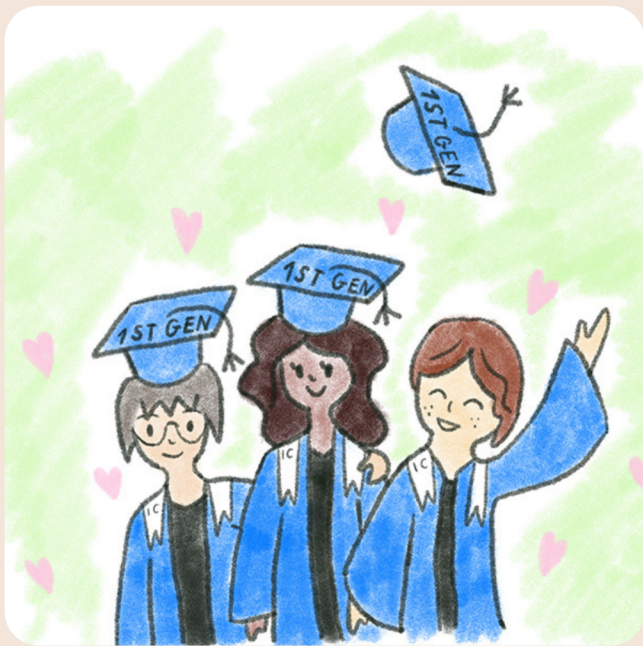


First-Gen Hornets

Learn to navigate Sac State as a first-gen college student while creating community



LUPITA ZAVALA

MS in Counseling Education
Marriage, Couple, & Family
Concentration



SENDY SANCHEZ

MS in Counseling Education
Career Concentration



Counseling and Diagnostic
Center; Eureka 421



Every Monday starting
3/25/24 5-5:50 PM



**Scan this code to
sign up!**

Must be a first generation college
student at Sacramento State



MEET THE LEADS

Lupita Zavala and Sendy Sanchez

Counselors in Training M.S. in Counseling



About Us

Hello, Lupita and Sendy will be leading this closed group. We both know firsthand the complexities of being a first-generation college students and are passionate about making sure others like ourselves can use the resources and create a community on campus to ensure they are successful at Sacramento State.

Some Topics we will cover:

- First-Gen Experience**
- Mental Health Stigmas**
- Managing Parental Expectations**
- First-Gen Guilt**
- Academic, Financial, and Networking Resources for First-Gen Students**

Contact Info

Here are all the ways you can contact us:

- Via Email: psyc-grad69@csus.edu or psyc-grad67@csus.edu
- Or By Phone: 209.418.7430 or 209-730-6334

Group Overview

This is an 6-week group in which we will provide you with resources as well as skill building opportunities to ensure you can successfully navigate Sac State. In addition to this, we will also discuss topics that affect our community.

First Generation Statistics:

- 34% of Sac State Students are first-generations
- 27% of first-gen students finish within 4-years
- Only 20% of first-gen students complete their degree