

EOPS 211: FIRST-GENERATION COLLEGE STUDENT SEMINAR

Citrus College Course Outline of Record

Heading	Value
Effective Term:	Fall 2024
Credits:	1.5
Total Contact Hours:	27
Lecture Hours :	27
Lab Hours:	0
Hours Arranged:	0
Outside of Class Hours:	54
Total Student Learning Hours:	81
Transferable to CSU:	Yes
Transferable to UC:	Yes - Approved
Grading Method:	Standard Letter, Pass/No Pass

Catalog Course Description

This course is designed for students who may be the first in their family to attend college (neither parent or guardian earned a college degree) to build community and learn more about the first-generation college student experience. Students will have the opportunity to investigate and discuss topics such as family/cultural influences, building a support system, leadership development, college success and more. 27 lecture hours.

Course Objectives

- Gain a better understanding of experience as a first-generation college student
- Identify personal and cultural values and how they shape the college experience and perspective
- Gain a better understanding on the importance of a professional profile and networking
- Competency identifying resources on campus that will aid completion of academic and career goals
- Establish a strong commitment to self-care and mental well being
- Educate students on mentoring opportunities and identifying mentors in the community/on campus
- Create a custom and ongoing action plan for college success
- Students will develop a sense of belonging through meaningful connections with peers, faculty, and staff, across campus, to be empowered to seek help and resources to support their individual needs
- Explore the challenges of being a first-generation college student and identify ways to navigate them

Major Course Content

1. Introductions
 - a. Icebreaker
 - b. Explore course syllabus

- c. Using Canvas and the Citrus Student Portal
 - d. Classroom norms and thought cards
2. College 101 (3 hours)
 - a. Systems of Higher Education
 - b. Graduation and transfer requirements
 - c. Time management
 - d. Study skills
 3. 1st Generation Student Experience (4.5 hours)
 - a. Validation Theory
 - b. Imposter Syndrome
 - c. Sharing your story
 4. Student Engagement Theory (3 hours)
 - a. Mentoring
 - b. Building your support system/community
 - c. Diversity
 - d. Cultural capital
 5. Professional Development (3 hours)
 - a. Learning outside of the classroom
 - b. Internships & volunteering
 - c. Exploring majors/careers & values
 - d. Social media
 6. Life 101 (3 hours)
 - a. Saving money/creating a budget
 - b. Investing in your future
 - c. Applying for scholarships
 - d. Credit scores
 - e. Student loans
 - f. Bank vs credit union
 7. Mental Health and well-being (1.5 hour)
 - a. Managing stress
 - b. The importance of self-care
 - c. Community resources
 8. Campus Resources (3 hours)
 - a. Financial aid & scholarships
 - b. Honors
 - c. DSPS
 - d. Study Abroad
 - e. Basic Needs Resources
 - f. STEM/TRiO
 - g. Summer Research Experience
 - h. Teacher Prep Program
 9. Alumni Student Panel (1.5 hours)
 10. Navigating Between Worlds (3 hours)
 - a. How to talk to your family about college
 - b. Family obligation and expectations
 - c. Community empowerment and influence
 - d. Defining your boundaries
 - e. Code switching
 11. Digital Vision Board- final project (3 hours)

Suggested Reading Other Than Required Textbook

Exploring Leadership: For College Students Who Want to Make a Difference Weigel, D. & Friedman, D. (Eds.) (2016). Transitions. Columbia, SC: University of South Carolina.

Examples of Required Writing Assignments

Journal reflection: My Story Students will write a 3-4 page paper paper sharing their story as a first-generation college student, inspiration for attending college, and goals they would like to fulfill during their time at Citrus College.

Examples of Outside Assignments

Attend at least 1 campus activity. Possible options would be: - Transfer Fair - Men of Color Conference - Club Rush - Any workshop offered through the Career/Transfer Center - Club meeting (example; First-gen club)

Instruction Type(s)

Lecture, Online Education Lecture