

# SUPPORTING PREGNANT & PARENTING STUDENTS

FALL 2024 FLEX DAY

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<https://rb.gy/d62wni>



# DID YOU KNOW?

- Approximately 1 in 10 students in California Community Colleges is also parenting.
- Student parents are more likely to be female, older, and from lower-income backgrounds than their non-parenting peers.
- They are also more likely to be single parents and to have multiple children.



Levine, A., & Belfiore, M. (2021). A Portrait of Student Parents in the California Community Colleges. UC Davis Wheelhouse: The Center for Community College Leadership and Research.



# CHALLENGES PARENTING STUDENTS FACE

- Financial Constraints:
  - Balancing family budget with school expenses tuition, books etc.
  - Lack of financial aid with eligibility restrictions and limited financial aid options
  - Childcare Costs
- Time Management:
  - Balancing family and academic responsibilities
  - Limited study time to find a quiet and interrupted time can be difficult
- Transportation
  - Challenges arranging transportation for themselves, and children can be time consuming





# CHALLENGES PARENTING STUDENTS FACE

- Academic Challenges:
  - Many parent students may have been out of school for several years and need to relearn effective study habits
  - Limited access to computers or reliable internet
  - Struggle to balance demands of parenting and academics can lead to feelings of burnout and stress
- Social and Emotional Challenges
  - Isolation: parenting students may feel disconnected from their peers and campus life
  - Stigma- navigating perceptions of parent students can be challenging
  - Balancing self-care: prioritizing personal well-being can be difficult amidst family and academic demands



# TITLE IX & PREGNANCY

- Prohibits discrimination - pregnancy, childbirth, termination of pregnancy, lactation, recovery, and related medical conditions.
- Reasonable modifications/academic adjustments
  - Ex- larger desk, class breaks (eat, drink, pump), extensions on deadlines, etc.
- Leave
  - Excused time off for medical appointments, recovery



# TITLE IX & PREGNANCY

- Lactation space
  - Designated space to express milk/feed
- Notification
  - Faculty must inform pregnant students about Title IX Coordinator
- Temporary medical condition
  - Pregnancy treated same



# WHAT TO DO IF A STUDENT TELLS YOU THEY ARE PREGNANT...



Listen and be empathetic. Students want to complete your class.



Provide flexibility, offer solutions



Provide Title IX Coordinator information- Dr. Carla Martinez, [cmartinez@gwc.cccd.edu](mailto:cmartinez@gwc.cccd.edu)





# PREGNANCY MODIFICATION REQUEST FORM



## Title IX Pregnancy or Related Conditions to Pregnancy - Reasonable Modifications Request Form

Students are encouraged to complete this form to request reasonable modifications related to pregnancy, childbirth, termination of pregnancy, lactation, or recovery therefrom.

Title IX of the Education Amendments of 1972 protects pregnant and parenting individuals from discrimination on the basis of pregnancy, childbirth, termination of pregnancy, lactation or recovery from any of these conditions. Golden West College provides the same modifications that are provided to students with temporary medical conditions.

Your full name:

Your phone number:

Your email address:

### Student Information

This information should include the name of the student seeking reasonable modifications due to pregnancy or related conditions to pregnancy.

| Full Name            | ID Number            | DOB (YYYY-MM-DD)     | Phone number         |
|----------------------|----------------------|----------------------|----------------------|
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| Email address        |                      |                      |                      |
| <input type="text"/> |                      |                      |                      |

[Add another party](#)

[Link to Request Form](#)





# SUPPORTING PREGNANT STUDENTS: SAMPLE SYLLABI STATEMENT



Sample:

*Golden West does not discriminate against any student on the basis of pregnancy or related conditions. Absences due to medical conditions relating to pregnancy will be excused for as long as deemed medically necessary by a student's doctor and students will be given the opportunity to make up missed work. Students needing academic modifications and other support can seek assistance from the Title IX Coordinator, Dr. Carla Martinez, [cmartinez@gwc.cccd.edu](mailto:cmartinez@gwc.cccd.edu).*



# PARENTING STUDENTS

- Defines a student parent as a student who has a child or children under 18 years old who receive more than half their support from the student.
- Priority Registration is now available for student parents as of 2023
- Students can self-certify through the CCC Apply application or directly from the website through an online form (only required once, will not expire).

(<https://www.goldenwestcollege.edu/enrollment/admissions/priority/index.html>)



## FAQ: PRIORITY REGISTRATION

How can I check to make sure that I'm eligible for priority registration? +

Who are Special Program students? +

How does GWC define student parents? -

California Assembly Bill 2881 (AB 2881) recognizes student parents as students with children under 18 who rely on them for more than half of their financial support.

If you meet this definition and are interested in taking advantage of priority registration, please submit the **Priority Registration Request for Student Parents** form.



# PARENTING STUDENTS

## CONTINUED

- Student Parents Website
  - On and off campus resources
  - CalFresh, CalEITC, YCTC, WIC
  - Pregnancy reasonable modifications
  - request form

HOME  
**PARENTING & PREGNANT STUDENTS RESOURCES**

Golden West College is honored to welcome and support pregnant and parenting student to the campus on-ground and online. Our mission is to provide students with the resources, knowledge, and guidance to accomplish their educational and life goals.

Have questions or requests?  
Contact

**Carla R. Martinez, Ed.D.**  
Dean of Students/Title IX Coordinator  
Office: (714) 895-8781  
cmartinez@gwc.cccd.edu

*Did you know...*

- About 1 in 10 students in a California Community College is a parent who applied for financial aid
- Parenting students have a slightly higher GPA than non-parenting students
- Parenting and pregnant students express a strong commitment to continuing their education and transferring to a 4-year college
- To request parenting items (diapers, wipes, formula, breastmilk cooler bags), please complete the **Basic Needs Intake Request Form** and write that you are a student parent and what items you need.

**Programs for Parenting or Pregnant Students**

**CALWORKS PROGRAM**

**EOPS/CARE PROGRAM**

**GWC Campus Resources**

**LACTATION ROOMS**

**FINANCIAL AID**

**BASIC NEEDS**

[GWC Student Parents Website Link](#)



# CAMPUS PROGRAMS

- CalWORKS
- CARE
- Basic Needs
  - The Stand
  - Emergency Grants
  - Breastmilk cooler bags
- Childcare: Boys & Girls Club





# PARENTING STUDENTS BASIC NEEDS

- Students request support via our online form: link to Basic Needs: <https://www.goldenwestcollege.edu/basic-needs/index.html>
- Individualized intake appointments with Basic Needs Coordinator, Yasmin Bravo.
- Intake focuses on:
  - Identifying primary concerns
  - Exploring potential resources
  - Providing cool bags for nursing mothers (if applicable)
  - Appointments last 30 minutes to 1 hour.
- Follow-up email with additional resources requested during the intake.



# PARENTING STUDENTS BASIC NEEDS

- Providing cool bags for nursing mothers
- Lactation Rooms
  - Student Health Center
  - Robert Mayer Child Develop. Center
  - Language Arts



## LACTATION ROOMS

**Lactation rooms can be found in the following areas**  
**Building & Department Names/Numbers**  
 Nursing and Health Services – 36 (NHS)  
 Child Care Center and Infant/Toddler – 39  
 Language Arts\* – 59 (LA)

\*Please visit the Division Office on the 1st floor of LA for the code to the room.

15744 Goldenwest Street  
 Huntington Beach, CA 92647-3103  
 (714) 892-7711  
[www.goldenwestcollege.edu](http://www.goldenwestcollege.edu)



# SUPPORTING PREGNANT & PARENTING STUDENTS IN THE CLASSROOM



- Flexible scheduling options
  - ex - Zoom for office hours
- Breastfeeding during a Respondus exam
  - Keep camera on face, speak out loud about what they are doing
- Offer Respondus exam instead of in-person
  - Can set up exam to show only 1 question at a time and set so once a question is answered they can't go back.
- Reasonable deadlines for late assignments







# DISCUSSION

