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.

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

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