It is (almost) officially the end of Fall quarter. We know it has been tough with everything going on. And, what we also know is that first-gen students are resilient!

Below we share some tips (this time on study habits to help with finals) as well as upcoming events. And, we are hiring. Apply to be part of our team! More details below.

FGI Upcoming Events & News

**REMININDER, Tomorrow!**

Join us for the first workshop in The Hidden Curriculum of Graduate School series.

**Guest speakers:** Giselle Laiduc, M.S. and Paulette Garcia Peraza M.A.

**Description:** Speakers will be introducing the concept of the hidden curriculum and how it manifests in the university. We will review data outlining the challenges that undergraduate and graduate students face as they navigate the campus.

**Looking to be part of a great program? Want to learn professional skills?**

The a First Generation Initiative is teaming up with the Student Success Equity Research Center (SSERC). We are hiring two interns to help plan events, build community. Be part of our programs for Winter/Spring quarter.
Self-care tips from the First Generation team
Stress Relief - What we do!

What Gwynn, staff FGI lead, does to deal with stress:
- Gardening (she is has a Monarch butterfly garden)
- Hiking
- Spend time with her fluffy white dog and family.

What Samantha, FGI intern, does to deal with stress:
- Uses an app called Insight timer (for meditation)
- Yoga follows (she follows Yoga with Adriene)
- Sketching her favorite album covers

What Yesenia, FGI intern, does to deal with stress:
- Colors in The stress free coloring books
- Makes Thread Bracelets
- Reads non-academic books
- Spends time with her dog Max!

Upcoming UCSC Event

Virtual Quarry Concert

UCSC is hosting Virtual Concert on:

Date: December 4th, 2020
Time: 6pm
Featuring: UMI!!
Want to be attend and have a bit of fun before Week 10!

Register @quarry.ucsc.edu

Register Here!

Getting through Finals!

Study Tips!

Finals are almost here...

Studying can be really frustrating but there are multiple strategies that you can practice to make sure you are the most effective in studying for finals.

Check out the tips to see what resonates with you.

Remember, you've made it this far.

We are almost at the finish line for Fall quarter!