

First-Gen Programs
at the
University Service Center

Program Viewbook
2010 - 2011

First-Gen Programs at the University Service Center

Overview

The First-Gen programs hosted by the University Service Center are geared towards students who are among the first in their families to attend college. Through First-Gen programming the USC hopes to serve as a resource to students to help them smoothly and successfully transition from high school to college life and beyond. The USC First-Gen workshops directly address the transition from high school to college, continuing student concerns and other relevant topics like money management and networking. In addition, the USC provides a forum for First-Gen students to socialize with one another through events like pizza parties and study breaks. The First-Gen programs are continuously growing and the USC welcomes ideas from students for future workshop topics and events.

Contact Us

By email – uscgradi@bu.edu

By phone – (617) 358-1818

Stay Connected

By web - <http://www.bu.edu/usc/outreach/g1/>

Facebook – Boston University – University Service Center First Generation Students

<http://www.facebook.com/home.php#!/pages/Boston-University-University-Service-Center-First-Generation-Students/213777878635756>

Events

The USC provides First-Gen students with a variety of social events and workshops. The USC always appreciates feedback on new programming and how to improve current programs.

Mentoring

Each fall the USC compiles a list of administrators and staff members who are willing to serve as mentors to the First-Gen students. Many of the mentors were the first in their families to go to college and can help with the unique challenges of First-Gen students.

Students are encouraged to reach out to mentors.



Fall Social

The Fall Social is the largest USC First-Gen social event. The Fall Social is an opportunity for new students to connect with current students and for current students to reconnect with one another. In addition, new students can learn more about the USC's First-Gen programs and become more familiar with the USC staff. The Fall Social is a relaxing environment for students to get to know one another and enjoy some refreshments

Join us for a fall

First Generation Student Social

5:30 p.m. - 7 p.m.

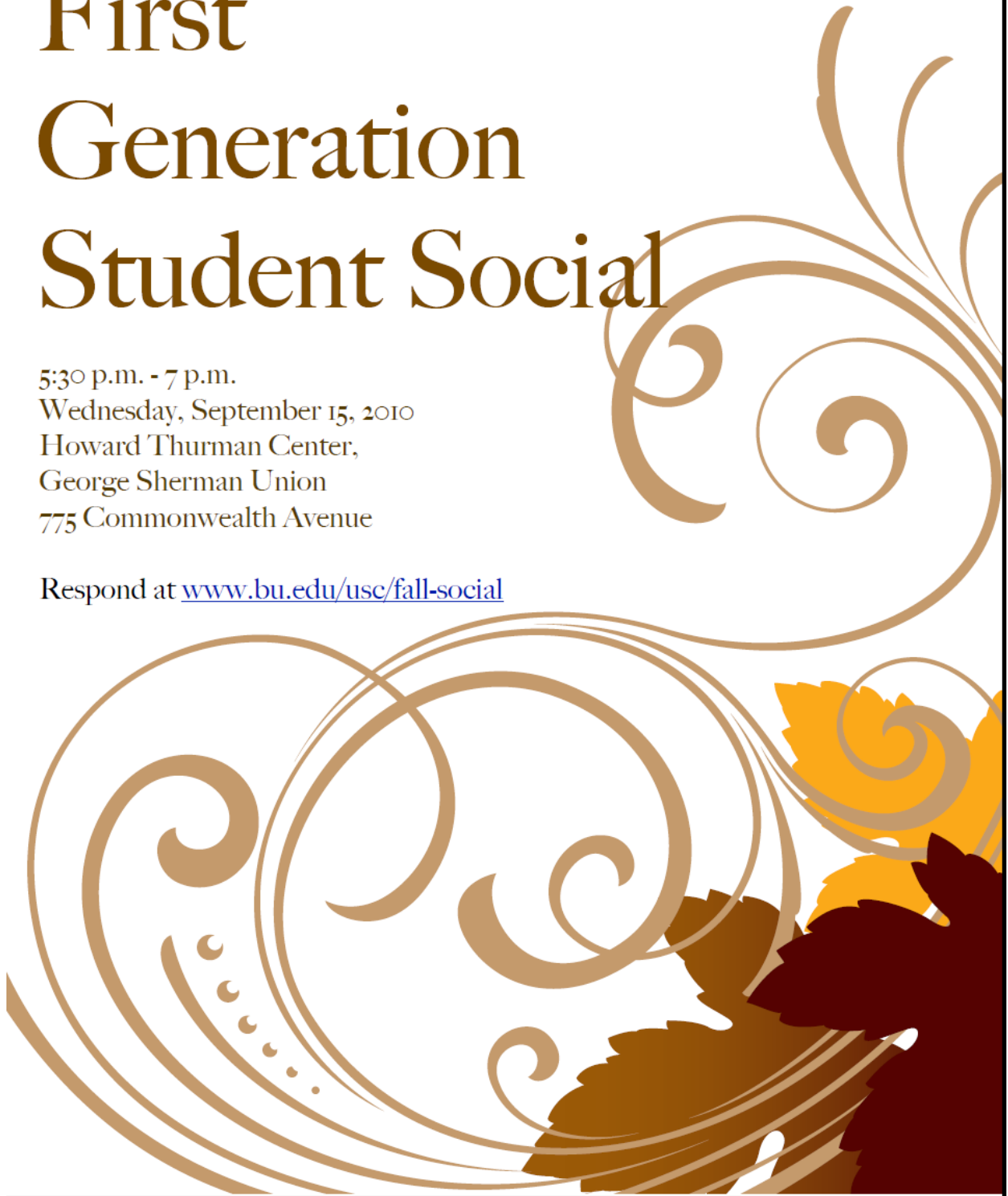
Wednesday, September 15, 2010

Howard Thurman Center,

George Sherman Union

775 Commonwealth Avenue

Respond at www.bu.edu/usc/fall-social





Transition to College Workshop

Freshman year of college is a significant time of transition for everyone. Students can also encounter other challenges as upperclassmen. This workshop is designed to expose students to some of the challenges that go along with being a college student. Students discuss a variety of scenarios with their peers and a USC Associate Director.

Pre-Finals Stress Management

The USC is always looking for ways to help First-Gen students prepare for finals. The Pre-finals stress management workshop gives students the opportunity to take a break from studying and

learn helpful stress management techniques from the University's Wellness expert.



A stylized graphic of a coffee cup and steam, rendered in a dark red color. The cup is at the bottom, with three curved lines representing the body of the cup. Above the cup, three wavy lines represent steam rising from it. The graphic is centered on the page.

Coffee & Conversation

Coffee & Conversation provides students with an opportunity to chat with the Dean of Students and discuss a variety of topics. Each session has a different topic, with occasional sessions targeted at discussing topics of interest to First-Gen students.



Financial Literacy

Managing your money can be a difficult task for anyone. It can be especially difficult for new college freshman who are often managing their own money for the first time. The financial literacy workshop teaches students valuable tips for managing their money. The workshop features speakers from BU's Financial Assistance Office and provides students with an opportunity to ask personalized questions.



Terrier Pizza

“Terrier Pizza” was one of the social events held for First-Gen students at the USC this spring semester. The USC provides pizza and snacks to First-Gen students, so that they can mix and mingle. This semester’s Terrier Pizza was held around the BU men’s hockey team’s appearance in the Hockey East quarterfinals. The USC encouraged students to stop by for pizza and attend the hockey game or enjoy one of the free events around Boston and on-campus.

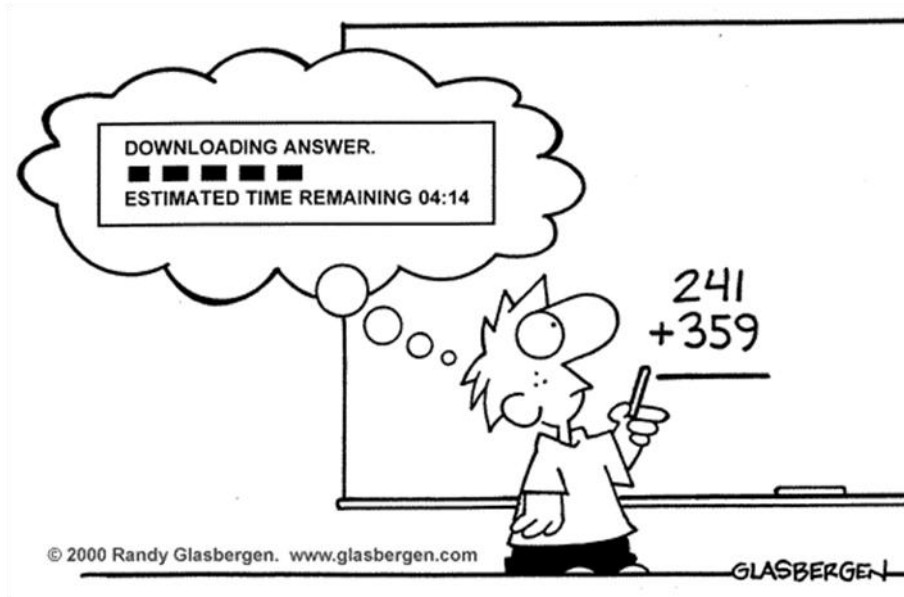


Semester Study Breaks

During the semester reading period, the USC hosts study breaks for First-Gen students.

Students are invited to the USC to pick up a care package and enjoy some snacks and refreshments. This year's care package included ring pops, single serve drink and coffee mixes, granola bars, pens, highlighters and much more. Students were able to socialize with one another and reflect on the past semester. This spring semester's study break was one of the most successful USC First-Gen programs.

Studying dragging on?



Get refreshed and take a break!

Visit the USC for a study break

May 3rd @ 2:00 – 5:00 pm

May 5th @ 12:00 – 3:00 pm

University Service Center

881 Comm. Ave. Basement

Take a few minutes to pick up a study care package and enjoy some refreshments. All study break attendees will be entered into a raffle to win Convenience Points!

Newsletters

The USC newsletter helps to keep First-Gen students in the loop on current USC programs and events happening around campus.



Fall 2010 Upcoming Events



September

Managing Time Wisely / Procrastination

Wednesday, September 22, 4-5pm, GSU 320-21

What are you waiting for? Join us to learn what procrastination is and is not and identify how you spend your time. You will learn strategies for managing procrastination and implement at least one strategy during the workshop.

For more information or to sign up for this session of the Educational Resource Center's Academic Skills Workshop Series, visit www.bu.edu/erc/files/2009/08/ERC-workshops-20102.pdf.

Reflexology Demonstration

Tuesday, September 21, 6-8pm GSU 310

Reflexology (zone therapy) involves the physical act of applying pressure, based on a system of zones and reflex areas that reflect an image of the body on the feet and hands, with a premise that such work effects a physical change to the body.

For more information or to sign up for this session of the Wellness GTK (Good To Know) Series, visit <http://blogs.bu.edu/wellness/upcoming-wellness-events/>.

Up and Coming Months

For more details visit www.bu.edu/usc/.....

October: USC Transition to College Workshop

Whether you're the first in your family to attend college or not, freshman year is still a first for you. This workshop is designed to expose students to some of the challenges that go along with being a college student as you discuss scenarios with your peers and a USC Associate Director.

November: Coffee and Conversation: Special Topic

The Dean is selecting a topic of interest to First Generation College Students for this special edition of his Coffee and Conversation series. Enjoy some beverages and light snacks and be ready to bring your arguments.

December: Pre-finals Stress Management Workshop

Feeling the pressure of finals? Take a break and learn some helpful stress management techniques from the University's Wellness expert, Michelle George.

Have a Wonderful Spring Break

February 2011

UNIVERSITY SERVICE CENTER NEWSLETTER

Reminders & Updates

Upcoming Events

- Terrier Pizza
March 4 @ 4 p.m. at the USC
- Networking 101
April 6 @ 1 p.m. in the Center for Career Development
- Want to see an event not listed? Contact us and let us know what it is!

Important Semester Dates

- March 2
Registration for Summer 2011 Begins
- March 12 – 20
SPRING BREAK!
- April 1
Last Day to Drop a Standard Course with a "W" Grade
- April 10 & 17
Registration for Fall 2011 Begins
- April 18
Patriot's Day: No School
- April 21
Substitute Monday Schedule of Classes
- May 5
Last Day of Classes

Have a question or problem you need help resolving?

Visit us! 881 Commonwealth Avenue
Call us! (617) 358-1818
E-mail us! usc@bu.edu

Thank you!

Thank you to those who attended the Financial Assistance workshop this month. We hope you found the workshop helpful and were able to take away some good advice and helpful tips. If you have any questions or other financial concerns, the USC is here to help, so feel free to contact us.

NETWORKING 101: It's Not Just What You Know

Join us **APRIL 6th at 1 p.m.** in the Center for Career Development for one of the most important workshops on campus. Learn effective networking techniques to help you land your dream job!

Have an iPhone?

Check out the new free BU App! Track the BUS, read BU Today and find out what's happening on campus. Find it at:

<http://itunes.apple.com/us/app/bu-mobile/id365198769>

We Want to Know What You Think!

Let us know what you thought about recent events you've attended and what events you'd like to see. Look out for an e-mail with a link to the USC Feedback Survey.

FREE PIZZA March 4 @ 4 p.m. at the USC

Start the weekend off right!

Stop by our house, the University Service Center, for pizza and snacks as you start your weekend. ([RSVP here](#)).

Afterwards, head to Northeastern to watch our playoff-bound men's ice hockey team close out the regular season!

Not going to the game, but still want to have some fun? Stop by one of the many events around campus. We've highlighted some below; see the [University calendar](#) for more details.

- 6:30 p.m. BU Dheem Spring Show
- 7:30 p.m. Smucker's Stars on Ice
- 7:30 p.m. Celebrity Series Aspen Santa Fe Ballet
- 8:00 p.m. The Last Five Years

PRIZES!

Don't forget! Each time you attend a USC event and sign-in you have a chance to win the end-of-the semester PRIZE!

Last semester's winner won a SIGNED FROZEN FENWAY JERSEY!

Spring is Here!

April 2011

UNIVERSITY SERVICE CENTER

Reminders & Updates

Upcoming Events

- **Connect for Success**
April 4 @ 7 p.m. in the School of Management Trustee Ballroom, 9th Floor.
- Have an event to share? Let us know!

Important Semester Dates

- **April 1**
Last Day to Drop a Standard Course with a "W" Grade
- **April 10 & 17**
Registration for Fall 2011 Begins
- **April 13**
Last day to take a leave of absence
- **April 18**
Patriot's Day:
Classes Suspended
- **April 21**
Substitute Monday Schedule of Classes
- **May 5**
Last Day of Classes
- **May 20-22**
Commencement Weekend

Have a question or problem you need help resolving?

Visit us! 881 Commonwealth Avenue
Call us! (617) 358-1818
E-mail us! usc@bu.edu

Let us know what you think

The USC survey is here!

You should've received an e-mail with a link to the survey and your current information on file. If your information is not correct, you can update it prior to taking the survey. If you didn't receive an email you can take the [survey here](#).

Need help preparing for exams?

- Visit the [Educational Resource Center](#).
- Sign-up for a free [peer tutor](#).
- Contact the [Writing Center](#).

GRADUATING?

- Visit the [Commencement website](#).
- Find out when your [school or college convocation](#) is.
- Cap & Gown [information](#).
- Check in with an [academic counselor](#) to review graduation requirements.

Networking Event: Connect for Success 2011

In 2008, 70% of all jobs were found through networking.

This is an opportunity to meet BU alumni from across all colleges and schools. All students who register in advance **RECEIVE A FREE SET OF BUSINESS CARDS!**

April 4th @ 7 p.m.
in the **SMG Trustee Ballroom (9th Floor)**
595 Commonwealth Ave.

[\(RSVP Here\)](#)

What are you doing this summer?

- Need help [finding an internship](#)?
- Want to [volunteer abroad](#)?
- Want or need to [take classes at BU](#)?
- Interested in on-campus [research opportunities](#)?
- Want to take a course at another school?
Check with your school or college for transfer credit policy.

DON'T FORGET!

[FINANCIAL AID](#) DEADLINE FOR RETURNING STUDENTS IS **MAY 1**

May 2011

UNIVERSITY SERVICE CENTER

Reminders & Updates

Upcoming Events

- New Student Orientation – Wednesday evenings (June 8 – July 27, and August 31)
- Do you have an event you want to share? Let us know and we will list it here.

Important Semester & Summer Dates

- May 20-22
Commencement Weekend
- May 24
Summer Session I Begins
- July 1
Summer Session I Ends
- July 5
Summer Session II Begins
- August 12
Summer Session II Ends
- September 5
Move-in for continuing students
- September 6
Fall Classes Begin

Have a question or problem you need help resolving?

Visit us! 881 Commonwealth Avenue

Call us! (617) 358-1818

E-mail us! usc@bu.edu

First-Generation Welcome Receptions

We need your help!

Each summer as part of University Orientation, the USC hosts welcome sessions for incoming students who are among the first in their family to go to college.

First Generation Welcome Receptions are held on Wednesday evenings, June 8 through July 27, and August 31. Receptions feature light refreshments and great conversations. If you are in Boston this summer and would like to help welcome our newest first-generation students and their families to our University community, contact Ashley (uscgradi@bu.edu).

Summer Classes @ BU

Did you know BU offers over 700 courses during the summer? Check them out at www.bu.edu/summer

Congratulations to Our Graduating Seniors!

- Carlos Colon, CAS
- Freddy Robles, CAS
- Sophia Song, SMG

We wish you the best of luck and know you will do great things. If we can help please let us know.

And the prizes go to...

Semester Prize Winner
Judy Phan

Study Break Prize Winner
Ester Averó

Join us on Facebook!

The USC is now on Facebook. [Become a fan of our page](#) and stay up to date on upcoming First Gen events!