

College Resources for Pregnant or Parenting High School Students in Minnesota

The Minnesota Expectant and Parenting Student Program aims to improve the health and education outcomes for pregnant and parenting high school and college students. This information sheet is designed to provide resources to pregnant and parenting high school students.

If you are a pregnant or parenting high school student, you have the ability to attend college and there are resources to support you through the application process and school.

There are many reasons to pursue a post-secondary degree:

- Open up career options and career paths that give opportunities to develop and grow.
- Earn a living wage. On average, employees with a college degree have a 60% higher income than those with a high school diploma.¹
- Meet other students from diverse backgrounds and exchange ideas.
- Make an investment in yourself and your family's future.
- Lead by example and show your children that they can achieve their goals too.²

“My young daughter inspires me to pursue a college degree, set a good example, and make a better life for us.”

~Eric, EMT and Nursing Student

College can be a reality for you and your family. While researching colleges and

universities, ask if they offer resources or support services such as a child care or child care funding for pregnant or parenting college students.

By taking the following steps, you will stand out as a college applicant and be ready to enroll.

- Keep up your grades in high school or pursue a GED.
- Join a college access program, such as:
 - [AVID \(https://www.avid.org\)](https://www.avid.org)
 - [College Possible \(https://www.collegepossible.org\)](https://www.collegepossible.org)
 - [TRIO \(https://www2.ed.gov/about/offices/list/ope/trio/index.html\)](https://www2.ed.gov/about/offices/list/ope/trio/index.html)
- Get involved in your community by volunteering, holding a job, or participating in extracurricular activities.
- Create a resume to showcase your skills and experiences.
- Interested in a Bachelor's program? Study for and take the ACT or SAT. Connect with high school staff to inquire if you are eligible for a test fee waiver. College Entrance Exams:
 - [ACT \(www.actstudent.org\)](http://www.actstudent.org)
 - [SAT \(www.collegeboard.org\)](http://www.collegeboard.org)
- Research schools and visit campuses.
- Apply to college. Most applications are online, but take your time to fill them out carefully. If possible, ask a trusted mentor or teacher to review your essays and other application materials.
- To be considered for need-based financial aid, explore these resources:
 - [FAFSA \(https://studentaid.gov\)](https://studentaid.gov)

- [Minnesota Dream Act \(www.ohe.state.mn.us\)](http://www.ohe.state.mn.us)
- Apply for scholarships. Some organizations offer specific scholarships for parenting students, including:
 - Live Your Dream Awards, the Soroptimist (<https://www.soroptimist.org/our-work/live-your-dream-awards/index.html>)
 - Jeanette Rankin Women's Scholarship Fund (<https://rankinfoundation.org>)
 - Patsy Takemoto Mink Education Scholarship (<https://www.patsyminkfoundation.org/>)



Guide to finding support and resources on campus: [The Pregnant Scholar \(http://www.thepregnantscholar.org/\)](http://www.thepregnantscholar.org/)

Pregnant and Parenting Students' Rights: [National Women's Law Center \(https://nwlc.org/resources/pregnant-and-parenting-students-rights-2/\)](https://nwlc.org/resources/pregnant-and-parenting-students-rights-2/)

Obtaining a post-secondary degree is within reach. Ask for help along the way, remember your goals for yourself and your family, and believe in yourself.

Sources

¹ Bureau of Labor Statistics: www.bls.gov/emp/chart-unemployment-earnings-education.htm

² Torche, F. (2011). Is a College Degree Still the Great Equalizer? Intergenerational Mobility across Levels of Schooling in the United States. *American Journal of Sociology*, 117(3), 763-807. doi:1.

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To obtain this information in a different format, call: 651-201-3760.