



Center for
Academic
Learning Support

October 2025

F1RST
Program



First-Gen Newsletter



Howdy Aggies!

With the semester in full swing, students' schedules are quickly filling with classes, assignments, and activities. While midterms and activities during this busy time of year can be overwhelming for students, it is important to remember that there are resources on campus which can provide support. From study tips to community events, this newsletter covers plenty of opportunities to help students stay on track.

In This Newsletter

- Preparing for Midterms
- Recent Events
- Upcoming Opportunities

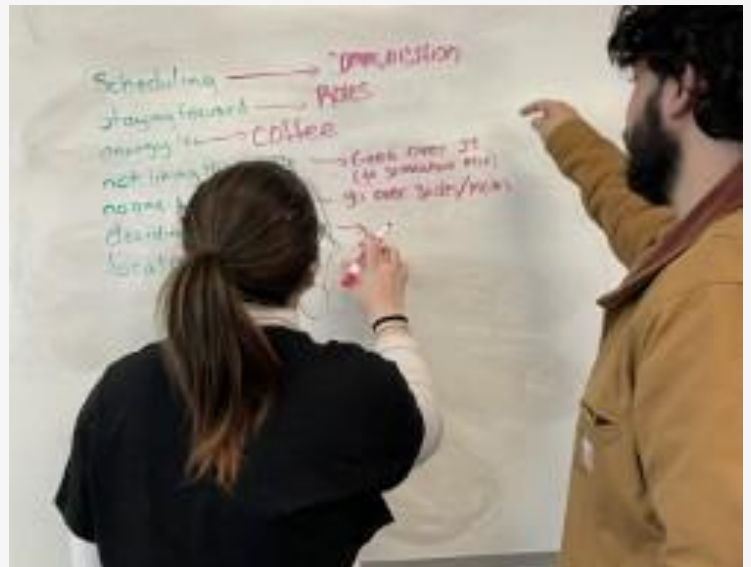
Upcoming Events

- Family Weekend
- Fall Door Decorating Contest
- First-Gen Celebration Week



Resources on Campus to Help with Midterms

- Course Support & Guided Group Study
- Office Hours
- The Library
- Writing Lab & Studio
- First-Gen Study Room
- Counseling Services



How to Prepare for Midterms

Midterms can be stressful and are often the most dreaded events on a student's calendar. Even with exams around the corner, the following strategies can help students prepare effectively.

The Five Day Study Plan: An active study strategy used to plan out how much time one spends previewing and self-testing over the five days preceding an exam.

Pomodoro Method: A self-paced plan of when to take breaks and when to study which splits study sessions into manageable periods.

Feynman Technique: The ability to teach someone else a topic with accuracy, which deepens one's own understanding of a concept.



Helpful Apps

Find out which one works best for you!

- Quizlet = Flashcards
- Focus Friend = Pomodoro Method
- Monday.com = Task Management
- Flora-Green Focus = Motivation
- Habitica = Accountability

To create a personalized study plan or learn more about these strategies, students can make an Academic Coaching appointment on Navigate or stop by the Center for Academic Learning Support in MAIN Suite 206.



Connecting to Campus Traditions

Students in the F1RST HU class completed a campus traditions tour to learn about special sites on the Galveston campus. The tour was led by current seniors in the F1RST Program who shared personal stories of connection to campus traditions.

Coffee Connections

Coffee Connections is a monthly event series which invites students to connect with a special guest over coffee. In October, Ms. Susan Hernandez Lee shared her story as a first-generation student. The next event will be on November 5th from 4-4:45 p.m. in the Waterfront Pavilion and will feature Col. Fossum.



New Heights in Student Wellness

Students in the F1RST HU class took their lesson in wellness to new heights when visiting the bouldering wall in the Campus Recreation Center during a class trip. Students also toured the facility and learned about additional available resources.

Class Visit with a Former Student

Morgan Degner, Visitor Center Program Coordinator for Sea Center Texas, visited the F1RST Year 3 class to share her journey as a former student and professional. Students learned about professional experiences in the marine science field.

Upcoming Events

Lemonade Stand and First-Gen Family Gathering

Friday, October 17th, 3:30 to 4:30 p.m.

ASEC 102 Business Lounge

Join the F1RST Program's Family Weekend event by connecting with others while enjoying some refreshing lemonade with specialty syrups and mix-ins!

Fall Door Decorating Contest

Decoration Period: 10/6 - 10/17

Voting Period: 10/20 - 10/24

Stop by the First-Gen Media Lounge (2nd Floor Pacific Hall) to gather materials to decorate your door for the fall! Submit a picture of your door using the QR code provided to enter the door decorating contest!

First-Gen Celebration Week

November 3 - 8

Mark your calendar for the week-long celebration of first-generation students! This special week will feature daily events and activities. Details to be announced soon!



Contact Us

“First-Generation” refers to students who are the first in their families to attend college, meaning that neither parent has completed a bachelor’s degree. The Center for Academic Learning Support provides year-round support services to first-gen students, including professional and peer coaching, academic and social events, lounge spaces, and more. Support provided by the CALS office is open to any student located in Galveston. Students wishing to learn more or connect with the first-gen community are encouraged to reach out.

Website:
www.tamug.edu/first

Email:
firstgen@tamug.edu

Phone:
(409) 741-4343

Instagram:
[@tamugf1rstgen](https://www.instagram.com/tamugf1rstgen)