



#TritonFirst>Welcome20 Video Series

Welcome to a new year at UC San Diego! We asked the First-Gen Community to share advice for first-gen students:

Part 1:

“Perfectly fine for you to feel lost, confused, and overwhelmed” -Daniel Alfaro, Program Manager, [Undocumented Student Services](#)

“Be okay with being afraid, and create community everywhere you go” -Belinda Zamacona, Director, [Chancellor’s Associates Scholars Program \(CASP\)](#)

“Create your own definition of success” -Kate Antonovics, Provost, [Seventh College](#)

“Connect with faculty, staff and peers for guidance, don’t do this alone don’t internalize your struggles” -Daniel Alfaro, Program Manager, [Undocumented Student Services](#)

“You see your professor and talk to them outside of classroom and as soon as possible” -Paul Yu, Provost, [Revelle College](#)

“Use your time to learn three things: who you are, how you learn or work best, and what you’re passionate about. You’re trailblazers, enjoy the journey ” -Allison Cusick, Graduate Student, [Scripps IOD](#)

“Take some time to visit the alumni office and get to know your alumni director because they can be a great resource in connecting you with alumni and industry professionals” -Amanda Corona, Director, Alumni Engagement, [Alumni](#)

“Your life experiences will be a great source of strength and wisdom” -David Artis, Dean of Undergraduate Research Advancement, [Academic Enrichment Programs](#)

“Find great mentors, be very persistent, and believe in yourself” -Yassir Eddebbbar, Postdoctoral Scholar, [Scripps Institution of Oceanography](#)

“Get to know your professors, go visit them during office hours or make an appointment” -Luz Chung, Continuing Lecturer, Co-Director of Undergraduate Education, World Language Credential Supervisor, [Education Studies](#)



“Don’t be afraid of change, and every experience is a learning opportunity” -Kimberly Rodriguez Jimenez, Office Manager, [Chancellor’s Associates Scholars Program \(CASP\)](#)

Part 2:

“Drop crappy people from your life. In the words of Buddha, don’t blame a clown for being a clown, ask yourself why you keep going back to the circus” -Charles Lu, Director, [OASIS](#)

“So my advice would be to always remember how hard you worked to get here and that you do belong in this community” -Oscar Zavala, Corporate Recruiter, People Operations, [UCSD Alumni](#)

“Make sure you use your resources. So, you can talk to me anytime, talk to your professors. Your professors, even if they’re not first-gen students like us, are eager to help you succeed” -Leslie Carver, Provost, [Marshall College](#)

“As a first-generation student myself I would like to tell you that the experiences and the lessons you learned outside the classroom are just as important as what you learned in your studies, so get engaged and stay engaged in campus activities” -Franklin Garrett, Director of Programs & Operations, [Division of Physical Sciences](#)

“Make sure you find your support system on campus. For me, that was Lambda Theta Nu Sorority incorporated” -Sandy Arce, Paralegal & Law Student, [UCSD Alumni](#)

“Talk to your family, friends, or both about what you’re learning here at UCSD to include them in your learning journey. Take care and good luck” -Lisa McDonnell, Associate Teaching Professor, [Division of Biological Sciences, Cell & Developmental Biology](#)

“My advice: don’t stop on account of failure, failures always give you clues on how to succeed. Good luck” -Lakshmi Chilukuri, Provost, [Sixth College](#)

“Don’t be afraid to speak up and ask questions or ask for help when you need it” -David Smith, Professor & Associate Dean, [Graduate School of Oceanography, URI](#)

“My three pearls of wisdom are to join a student organization to build a home away from home, to take advantage of the Student Career Services Center, and to study abroad” -Kelly Garcia, Graduate Nursing Student, [University of Massachusetts Medical School, UCSD Alumni](#)



Part 3:

“Find your community and take care of one another. You’ll help each other get through these years and hopefully build a lifelong friend ” -Daniel Carrillo, Senior Internship Counselor, [Teaching and Learning Commons](#)

“Make mental health your priority. Also know the difference between academic advisors and mentors, seek the latter” -Christian Briseño-Avena, Postdoctoral Scholar, [Environmental and Ocean Sciences, USD](#)

“Don’t be afraid to ask for help. If you have questions, if you’re not sure about something, if you need anything reach out to the staff in your college. We’re all here to support you” -Sherry Mallory, Dean of Student Affairs, [Revelle College](#)

“Build your community and find one or many mentors by connecting with your peers, staff, and faculty” -Frida Alvear, Associate Director, [Communication and Leadership and Community Service](#)

“Don’t fall for imposter syndrome, you’ve done more than enough to become a triton. You will finish strong” -Roberta Camarena, Assistant Director, [Admissions, Diversity Recruitment](#)

“Take the time to discover delicious dishes, meet lifelong friends, explore cultural diversity and of course enjoy the environment” -Ronnie Das, TV Reporter, [Environmental Systems](#)

“Don’t be afraid to use tutoring resources and to ask for help, everybody has to at some point” -Katie Michel, Dean of Academic Advising, [Revelle College](#)

“Try to obtain at least one contact information from your peers in each of your classes so that way if you miss a class you’ll be able to ask your peer” -Tina Gov, Assistant Director, [Division of Physical Sciences - Student Success Center](#)

“First generation students, the most important thing: be organized and persistent” -George Perry, Professor, [Biology](#)

Part 4:

“My advice for UC San Diego first generation students is pay it forward. Give back to your community” -Lindsay Romasanta, Director, Student Success Programs, [Student Affairs, Student Retention and Success](#)



“Set goals and monitor your progress towards completion. College is a marathon not a sprint” -Dal Dean, Ph.D., Lecturer, [Department of Education Studies](#)

“Participate in your TA and Professor’s office hours so you can get to know them and they can get to know you” -Laine Vehar, Administrative Analyst, [Office of the Vice Chancellor for Health Sciences](#)

“Our first generation students are creative and brilliant and hardworking and entrepreneurial and resilient and there might be moments when you don’t feel like you’re all those things but I want you to trust me that you are and we see that in you each day” -Alysson Satterlund, Vice Chancellor, [Student Affairs](#)

“Your perspective matters and your feelings are valid, so speak up if there’s something on your mind there are always folks willing to listen” -Joseph Villegas, Senior New Student Programs Specialist, [Seventh College Student Affairs](#)

“Know that the difference between a successful and unsuccessful person is someone who has a plan, but what they don’t tell you is that plans change. Be gentle with yourself and know that you deserve to be here” -Eboney Williams, Director, [Virtual Experience and Peer Engagement Initiatives](#)

“Make sure you participate in class, ask lots of question no matter how stupid you think they are, and don’t be afraid to reach out to your professors during office hours” -Mario Garibay, Assistant Dean of Student Affairs, [Muir College](#)

“Don’t be afraid to ask for help, our faculty, staff, and peer leaders are eager to provide support and answer your questions” -Maruth Figueroa, Assistant Vice Chancellor, [Student Retention and Success](#)