

# THRIVE Newsletter 9.3.19 (First-Year)

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## Important Dates

- **Last Day 100% Tuition Refund** (Wednesday, September 4)
  - Students who withdraw from a single course or all of their courses can request a full-tuition refund from the Bursar's Office (St. Thomas Hall, Room 103).
- **Holy Spirit Liturgy** (Thursday, September 5 at 11:30am in the Byron Center)
  - Celebrate the beginning of the academic year with fellow Royals!
  - **Classes cancelled** and **offices closed** between 11:30am - 1:00pm
  - Picnic on the DeNaples Patio for all students following Mass
  - Scranton attire welcome for Mass!
- **Promoting Awareness of the College Transition (PACT) Meetings**
  - This mandatory meeting is designed to assist students in their transition to Scranton by increasing awareness of possible challenges.
  - Meetings run from September 10 - September 18.
    - Students will receive their assigned time/date from their Resident Assistant (RA) or in their Scranton.edu email.
- **Last Day 75% Tuition Refund** (Wednesday, September 11)
  - Students who withdraw from a single course or all of their courses can request

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## Resource Spotlight

### *The Counseling Center*

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- The **Counseling Center** provides *free, confidential* counseling to students during individual and/or group sessions.
  - **Location:** O'Hara Hall, 6th Floor
  - **Hours:** Monday - Friday, 8:30am - 4:30pm
  - **Contact:** 570.941.7620



- **Expertise includes:**
  - Mental health (e.g. depression, anxiety)
  - Adjustment (e.g. homesickness)
  - Academic challenges (e.g. stress)
  - Relationships (e.g. roommates, loved ones)
  - Web-based & self-help mental health resources
  - Off-campus mental health resources

*New school year off to a rough start?  
Come discuss your experience adjusting  
with fellow students and members of the  
Counseling Center staff:*

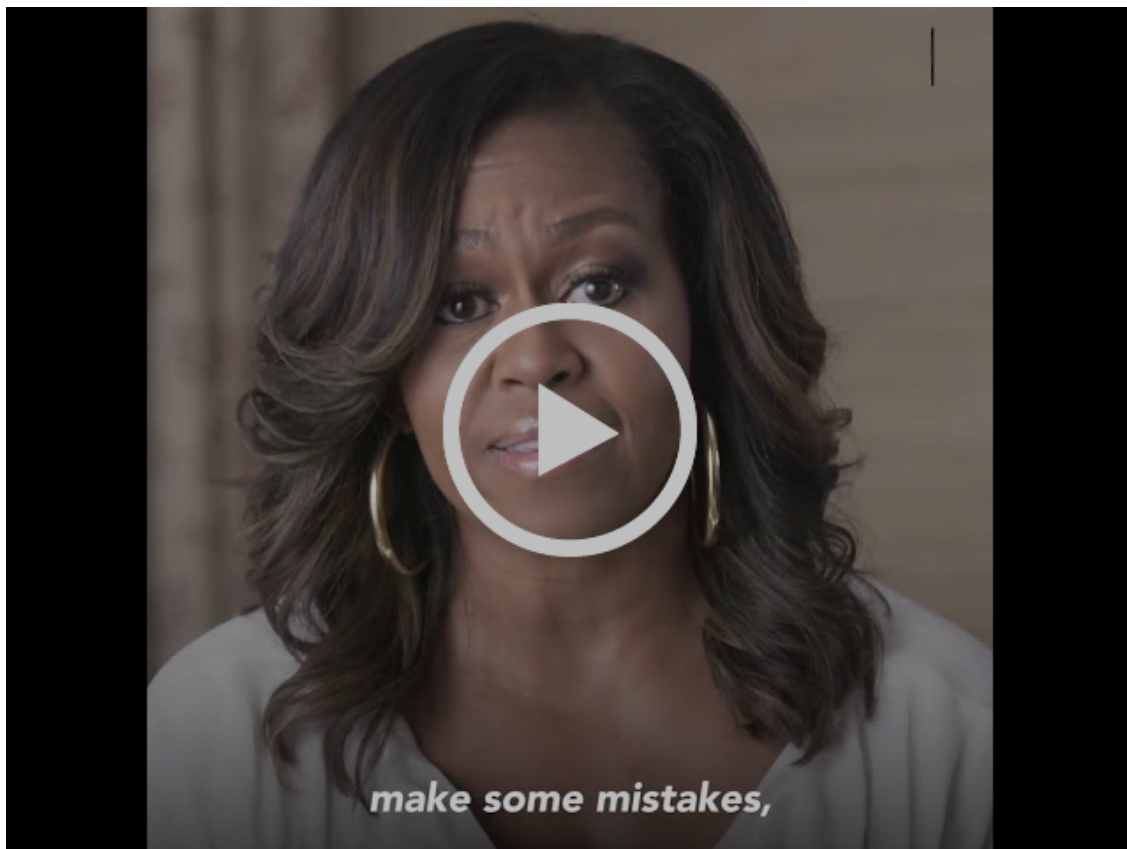
- Friday, September 3
- 1:00pm - 2:00pm
- O'Hara Hall, 6th Floor

*Pizza and donuts will be provided for  
group participants.*



## First-Gen Perspectives

*Michelle Obama | Princeton University*



Former first lady Michelle Obama reflects on her experience as a first-generation college student and shares her top four tips for college success.

**[Click Here for More First-Gen Perspectives!](#)**

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## First-Gen Faculty/Staff Feature

### *Robert McGowan | THRIVE Program*

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*Robert McGowan shares his perspective on the first-gen student experience and offers advice to first-gen students at the start of a new academic year.*

***When did you learn that you were a first-generation college student?***

I didn't find out that I was a first-gen student until my senior year. When I read other first-gen students' stories and learned more about the identity, I recognized that many other students were having the same challenges on their campuses as I was at Scranton. Knowing that I wasn't alone and that my experiences were common among first-gen students put me at ease.

***What was the hardest part about being first-gen for you?***

I struggled significantly with imposter syndrome during my time at Scranton, in large part because I recognized that attending college was a remarkable opportunity. I frequently found myself overcommitted both academically and cocurricularly, and I believed that not taking advantage of every opportunity would have made me lazy or ungrateful. I felt a significant pressure to "prove" that I deserved to be here and that I was taking college seriously.



*Robert McGowan ('19) serves as the THRIVE Program Coordinator in the Center for Student Engagement (DeNaples 205P). He can be contacted at [robert.mcgowan@scranton.edu](mailto:robert.mcgowan@scranton.edu).*

***What advice do you have for first-gen students at Scranton?***

Recognize that you deserve to be here. College can be difficult for everyone at times, and often, people need to be challenged before they can grow. Still, college should not leave you frequently overwhelmed or unhappy. If this happens, you may need to take a break from some activities and/or reach out to faculty, staff, and your friends for support. You are not lazy for wanting to enjoy college or for taking time to care for yourself, and you are not weak for asking for help.

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## Upcoming Events

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- **THR1VE General Advisory Board Meeting (Wing Night)**
    - *Help us plan our Fall events and learn how you can get involved in first-gen programming!*
      - Friday, September 6
      - 3:00pm - 4:00pm
      - Butler Student Forum Room 213 (DeNaples Center, 2nd Floor)
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- **Financial Wellness Workshop #1 (Budgeting & Financial Planning)**
  - *Learn how to create a spending plan in this interactive workshop. Those who attend all three workshops will have the chance to win a **\$100 Amazon gift card!***
    - Monday, September 9
    - 7:00pm - 8:00pm
    - Loyola Science Center (LSC 126)

**RSVP Here!**

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- **Study Skills & Sundaes**
  - *Learn the best ways to study for your upcoming exams, while enjoying our sundae/ice cream bar!*
    - Friday, September 13
    - 3:00pm - 4:00pm
    - Montrone Multipurpose Room

**RSVP Here!**

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- **2019 Family Weekend Celebration**
  - *Reconnect with your loved ones, while attending activities and information sessions to help them understand the everyday life of a Scranton student.*

- Friday, September 20 - Sunday, September 22
- Event details, times, and locations can be found below:

**[Click Here for Additional Information and RSVPs](#)**



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