



“TRIO Student Support Services has provided me support, and helped answer questions I have while furthering my education. TRIO SSS has also helped me with financial advice. Having children and attending college is difficult financially, but having such a great support has helped me prioritize all of my obligations.”

– Ashlie, Nursing major

“TRIO SSS has helped me in so many ways, but the best I can think of has been the support of the staff. I believe without the staff here in TRIO SSS and their willingness to help us, I don't think I could have made it this far.”

– Daniel, Biology major



Available Services:

- Individualized Tutoring
- Supplemental Academic Advising
- Personal Counseling
- Peer Coaching
- Academic Coaching
- Budgeting and Finances
- Scholarship Coaching



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TRIO Student Support Services

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TRIO Student Support Services



What is TRIO Student Support Services?

TRIO SSS is a federally funded program that works with University of Maine students who are first-generation, income-eligible, or have a disability. TRIO SSS 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 whatever assistance possible to help you achieve your degree, so you never have to

wonder who to contact or where to go when you have a question or problem. The services your adviser provides 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 developing a preliminary selection of courses to bring to your academic adviser, navigating the registration process, making a long-term plan for completing your degree, adding or changing a major or minor, appealing an academic suspension, applying to graduate school and connecting you with campus resources.
- **Budget and Finances.** Paying for college and managing money can be a point of stress for students. Your adviser can assist you with a variety of tasks to help manage the money side of college, including filing a FAFSA, understanding your student bill, completing loan paperwork or creating a budget for the semester.
- **Scholarship Assistance.** 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.

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Additional Services:

- **Individualized Tutoring.** TRIO SSS may be able to provide one-on-one tutoring to help you succeed in a particular course. Students who receive individualized tutoring typically meet with a tutor twice a week to clarify course material and develop strategies for success in the class.
- **Peer Coaching.** Having a person to check in with on a regular basis can be tremendously helpful. Peer Coaches have first-hand knowledge of what it is like to be a student at UMaine, and are trained to help you connect with campus opportunities and serve as a personal resource and guide as you navigate the UMaine experience. Peer Coaching is strongly recommended for first-year students.
- **Academic Coaching.** An Academic Coach is an upper class student trained to help you improve your general study skills with a wide variety of techniques to organize your course work, improve time management, and otherwise develop skills to earn better grades and to be more successful at UMaine.
- **Scholarship Coaching.** Scholarship Coaches are trained peers who work with you to find scholarship opportunities, help you manage your scholarship applications, and provide feedback on your scholarship essays and materials. Students typically meet with their Scholarship Coach weekly.
- **Personal Counseling.** Life happens. As a participant in our program, you may request to work with a licensed counselor to discuss issues and develop effective strategies to manage stressors of college life.