Raise the Barr Transfer Student
Parent Series:
Social Capital: Building
Connections, Finding Community,
Launching Your Future

Facilitator
Susan Warfield, MSW, LICSW, University of
Minnesota, Student Parent HELP Center,
Director

Student Parent Panel
Maria Canar, RTB Scholar, Graduated U of MN-
TC Student
Brenda Coronel, RTB Scholar, UCLA Masters in
Social Work Student
Aaronica Jackson, RTB Scholar
Social Capital: Building Connections, Finding Community, Launching Your Future

- Planting Seeds for Growth and Empowerment
Why a Forest?

Trees, World Wood Web and Social Capital
Building Connections is the Foundation of Life: Even for Trees

- https://www.youtube.com/watch?v=yWOqeyPIVRo
Capital Defined

“Wealth in the form of money or other assets owned by a person or organization or available for a purpose such as starting a company or investing.” Oxford Dictionary

- Primarily seen in terms of money, assets, ownership, wealth that an individual has at their disposal.
Social Capital Defined

“The inter-personal relationships, institutions and other social assets of a society or group that can be used to gain advantage.” Dictionary.com

• Networking
• Connecting
• Building relationships
Why is Social Capital Critical for Student Parents?

- Student Parents Often Report Feeling Isolated
- Single Mothers in Particular Report Feelings of Isolation
- Student Parents Frequently Report Feeling that College Campuses are Unwelcoming to Non-Traditional Students
- New Settings Can Be Intimidating for Many People, Transfer Students May Leave Behind a Support Network
- Student Parents at 4 Year Institutions Can Have a Difficult Time Finding True Peers
- Time Poverty Caused by Competing Demands Often Leaves Minimal Time for Non-Academic Pursuits
- Reaching Out to Others, In General, Can Often Be Intimidating for Many People
- First Generation College Attendees and Low-Income Students May Have Limited Experience with This Type of Networking
DISCUSSION

Student Parent Panel

- Maria Canar
- Brenda Coronel
- Aaronica Jackson

- When did you first learn about social capital?
- Can you discuss any barriers you experienced when you attempted to build social capital?
Why is Social Capital Part of Building a Secure Future?

• There is a direct tie between social capital, financial capital and success

• Social capital is a social justice issue
  • *Who has it and who does not can influence who gets the job, who has the most security, who has the most opportunities in all aspects of life*
  • *Studies show student parents have less opportunity to build social capital due to time poverty, income and other factors*
  • *Low income and BIPOC people often benefit most from social capital and networking but may have less time and opportunity to develop it*
  • *Often you must compete for jobs and other opportunities with people who have been building social capital their whole lives or who inherited it from birth*
DISCUSSION

- PANEL

- Can you think of times in your life when the lack of social capital hurt you?
- Can you think of times in your life when having social capital made your life easier?
Life Is Easier When You Have a Community

**Community Can Provide**

- Shared resources
- Shared information
- Introductions to people you need to know
- Advocacy and support
- A buffer against stress
- Mentorship and guidance
Who are the People Who Will Help You Succeed On Campus? They Can Become Your Social Capital.
DISCUSSION

- How did you build your social capital on campus?
- Was there one area on the previous slide where you made the most useful connections, or built up your social capital the most?
- Are there things you wish you could have done differently at a previous college, that would have allowed you to graduate with more social capital?
Remember the Trees

They connect for survival, for altruism, for security and to further their own growth.

They do it for themselves, their community and their seedlings!
Think Expansively: Spread Out Beyond Your Comfort Zone

Think in terms of diversity

Of socio-economic circumstances
Of age/generation
Of gender
Of race
Of life experience
Of major and career expertise
Act Consciously and with Purpose

• Have an expansive circle but nurture those most closely associated with your goals

• Identify smaller circles and networks within the larger campus
  • Groups and programs for BIPOC students
  • Women’s/Men’s Centers
  • GLBTQ programs and associations
  • Major specific organizations for your field
    • STEM women’s orgs
    • Kids tutoring programs for teachers
    • One time outreach events: food drives, dental care
DISCUSSION

• PANEL

- Can you give some examples of people you met at college who are now part of your social capital network?

- What have those in your social capital network done for you or taught you?

  *Can you all give some personal examples?*

  *Final Comments?*
Q and A