



NEW JERSEY CITY UNIVERSITY

First-Generation College Student Resources

On-Line Communities | Social Media

Instagram

[@diaryofthefirstgenjourney](#) | [@firstgensupport](#) | [@howtocollegefirstgen](#) | [@imfirstgen](#) | [@rise_first](#)

YouTube

TedTalk: [First Generation Students](#)

Ted Talk: [What I have learned as a first-generation college student](#)

Ted Talk: [Instilling the 'Senses' for First-Generation College Students](#)

Facebook

[Center for First-generation Student Success](#) | [First Gen Support](#) | [First-Generation College Students](#)

TikTok

[#firstgeneration](#)

PodCasts

How To College: First Gen | <https://howtocollegefirstgen.org/>

Diary of the First-Gen Journey | <https://diaryofthefirstgenjourney.mykajabi.com/>

The First-Gen Lounge | <https://thefirstgenlounge.com/>

Books

[Every Student Has a Story: Personal Narratives from First-Generation College Students](#)
by IRIO Student Support Services at IPFW

[CRACK THE CODE: A Guide to College Success for First Gens](#)
by Susan Lieberman Ph.D.

[Rising Class: How Three First-Generation College Students Conquered Their First-Year](#)
by Jennifer Miller

[The Ultimate College Financial Aid Guide: Understand the Aid Offer & Ask For More Money](#)
by Diana Barbu

[Know That You Are Worthy](#)
by Adam Rodriguez

[Next Generation: A College Completion Tool Kit for First-Generation and Nontraditional Students:](#)
U.S. Department of Education [2016]



Films

First Generation | <https://howtocollegefirstgen.org/>

This film follows the journey of four students serving as the first in their families to attend college.

A Walk in My Shoes: First Generation College Students Full Documentary

<https://www.youtube.com/watch?v=hQA5ahGFy5A&t=4s>

This inspirational documentary delves into the lives of eight first-generation college students, five preservice teachers and three successful educators, who chose a profession dedicated to a concept they are all committed to: changing lives.

Mental Health Resources

UWill Student Mental Health & Wellness | <https://uwill.com>

UWill is the leading student mental health and wellness solution. Uwill offers students free, immediate access to teletherapy through its easy-to-use online platform and direct crisis connection and wellness programming.

Crisis Text Line | <https://www.crisistextline.org/>

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line is here for any crisis. A live, trained Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot to a cool moment.

Psychology Today | <https://www.psychologytoday.com/us>

View the latest from the world of psychology: from behavioral research to practical guidance on relationships, mental health, and addiction.

Open Path: Psychotherapy collective | <https://openpathcollective.org/>

A nonprofit that serves clients who lack health insurance or whose health insurance doesn't provide adequate mental health benefits.

LatinX Therapy | <https://latinxtherapy.com/>

Destigmatizing mental health in the Latinx community! This national directory is for Latinx Therapists in private practice. This directory offers space for community marketing and was created by a Latinx Therapist, the daughter of immigrants.

The Therapy for Black Girls | <https://therapyforblackgirls.com/>

Dr. Joy Harden Bradford is a licensed psychologist, speaker, and host of the wildly popular mental health podcast Therapy for Black Girls. Her work focuses on making mental health topics more relevant and accessible for Black women, and she delights in using pop culture to illustrate psychological concepts.

RAINN | <https://rainn.org/>

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization.

National Domestic Violence Hotline | <https://www.thehotline.org/>

Twenty-four hours a day, seven days a week, 365 days a year, the National Domestic Violence Hotline provides essential tools and support to help survivors of domestic violence so they can live their lives free of abuse.



Center for Career and Professional Development

The Center for Career and Professional Development provides comprehensive services and resources to research careers, find job opportunities, prepare for graduate school, improve resume writing and interviewing skills, and land appropriate internships for career advancement.

Center for Leadership and Engagement

The Center for Leadership and Engagement serves as a centralized connector, convener, and collaborator to provide students with the resources needed to improve leadership development and engagement on and off campus. This department also oversees student clubs and organizations, fraternities, and sororities.

Counseling Center

The Counseling Center offers currently enrolled NJCU students confidential mental health counseling, support groups, and workshops delivered by experienced professionals.

Health & Wellness Center

The Health and Wellness Center offers preventive and primary care services to help NJCU students stay healthy, regardless of insurance.

Office of Financial Aid

The Financial Aid office assists students in obtaining financial assistance for their education, including scholarships, grants, loans, and work-study programs. They also provide guidance on the Free Application for Federal Student Aid (FASFA) process while ensuring compliance with financial aid regulations.

Office of Specialized Services and Supplemental Instruction

The OSS/SI assists students in securing reasonable accommodations supported by documentation. Reasonable accommodations include but are not limited to, alternate testing arrangements, adaptive/assistive technology, assistance in arranging for sign language interpreters, books in alternate format, and peer note-takers

Opportunity Scholarship Program - EOF

OSP/EOF serves students from backgrounds with limited financial resources and academic preparedness to improve their chances for success, ultimately shattering stereotypes that stigmatize these communities.

S.O.A.R.

This department is committed to supporting first-time freshmen' college transition and persistence.

STEM @ NJCU

We offer a wide array of STEM-related programs, from research to education, that take advantage of our research agendas, funding from State and federal sources, and partnerships with industry and school districts to create unique opportunities for all NJCU students.

TRiO Learning Community

TRiO is a Federal Student Support Services Program at NJCU, funded by the United States Department of Education and New Jersey City University. This program is designed to provide support services to low-income, first-generation students and/or students with disabilities.

The Writing Center

The Writing Center is here to help all NJCU students at any point in their writing process, from note-taking and brainstorming to developing an argument and organizing their papers to revising and learning to proofread.

University Advisement Center

The UAC seeks to enhance the experience and academic success of NJCU's undergraduate students. UAC's Academic Advisors are dedicated to helping students reach their highest potential, providing awareness of resources, and supporting academic success.