

2021 Student Convening

My Future is in
My Hands

11:15 a.m. – 12:00 p.m.



“
A conversation about the
strengths developed as a first gen
student.”



Introduction



Goals



About Me



Topic



Questions



Goals for this Session

I want to share with you all some of the things I learned along the way. A lot of it was learned through trial and error and a lot of it was learned through reflection. My hope is that you take what resonates and apply it as needed.

A group of diverse students in a classroom setting, smiling and engaged in a discussion. The background is a blurred image of students in a bright, modern classroom.

About Me

My name is Sullynette, I graduated from Westfield State University with my bachelors in Psychology and Spanish in 2018. I started working in this field in 2019 and have been dedicated to this work since. I'm currently pursuing a Master's Degree in MHC at Westfield State University expected to graduate May 2024. I was first in my family to take the college route and that came with a lot of lessons.

My future is in my hands:

But first, let's unpack what that looks like

Identify Your tribe

Finding the people that are going to not only support you but challenge you. These people are not only your peers.

Advocate For yourself

There is no one who knows you better than you know yourself. No one knows what you need more than you do.

Honoring self

When you get the inclination to do something that's going to set you up for success with your academics, mental health, etc. Do it.

Release all doubt

Any room that you walk into belongs to you the same way it belongs to anyone else. Fill that room with who you are.



We appreciate your participation today!

Sullynette Ortiz

Early College Program Advisor – Westfield State University