

## A Comparative Study of Resilience Factors of First-Generation Students of Social Work with Their Non-first Generation Fellow Students

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**Abstract :** Being the first family member to study is challenging due to the lack of intergenerational support, financial challenges, etc. The often very deficit-oriented view of these first-generation students (FGS) is challenged by assuming that precisely these students have a high degree of resilience, which will be demonstrated by comparing individual resilience factors. First-generation students are disproportionately often found in courses of social work. Correspondingly, this study compares two samples from social work (FGS vs. non-FGS) with regard to certain determinants of resilience, such as grit, social support, self-efficacy, sense of coherence, and emotional intelligence. An online questionnaire was generated from valid psychological instruments and handed out to the sample. The results portray a double mediation model in which gender and being an FGS associate with lower levels of individual resources, which in then associate with social support. This tiered model supports the possibility that individual resources facilitate the recruitment and use of social support and perhaps other related social resources to better cope with academic challenges.

**Keywords :** resilience, first generation students, grit, self-efficacy

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