



First-in-Family Program – Mentees

Transitioning from high school to university, or adjusting to a new environment, can be overwhelming for anyone, but for first-in-family students it can present greater challenges. First-in-family refers to those who are the first in their family to pursue post-secondary education, including international students who are the first in their family to do a degree in Canada. While first-in-family students bring incredible resilience, determination, and vision for earning their degrees, navigating their path without or with limited family support can lead to feelings of isolation and make their journey more arduous.

The Student Success Centre is excited to introduce the First-in-Family Mentorship program. Our program provides peer-to-peer mentoring to help first-in-family students:

- Navigate the challenges of university life.
- Build a network of support and a sense of community.
- Identify and access available resources.
- Make informed decisions that contribute to a successful university experience.

With a mentor's help, first-in-family students can gain the confidence and knowledge they need to succeed and thrive in their academic journey. We welcome applicants from all faculties.

Complete the [Mentee Intake Application](#) to connect with first-in-family supports.

Mentee Responsibilities

- Attend the Mentee Orientation Workshop prior to mentorship.
- Establish and maintain a trusting relationship with your mentor:
 - Connect & communicate with your mentor at least twice a month.
 - Attend at least three workshops or social events on campus each semester with your mentor.
 - Lead the relationship with respect to goals and areas of interest to discuss.
 - Be open to feedback and responsible for follow-up.
- Complete a mid-term check-in form to ensure that the program meets your expectations, and your mentor-mentee relationship is going well.

Qualifications

- Self-identify as a first-in-family student.
- Enrolled in courses during the mentorship period.
- Ability to commit to the program for one academic year, including Fall and Winter semesters, is strongly encouraged to ensure ample time for relationship building and skill development.

Contact Us

To learn more about this program, please visit the [First-in-Family website](#).

If you have any questions or concerns, do not hesitate to contact **Tram Nguyen** through email at tram.nguyen4@ucalgary.ca.