

First-generation identity

Being First Without Carrying Every Expectation

Adults | 10 to 15 minutes

Being first in your family to enter college, a profession, or another setting can involve pride, pressure, and missing information. You may be learning rules others take for granted while staying connected with home. Your experience does not need to match a success story.

Choose one setting where being first matters to you. Separate an information gap from a judgment about belonging or ability.

Name the hidden rule

Identify one process or expectation that has not been explained. Examples include office hours, application steps, workplace language, or how to request help.

Keep several loyalties possible

Consider your own goals alongside family connection and practical responsibilities. Ask a knowledgeable person for specific guidance without assuming you must abandon where you come from.

1. Where does being first matter in my current life?**2. What unfamiliar rule or process do I need explained?****3. What personal or family expectation creates pressure?****4. Who could answer a specific question or help me navigate this setting?****Clinical use and adaptation**

Do not assume immigration history, poverty, family opposition, or a single meaning of first-generation. Recognize institutional barriers and hidden curricula. Preserve family and cultural connections when chosen and avoid framing help-seeking as deficient preparation.