



Center for  
Academic  
Learning Support

September 2025

F1RST  
Program



# ***First-Gen Newsletter***

## **What is the First-Gen Newsletter?**

The First-Gen Newsletter is released monthly during each semester and provides updates and information on the first-gen student community to students, faculty, staff, and families.

## **In This Newsletter:**

We're highlighting the offerings of the F1RST Program and sharing details about past and upcoming events!

## **Welcome Aggies!**

Welcome back returning Aggies! We hope you had an exciting summer and are ready to take on another great semester. To our new Aggies - welcome to the family! This semester will offer a multitude of opportunities to connect with campus and engage in the first-gen community. This newsletter will be your go-to guide for all of the exciting experiences we have planned!

We're kicking off the semester strong with plenty of engaging events. In August, new students were welcomed to campus at the Pizza with F1RST event during Gig 'Em Week, and September marked the first in an exciting series of networking events: Coffee Connections. Read on to learn about the first events of the semester and mark your calendars for upcoming opportunities!

This month, students also enjoyed a redesign of the First-Gen Study Lounge on the second floor of Pacific Hall. The lounge now features updated decor, coffee and refreshments, and free college study supply essentials.





## F1RST Events

The F1RST Program hosts a variety of events each year focused on academic skills, professional development, community service, and community building. Events are free and open to all students.

In the 2024-2025 academic year, students participated in painting workshops, visited with dogs, volunteered at the Ronald McDonald House, and much more!

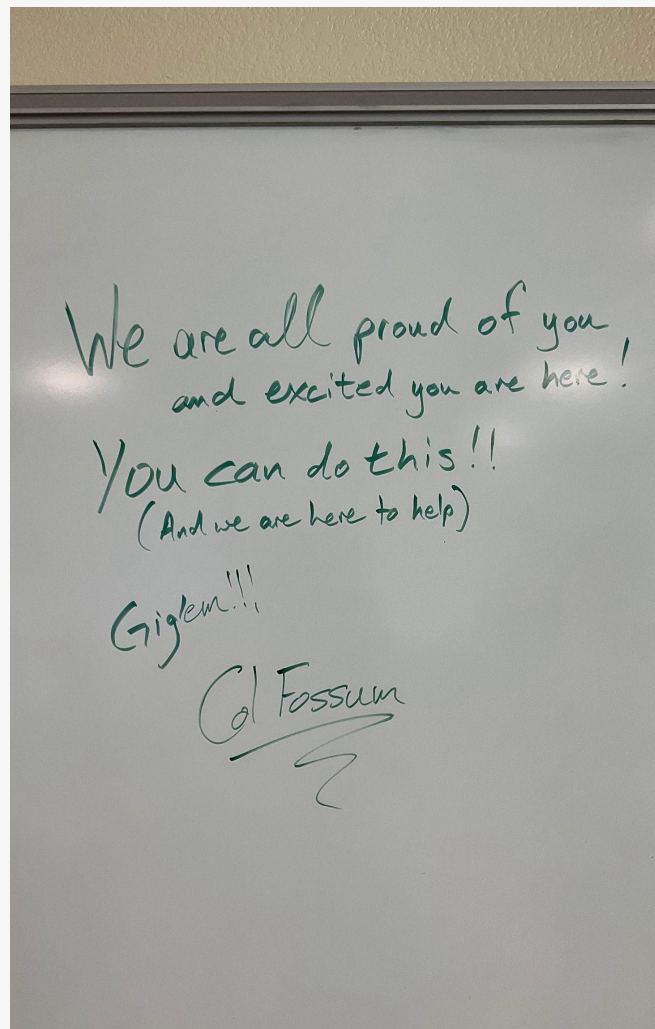




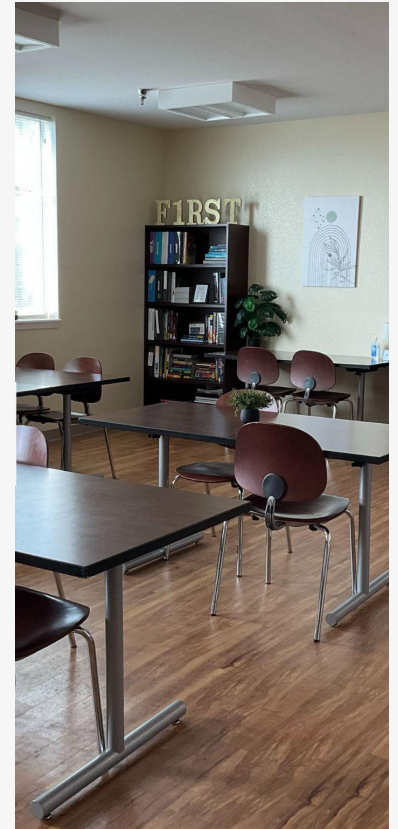
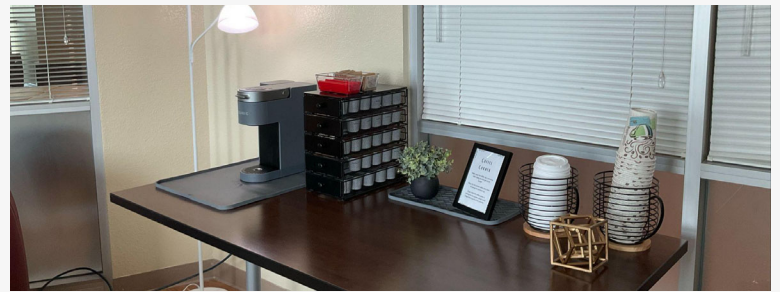


## Pizza with F1RST

To celebrate Gig 'Em Week, the F1RST Program welcomed first-gen students to campus by hosting a pizza lunch in the first-gen lounges! Students enjoyed socializing, delicious food, games, and activities while learning about the resources the space provides. Col. Fossum even left students a note on the whiteboard of the First-Gen Study Lounge!

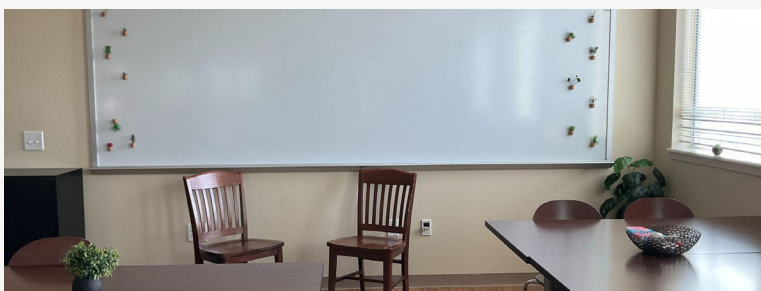






## Study Lounge Updates

The First-Gen Study Lounge has a fresh new look and is ready for students to enjoy! The Study Lounge (located on the second floor of Pacific Hall) still includes all of the resources previously offered but now features updated decor, more coffee and drink options, and free study supplies. Other resources include a textbook library, study materials, and collaborative study spaces.





## PROGRAMS AND RESOURCES FOR FIRST-GENERATION STUDENTS

The F1RST Program is open to any student who would like to connect with a community of first-gen students and be proactively connected to support and information. F1RST classes are 0-credit hour, 50-minute per week classes that offer students a community of support.



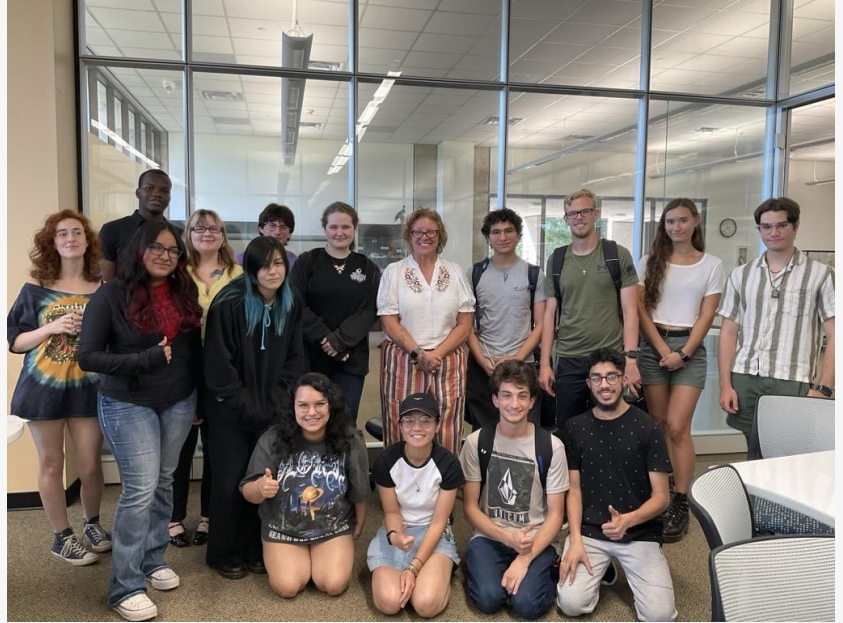
Students in the F1RST Year 4 class recently visited the 1973 Center, where they participated in an interactive cooking demonstration to develop life skills in preparation for life after graduation. Students also toured the campus food pantry and learned about additional resources.





## Coffee Connections

We are thrilled to introduce a new monthly event series this semester: Coffee Connections! These events will take place on the first Wednesday of every month in the library fishbowl (room 121A) from 4:00 to 4:45 p.m. Each event welcomes a special campus guest to engage in meaningful conversations with students over a cup of coffee.



This series is free and open to all students. Coffee Connections is the perfect opportunity to ask questions, make connections, and be inspired!

The first session of Coffee Connections took place on September 3rd and featured Professor Mona Hochman as the guest speaker. Dozens of students enjoyed specialty coffee drinks and captivating conversations!

## 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.

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