

The You First Project

FOCUS

A newsletter for first-generation students at TSU



This issue: First-Generation Celebration Days, new team members, and important deadlines!

From My Desk

What motivates you? Have you discovered your purpose yet? What will you do with your degree? Why did you choose that major?

I'm sure that these questions are becoming more prevalent. Maybe they are coming from family members, close friends, or yourself. If you hear these questions enough, you might feel overwhelmed. Would you agree?

If you answered no, then you're blessed, but this message is still for you. If you answered yes, please know that you're not alone. That feeling is very common, especially with the fatigue that happens after midterms. Let me be the first to encourage you that those feelings can be overcome, especially by using SMART Goals.

SMART Goals are goals that help you define the path to your future and measure the progress you are making toward those desired outcomes. SMART is an acronym for Specific, Measurable, Attainable, Results-Oriented, and Timely. SMART Goals are focused and meant for the short-term. Therefore, for the next 30 days, I challenge you to set 2 SMART goals that will shape your immediate future. After setting those goals, pursue success by aligning your personal, professional, and social lives with your SMART Goals. If you ever become unbalanced, just remember that it all takes time: there is no rush in a marathon.

Spryte Loriano once stated, "Every great story happened when someone decided not to give up." I hope these words bring you to a centered place so that you can make SMART moves in the coming days.



What's Going On?

First-Generation Celebration Days!

The You First Project will be hosting "The Power of 1st": The Annual Celebration of First-Generation Students at TSU on November 8-10, 2021. Students will have an opportunity to socialize with peers, celebrate their accomplishments, and network with community partners. This celebration will include trivia, social media challenges, music, an entrepreneurial fair showcasing emerging student businesses, and a workshop for students to create meaningful mission statements to define their purpose and goals. Location, times, dates, and contact info for events on this flyer! →



In Other News

October 25 - January 21
Spring 2022 Registration

November 19
Last Day of Classes

November 22 - 24
Finals Season

December 5
Final Grades Released

We post new events and updates on social media, so get connected with us today!

SCHEDULE OF EVENTS

November 8, 2021
THE POWER OF ONE
11:00am- 2:00pm
Location: Amphitheater
Join us for a festive celebration honoring first-generation students that will include music, snacks, pictures, trivia, and information on connecting with your first-generation specialist.

November 9, 2021
THE POWER OF I AM
Location: IG: @tsu_youfirst
Virtual Scavenger Hunt: Get ready for a chance to win! Join us for our virtual scavenger hunt as a way to connect with your campus resources.
Mission Statement Workshop
4:00pm-6:00pm
Location: Zoom I.D. 821 742 0236
Come develop your own mission statement that defines what you want to accomplish in life and/or how you want to serve something bigger than yourself.

November 10, 2021
THE POWER OF TOGETHERNESS
5:30pm-7:00pm
Location: POAG Auditorium & IG: @tsu_youfirst
As we conclude the celebration, join us for a panel discussion where TSU first-generation alumni will share their college and career experiences. After the panel, stay and support our first-generation entrepreneurial fair, showcasing our first-generation TSU students businesses!

For more information contact:
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CENTER FOR FIRST-GENERATION STUDENT SUCCESS CCE THE YOU FIRST Project TENNESSEE STATE UNIVERSITY

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Questions? Contact Sessi Aboh, PhD at saboh@tnstate.edu or Matthew Austin at mausti15@tnstate.edu

Who's New?

I am Jamila Hadiya Tyrrell, born and raised in Chicago, IL. I am an alumnae of Whitney M. Young Magnet HS, Tennessee State University (B.S. Africana Studies), and University of Phoenix (MBA Global Management). I attended post graduate studies at Maryknoll Institute for African Studies which is affiliated with St. Mary's University of Minnesota and Tangaza College in Nairobi, Kenya.

Returning to my Alma Mater as a First-Generation Specialist allows me an opportunity to practice my favorite Kwanzaa Principle "Ujima," Collective Work and Responsibility. I am able to work closely with students by helping them solve life's enduring questions. Positioned in such a way that they do not have to figure it out alone, I am a part of their Support Squad. I am honored to pay it forward as my mentors did for me.

I am a "Financial Doula" in my spare time, providing support and education to pregnant and parenting families as a Doula and licensed financial professional. I am also the President of the Great Debate Honor Society where through debate, dialogue, and creative performances, we work to solve social problems to build the beloved community envisioned by Dr. Martin Luther King, Jr. The Great Debate production was introduced to the TSU campus to expose students, faculty, and the community to the philosophies and methods of social change employed by Dr. Martin Luther King, Jr., El-Hajj Malik El-Shabazz, and John Coltrane. As members, we understand that the first step to making social change is to "Know Thyself." Therefore, importance is placed on studying information relative to the global African experience. "You will get all you want in life, if you help enough other people get what they want." - Zig Ziglar



Book a session at:
<https://jtyrrelltsu.youcanbook.me/>

Have you reminded yourself of
your strengths today?

Connect with your First-Generation
Specialist today to learn about Life Design!
Insta: @tsu_youfirst



My name is Matthew Austin, and I am from Rock Island, TN. I graduated from Vanderbilt University with my bachelor's degree in Education and English. I provide administrative support to the You First Project, and I am thrilled to be working with such compassionate people dedicated to supporting our students at TSU through the powerful force of life design coaching. I will be applying for graduate school, so I spend much of my time now reading and writing research papers. Otherwise, I enjoy my downtime with tennis, board games, bird-feeding, and cooking. On that note, my favorite food changes a lot, but right now my favorites are feijão tropeiro, chicken fricassee, and schnitzel. I believe in advocating for the rights and dignity of others, so some of my most defining moments are those in which I have protested or spoken out against injustice. One of my favorite quotes is, "The two most important days in your life are the day you are born and the day you find out why."