**Advising First-Generation Students Post-Discussion Outline**

Facilitators: Lea J. Manske and Makeda Bostic, Student Support and Equity Services

12:00-12:10pm Open up Discussion:

How many of you are 1st Generation students

 Any thoughts about what you just heard/saw on the Webinar?

12:10-12:25pm Discuss Imposter Syndrome-give example, ask participants if they have seen this in students

Poverty Mentality-give example, ask participants if they recognize in students

Cultural Capital-give example, ask participants if they recognize in students

12:25pm-12:30pm Highlight some Takeaways of what you can do as an advisor:

 Self-check as an advisor

Enable versus Empower versus Overly Tough or Firm (mentality: if I could do it and my life was hard, then you have no excuse)

Pass out handout with resource information and other tips which include:

**Advisor Takeaways & Resources**

Be careful about patronizing or pitying a student

Help students self-advocate

If they don’t have a drive to succeed then there is only so much you can do

Don’t assume every student has the same story; ask questions to get the full picture

Don’t assume because a student is 1st gen they are not intelligent or lack certain skills-they

typically have a strong skill set that they themselves do not recognize

Help students recognize their skill set (resiliency, persistence, etc.)

Let student’s know that it is ok to ask for help

Hold student accountable without being an enabler and without being overly firm/hard on the student