



At UB, all students have access to comprehensive support services

52%

of UB students are first-gen learners.\*  
You're student is not alone in their journey!



Together, we can support your student through college and into an exciting career

## How to support your First-Generation Learner

***Being the first in the family to go to college can be intimidating. As a first-generation college student, our child's journey toward a college degree will be filled with challenges and successes. At UB, they don't have to navigate the path to a college degree alone! UB is home to many faculty, staff, and current students who were once in their shoes — the first in their families to earn a college degree. With the right support services and some perseverance, your child will carve out their place in higher education and lay the groundwork for a promising future.***

### Tips for supporting your first-generation student

At University of Bridgeport, we understand that as a first-gen student, your child may be unfamiliar with what to expect when they leave for college. Don't worry! We're here to support you and your student every step of the way.

### Know where they can look for support

As a first-generation learner, balancing all of their newfound responsibilities can feel like a lot. The Heckman Center is your child's one-stop resource for a wide range of support services.

The Heckman Center offers:

- Academic Advising
- Career Preparation
- Civic Engagement
- Honors College
- Student Support Services
- Tutoring and Learning Center



## How to support your First-Generation Learner

### Expect the unexpected

You deserve to send your child off to college without cutting corners. From managing their newfound independence to figuring out financial aid, going to college will inevitably include some bumps along the way — but help is available.

UB offers:

- Campus safety
- Counseling services
- Health services
- Student accessibility services
- Tutoring
- And more!

### Ask questions and stay connected

Keeping the lines of communication open is important for you and your college student. You can help them develop good organizational habits to balance their academics, extracurricular, and personal commitments.

Encourage your student to:

- Advocate for themselves
- Check their email daily
- Download the LiveSafe App
- Get to know their professors and peers
- Plan enough study time
- Stay on top of important deadlines



### Embrace their independence

Sending your child off to college means they will be venturing into their first experiences with adulthood. Embracing this exciting time means learning to develop a relationship with your now-adult child.

Ways to connect:

- Attend events on campus
- Celebrate their achievements
- Communicate regularly
- Discuss finances
- Encourage independence
- Provide emotional support

The University of Bridgeport is accredited by the New England Commission of Higher Education.  
The University also is accredited by the Connecticut Office of Higher Education.

\*Based on 2023-2024 data.

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BRIDGEPORT**

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