

HOW I NAVIGATE 4-YEAR SCHOOLS



10:00 - 10:05

Morning Greetings

10:05 - 10:15

Imposter Phenomenon

10:15 - 10:30

Hidden Curriculum

10:30 - 10:45

Typical Day of a Transfer Student

10:45 - 10:50

Educational Resources

10:50 - 11:00

Questions & Answers

UCLA Transfer Parenting Students

- Nancy Ocana
- Brenda Coronel



FACT:

More than 1 in 5 college students are parents

Parent, Transfer Student & UCLA Graduate.

BRENDA CORONEL



Parent, Transfer Student & UCLA Graduate.

NANCY OCANA



Imposter Phenomenon

An individual doubts their skills, talents or accomplishments and has a persistent internalized fear of being exposed as a "fraud".

DEAR FIRST-GEN, [PARENTING
STUDENTS],

You might question if you belong on campus. Remember, you made it to college through your hard work and merit. You carry strength and resiliency. Even when you faced obstacles on your journey to college, you found your way. Remember, you made it happen. You are a first-generation college, [parenting] student. Carry that honor with pride.

- @DR. ANGELICATELLO



Great things don't come
from comfort zones

Reminder

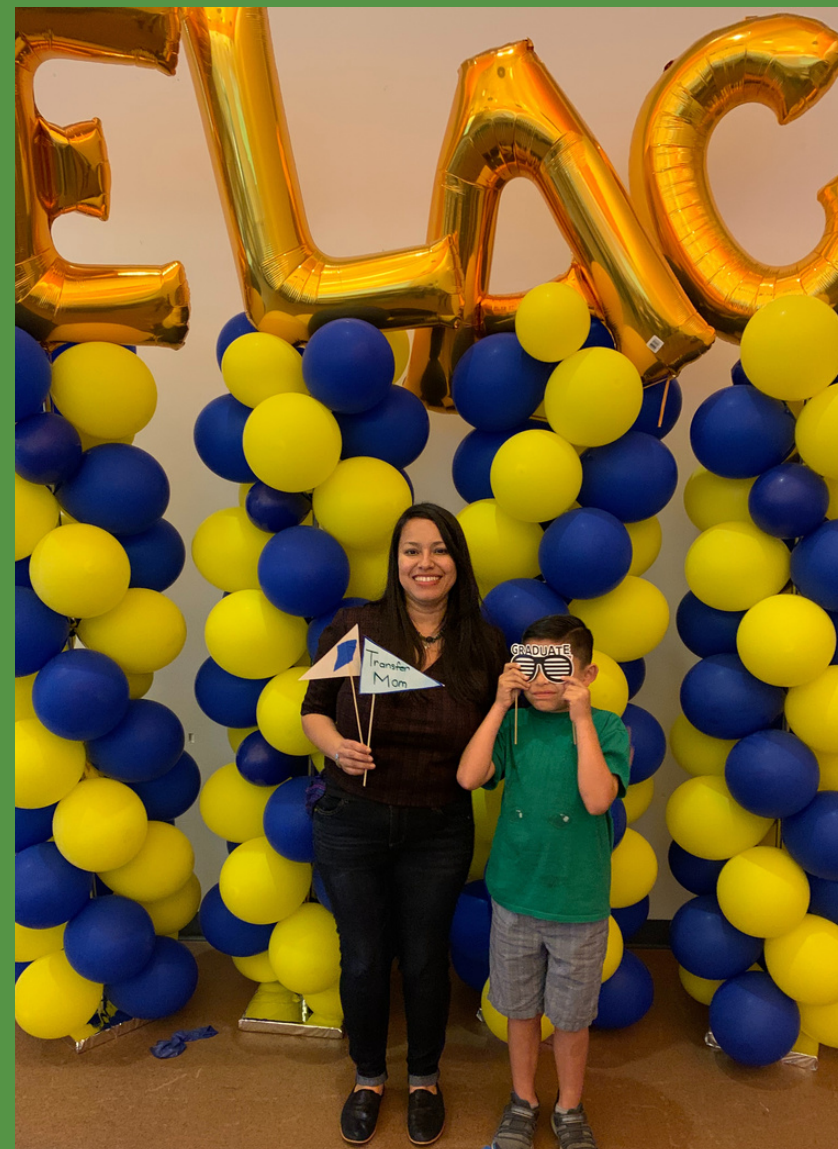
The temporary
sacrifices we make
today are for our
successful future.

Remember

How far you
have come.

Navigating 20 Years in Community College

- *Attending 6 different C.C.'s
- *Receptionist for over 15 years
- *Finding Education Path
- *Academic Renewal, Fails, Withdrawals
- *Self Advocacy



Overcoming Imposter Phenomenon at a Four Year University

- *Finding Community
- *Challenging Stereotypes & Microaggressions
- *Accept My Worth & Intellect

I AM:
CHICANA
DAUGHTER OF IMMIGRANTS
PARENTING STUDENT
TRANSFER STUDENT
NON-TRADITIONAL STUDENT
FIRST GENERATION STUDENT
SCHOLAR



*Manifest
Your Dreams*

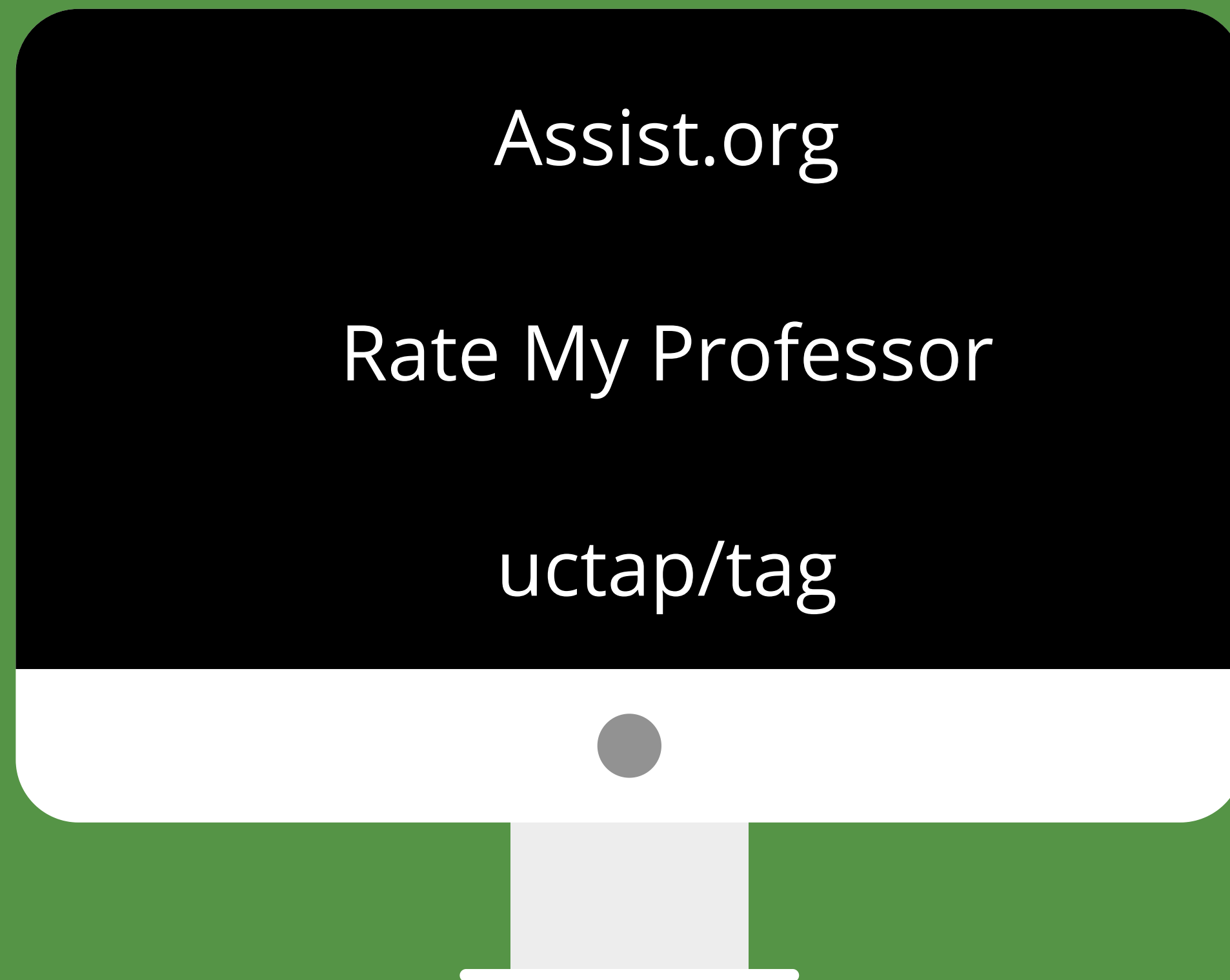
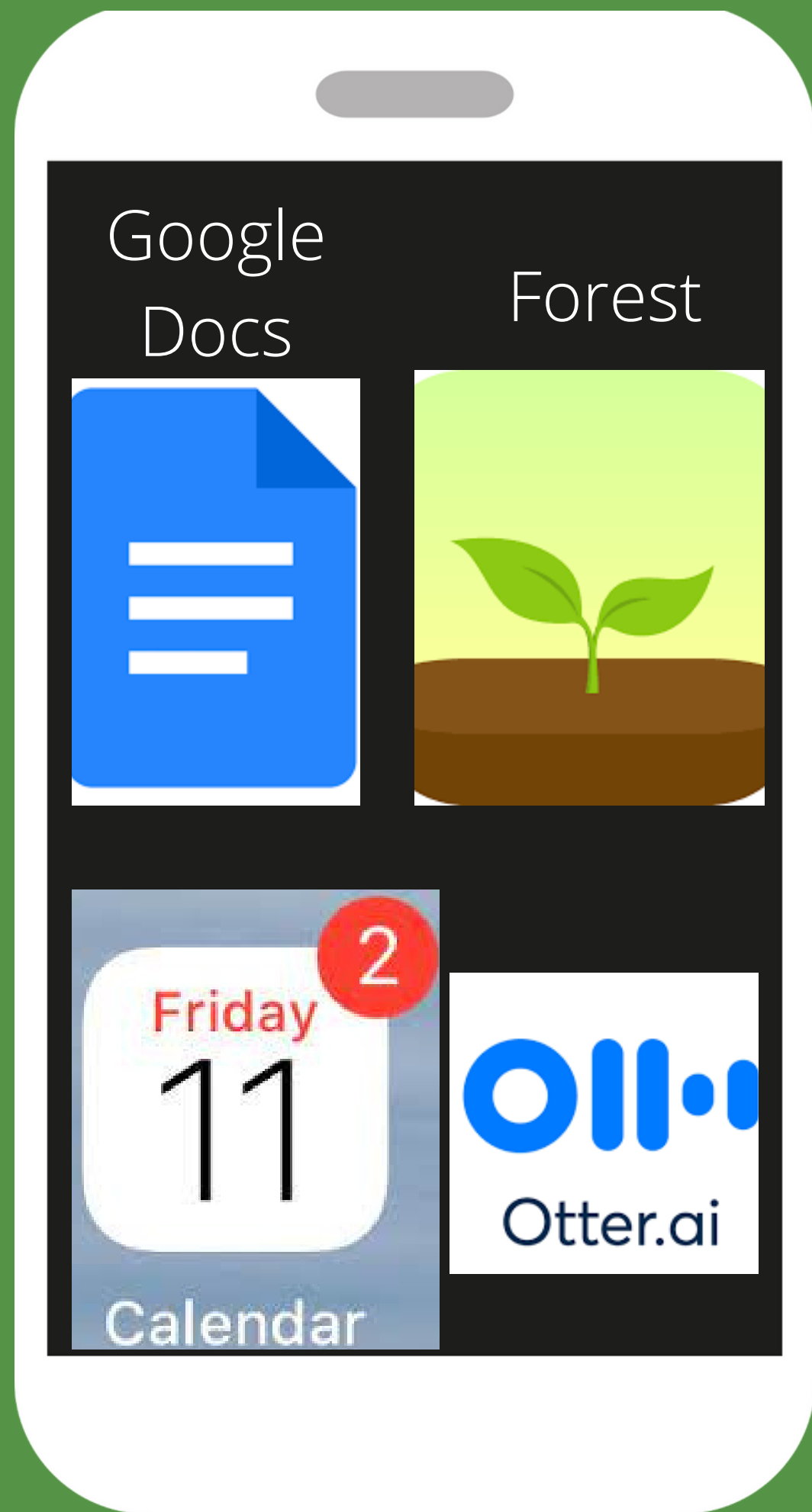


NEVER
give
UP



HIDDEN CURRICULUM

Unspoken or
unarticulated
information that students
learn in an academic
setting



Be strategic with your plan

Find Campus Advocate

Course workload

Aid Appeal

Withdrawals & Financial Aid



P/NP



One day at a time



2017



2020



One day at a time

Balancing School, Work, & Single Parenthood in Undergrad



*Flexibility



*Theres No Real Balance

Somedays Are Better Than Others/Moving Forward

*Depending on Friends, Family, Work, University Childcare,
& Yes, Bringing Your Child To Your Lecture Hall

*Asking for Accommodations From Professors



Educational Resources

[Raisethebarr.org](https://raisethebarr.org)

UCLA Center for Community College Partnerships

Child Care Alliance of Los Angeles

YMCA & YWCA

Transfer departments on campus

Your school's free writing and tutoring center



Q & A

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RAISE THE BARR



Financial Aid, Financial Empowerment and Planning for your Family's Future

Monday,
April 26th
2pm CST/12pm PST



Balancing time, Parenting, and Being a Student

Friday,
April 30th
12pm CST/10am PST



Social Capital with Parenting Student Panelists

Monday,
May 3rd
2pm CST/12pm PST

register now

[www.raisethebarr.org/transferseries.](http://www.raisethebarr.org/transferseries)