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Feb 13th, 9:45 AM - 10:45 AM

Piecing It Together: The Puzzle of the First-Generation Identity Crisis

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Barqawi, Bareeq, "Piecing It Together: The Puzzle of the First-Generation Identity Crisis" (2020). *First-Generation Symposium*. 8.

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How Many Identities Do You Have?



700

Out of 9,000 possible identities



Piecing It Together

The Puzzle of the First-Generation Identity
Crisis



Identity

- Parents, peers, and other role models
- Social Roles
- Harmful Identities
- True Self



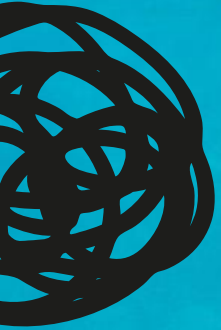


Identity Formation

Discovering and
developing one's
personal potential

Choosing one's purpose
in life





The 'Culture Shock' Framework



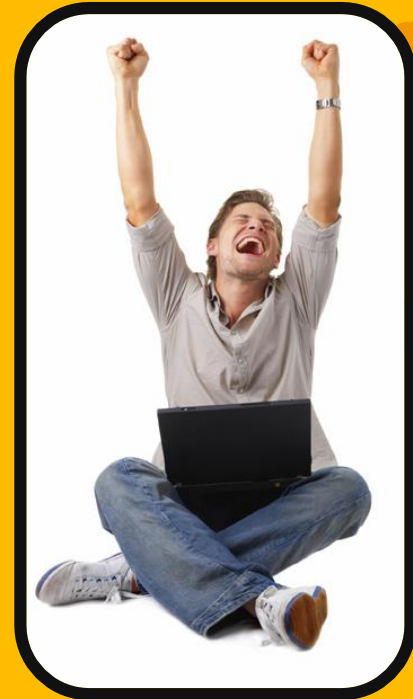
The Honeymoon Stage

Overwhelmingly
Positive

Curious

Idealizing the host
culture

Anticipating new
exciting experiences

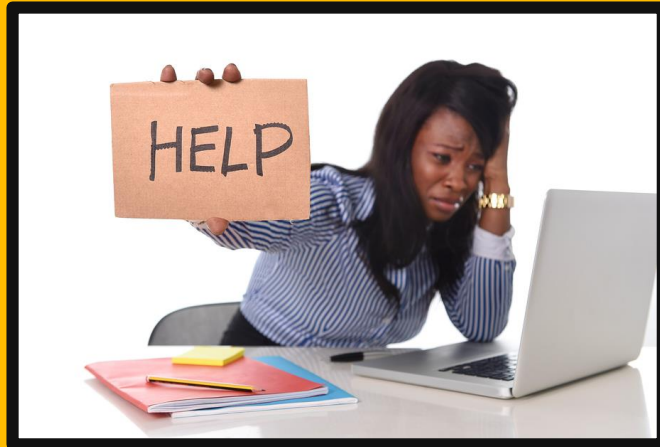


The Frustration Stage

You start to feel what is different is actually inferior

The host culture is confusing and/or systems are frustrating

May blame your frustrations on the new culture (and its shortcomings) rather than on the adaptation process



The Adjustment Stage

You feel more relaxed and develop a more balanced, objective view of your experience.



The Acceptance Stage

You feel a new sense of belonging and sensitivity to the host culture.



What can we do to help?

Intrusive Advising

Deliberate intensive advising interventions with at-risk students and meeting with them on a regular basis

Support Group

Create an emotional support network with their peers or first-generation students who faced similar experiences.

Assistance

Help them with grant and loan apps, teach them study skills, engage parents, facilitate connections



“

“First-generation students are some of the most resilient individuals on these college campuses. They are resourceful and when they feel like one door has closed, they find another way to navigate around the barrier.”

*-Lorna Contreras-Townsend, Advisor and Alumnus,
Students Rising Above*



Thanks!

Any questions?

Reach out to me at:

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