




Navigating Your First-Gen College Experience

November 19, 2020



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A first generation college student is the first person in their family to attend college and complete their bachelor's degree.



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Melanie R. Sandoval, M.S.Ed

- Chicago, IL
- Northern Illinois University
 - B.A. Corporate Communications
 - B.A. Spanish- Business Translation
 - M.S.Ed Adult & Higher Education



**Northern Illinois
University**



Karina Henderson, M.S.

- St. Louis, Missouri
- Rhodes College
 - B.A. English Literature & Creative Writing
 - Anthropology & Sociology
- Northwestern University
 - M.S. Higher Education Administration & Policy



Student Feature

Isabella Nuño `22

(she/her/hers)

- Hometown: Chicago, IL
- High School: John F. Kennedy High School
- Majors: Communication & Psychology
- Extracurricular Activities:
 - Co-President of Latinos Unidos
 - Co-President of To Write Love On Her Arms



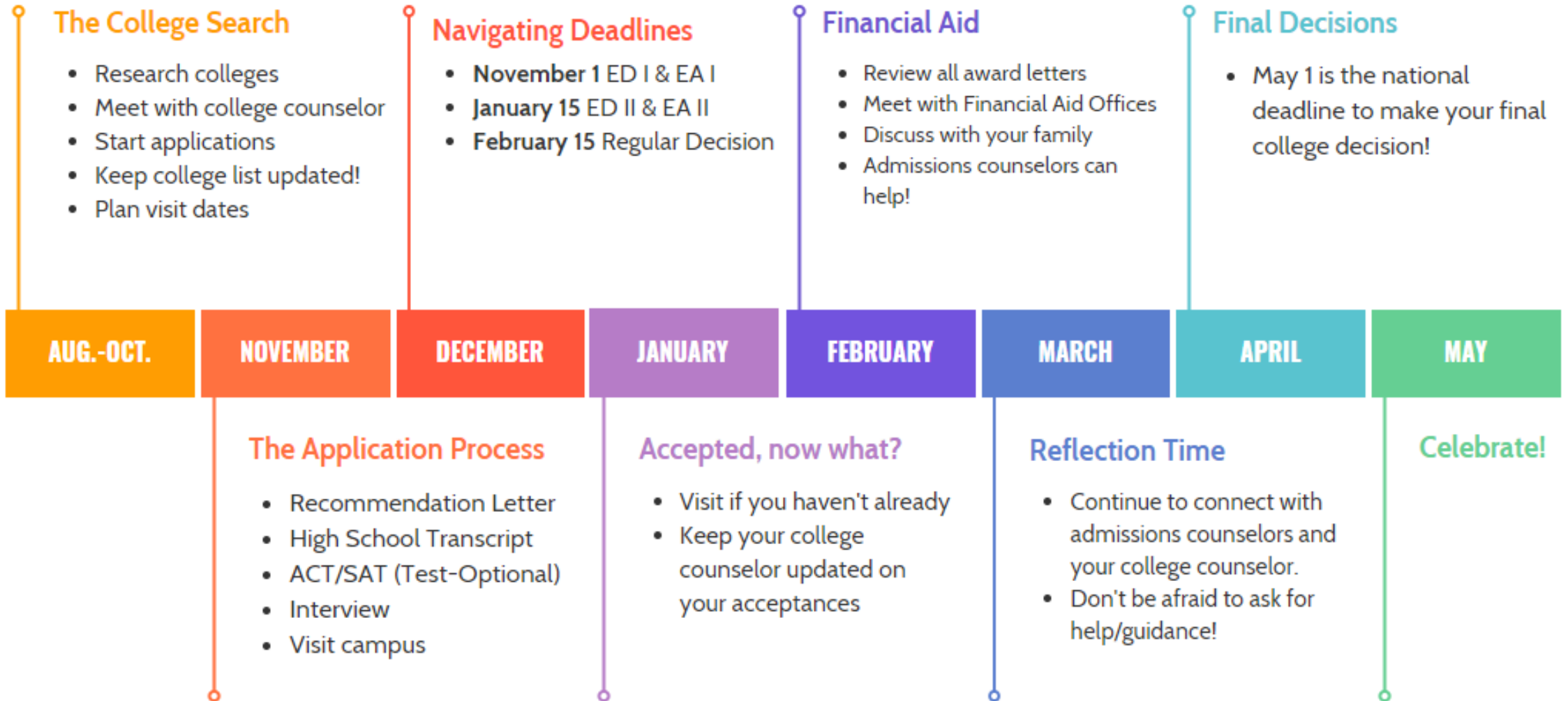
“My biggest advice for first- generation students is to not give up when it seems difficult. You have every right to enjoy your college experience even if you are here for both yourself and your family.”

A Common Experience

- Fewer role models for the college experience
- Less exposure to college life
- Financial aid as determining factor
- Uncertainty regarding college search & admissions process



“Mock” Admissions Timeline



What's the FAFSA?

- Free Application for Federal Student Aid
- U.S. Citizens and Permanent Residents
- Need-based aid (grants, loans, work-study)
 - College, state, and federal government funds
- Complete by December 1, 2020

Federal Student Aid
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Support for Undocumented Students

- LFC Undocumented Student Financial Aid Application
- Receive up to \$40,000 annually at Lake Forest
- Private Grants/Scholarships
 - Golden Door Scholars
 - DREAMers Roadmap



Scholarships, Grants, & Loans

	Fall '20	Spring '21	Total
Presidential Scholarship	\$13,000	\$13,000	\$26,000
Forester Flagship Grant	\$5,367	\$5,368	\$10,735
Campus Visit Incentive Grant	\$1,000	\$1,000	\$2,000
Federal Pell Grant (Est)	\$3,173	\$3,172	\$6,345
Federal Supp'l Grant [SEOG] (Est)	\$1,250	\$1,250	\$2,500
State of IL MAP Grant (Est)	\$2,670	\$2,670	\$5,340
Fed'l Direct Stafford Loan, subsidized	\$1,750	\$1,750	\$3,500
Fed'l Direct Stafford Loan, unsubsidized	\$1,000	\$1,000	\$2,000



Merit Scholarships


HS GPA 4.0	HS GPA 100		SAT		ACT		Scholarship Range
4.0 +	100 +		1390 +		31 +		\$30,000 \$32,000*
3.75–3.99	95–99		1330–1380		29–30		\$28,000 \$30,000*
3.50–3.74	90–94	OR	1160–1320	OR	24–28		\$26,000 \$28,000*
3.00–3.49	85–89		1030–1150		20–23		\$23,000 \$25,000*
Under 3.0	Under 85		Under 1030		Under 20		Students in this range should contact their admission counselor for questions about scholarship review


This chart uses weighted GPA and applies to all first-year students and transfer students with less than 26 credits. *Visit campus or attend a virtual event to be eligible for the full amount. The Visit Grant accounts for the additional \$2,000 of funds listed above.

 \$30,000

 \$26,000

 \$23,000

 \$28,000

 Students in this range should contact their admission counselor for questions about scholarship review.





Forester Flagship Program

Qualified in-state first year and transfer students will receive 100% of the College's tuition covered in grants and scholarships.

- For Illinois residents
- Must live on campus
- Complete FAFSA before state deadline
- Need to be eligible for the Federal Pell Grant



Additional Resources

Lake Forest College – Suggested Outside Scholarships

<https://www.lakeforest.edu/admissions/financial/scholarships/outside.php>

College Board BigFuture College Database

<https://bigfuture.collegeboard.org>

U.S. Department of Labor’s Scholarship Database

<https://www.careeronestop.org/toolkit/training/find-scholarships.aspx>



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Admissions Tips

- Have an open mind
- Create a “college search” email address
 - And check it!
- Meet with your high school counselor
- Communicate with your admissions counselors
- Attend admissions events
- Connect with current students, faculty, and other members of the college community
- Ask for help when you need it
 - Especially with financial aid!





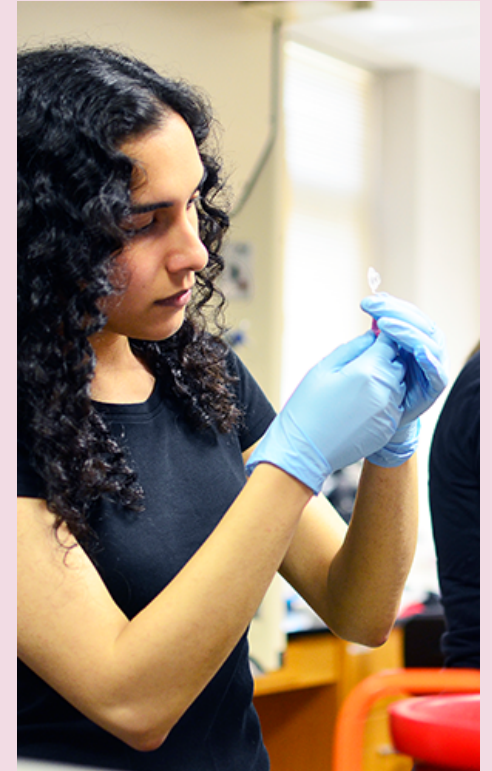
**What about the first gen
experience beyond the
admissions process?**



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Overcoming the Imposter Phenomenon

- You worked hard to be here
- You earned it
- You belong
- You are not alone
- The community is a better place with you in it



Relationship Building is Key



- Academic advisors
- Career advisors
- Faculty
- Other staff
 - Such as the Office of Intercultural Relations



First-Gen Support at Lake Forest

- First Connection Pre-Orientation Program
 - Students of color
 - International students
 - Students who identify as LGBTQ+
 - First generation college students
- Forester First College Success & Mentoring Program
- Forester First Parent Orientation



Finding Support Systems



- College transition courses
 - First Year Studies
- Student Organizations & Clubs
- Multicultural Student Affairs
- Communicate your needs!





Want to learn more?

Schedule a Personal Visit
(Virtual or In-person)

lakeforest.edu/visit

Take a Virtual Tour of Campus

lakeforest.edu/#virtualtour

Additional Virtual Sessions

lakeforest.edu/admissions/visit-campus/virtual-events



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Questions?



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