

EQUITY BASED CAREER DEVELOPMENT

HOW TO MEET THE UNIQUE NEEDS OF FIRST-GENERATION COLLEGE STUDENTS AS A SCHOOL COUNSELOR

1

Identify and engage first-generation students early, initiating conversations about college and the importance of high school coursework.



2

Encourage students to pursue a rigorous course load to meet college admission requirements.



3

Offer group counseling sessions and connect first-generation students with current college students who share a similar background.



4

Involve parents in the college planning process, providing them with information and resources.



5

Provide specialized assistance with financial aid applications and packages.



6

Offer comprehensive resources and support for college and career planning, including information on college programs, scholarships, and community college options.



Sources

1. Childs, J., Sanchez, J., Wambu, G. (2022) Meeting the Unique Needs of First-Generation College Students: An Exploration of Psychosocial Theory, Postsecondary Transition, and Career Development. In Hines, E. & Owen, L. (Eds.), *Equity-Based career development and postsecondary transitions: An American imperative* (pp. 345-376). Information Age Publishing.

2. [First-Generation Students](#)

3. [6 Steps to Take with First Generation College Bound Students](#)

