Being First Isn’t Easy: Family Achievement Guilt and the Mental Wellbeing of First-Generation College Students

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Introduction

● “Family Achievement Guilt and Mental Wellbeing of College Students” by Rebecca Covarrubias, Andrea Romero, and Michael Trivelli (2014)

● **Research Questions:**
  ○ Do first-generation college students at Williams experience family achievement guilt?
    ■ Self-perceptions as first-gen college students
  ○ How does family achievement guilt affect first-gen college students’ mental wellbeing?
Methods

- **Primary concern**: including first-gen students from all class years
- Relied on personally asking people in my social networks for individual interviews and focus group
- Range of responses from different class for survey
I feel uncomfortable for having access to higher education, unlike my immediate family members.
I associate my first-gen status with another aspect of my identity (e.g. race, gender, class, nationality, etc.).
I feel support from my...

Family

Telling me of how proud they are of my hard work and accomplishments

100% Agree

Friends

Verbal affirmations

Reminding me of how smart I am
Conclusion

● Takeaways
● Shortcomings
● Future Studies
● Application to Williams

~ Special thank you to Dean Ruiz and study participants ~


