

A Practical Manual for the Lay Student of Color: A Guide to Successful College Navigation and Beyond

College is a challenging and transformative experience for all students, but for students of color, it can be particularly daunting.



Color Problems: A Practical Manual for the Lay Student of Color by Jodi Bombardier

★★★★☆ 4.6 out of 5

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Students of color often face unique challenges, such as racism, discrimination, and financial hardship. These challenges can make it difficult to succeed in college, but they are not insurmountable.

This manual is designed to help students of color navigate the challenges of college and achieve their academic and career goals. It covers a wide range of topics, including:

- Academic planning
- Financial aid

- Mental health
- Career development

This manual is written by a student of color who has experienced firsthand the challenges of college. I know what it's like to feel isolated, discouraged, and overwhelmed.

But I also know that it is possible to succeed in college and achieve your dreams. I wrote this manual to help you do just that.

Academic Planning

Academic planning is the foundation of success in college. It involves setting goals, choosing courses, and creating a schedule that will help you achieve your goals.

Here are some tips for academic planning:

- **Set goals.** What do you want to achieve in college? Do you want to get a good education? Get a job in a specific field? Start your own business?
- **Choose courses.** Once you know your goals, you can start choosing courses that will help you achieve them. Talk to your academic advisor to get help choosing courses.
- **Create a schedule.** Once you have chosen your courses, create a schedule that will allow you to complete all of your assignments on time.

Financial Aid

Financial aid is essential for many students of color. It can help you pay for tuition, fees, books, and other expenses.

There are many different types of financial aid available, including:

- **Grants.** Grants are free money that does not have to be repaid.
- **Scholarships.** Scholarships are awarded to students based on merit, financial need, or other criteria.
- **Loans.** Loans are borrowed money that must be repaid.

To apply for financial aid, you will need to complete the Free Application for Federal Student Aid (FAFSA).

Here are some tips for getting financial aid:

- **Apply early.** The FAFSA is available on January 1st each year. Apply as early as possible to increase your chances of getting financial aid.
- **Complete the FAFSA accurately.** Make sure to answer all of the questions on the FAFSA accurately and completely.
- **Check your eligibility.** Once you have submitted the FAFSA, check your eligibility for financial aid. You can do this online or by contacting your financial aid office.

Mental Health

Mental health is just as important as physical health. In fact, mental health can have a significant impact on your academic success.

Students of color often face unique mental health challenges, such as racism, discrimination, and financial hardship. These challenges can lead to depression, anxiety, and other mental health problems.

If you are struggling with mental health, it is important to seek help. There are many resources available to help students of color with their mental health, including:

- **Counseling centers.** Counseling centers provide mental health services to students. These services can include individual therapy, group therapy, and medication management.
- **Student support groups.** Student support groups provide a safe and supportive environment for students to talk about their experiences and challenges.
- **Online resources.** There are many online resources available to help students of color with their mental health. These resources can include articles, videos, and support groups.

Career Development

Career development is an important part of college. It involves planning for your future career, developing your skills, and networking with potential employers.

Here are some tips for career development:

- **Explore your interests.** What do you like to do? What are you good at? What kind of work do you see yourself doing in the future?

- **Develop your skills.** Take courses, participate in internships, and volunteer to develop the skills you need for your future career.
- **Network with potential employers.** Attend career fairs, meet with alumni, and reach out to potential employers on LinkedIn.

College is a challenging and transformative experience for all students, but for students of color, it can be particularly daunting.

This manual is designed to help students of color navigate the challenges of college and achieve their academic and career goals.

I hope this manual has been helpful. If you have any questions, please don't hesitate to contact me.

About the Author

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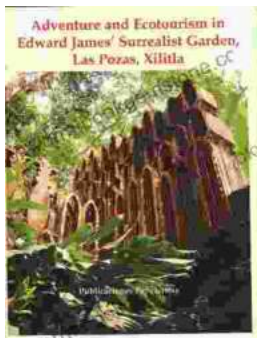
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