Establishing Services

1. Stop by our office, between 9:00 am and 4:00 pm Monday through Friday, to complete a brief series of online forms (~30 minutes, only accessible at CAPS’ Office) and pay a $15 initial fee for establishing services at CAPS.

2. Schedule an initial appointment with a CAPS’ counselor. Initial appointments are typically scheduled within a week of your initial request; however, during times of high demand, the wait may be longer.

3. Following the initial appointment you will be assigned a counselor who will contact you to set up your next appointment.

Did you Know?

Anonymous responses to the CAPS client satisfaction survey indicated:

- 89% found the visits useful
- 80% experienced improvement in their condition
- 49% indicated that CAPS’ services helped them to remain at IUPUI
- 54% believed CAPS’ services helped to improve their academic performance

(IUPUI CAPS Satisfaction Survey 2010-11)

Students utilizing CAPS’ services have consistently had higher graduation rates than their respective cohort.

IUPUI Counseling and Psychological Services (CAPS)
Walker Plaza, Suite 220
719 Indiana Avenue
Indianapolis, Indiana 46202
(317) 274-2548
capsindy@iupui.edu
http://caps.iupui.edu/

Find us on Facebook by searching for "IUPUI CAPS."

Monday – Friday 9:00am – 4:00pm
Evenings by appointment only

Empowering student learning, inclusion and success through engagement.

First Generation College Student Counseling and Psychological Services
IUPUI - CAPS

Promoting psychological health, well-being, and success for all students.
What is a First-Generation College Student?

A first-generation college student is the first person in his or her family to attend college. Sometimes being a first-generation college student poses unique challenges. As a first generation college student, it may take some time to figure out what is expected of you academically and how to balance academic, work family, and social demands. In addition, it can sometimes be difficult for parents, brothers, and sisters, or friends to understand what college is like since they never have attended college themselves.

Sometimes first-generation students have questions like...

"What is expected of me?"

The expectations at college may be very different from those in high school. You wonder how much time you should put in to study, what information to study, or even what services are available on campus to help you succeed in college.

"Where do I fit in?"

Sometimes it may seem like you are a part of two different worlds - the world at home that you grew up in and the world at school to which you are trying to adjust - yet you don't seem to "belong" in either one. Your classmates and instructors may not seem to understand your obligations at work and at home, and your family and friends may not seem to understand your obligations at school. They may remark that "you've changed" or are "not the same person you used to be."

"Why am I having all these conflicting feelings?"

Attending college means there are many new opportunities available to you now and once you earn your degree. At times you may feel guilty, however, because your family members don't have access to those same opportunities, or because you are "leaving family problems behind" while you attend college.

Even when a change is for the positive, it is still natural to miss what we have left behind. You may actually experience a sense of loss of your "old life."

"What can I do?"

While college is full of challenges, there are also many ways to get help. Here are some things to consider.

Get academic help!
Go to your professors' office hours, mentoring, or other study groups.

Ask questions and get involved!
Find out what services and activities IUPUI offers to help you feel a part of campus life.

Take time out for fun and relaxation!
Academics are important, but it's also important to spend time with friends and family or participation in other activities you enjoy.

Remind yourself why you are here.
If things get tough, think about the benefits of achieving your education goals! In what ways might a college education improve your future?

Come to CAPS!
Sometimes it helps to talk to a counselor about your experience as a college student or any other issues you might be dealing with. Join a CAPS facilitated support group and talk with others who share similar concerns.