INTRODUCTION

1. First generation students refer to students who are the first in their family to obtain a bachelor's degree.
2. First generation graduate and postdoctoral students face many challenges and barriers.
3. These challenges include, but are not limited to:
   - Barriers to financial resources
   - Imposter syndrome & mental health disparities
   - Frustration in navigating the hidden curriculum
4. This symposium is a second rendition of the 2019 / Am First symposium organized by former PFTF Melissa Patiño-Vega and Destiny García.
5. This symposium aims to continue building community with first generation graduate and postdoctoral students across UC Davis.

METHODS

1. This half-day symposium event was held virtually through Zoom.
2. Five interactive workshops were organized and facilitated by students, faculty, and staff, many of whom self-identify as first generation.
3. Workshops consisted of presentations and discussions about various topics including family support, financial barriers, and strategies for mental health.

WORKSHOP TOPICS & OBJECTIVES

WORKSHOP 1: EXPLAINING YOUR WORK TO FAMILY & LOVED ONES

- **Objective 1**: Identify and discuss challenges in explaining your research to family and friends.
- **Objective 2**: Identify and discuss strategies to effectively talk about the value of your work with family and share your academic passions with them.

WORKSHOP 2: EVERY PENNY COUNTS

- **Objective 1**: Identify and discuss challenges in financial stability & funding your research.
- **Objective 2**: Identify and discuss both strategies and resources to help finance necessities and your work.

WORKSHOP 3: DEVELOPING A BUDGET FOR RESEARCH PROPOSALS

- **Objective**: Identify various resources and steps involved in how financial resources are reviewed and allocated.

WORKSHOP 4: MENTAL HEALTH & IMPOSTER SYNDROME

- **Objective 1**: Identify and discuss challenges involving mental health struggles and dealing with imposter syndrome.
- **Objective 2**: Discuss strategies to cope with imposter syndrome and identify valuable resources for mental health.

WORKSHOP 5: DEMYSTIFYING GRAD SCHOOL Q&A PANEL: THE HIDDEN CURRICULUM

- **Objective**: Discuss and share ways to navigate barriers and confusing parts of graduate school.

REGISTERED ATTENDEES

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FEEDBACK

- Variety of PhD/MA students, undergrads, faculty, and staff attended.
- Many attendees expressed positive feedback for:
  - Thoughtful/empowering discussions
  - Being able to connect with other first-gen folks
  - Bonding over common experiences
- Feedback for the future included:
  - More time for socializing
  - More time devoted to job search within and beyond academia

ACKNOWLEDGMENTS

Facilitators/Presenters: Steven Albrecht, Robert Bayley, Adriane Boykin, Travis G. Bradley, Jon de Paul L. Durbar, Maria Florencia Ercoli, Erika Estrada, Yvette Garcia, César Hoyos Álvarez, Josephine Moreno, Jaime Ramirez-Mendoza, Grace Woods.

Community Support: Alba Ledesma & Elisa Magallanes.

Original Organizers: Destiny García & Melissa Patiño-Vega.