TRIO-Student Support Services is a community of caring staff and peers committed to your success at the University of Maine

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University of Maine TRIO-Student Support Services Program

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"Without the tremendous support of the TRIO-SSS Program, I would not be where I am today. They gave me the opportunity to further my education and brighten my future." – Angela Masse, Environmental Horticulture major

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What is the TRIO-Student Support Services Program?

TRIO-SSS is a federally funded program that works with University of Maine first-generation and low-income students and those with disabilities. The TRIO-SSS Program provides personalized support, advising and mentoring throughout your college career at UMaine.

What services are provided?

At the core of all services provided is your TRIO-SSS adviser. Your adviser is your advocate and ally while you are a student at UMaine. Your adviser's goal is to provide you whatever assistance possible to help you achieve your degree. The services your adviser will provide vary depending on your needs, but may include:

- Supplemental Academic Advising. While your TRIO-SSS adviser does not replace your academic adviser, he or she can help you with a number of tasks related to academics, including selecting courses, building a wish list, making a long-term plan for completing your degree, adding or changing a major or minor, appealing an academic suspension, or applying to graduate school.
- Budget and Finances. Your adviser can assist you in filing a FAFSA, understanding your student bill, completing loan paperwork, or creating a budget for the semester.



• Scholarships. Because your adviser gets to know you, he or she will be able refer you to scholarships for which you may be eligible. Your adviser can also provide feedback on scholarship essays to help increase your chances of getting the scholarships for which you apply.

Other available services are:

• Peer Mentoring. Peer Mentors are fellow UMaine students who have been trained to help their mentees be more academically successful. TRIO-SSS participants can request a Peer Mentor, and typically meet weekly with their mentors one-on-one. Peer Mentors help students improve their study skills, get better organized, improve time management, and otherwise develop skills and strategies to earn better grades at UMaine.

• **One-On-One Tutoring.** If tutoring is not available in a particular course, or if oneon-one tutoring is more appropriate for your needs, TRIO-SSS may be able to provide tutoring for a particular course.

How do I apply to participate?

The application is available online (umaine.edu/sss). You also can call the office for an application or make an appointment to meet with a staff member.

When can I apply to participate?

Applications can be submitted anytime. Early application is encouraged, as program space is limited. First-year students can apply as soon as a deposit confirming university enrollment is paid.

