

# IRNANDE ALTEMA

ATTORNEY | STRATEGIST | AUTHOR | SPEAKER

## *Redefining the Narrative of First-Generation Students and Professionals*

Irnande Altema is licensed attorney in Maryland. She founded FirstGenRISE blog for first-generation students and graduates navigating academia and the professional world. Irnande is the author of "The Rise of a First Gen," which journeys the life of a first-generation American determined to rise. Her writing invokes a sense of responsibility to be strategic and live unapologetically.

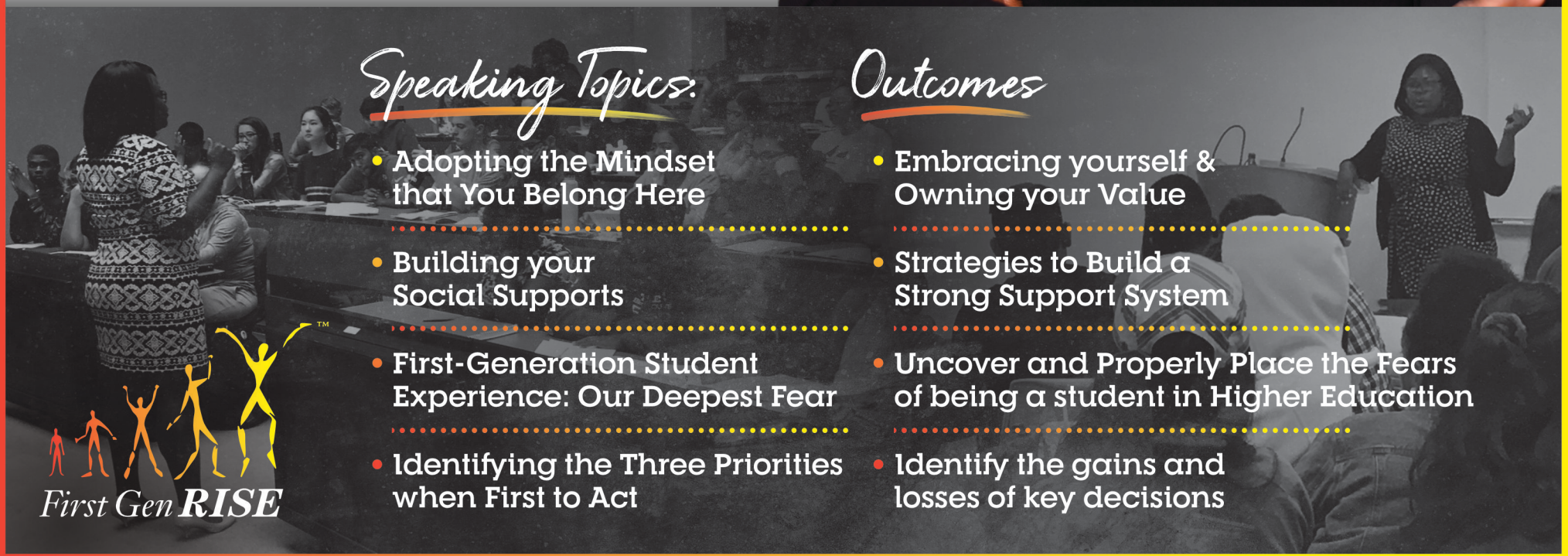


### *Speaking Topics:*

- Adopting the Mindset that You Belong Here
- Building your Social Supports
- First-Generation Student Experience: Our Deepest Fear
- Identifying the Three Priorities when First to Act

### *Outcomes*

- Embracing yourself & Owning your Value
- Strategies to Build a Strong Support System
- Uncover and Properly Place the Fears of being a student in Higher Education
- Identify the gains and losses of key decisions





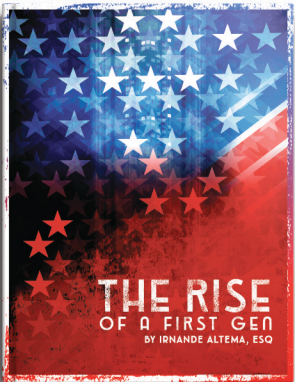
*“Rising is the only”  
option as a first gen!*

—IRNANDE ALTEMA

## Previous Clients

- John's Hopkins University Hop-In Program
- John F. Kennedy High School Minority Scholars Program
- Phelps ACE SHS High School Senior Awards Ceremony
- “I Have a Dream” Foundation

## The Rise of a First Gen



**The Rise of a First Gen** is the story of a Caribbean woman determined to rise to professional success, despite being unsure how to accomplish it. She was raised with the “typical” mindset and expectations of a first-generation American: excel in school, eliminate leisure activities, and work tirelessly until a supervisor acknowledges superior performance. However, along her journey to obtain the “American Dream,”

she has to redefine her approach to her goals, learning the unspoken rules that apply in professional circles, and taking action in order to climb to higher heights.

## Testimonials

*“Irnande delivered an informative workshop to 40 first generation/limited income undergraduate students during their summer residential experience at Johns Hopkins University. She discussed strategies on how students can engage in tough dialogues with their loved ones about boundaries. This workshop was one of the last of the summer and served as a perfect segue into the academic year. Between her book, workshop, and story, Irnande gave students the confidence boost they needed to be the level up and be the best version of themselves.”*

—Malissa Rivera

Director, STEM Core Program Community College of Baltimore County

*“Irnande has spoken to the young women in my mentoring program for their graduation ceremony on several occasions. She gives insightful tips and resources for first-generation college students. She encourages students and helps families understand the unique needs of first-generation students!”*

—Shayla Adams-Stafford  
Founder of Remix Education

*“My school has a very successful Minority Scholars program. This program aims to empower students of color to challenge themselves academically while also giving them a voice for social and civic justice. Irnande was able to articulate the challenges of being a first-gen through her engaging presentation and Q & A session. Student feedback was extremely positive!”*

—Casie Lanigan  
Teacher at John F. Kennedy High School

Book Irnande Altema Today!     @firstgenrise  firstgenrise@gmail.com