

RESOURCES FOR FIRST-GENERATION COLLEGE STUDENTS

ONLINE COMMUNITIES

How To College: First Gen howtocollegefirstgen.org/ : Resources for academics, financing, wellbeing, etc.

Rise First risefirst.org/resources/resource-directory : Nationwide resource directory for first-gen students

I'm First! imfirst.org : Online community, free mentoring for college and careers, blog

Center for First-Generation Student Success firstgen.naspa.org/why-first-gen/students : Resources

Instagram pages: @Rcnjfirstgen, @Firstgensupport, @Howtocollegefirstgen, @Imfirstgen, @Rise_first

PODCASTS

How To College: First Gen howtocollegefirstgen.org/

Diary of the First Gen Journey diaryofthefirstgenjourney.mykajabi.com/

The First-Gen Lounge thefirstgenlounge.com/

BOOKS

Every Student Has A Story: Personal Narratives from First-Generation College Students by TRIO Student Support Services at IPFW

Crack the Code: A Guide to College Success for First Gens by Susan Lieberman, Ph.D.

How to Survive and Thrive in College by Pete Bennet

Know That You Are Worthy: Experiences From First-Generation College Graduates by Adam J. Rodriguez

FILMS

"Why Not Us?" whynotusfilm.com/ : Follows the journey of four first-gen college students who take a road-trip across the country to interview inspiring individuals who were also first-generation college students

"First Generation" gocollegenow.org/about-the-film/ : Four low-income first-gen students pursuing college

"A Walk in My Shoes: First Generation College Students" coe.k-state.edu/about/documentaries/a-walk-in-my-shoes/first-generation-college-students.html : Story of eight first-generation college students

MENTAL HEALTH RESOURCES

Ramapo Counseling Center ramapo.edu/counseling/ : Resources for mental health and self-help988

Suicide and Crisis Lifeline 988lifeline.org/ : Support for people in suicidal crisis or emotional distress

CULTURAL/ IDENTITY-BASED MENTAL HEALTH RESOURCES

The Steve Fund stevelfund.org/ : Mental health support for young people of color
Asian Mental Health Collective asianmhc.org/ : Therapists, support groups, blog, resources
Latinx Therapy latinxtherapy.com/ : Therapists, podcasts, wellness resources
Therapy for Black Girls therapyforblackgirls.com/ : Therapists, podcast, blog
Therapy for Black Men therapyforblackmen.org/ : Therapists, blog, wellness resources
The Trevor Project thetrevorproject.org/ : Support for LGBTQ young people

RESOURCES FOR FINANCIAL ASSISTANCE

Ramapo We Care Program ramapo.edu/ccec/we-care-program/ : Student relief fund, food pantry, clothing closet, laptop upcycle
Higher Education Student Assistance Authority hesaa.org/ : Apply for state aid, NJ grants and scholarships, family loans, college saving plans, Affordable Care Act, etc.
Bergen County Board of Social Services bcbs.com/ : SNAP(Food Stamps), NJ Family Care, Temporary Family Assistance, etc.
Basic Needs for College Students info.nj.gov/basicneeds : Food, housing, health, transportation, etc.

RAMAPO OFFICES

First-Generation Student Center, D-212C ramapo.edu/first-gen/ : Information on events, scholarships and fellowships, professional mentor programs, Tri- Alpha (First-Generation Honor Society), etc.
Office of Equity, Diversity, Inclusion and Compliance (EDIC), D-104 ramapo.edu/affirmation/
Educational Opportunity Fund Program (EOF), D-101 ramapo.edu/eof-program/
Center for Health and Counseling, D-216 ramapo.edu/chcs/ : Mental health counseling, health services, health promotion, Substance Use Disorders Programming, ENHANCE Program, resources
Office of Specialized Services (OSS), C-205 ramapo.edu/oss/ : Academic and housing requests, accommodations, disability awareness
Office of Financial Aid, E-210 ramapo.edu/finaid/ : FAFSA information, loans and grants
Center for Student Involvement (CSI), SC-202 ramapo.edu/csi/ : Student clubs and organizations, fraternities and sororities
Cahill Career Development Center, C-209 ramapo.edu/careercenter/ : On and off campus jobs, internships, career services
Center for Reading and Writing, Learning Commons 420 ramapo.edu/crw/ : One-on-one consultation, workshops, assistance in strengthening study skills

**For feedback and/or additional resources, email Counseling Services at chcs@ramapo.edu*