

How to successfully navigate graduate school as a single parent.

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Abstract:

Funding your education

- Pell Grants (vary by year, FAFSA, workshop)
- Fellowship vs scholarship
- Local Minority Grants
- SEOG grant
- SLOAN
- Bridges to the Doctoral
- GEM (internships, grades)
- FORD (grad predoctoral, citizenship)

Navigating the educational space that is not set-up for single Parents

- Issues of the first-generation
- Campus Family Housing
- On & off-campus childcare
- Child-support
- Balancing and prioritizing graduate school and parenting responsibilities
- To disclose or not disclose your parental status

Building Relationships: Mentoring Creating your own Board of Directors to tell you the truth

- Don't give up
- No one cares more than you
- Victimhood: Don't build your house in the "victimhood"
- You're going to fall down how will you get back up
- Discounting the experience of others (Counter narratives)
- Single Parenting is hard, difficult, but possible
- Beyond food and shelter; Preparing the next generation
- Self Care vs. Self-sacrifice
- Emotional Support
- Romantic Relationships and Single money

Notes:

AS two single parents who successfully navigated graduate school, this workshop is a joint workshop presentation with Dr. Janet Awokoya