

## Student Advice to Their Peers

In Spring 2020, the California Homeless Youth Project, an initiative of the California Research Bureau, began a study in partnership with a team of graduate students from Claremont Graduate University to better understand the intersecting challenges that community college students face, the needs and resilience strategies of these students, and what state policymakers, campus leaders, and other stakeholders can do to support their academic success. Building on a growing body of research on food and housing insecurity in higher education, the researchers interviewed 20 students between 18 and 30 years old who were currently enrolled at a community college or had graduated or transferred from one within the past two years, and had received any kind of housing-related service while attending a community college.

At the conclusion of every interview, students were asked to reflect on their college experiences and then share what advice they would give to others who are experiencing similar challenges. The following is a collection of select responses:

***"...you can't control what has already happened, but you can control your outcome. And to just remember their goals, and to try their best to work around their current circumstances to accommodate and reach those goals."*** –Bart

***"...put yourself into a positive space if you feel like you're in a negative one."*** –Taylor

***"It's hard to go through it. I would definitely recommend some kind of therapy and getting help in taking care of the mind... And try not to feel embarrassed. Try to get over that because it's just the situation."*** –Aaliyah

***"...build like a good relationship, I guess, with a counselor or with like a friend or like a professor or something, because that really goes a long way."*** –Julie

***"...stick to [it] even though at times it can be extremely stressful when it comes to having to pay bills and stuff like that...looking at the overall picture has helped me a lot... So giving it your best and looking at the bigger picture will definitely help out. Stay focused."*** –John

***"As long as you keep fighting and you don't give up, you will get through it."*** –Denise

***"...definitely do tutoring and talk to the professor as much as you can to see what you can do to, you know, get a good grade. Oh, and definitely go see your counselors. See what you need to do and what you need for your counselors."*** –Joanne

***"Don't be afraid to ask for help. There are a lot of people willing to give it if you open your mouth."*** –Quinn

***"...do the best that they possibly can and really invest in their education because there are two things. One, at the end of the day, no one can take your education away from you... And the second thing is that your education is something that's gonna be helping you for the rest of your life."*** –Katy

***"And if you're going out of your way to find help, along that way that you're meeting people, know who they are, get their number... And if they don't see potential, make them, convince them that you want the help, that you're looking for the help."*** –Amanda

***"And so that, I guess, would be my advice, just to really take advantage of every opportunity and know that there are often opportunities out there, you just have to seek them out."*** –Colin

***"On one hand, I'll say, 'Just stick with it. Don't give up.' But on the other hand, I'll say, 'Even if you have to give up, just come back [to college].' Because all of my different experiences has finally led me into the career that I want... I wouldn't be pursuing it if I hadn't taken time off college to know what I want."*** –Jill

***"That's my biggest word of advice is save your money and do not let people get in the way of your goal. Because you can't let people kick you while you're down dude. If you let people kick you while you're down, you're never going to get back up... So I'm like—you just have to keep going."*** –Samantha

Read the entire report at: [https://cahomelessyouth.library.ca.gov/docs/pdf/Student\\_Resilience-V4a.pdf](https://cahomelessyouth.library.ca.gov/docs/pdf/Student_Resilience-V4a.pdf)