

# Counseling and Psychological Services

## COVID-19 & First-Generation Students

### Unique Challenges to Consider

- Having to be your own advocate
- Setting, enforcing, and maintaining boundaries
- Loss of on-campus support/community
- Loss of identity
- Adjustment difficulties
- Access/knowledge of available resources
- Financial difficulties

### Tips to Try

- Set up a good work environment. Consider ways you can limit distractions (closing doors, wearing headphones, working outdoors, etc.).
- Set communication rules and boundaries: headphones in = do not disturb
- Build a schedule that your family can reference. Be realistic, but also flexible - try scheduling study times and posting your schedule for others to respect your time.
- If responsible for younger children try explaining college and bring them into the experience (doing work together). Build in time to be with them.
- For every 2 hours that you are studying/working try to take a 30-minute break.
- Stay connected! Consider creative ways to maintain connections to friends, mentors, and other support systems.
- Put imposter syndrome in check. You belong here!
- Reflect on the ways you have shown resilience in the past and recognize the skills that helped you get through previous challenges that can be applied to the present.
- Self Compassion - You are doing the best you can, be gentle with yourself as you shift and adjust.

### Additional Online Resources

- [How to build community when you feel isolated](#)
- [What I have learned as a first generation student](#)

#### COUNSELING AND PSYCHOLOGICAL SERVICES

Colonial Health Center  
Marvin Center, Ground Floor  
800 21st Street, NW | Washington, DC 20052

☎ 202 - 994 - 5300

✉ [counsel@gwu.edu](mailto:counsel@gwu.edu)

🌐 [healthcenter.gwu.edu](http://healthcenter.gwu.edu)



Colonial  
Health Center

THE GEORGE  
WASHINGTON  
UNIVERSITY  
WASHINGTON, DC