



# FIRST In College

A MONTHLY E-MAGAZINE FOR FIRST-GEN AND  
LOW-INCOME STUDENTS



# Clothing Edition

JANUARY 2020

EDITION 5  
GENERAL  
INTELLIGENCES



**FIRST  
In College**

A MONTHLY E-MAGAZINE FOR FIRST-GEN AND  
LOW-INCOME STUDENTS



# editor-in chief's note



Happy New Year to readers of F1RST in College. We hope that 2021 brings you health, happiness and more things to be thankful for. We also hope your holiday season is bright.

For our next issue, we decided to focus on how to find affordable professional clothing and affordable clothing (in general).

Our goal of this issue is not just to reiterate that there are a lot of difficulties with getting affordable clothing in college settings, but to also provide some advice based on personal experiences and more. We wanted to emphasize that we all have nothing, but infinite respect for students that work multiple jobs to support themselves and their families. For many, it is exceptionally difficult to find resources.

For this reason, we want to guide you through everything you need to know.

A handwritten signature in black ink that reads "Magda Wojtara".

Magda Wojtara

**Editor-In-Chief F1rst in  
College  
Founder General  
Intelligences**

# CONTENTS

## Professional Clothing

### WHAT TO LOOK FOR

What constitutes "professional" and what are some staples that you may need for interviews or other positions

## DIY Clothing

### WHAT TO LOOK FOR

Clothes that are a good deal AND what you can do to take them to the next level.

## Store Discounts

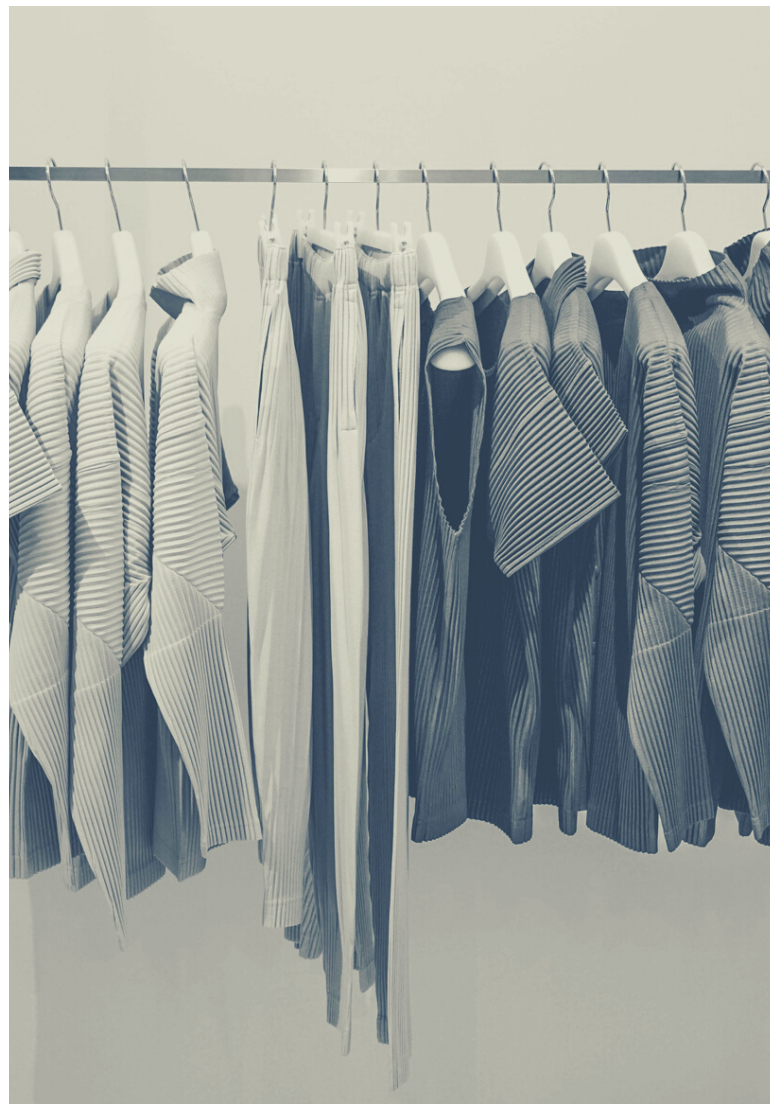
### STUDENT DISCOUNTS

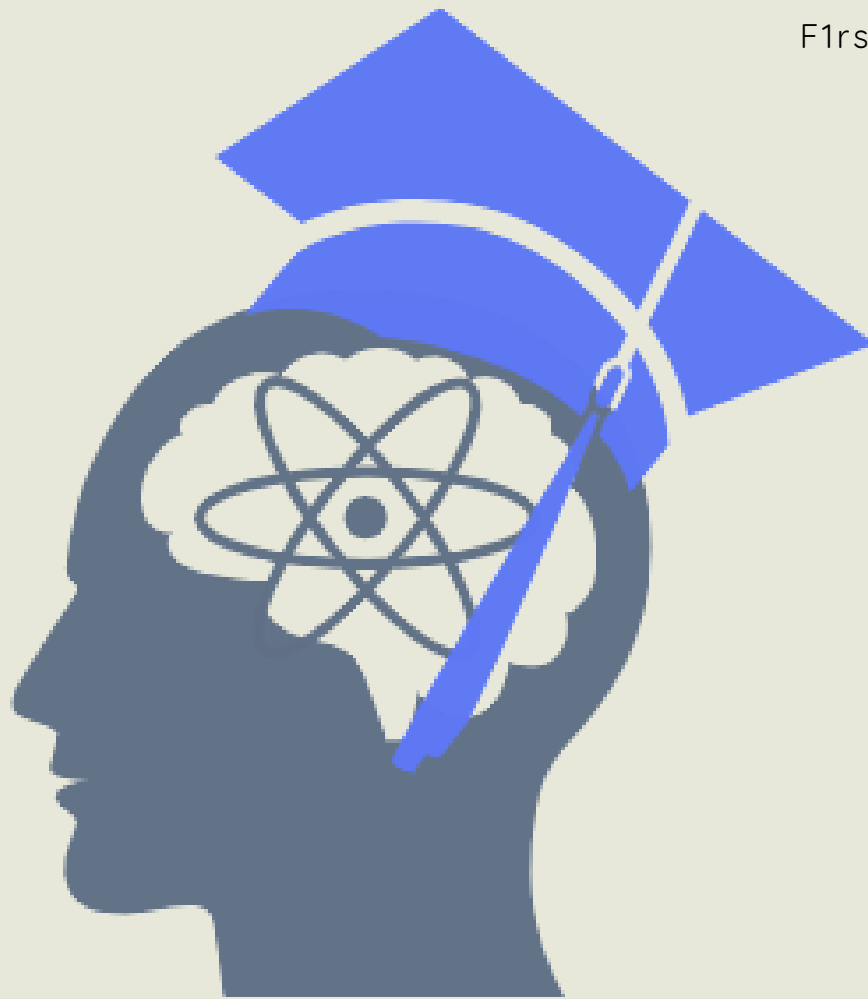
What are some stores that offer student discounts and what you need to do to claim those deals

## Final Thoughts

### FINAL THOUGHTS

Summary and advice





---

GI

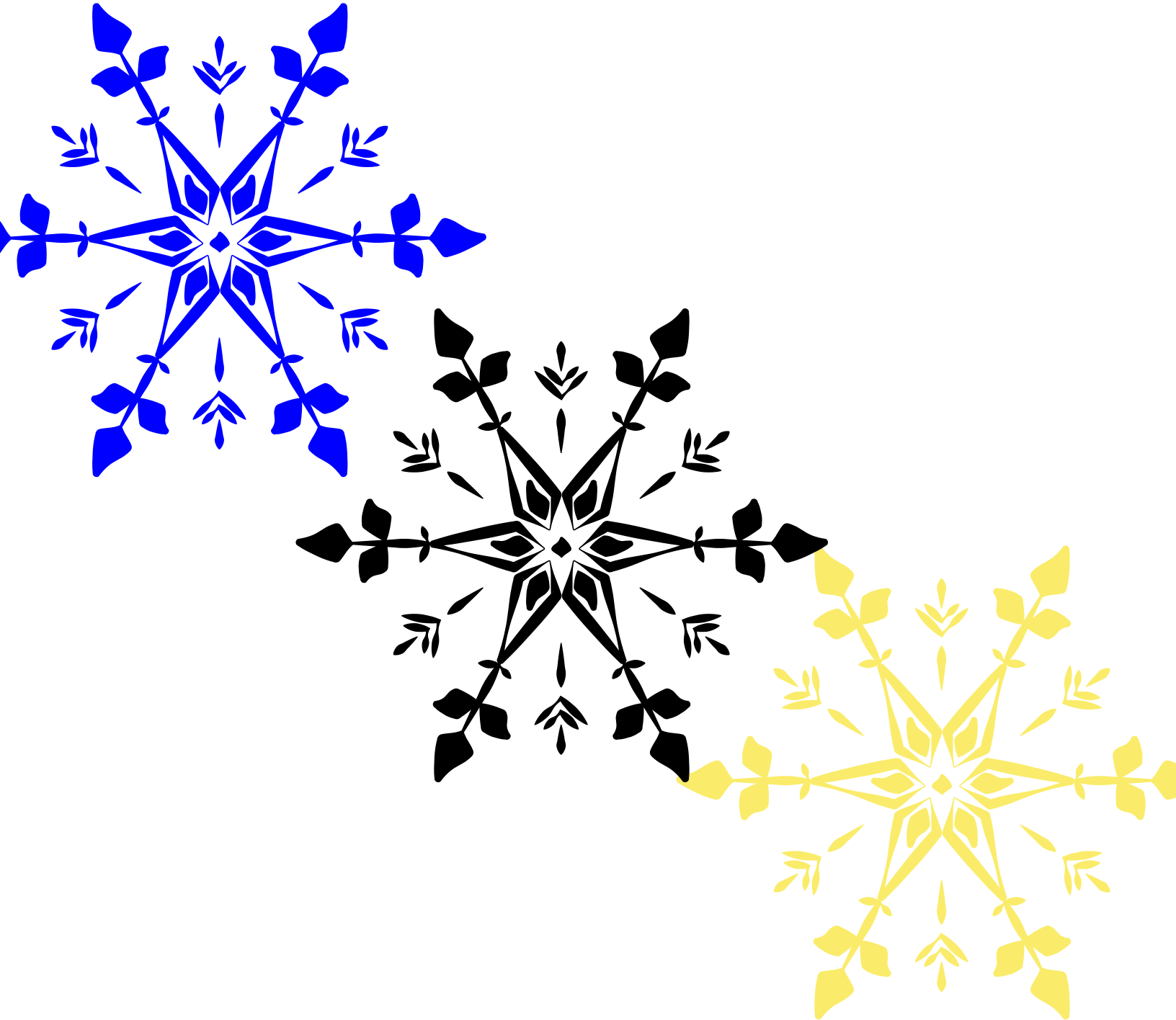
---

ERAL INTELLIGE

Cor

**PROFESSIONAL  
CLOTHING**

e C



**F1RST  
In College**

A MONTHLY E-MAGAZINE FOR FIRST-GEN AND  
LOW-INCOME STUDENTS



# WHAT TO LOOK FOR

## PROFESSIONAL CLOTHING 101

Professional clothing can be especially important for interviews and is often a requirement. However, professional clothing is typically on the pricier side. In some fields, professional clothes are needed during work as well.

Picking versatile pieces that work in a variety of settings is a good idea. Waiting for special sales or deals for students is a way to help with costs as well.

### BLAZER

A blazer is an important piece for a professional outfit. You can put it over a dress or a nice blouse and instantly look professional without a full suit.

The best color of blazer to get is black or navy blue as it is most likely to match with most other colors.

### DRESS PANTS/ SLACKS

Dress pants are less important for zoom interviews (don't forget to wear some sort of pants though!) However, dress pants typically can end up on really good sales (especially around black friday). These will typically be black so that they can be paired with many different things.

### SIMPLE DRESS

A simple dress can be worn to nice occasions and also interviews. Try to stick to a muted color or design pattern and pair it with a blazer for a professional look.

### SHOES

Professional shoes, if possible, are good to have along with other professional clothing. Make sure to choose something very comfortable as some interviews will require a lot of walking or standing.

### TIES AND BELTS

A simple tie will suffice, but will help you look more put together than without. Similarly a belt can help if you get something that might not quite fit properly and help bring the look together.





## **BUSINESS CASUAL VERSUS BUSINESS FORMAL**



### **BUSINESS CASUAL**

It's important to check the dresscode for the event or meeting. If the dresscode is business casual then keep the following pieces in mind:

- Sweaters / Cardigans /Blouses
- Collared and Button-Down Shirts
- Khaki Pants with Belt
- Skirts or dresses
- Formal Shoes

### **BUSINESS FORMAL**

It's important to check the dresscode for the event or meeting. If the dresscode is business casual then keep the following pieces in mind:

- Suit or Blazer and Dress
- Dark Colors (black, navy blue)
- Formal Shirt / Blouse

**try to get an idea of what the dresscode is prior to the event. Sometimes it is explicitly stated or you can find it present in company policy or based on how employees are dressing**





# Comfortable & Professional

Looking professional doesn't have to mean that you aren't comfortable! Try to find clothes that include the following:

- side zippers (these are typically more comfortable and are offered in a broader size range)
- avoid button ups if you find them to be too tight. Opt instead for a turtleneck sweater or blouse.

-

**"Cure sometimes. Treat Often. Comfort Always"**  
**- Hippocrates**

Look for some of the following materials that allow for stretch and that are breathable:

- \*Cotton (breathable)
- \*Elastane (stretchy)
- \*Nylon, Polyester, Lycra (wrinkle free)

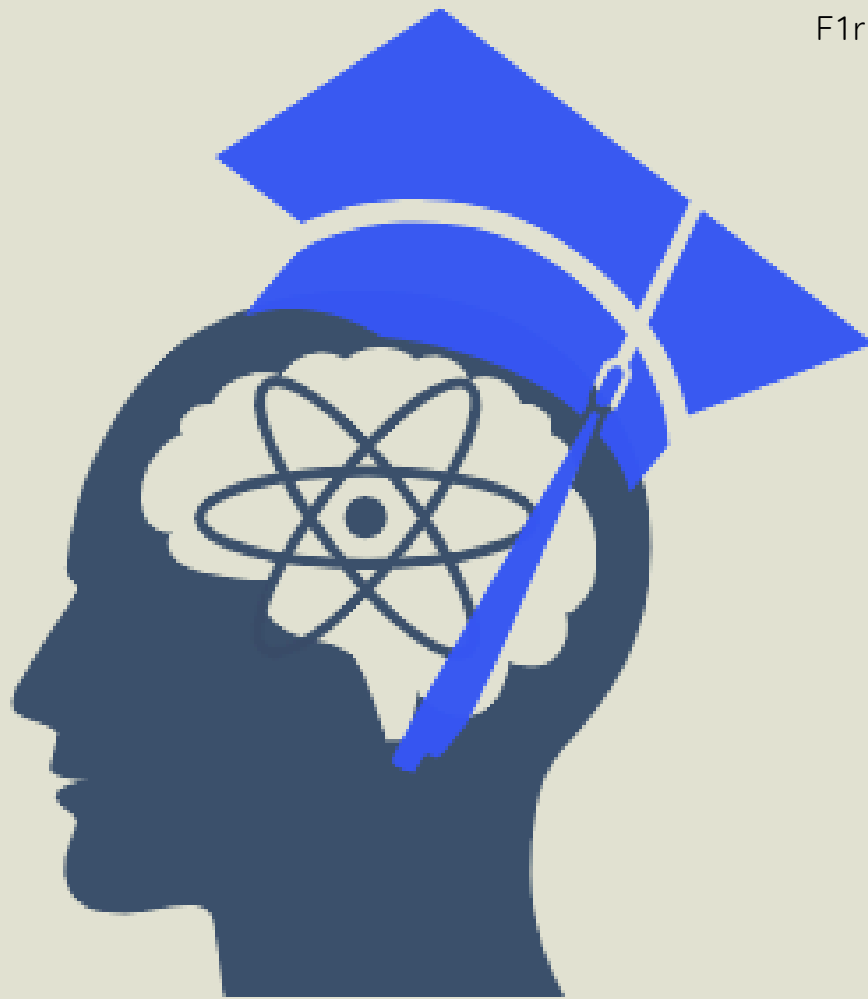


Do you ever feel like the mature one in your relationship with your parents? If so, you are like countless others who are hurt and frustrated by their emotionally immature parents. It is difficult to deal with parents who have not developed enough empathy to care sufficiently about the feelings of others. These immature parents focus on their own interests to the point where they make their children feel inadequate, unseen, and chronically guilty.

While the emotionally immature parent may act like a normal adult in the outside world, their self-involved and controlling behavior comes out full force at home. They ignore their children's emotional needs because they are focused on their own consuming desires for attention and control. As a result, their children end up feeling insignificant and emotionally alone.

**"like small children, emotionally immature parents are fixated on their immediate demands."**

Like small children, emotionally immature parents are fixated on their immediate demands. They expect others to anticipate their needs first. They undermine their children's confidence and self-esteem by acting like the child can never do enough to make them happy. Their children become anxiously vigilant as they try to avoid the emotional backlash that comes if they don't guess correctly what their parent wants.



---

GI

---

ERAL INTELLIGE

Cor

e C

**STUDENT DISCOUNTS**



**FIRST  
In College**

A MONTHLY E-MAGAZINE FOR FIRST-GEN AND  
LOW-INCOME STUDENTS



# A Guide to Student Clothing Discounts

**BY: NATALIE TJAHAJADI**

Happy January everyone! With the new year coming into swing, many people find themselves wanting to revamp their wardrobes and add new pieces to their closet. However, with a tight college student budget, it can be hard to find the money to spend on clothes. Luckily, many stores recognize this struggle and offer student clothing discounts. In this article, I will share some discounts that you may be able to take advantage of!

Before I start sharing some of the discounts, I want to mention that some of the stores may require you to verify your status as a student. This can involve giving the name of your school, providing your student email address, sharing your phone number, etc. Additionally, some stores may limit how many times or how often you can use their student discount, so make sure to check the specific details for the deals you are interested in! Lastly, some of these deals may require you to make an account with UNiDAYS. UNiDAYS is a student affinity network that provides substantial student discounts for fashion, technology, food & drink, beauty, health & fitness, and much more. I highly recommend checking it out! Here is the link to create an account:

<https://www.myunidays.com/US/en-US/account/register>



## A GUIDE TO STUDENT CLOTHING DISCOUNTS CONT.

Without further ado, here is a list of some prominent student discounts:

- **Adidas:** Save 15% and get free shipping when you register with UNiDAYS
- **Aeropostale:** Save 15% online when you register with UNiDAYS
- **American Apparel:** Save 30% online when you register with UNiDAYS
- **American Eagle:** Save 20% in-store or online when you register with UNiDAYS
- **ASOS:** Save 10% until you graduate when you register through their website
- **Banana Republic:** Save 15% in-store when you present your student ID
- **Champion/Hanes:** Enrolled college students can save 10%
- **Charlotte Russe:** Save 10% when you sign up on their website
- **Club Monaco:** Save 15% in-store when you present your student ID
- **Dr. Martens:** Save 15% when you register with UNiDAYS
- **Express:** Save 5% online when you register with UNiDAYS
- **J. Crew:** Save 15% in-store when you present your student ID
- **Kate Spade:** Save 15% when you register with UNiDAYS
- **Levi's:** Save 25% when you sign up on their website
- **Madewell:** Save 20% in-store or online when you sign up on their website
- **Nike:** Save 10-20% online when you sign up on their website
- **PINK:** Save 15% when you sign up on their website



## A GUIDE TO STUDENT CLOTHING DISCOUNTS CONT.

- **PrettyLittleThing**: Save 30% when you register with UNiDAYS
- **TOPSHOP**: Save 10% when you register with StudentBeans\*
- **UGG**: Save 10% when you sign up on their website
- **Under Armour**: Save 10% when you register with UNiDAYS
- **Vineyard Vines**: Save 15% when you sign up on their website

\*StudentBeans is a very similar website to UNiDAYS that offers student discounts!

These deals constantly change, so be on the lookout for when stores are offering a greater discount (especially during the back to school and the holiday seasons)!

Furthermore, you can always check the UNiDAYS website or app to see if there are discounts for any specific stores you have in mind. And if you're shopping in person, you can always ask a store clerk if they offer any student discounts.

Thank you so much for reading this article and I hope you're able to find some good clothing deals!! Have a great Winter semester/quarter :)



# Campus Resources

*Each college campus may have different availabilities and restrictions for these types of program. It is a good step to contact financial aid and student offices to determine what resources your school offers.*

## **FREE EVENTS / HOLIDAY EVENTS**

- \*Sporting Events (non-football, basketball or hockey) usually have pizza and chips
- \*Holiday Dinners/ Food Giveaways occur around Thanksgiving and other holidays.
- \*Enter in Prize Raffles for Gift Cards (Visa or Other Food Stores)

## **FOOD PANTRIES ON- CAMPUS**

- \*Available to all students at schools where available
- \*Can come and pick up groceries in a convenient and on-campus location
- \*Typically at no-cost to you / covered by tuition fees paid by all students

## **NATIONAL ORGANIZATIONS / CO-OPS**

- \*Co-Ops often allow non-residents to buy-in to their food plans where housemates cook meals that can be picked up or eaten.
- \*Advocate for on-campus resources with national organizations

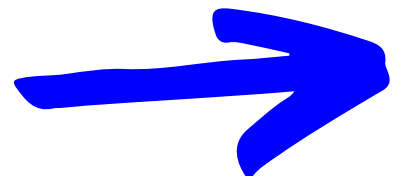


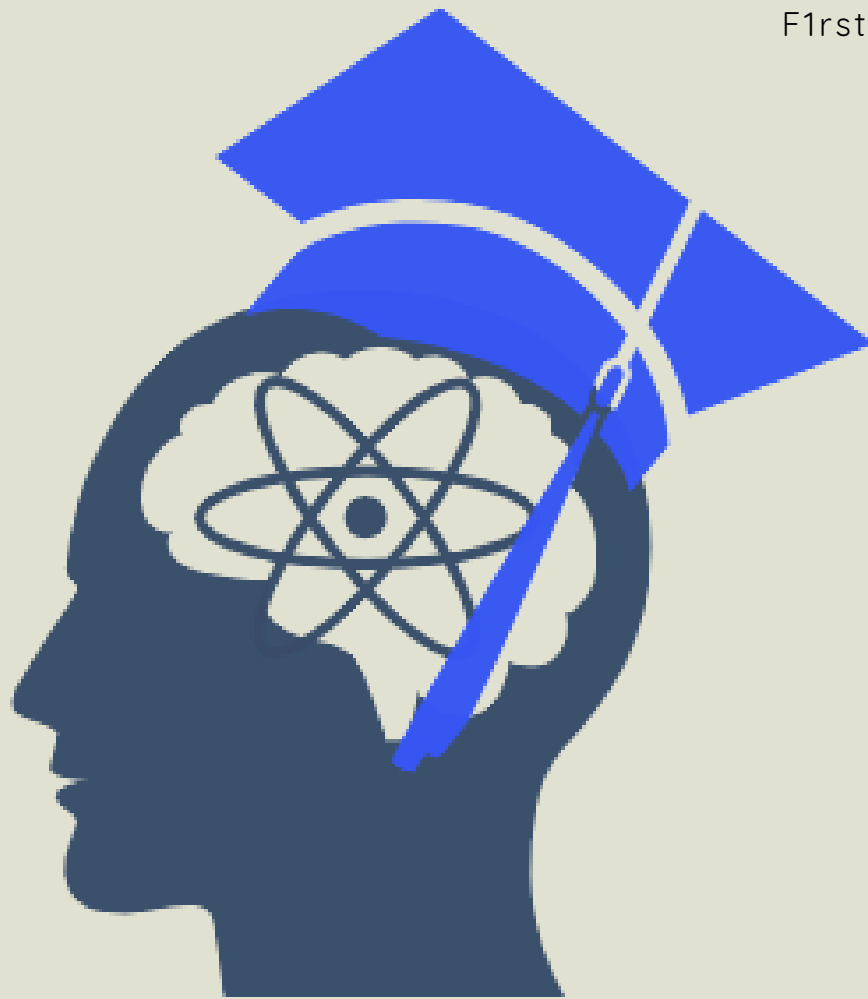




# F1RST In College

A MONTHLY E-MAGAZINE FOR FIRST-GEN AND  
LOW-INCOME STUDENTS





---

GI

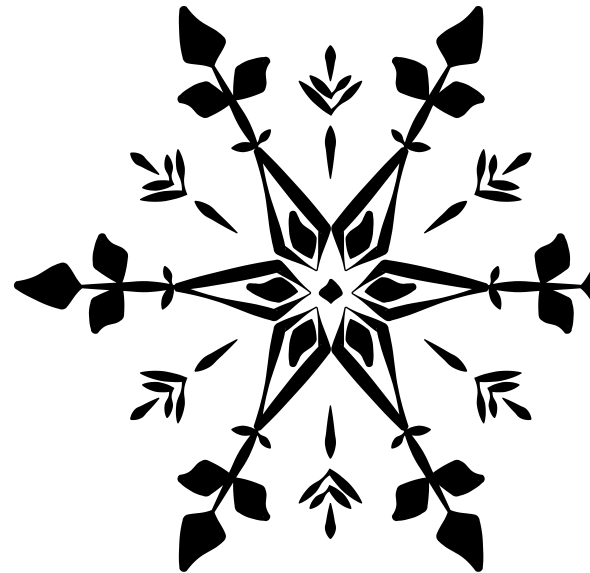
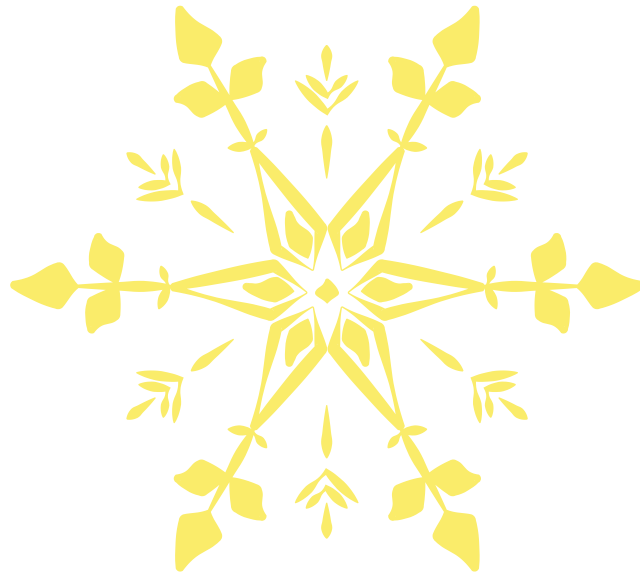
---

ERAL INTELLIGE

Cor

e C

**DIY CLOTHING**





# THRIFT SHOPPING

Thrift shopping without a clear goal is like grocery shopping on an empty stomach. It's doable but not ideal. Make a mental list of what you're looking for based on what you already own. This will help keep you focused and on budget. In addition, save pictures of coveted gems and fashion inspiration on your phone for quick reference. This will make it easier for store clerks to help you locate specific garments or let you know if they have something similar on the racks.

Another way to stick to your budget is to opt for consignment stores that not only sell pre-loved clothes but also buy them. Whether you're looking to make some extra cash or simply clear your closet before adding new treasures, these stores are great for trading-in the garments you no longer wear. The best part? You can shop while the store clerks inspect and price-out your inventory. If you'd rather, you can also sell clothing and accessories online!

Source:

<https://www.thegoodtrade.com/features/thrift-shopping-tips>

# THRIFTING CONT.



Depending on where you shop, some thrift stores have limited to no fitting rooms—and we don't recommend buying something without making sure it's a good fit, as many thrift stores don't issue refunds or exchanges. To remedy this, wear a form-fitting tank top and biker shorts or leggings to make trying things on as easy as possible, even if it means changing in the middle of the store. For the thrift stores that do have fitting rooms, this also makes changing quick and efficient. Thrifting is like a sport. It requires stamina, patience, and, sometimes, upper body strength to carry your finds when shops don't provide carts or baskets. You can easily spend hours in a thrift store worthy of its name. This is another reason to wear comfortable clothing and shoes. A crossbody bag is also great, so your hands can be free to browse all those racks!

To stay on budget, bring cash when you go thrift shopping. While it's easy to fall into the 'but it's so inexpensive' trap, remember to stick to your values. Purchase only the clothes you need and that fit well with your current wardrobe. You will stumble upon unique and beautiful pieces, but if they are not your style, you won't get any wear out of them. So admire them from afar, take a picture if you must, but don't take them home with you.

Source:

<https://www.thegoodtrade.com/features/thrift-shopping-tips>



# DIY Tips

## 1. BE FLEXIBLE.

We always plan for things to potentially go awry . Patience is extremely important when DIY-ing.

## 2. MAKE A LIST.

About a week or so before each trip, I make a mental list of items I don't want to forget – which I WILL forget if I don't write them down. A trip to get materials to DIY is an important one.

## 3. LEARN COMMON TECHNIQUES

Watch some YouTube videos to get started.

## 4. DON'T FORGET AN EXTRA

If you are trying a technique for the first time then try to do something more low-stake on a piece of clothing that you don't care too much about.

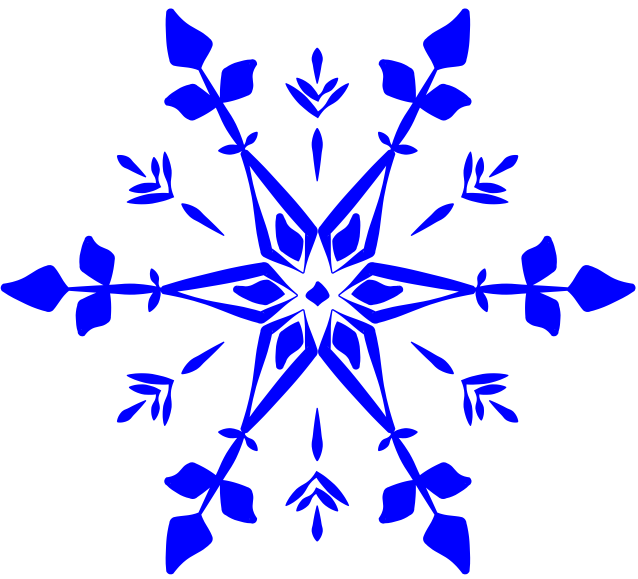
## 5. ALWAYS BRING ALL MATERIALS

You never know what you'll need or if an idea happens to change your plan.

## 6. TRY SOMETHING NEW

Make sure to delve outside of your comfort zone and try new ways to innovate your wardrobe.





A MONTHLY E-MAGAZINE FOR FIRST-GEN AND  
LOW-INCOME STUDENTS





---

GI

---

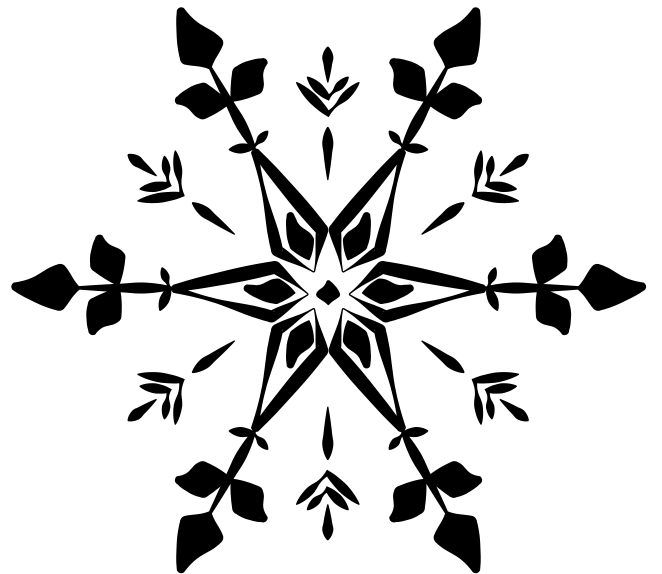
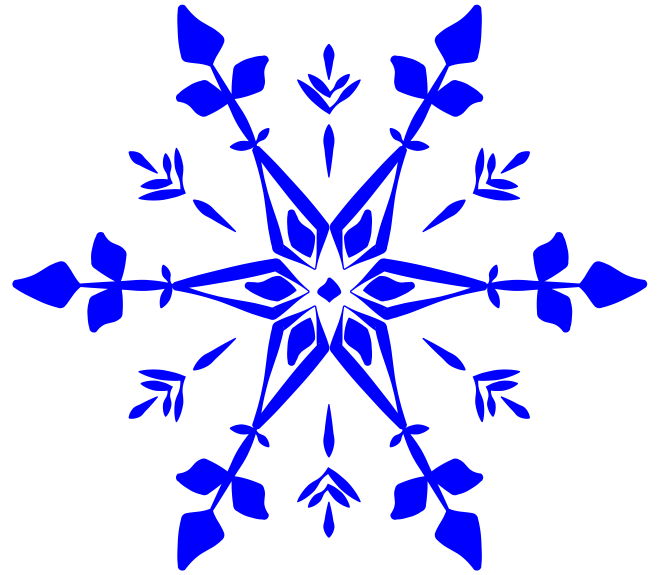
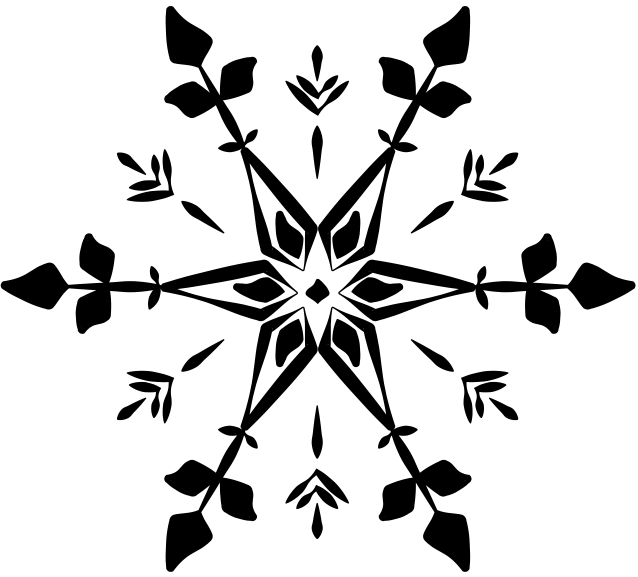
ERAL INTELLIGE

Cor

e C

**FINAL THOUGHTS**







A MONTHLY E-MAGAZINE FOR FIRST-GEN AND  
LOW-INCOME STUDENTS



Do you have a request for an  
upcoming edition?

Email:

[generalintelligences@gmail.com](mailto:generalintelligences@gmail.com)

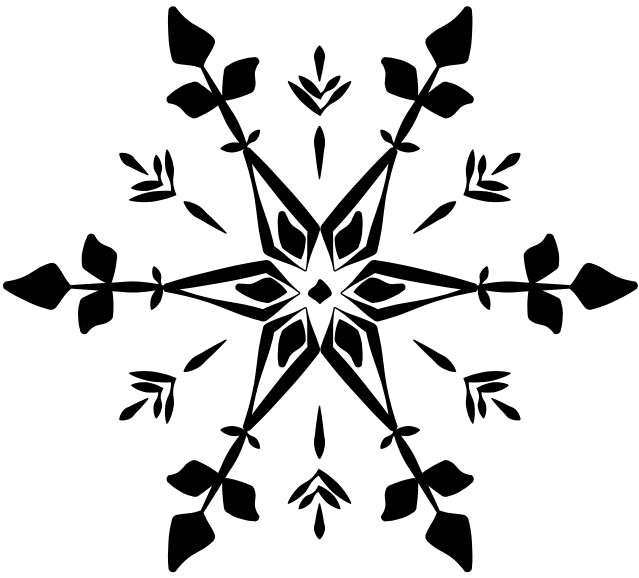
Interested in being featured? Send  
a message to  
[@generalintelligences](https://www.instagram.com/generalintelligences) on  
instagram and we will interview  
you for an upcoming edition



GI

GENERAL INTELLIGENCES  
Making Common Sense More Common





# FIRST In College

A MONTHLY E-MAGAZINE FOR FIRST-GEN AND  
LOW-INCOME STUDENTS

