



First-Gen Student Training

BROCHURE

By: Tamam Waritu, E.d.M., Harvard



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About The Training

FIRST-GEN COLLEGE STUDENT TRAINING

Tamam's First-Gen Student Training Program is a unique, full-day leadership training program specifically designed to tackle some of the most pervasive issues that hinders first-generation college students as they embark on their post-secondary education. An experience like no other, this training is meticulously and intentionally crafted not only to provide a high level of inspiration, empowerment and motivation, but also a practical strategies and techniques for how first-gen students can cope with, and transcend, obstacles and barriers to reach their academic, leadership, and personal goals. It's a day when students are challenged to question and reflect upon some of the perceptions and beliefs that they have about themselves, confront their fears and doubts. It is a journey full of deep, thought-provoking conversation, attitude development, mind shifting exercises that will inevitably spark a paradigm shift--all while having a fun time.

POST-TRAINING MENTORSHIP

One of many things that programs appreciate about Tamam's First-Gen College Student Training program is his long-term commitment to their students. As part of his training package, Tamam provides trainees with a post training direct mentorship opportunity. That is, your students, or your staff members, can schedule a virtual mentoring session with him anytime, for the foreseeable future.



This was so amazing and inspirational!!!! It was so much fun even tho we all cried a little. It was such a blast and I think it's something everyone should experience.

-- Tjai, TRiO UB Student,

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*...The students enjoyed themselves immensely...
THEY ARE STILL TALKING ABOUT IT. I was and
still am **impressed** at your ability to engage them
for the entire day. **Ten hours of engagement on a
Saturday is nothing to sneeze at!***



Dr. Stephanie Anthony, Director
TRiO Upward Bound
Michigan State University



About Tamam

Tamam Waritu is a highly acclaimed national first-gen speaker and prominent student trainer, making a profound impact on first-generation low-income students across more than thirty states. He is the founder and lead trainer at First Gen Training, Inc. (www.firstgentraining.com), a development training firm dedicated to helping first-gen students defy statistics while equipping staff with vital skills to help them.

Tamam comes from a family with no educational background--his mother never went to school and his father has only a 4th grade level of education. He grew up in a low-income government housing with food stamps as one of their main sources of income. He graduated from one of the lowest performing inner-city high school, and he was considered an "at-risk" student. Since he was the first person in his family to go to college, his first day of college experience felt like he was in a different world where everything seemed foreign. He spent most of his early freshman days questioning if he was college material, if he had what it took to make it, or if he even belonged there. He thought about dropping out on numerous occasions. But the thought of becoming another statistic kept him moving forward, one day at a time, one course at a time, and eventually, through grit and perseverance, and the unwavering support from TRiO programs, he became the first in his family to earn his undergraduate degree and went on to also obtain his Master's degree from Harvard and currently on the process of embarking on his PhD.

As a first gen himself, Tamam has experienced many of the pervasive issues and challenges that the first-gen students deal with during their academic journey, and he has dedicated his life to helping them defy the statistics and reach their highest potential, one program/school at a time.

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Tamam's Student Training was **EXCELLENT**... It was **ENGAGING**... It was concrete and grounding... I highly recommend Tamam's training to not only students but also adults. As an adult I came away with something more and I **FEEL EMPOWERED** after today's training.



Phillip Dirks Director
TRIO UB/Talent Search, TRIO Trainer for 21 years
Portland State University

TRAINING ITINERARY

8:00AM – 8:30AM

Coffee and pastries, t-shirts for first arrivals

8:30AM – 9:00AM

Keynote by Tamam

9:15AM – 10:00AM

Student Training

What does it mean to be a first-gen and or low-income student? This session is a deep dive into the heart of self-perception and the power of self-efficacy. Together, we'll navigate beyond the numbers, challenging the data-driven narrative to authentically redefine what it means to be a trailblazing first-generation student.

10:00AM – 11:00AM

The Maze of Life: A potent exercise in resilience and motivation for first-gen students, this maze of challenges demands teamwork, strategic communication, and mutual support. Every team is destined for success, with the triumph amplified in a collaborative group reflection that follows.

11:00AM – 11:30AM

Pioneers of Change: This session positions first-gen students as today's leaders, empowering them to unlock opportunities and achieve greatness. Engaging in real-world challenges, participants collaboratively create lasting solutions, often continuing their work post-training. It ignites the realization that they are indeed more than their circumstances and true change-makers.

11:30AM – 12:00AM

Overcoming Imposter Syndrome: This empowering session is crafted to dismantle self-doubt and foster authentic confidence. Participants will engage in reflective and interactive exercises, equipping them with the tools to recognize their achievements and embrace their rightful place in any setting.

12:00PM – 12:30PM

First-Gen Roadmap: This session dives into the mechanics of achieving goals. Students will discover the strategic path from inception to realization. Learn the strategy that propelled Tamam from food stamps to Harvard, a roadmap he now uses to inspire and guide first-gen students.

12:30PM – 2:15PM

Lunch with TRiO & First-Gen Students + Afternoon Session

2:30PM – 4:00PM

Campus Tour

4:30PM – 6:30PM

Faculty Session: 60 Minutes Presentation + Q & A + Light Dinner

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***One of the best
investments that we
could have made for
our students...***



Fatemma Soto-Herrera, Director
TRIO Program
University of Arizona