Data](#)  
NOTE: Many require more than a bachelor's degree
- h) [What Is Sociology?](#)
- i) [Intro. Sociology Class at NYU](#)
- j) [Sociology Career Data](#) NOTE: Often requires more than Bachelors degree
- k) [SPECIFIC JOBS IN SOCIOLOGY WITH ONLY A BACHELORS DEGREE](#)
- l) [Introduction to Political Science](#)
- m) [Sample College Curriculum Requirements for Political Science Degrees](#)
- n) [College Intro. Class on Politics](#)
- o) [Career Data for Political Science Majors](#) NOTE: Many jobs require more than a Bachelor's degree.
- p) [What Is Social Work?](#)
- q) [Boston College Social Work Lecture: Justice & The Roots of Social Work](#)
- r) [Social Work Major & Career Guide](#)
- s) [What To Expect As A Social Worker](#)
- t) [Social Work Career Data](#)

- 4. Architecture & Engineering-** STEM fields, such as engineering, are very lucrative and stable careers. FGLI students tend to be underrepresented in these fields (not many FGLI students choose these majors) so there is a great demand for FGLI students in these majors and perhaps even scholarship opportunities for you in STEM fields. They do require extensive knowledge of Math & Science, so don't be afraid to seek tutoring or other help if you want to go into a STEM major but are not very strong in Math or Science.
- a) [What does an Architect Do?](#)
  - b) [Ohio State Intro. To Architecture Class](#)
  - c) [5 Stages of the Architectural Design Process](#)
  - d) [Architecture Career Data](#) NOTE: Demand for Architects is low.
  - e) [What is Engineering?](#)
  - f) [21 Types of Engineers](#)
  - g) [Intro. Engineering Lecture](#)
  - h) [Engineering Career Outlook Data](#)
- 5. Math & Sciences**
- a) [The Chemistry Major](#)
  - b) [Chemistry Careers](#)
  - c) [Chemistry Life Hacks \(Vol. 1\)](#)
  - d) [6 Chemical Reactions That Changed History](#)
  - e) [How to Get an A In Chemistry | Study Tips, Advice, Resources | Gen Chem, Orgo, Biochem](#)
  - f) [Chemistry Career Outlook Data](#)
  - g) [The Biology Major - Careers, Courses, and Concentrations](#)
  - h) [Biology General Career Outlook Data](#)
  - i) [Advice for biology majors](#)
  - j) [College Advice| Biology major, Chemistry and the struggle](#)
  - k) [The Math Major](#)
  - l) [Why Math is Important: Real Life WWII Problem Solved](#)
  - m) [Math & Stats Career Outlook Data](#) NOTE: many require more than a Bachelor's degree.
  - n) [What Is Statistics: Crash Course Statistics #1](#)
  - o) [Statistics Career Paths](#)



**6. Communications & Journalism**

- a) [Communications Major Explained](#)
- b) [EVERYTHING YOU NEED TO KNOW about a Communications Degree: misconceptions, courses, internships etc](#)
- c) [Communications Introduction College Class](#)
- d) [Journalism Major Explained](#)
- e) [Journalism Career Outlook Data](#)
- f) [JOURNALISM MAJOR | Pros & Cons](#)
- g) [Journalism Intro. College Class](#)
- h) [What goes into a journalism internship?](#)
- i) [All About My Public Relations Major in College! \(Courses, Jobs/Internships, Salary\)](#)
- j) [Public Relations Introduction College Class](#)
- k) [Public Relations Career Outlook Data](#)

**7. Computer and Information Sciences**

- a) [What is Computer Science?](#)
- b) [Computer Science is Changing Everything](#)
- c) [The Math Needed for Computer Science](#)
- d) [Map of Computer Science](#)
- e) [Computer Science Careers and Subfields](#)
- f) [Computer Science MIT Intro. College Class](#)
- g) [Computer Science Career Outlook Data](#)
- h) [Data Science In 5 Minutes | Data Science For Beginners](#)
- i) [What REALLY is Data Science? Told by a Data Scientist](#)
- j) [Intro. Data Science College Class Lecture](#)
- k) [Data Science Career Outlook Data](#)

- 8. Education-** Education is a very broad field and encompasses more careers than teaching. I cannot cover every career path but will expose some general majors and options within education.
- a) [Types of Teaching Certifications](#)
  - b) [10 THINGS I WISH I KNEW BEFORE BECOMING A TEACHER](#)
  - c) [What's the difference between elementary and secondary education?](#)
  - d) [HOW TO BECOME A SCHOOL COUNSELOR](#)
  - e) [How school counselors' roles have evolved](#)
  - f) [School Psychologist, School Counselor, and School Social Worker | What's the difference?](#)
  - g) [School Counselor Career Outcome Data](#)

NOTE ABOUT DIVERSITY, EQUITY, & INCLUSION: Certain majors and career paths are going to be more competitive and have larger amounts of more affluent and white students than others. For those that identify as primarily a person of color, first-generation, or low-income, please note that your experiences may differ from those in the links above. I encourage you to research the programs at your individual universities and seek out resources to make you feel like you belong because you deserve to be where you are at. The links above are to help you explore your options and choose one that you are passionate about. The data on salary and demand is to help you know what to expect before you commit to a major and make the decision that fits your needs. Please reach out to me if you struggle with this or feel there is a resource that is missing.

#### **K. Transferable Workplace Skills For Success**

1. [Public Speaking For Beginners](#)
2. [How to Practice a Speech or Presentation](#)
3. [What Is a Narrative Speech](#)
4. [How to Use Storytelling in a Speech | Public Speaking](#)
5. [Narrative/Story Speech Example](#)
6. [What Is An Informative Speech?](#)
7. [Falling in Love Informative Speech Example](#)
8. [Informative Speech Example II: Securing Yourself Online](#)
9. [What Are Persuasive Speeches?](#)
10. [Persuasive Speech Example: Why school should start later for teens](#)
11. [How to write a speech outline](#)
12. [Speech Outline Guide & Example](#)
13. [Public Speaking Elements & Considerations](#)
14. [Impromptu Speech Tips: Speaking Without Any Preparation](#)
15. [Beginner's Guide to Microsoft Word](#)
16. [Microsoft Excel Tutorial - Beginners Level 1](#)
17. [Excel Formulas and Functions Tutorial](#)
18. [The Beginner's Guide to Microsoft PowerPoint](#)
19. [How to Make a Video in PowerPoint - ppt to video](#)

## L. Studying Abroad

1. [A \\*real\\* week in my life as a study abroad student in Cádiz, Spain](#)
2. [Studying abroad while Black in France and UK! + TIPS for studying abroad in Europe/UK!](#)
3. [Janikka's 4 Tips For First Generation Study Abroad Students](#)
4. [Study Abroad as a First Generation College Student](#)
5. [5 Steps to Use Financial Aid for Study Abroad](#)
6. [How to Study Abroad: Frequently Asked Questions](#)

## M. Mental Health

1. [Michelle Obama's inspiring message to first gen college students](#)
2. [First-Generation students talk about mental health](#)
3. [Imposter Syndrome as a First Gen Low Income\(FGLI\) Student](#)
4. [Women Of Color Share Their Imposter Syndrome Stories](#)
5. [How students of color confront impostor syndrome-](#) Applicable to anyone, but especially students of color.
6. [Student Mental Health: Voices on Campus](#)
7. [Mental Health and College Students](#)
8. [Mental Health Resources For College Students](#)
9. [Therapy on a Budget? | Mental Health Resources for Depression, Anxiety, etc.](#)
10. [Which TYPE of Therapy is Right For You?](#)
11. [How Does Cognitive Behavioral Therapy Work?](#)
12. [Sample CBT Therapy Session Example](#)
13. [Black Men and Therapy](#)

## N. Working & Budgeting In College

1. [I GOT A CHECK FROM FINANCIAL AID | COLLEGE REFUND FREE MONEY](#)
2. [What's a Refund Check and What NOT to Do With It](#)
3. [HOW TO BUDGET A \\$8,400 COLLEGE REFUND CHECK](#)
4. [What Is Federal Work Study And How Much Does It Pay For College](#)
5. [How to Use Your Federal Work Study](#)
6. [HOW TO MAKE MONEY AS A COLLEGE STUDENT](#)
7. [The BEST Jobs To Have While In College \(Flexible & Easy\)](#)
8. [How I work TWO JOBS + Full-Time College Student](#)
9. [how to balance school/uni, work, social life & everything else!](#)
10. [How to Create a Schedule](#)
11. [How To Become An RA](#)
12. [A typical week in the life of a college RA \(it's hard out here\)](#)
13. [Budgeting for College Students | Don't be a Broke College Student and Graduate](#)

### O. Finding Friends, Leaving Family & Getting Involved

1. [5 WAYS TO MAKE FRIENDS IN COLLEGE| Freshman College Advice](#)
2. [7 TIPS TO MAKE FRIENDS IN COLLEGE \(transfer, freshman advice\)](#)
3. [HOW TO DEAL WITH MOVING AWAY FROM HOME | Freshman College Advice](#)
4. [It's so hard to say goodbye!! College Move in Day!!](#)
5. ['moving OUT OF STATE for college \\*advice\\*](#)
6. [Why Involvement in College Matters](#)
7. [How to Get Involved in College: Clubs and Organizations](#)
8. [How To Start a Club At School | Become a Leader In College](#)
9. [Two students form club focused on building support for first-generation students](#)
10. [Sample Constitution to Create A Club](#)
11. [FLIP National Club/Org. For First Gen/ Low Income Students](#)
12. [HBCU Tips: How To Get Involved in College- Joining clubs, organizations & much more!](#)

### P. Parties, Sex, Alcohol, & Fraternity/Sorority (Greek) Life

1. [Drinking in College: EVERYTHING You Need to Know | Freshman Survival Guide](#)
2. [Drinking Best Practice Tips-](#) NOTE: Also see the biology & alcohol video in the high school section to learn how alcohol works in the body.
3. [Sex Advice in college 101](#)
4. [What is Toxic Masculinity?](#)
5. [8 COLLEGE PARTY TIPS: What You Need to Know to Stay Safe](#)
6. [Partying in College: EVERYTHING You Need to Know](#)
7. [So, What's College GREEK LIFE Really All About?](#)
8. [WHAT YOU NEED TO KNOW BEFORE JOINING A BLACK GREEK LETTER FRATERNITY OR SORORITY](#)
9. [Which Type of Fraternity is Right for You?](#)
10. [9 Things to Know About Title IX-](#)Please watch for both Men & Women!

### Q. Holidays/ Traveling

1. [HOME FOR THE HOLIDAYS: REFLECTIONS OF A FIRST-GENERATION COLLEGE STUDENT](#)
2. [Here's Smarty-Pants, Home for the Holidays](#)
3. [HIGH SCHOOL vs COLLEGE: WINTER BREAK](#)
4. [What To Expect When Going Home For Thanksgiving](#)

NOTE: during breaks like Winter and Spring break, colleges shut down or decrease their services, such as access to residence halls and dining halls. **If you feel that you cannot go home for breaks, please let an advisor, professor, or other college official know early.** Colleges may make accommodations depending on your circumstances. Whether you travel or not, it may be necessary to start saving money early and asking about local resources available to support you.

## R. Summer Internships & Opportunities

1. [How to get an internship as a freshman in college](#)
2. [COMPETITIVE RESUME TIPS That Got Me Internships at GOOGLE, NBC and ELLE Magazine](#)
3. [Searching for Internships](#)
4. [Career Opportunities For FGLI students](#)
5. [How to land an internship and turn that into a job offer](#)
6. [Fully Funded Government Internship](#)
7. [Internship Funding](#)
8. [How to Create an Internship Opportunity](#)
9. [How to find research opportunities in college](#)
10. [When to Apply to Summer Research Opportunities](#)
  - a) [How To Network In College](#)
  - b) [Networking As A Student](#)
  - c) [How To Write a Resume \(For College Students\)](#)
  - d) [Resume For College Students: How To Write Your First Resume! \(Plus Template\)](#)
  - e) [College Resume Sample](#)
  - f) [Internship Interview Tips and Tricks!](#)
  - g) [Questions to ask at the End of an Interview](#)

## S. FGLI supports on campuses

Please try to see if your campus has one or more of these offices-

1. Tutoring Centers
2. Writing Centers
3. [Student Support Services](#) (SSS)-Need to be enrolled in this Federal Program if they offer it at your university.
4. [Student Affairs](#)-General Description
5. [Higher Education Opportunity Program \(HEOP\)](#)-NY Specific
6. Student Groups for First-Generation & Low-Income Students ([FLIP](#))
7. Offices of Diversity and Equity
8. Student Success Centers
9. Career Centers
10. Students With Disabilities Centers
11. Title IX Offices & Offices of Civil Rights

## T. Mentorships

1. [National First Gen. Alumni Directory](#)
2. [Free Advising Platform for Graduate School & Career](#)
3. [Career Readiness Support for First Gen. Students](#)
4. [Firstly Career Jumpstart Mentorship](#)
5. [I'm First](#)
6. [Strive For College](#)

NOTE: You can always seek out your university's **Alumni Association** to be connected to graduates/alumni from your university. The directory linked above is a national database of FGLI

alumni or advocates who want to help you and are waiting to be reached out to. Let them know how you identify (FG/LI) and how you found them, as well as what you would like help with.

## **VI. Graduating & Transitioning Into The Workforce:**

The work does not end on graduation day. Transitioning out of college and into the workforce or graduate school requires lots of time before finishing college. Finding a job may take months, sometimes over a year. The resources below are intended to help you prepare and successfully transition out of college. Don't get caught off guard after graduation! Have a plan in place!

- A. [Personal Tip On Preparing for Graduation Weekend](#)
- B. [How to Land a Job in Your Senior Year — 4 Important College Resume & Job Search Tips](#)
- C. [LinkedIn for College Students | Branding, Networking & Finding Your First JOB!](#)
- D. [How College Students & Recent Graduates Can Network During a Pandemic](#)
- E. [Professional Networking Tips](#)
- F. [Your Guide to Getting A Job After College](#)
- G. [JOB vs. GRAD SCHOOL](#)
- H. [How to Ace an Interview: 5 Tips from a Harvard Career Advisor](#)-NOTE: GO SEE SOMEONE AT YOUR COLLEGE CAREER CENTER IF YOU HAVE ONE!
- I. [Traveling for Interview & Travel Compensation](#)
- J. [How to Answer: Tell Me About Yourself](#)
- K. [How to Negotiate Salary After Job Offer](#)- NOTE: WATCH THIS BEFORE YOUR FIRST INTERVIEW!
- L. [TOP BENEFITS TO NEGOTIATE BESIDES SALARY](#)
- M. [Type of Employee Benefits Explained](#)
- N. [How to Negotiate a Relocation Package](#)
- O. [Paycheck Calculator After Taxes](#)- NOTE: Use this to determine what your net income is after taxes and medical fees are taken out. It will not always give you the most accurate answer, but it will be close.
- P. [MIT Living Wage Calculator](#)-NOTE: Also look up actual housing openings and costs in the area you are considering.
- Q. [Tools to Research & Determine Salary](#)
- R. [Unemployed After College? My Experience & Advice No One Wants to Tell You](#)
- S. [Life After College in 2020 - What No One Tells You | Adulting, Student Loans, Post Grad Depression](#)

## VII. **Career Exposure & Exploration:**

These careers are often ones that are of interest to FGLI students, who tend to gravitate towards work that is both financially secure, but also in service to others. Often these are careers that they have more exposure to and may know the pathways into these careers. If there is a career that you are interested in that is not listed, let me know and I will add it. There are a plethora of careers that are amazing that many people do not know about.

### **A. Nursing-VERY Common Career Path for FGLI Students**

1. [JOBS FOR NURSES beyond the bedside](#)
2. [Things You Should know About Nursing](#)
3. [Different Types of Nurses](#)
4. [How To Become a Registered Nurse](#)
5. [Work Day of a Nurse](#)
6. [Day in the Life of a Nursing Student](#)
7. [Nursing Career Data](#)

### **B. Other Healthcare**

1. [Healthcare Careers](#)
2. [Careers in Healthcare Cont.](#)

### **C. Doctor**

1. [What are the different types of doctors? Specialties in Medicine!](#)
2. [How to CHOOSE A SPECIALTY](#)
3. [A CRAZY DAY IN THE LIFE of a busy pediatrician](#)
4. [Doctor Career Data](#)

### **D. Computer Science**

1. [Computer Science Careers and Subfields](#)
2. [What Can You Do With a Computer Science Degree?](#)
3. [A Day In The Life Of A Software Engineer At Microsoft](#)
4. [MOST REALISTIC Week in the Life of a Computer Science Major](#)

### **E. Finance/Banking/Investment-Different than Accounting**

1. [Career Paths for Finance Majors - Simplified](#)
2. [5 Investment Jobs Explained \(and what they pay\)](#)
3. [Money and Banking. part 1: How does the financial sector work?](#)
4. [Financial Analysts Data](#)
5. [A Day in My Life as a Goldman Sachs Investment Banker](#)

## F. Entrepreneurship

1. [Entrepreneur vs Career | Which Are You?](#)
2. [How to be an Entrepreneur](#)
3. [7 Inspirational RAGS TO RICHES Stories](#)
4. [How Starbucks Became An \\$80B Business](#)
5. [How I opened my Salon \(including how much I spent!\)](#)
6. [HOW TO START A SALON BUSINESS](#)
7. [Salon Owner | What I do & how much I make](#)
8. [Day in the life of a salon owner!](#)
9. [Best Major for Entrepreneurs: Information Systems](#)
10. [Discover a career in Entrepreneurship](#)
11. [5 TIPS TO STARTING A BUSINESS WITH NO 💰 MONEY](#)
12. [How to Legally Start a Business - 8 Steps](#)
13. [11 Elements of Sample Business Plan You Must Need to Know](#)
14. [10 Tips for Starting your Own Business](#)
15. [Marketing 101 - Marketing Tips for Small Business Owners](#)

NOTE: Doesn't require a degree, but some types of degrees can offer skills that are helpful.

## G. Criminal Psychology

1. [What's Criminal Psychology?](#)
2. [What is a Forensic Psychologist?](#)
3. [CRIMINOLOGY VS FORENSIC PSYCHOLOGY: WHATS THE DIFFERENCE?](#)
4. [Forensic Psychologist. Career Video](#)
5. [How Do You Become a Forensic Psychologist](#)
6. [CAREER & DEGREE PATHS IN FORENSIC PSYCHOLOGY](#)
7. [A Day In The Life of a Forensic Psychologist](#)
8. [Career Data on Psychologists](#)

## H. Therapy- Requires Masters or Ph.D Degrees

1. [What are Different Types of Therapy and Different Types of Therapists](#)
2. [The Pros & Cons of Being a Therapist](#)
3. [What's it Like Being a Therapist?](#)
4. [Counseling: Careers in Counseling](#)
5. [How To Become A Licensed Therapist](#)
6. [How to Become a Marriage & Family Therapist in 10 Steps](#)
7. [Psychiatrist, Therapist, Social Worker, LCSW, Psychologist... Who Should You See?](#)
8. [Mental Health Counselors Career Data](#)



**I. History**

1. [WHAT ITS LIKE TO MAJOR IN HISTORY](#)
2. [What Can I Do with a History Major?](#)
3. [What Can You Do with That History Degree?](#)
4. [10 Popular History Degree Jobs](#)
5. [Career data for Hlstory Majors](#)

**J. Veterinarian**

1. [What Major and Classes do I need to become a Veterinarian?](#)
2. [Veterinarian | What I do & how much I make](#)
3. [Want to be a VET? Watch this!](#)
4. [Dream Jobs: Veterinarian](#)
5. [Career Data on Veterinarian](#)
6. [DAY IN THE LIFE OF A VET STUDENT](#)

**K. Game Design**

1. [Learn to Code or Game Design? Which is better? \(and why?\)](#)
2. [Work for play: Careers in video game development](#)
3. [Job Prospects and Career Outlook for Video Game Designers](#)
4. [Basic Principles of Game Design](#)
5. [VIDEO GAMES | How It's Made](#)
6. [Math at Work - Video Game Designer](#)
7. [Shadow: A Day in the Life of a Video Game Designer \[Women in Games\]](#)
8. [How Video Games Change Your Brain](#)

**L. Math**

1. [The Importance of Math for Jobs](#)
2. [What you learn in a Math major](#)
3. [Jobs with Math](#)
4. [The Map of Mathematics](#)
5. [Careers in Math and Stats](#)
6. [Should I Be a Math Major? Pros & Cons](#)

**M. Physics**

1. [What is Physics?](#)
2. [The Map of Physics](#)
3. [Physics Vs Engineering | Which Is Best For You?](#)
4. [The Physics Major](#)
5. [What does a theoretical physicist do?](#)
6. [A day in the life of an Oxford University Astrophysicist](#)
7. [A day in the life of a student in Physics and Astronomy](#)
8. [Career Data on Physicists](#)

**N. Zoology**

1. [What is Zoology?](#)
2. [ZOOLOGY DEGREE: What is it like?](#)
3. [On the Job: Zoologist](#)
4. [CAREER IN ZOOLOGY | HOW TO BECOME A ZOOLOGIST](#)
5. [Zoologists and Wildlife Biologists Career Data](#)
6. [College Week In My Life - Zoology Student](#)

**O. Philosophy**

1. [What is Philosophy?: Crash Course Philosophy #1](#)
2. [Careers in Philosophy](#)
3. [Jobs with Philosophy](#)
4. [Studying Philosophy Q&A | note-taking, post-grad, thinking skills and more](#)
5. [Philosophy College First Class](#)
6. [College Class: Philosophy & Justice at Harvard. What's The Right Thing To Do? Episode 01 "THE MORAL SIDE OF MURDER"](#)
7. [Day in the Life: Senior Philosophy Major](#)

## VIII. **Graduate School:**

Unfortunately, FGLI graduates attend graduate school at lower rates than their peers, perhaps for a variety of reasons. Financial Aid is more complicated, preparation and entry into graduate school is more rigorous, and many prefer to start working instead of delaying an income and choosing more debt. Graduate school can be an option and beneficial depending on your career path. If there is a topic that is not discussed below, please let me know and I will include it.

### A. **General Resources for Masters & Ph.D:**

1. [Bachelors Masters PHD](#)
2. [Masters vs PhD: Similarities and Differences](#)
3. [Graduate School Advice](#)
4. [FREE Graduate School Test Prep. Resources](#)
5. [5 Campus Resources Every Graduate Student Should Use](#)
6. [What type of Masters should you do? Course Based vs Thesis](#)
7. [How to Apply to Grad School in 10 Easy Steps](#)
8. [Applying and Getting into Grad School](#)
9. [McNaire Program](#)
10. [Universities with McNair Programs](#)
11. [Tips for Paying for Grad. School](#)
12. [Funding a Ph.D](#)
13. [A Day in the Life of a Graduate Student + Teaching Assistant](#)
14. [WORK WEEK IN MY LIFE | NYU GRADUATE STUDENT](#)
15. [How a U.S. PhD Program Works](#)
16. [I Failed Orals: Let's Be Honest about the PhD Process](#)
17. [How To Write A Literature Review In 3 Simple Steps \(FREE Template With Examples\)](#)
18. [How To Write A Research Proposal For A Dissertation Or Thesis \(With Examples\)](#)

**B. Law School**

1. [Is law school worth it?](#)
2. [Should I Become A Lawyer?](#)
3. [Should You Become a Lawyer? | Lawyer Salary, Lifestyle, Law School Tuition & more](#)
4. [WHAT THEY DON'T TELL YOU ABOUT BEING A LAWYER](#)
5. [Types of Lawyers I](#)
6. [Types of Law II](#)
7. [Law School Sample Class & Problem Case](#)
8. [Law School Mentorship Program for First Generation Students](#)
9. [Resource for Lawyers of Color](#)
10. [Criminal Justice Law Class](#)
11. [Introduction to Immigration Law](#)
12. [Understand the Immigration System in 8 Minutes](#)
13. [Legal Aid Chicago new attorney training: Immigration law](#)
14. [DAY IN THE LIFE OF A LAW STUDENT](#)
15. [How Do I Pay For Law School?! | THE LEGAL TEA](#)
16. [Funding & Process for Law School Financial Aid](#)
17. [Law School Scholarships](#)
18. [Scholarships for Pro Bono Lawyers](#)
19. [Scholarships II](#)
20. [What is the LSAT \(Law School Admissions Test\)?](#)
21. [Law School Admissions Simplified](#)
22. [Law School Admission Consultant and Steve Schwartz Discuss Law School Admissions](#)
23. [How to Get into Law School - Personal Statement, LSAT, etc.](#)
24. [How to Study for the LSAT](#)
25. [What i wish i knew BEFORE i started studying for the LSAT](#)
26. [Advice on Taking the LSAT from an LSAT Prep Course Instructor](#)

**C. Medical School:**

1. [What It Actually Takes to Get into Medical School](#)
2. [How to Get Into Medical School | 6 Reasons for Rejection](#)
3. [Sample Personal Statements/Essay Responses for Medical School](#) TIP: Use the strength of your first generation and/or low income background and how you have overcome many barriers to get where you are today.
4. [THE MOCK INTERVIEW | Medical School Edition](#)
5. [MY ULTIMATE GUIDE TO MEDICAL SCHOOL INTERVIEWS 2020!!!](#)  
[How to prepare for medical school interviews](#)
6. [Interview tips for a virtual medical school interview](#)
7. [Free MCAT Practice Test](#)
8. [HOW TO PAY FOR MEDICAL SCHOOL | Everything You Need to Know!](#)
9. [Additional FUNDING TIPS for MEDICAL School](#)
10. [Medical School Scholarship Search Tips](#)
11. [Stanford Medical School Class](#)
12. [Sample Curriculum & Classes in Medical School](#)
13. [Tools and Resources for First-Generation Medical School Students](#)

**D. Dental School:**

1. [Article on Dental School & Career](#)
2. [DENTAL SCHOOL APPLICATION TIPS](#)
3. [Applying to Dental School](#)
4. [The Most Common Dental School Interview Questions](#)
5. [Free Dental School Practice Test](#)
6. [Dental School Personal Statement/Essay Examples & Tips](#) TIP: Use the strength of your first generation and/or low income background and how you have overcome many barriers to get where you are today.
7. [How to Have the Best Dental School Application!](#)
8. [Scholarships for Dental & Predental Students](#)
9. [Scholarships II for Dental & Predental Student](#)
10. [Financial Aid Options for Dental School](#)
11. [How I Pay for Dental School](#)
12. [Dental School Curriculum](#)
13. [Dental School Curriculum Sample](#)
14. [Sample Dental Class Lecture](#)
15. [DENTAL SCHOOL: What you NEED to know](#)
16. [Week in the Life of a Dental Student](#)
17. [Dental School Debt & Tips After Graduating](#)
18. [Dental Salary & Career Data](#)

**E. Pharmacy School:**

1. [REAL Pros and Cons of Pharmacy School](#)
2. [What Classes Do You Take In Pharmacy School?](#)
3. [Pharmacy School Sample Curriculum](#)
4. [Pharmacy School Admissions Test Description](#)
5. [How To Get Into Pharmacy School!](#)
6. [Free PCAT Practice Test](#)
7. [Applying to Pharmacy School During COVID-19 Pandemic | Virtual Interview Questions | Writing Sample](#)
8. [Pharmacy School Personal Statement/Essay Examples](#) TIP: Use the strength of your first generation and/or low income background and how you have overcome many barriers to get where you are today.
9. [Pharmacy School Scholarships](#)
10. [How I pay for Pharmacy School](#)
11. [Day in the life of Pharmacy students](#)
12. [Introduction to Pharmacology](#)
13. [Pharmacy Career Outlook Data](#)

## IX. **First to Inspire- Material From Others:**

FGLI students tend to be more independent and have difficulty finding mentors who have been in their shoes. It is important to have others to look up to and to reach out to for support. Listed below are a few other FGLI grads who have reached stardom in their path. They offer advice and some explain how their identity helped them be who they are today. If there is someone you want to learn more about, let me know and I will include them.

- A. [What I have learned as a first-generation college student](#)
- B. [First Generation Students](#)
- C. [We Persisted: Being a First Generation College Student](#)
- D. [Michelle Obama's inspiring message to first gen college students](#)
- E. [First Lady Michelle Obama Shares Her First Gen. College Story](#)
- F. [CEO of Starbucks First Gen. Story](#)
- G. [How Starbucks Became a \\$100B Success Story | Howard Schultz | From Poor Boy To Billionaire](#)
- H. [Oprah's Story- Upward Bound Grad.](#)
- I. [Don't Be Afraid to Fail Big. To Dream Big - Denzel Washington](#)
- J. [Go HUNT Your Dream](#)
- K. [Top 10 Celebrities Who Grew Up in Poverty](#)- Many on this list did not attend college but they used the power of their stories and their resilience to overcome their barriers. If they can, you can too! You got this!
- L. Other Famous First Gen. Grads:
  - a. Albert Einstein
  - b. Bill Clinton
  - c. [Viola Davis](#)- She was An Upward Bound Grad.
  - d. Samuel Jackson
  - e. Larry King

## **X.Conclusion**

I hope that with this guide, no matter wherever you are in your journey, that you may find this useful. Know that you are not alone. There is always support if you look for it and continue reaching out. Remember, being the first is synonymous with creation. You are the first to create your own path, one that is different but also special. Create what you dream and don't take no for an answer, from ANYBODY, regardless of their rank, status, title, or power.

And always remember this: Being a leader is being the first to do or say anything. Lead others by following yourself.

All experiences matter, whether formal or informal. Education is beyond the classroom...

“Formal education will make you a living; self-education will make you a fortune.”  
-Jim Rohn

Whoever sees this, I want to hear from you. If you need help with anything or want someone to talk to, reach out. :)

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LinkedIn: <https://www.linkedin.com/in/joshua-farris-bb460a114/>

If you found this useful, please [complete this short survey](#). It will help me gain support to spread it even further and reach more students. If you are interested in doing an overview workshop/tutorial training of the guide and its contents for staff or students, please let me know.

**Aspire Away,**

-Josh