

Are you planning to graduate from SMCC and want the support that will help you succeed? If so, you need to know about:

TRIO Student Support Services at SMCC



Get personalized support through TRIO!

What are TRIO Student Support Services (SSS) and what do we offer?

TRIO SSS is a diverse community of motivated students who are empowered to use their core values and strengths to reach their graduation, transfer and career goals. Eligible students are paired with a professional college Success Coach who will collaborate with them to inspire academic and individual growth with personalized advising from the first day of college through graduation. TRIO supports student success and engagement through peer connections, workshops, and events that cultivate the skills needed to stay on track, overcome challenges and thrive in college.

Each semester, you will regularly meet with your TRIO Coach to:

- Develop your college success plan
- Set academic and other goals
- Discover your core values and strengths
- Address any challenges
- Provide you with the skills and resources needed to stay motivated and succeed

Your TRIO Coach will collaborate with SMCC staff and faculty advisors to support your path to success!

As a TRIO SSS participant, you will also benefit from a close connection to other TRIO students. During the academic year, TRIO SSS participants will:

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- Participate in workshops and activities designed to assist with financial planning and academic success
- Benefit from peer mentoring and relationships
- Engage in student life with leadership and service opportunities
- Access and deepen their internal drive to persevere and adapt.



"Trio was an incredible support. They offered tangible guidance and a safe space to experience the stress of school with a solution based approach. I would never have made it through this semester with good grades without them."



How to know if you are eligible to participate:

All current and new SMCC students are encouraged to complete a TRIO Interest Form.

We can help you determine if you are eligible to participate and would benefit from this program.

TRIO eligibility is based on a few important factors:

1. Students are, or will be, working on their first college degree
2. Students must be U.S. citizens or permanent residents
3. Students must be in need of and able to benefit from academic support
4. Students must also meet at least **one** of the following criteria:
 - Be a first-generation college student, meaning neither of your parents or guardians graduated from a four-year college
 - Have financial need, defined as being Pell Grant eligible and/or meeting certain government guidelines for taxable income, or
 - Have a documented physical, medical, psychological or learning disability

I'm interested in participating, what do I need to do?

Complete a TRIO SSS Interest Form by visiting www.smccME.edu/TRIOSSS.

1. Complete the form online.

OR

2. Download the form and submit it by:
 - Mail: 2 Fort Road, South Portland, ME 04106
 - Email: TRIOSSS@smccME.edu

The Student Support Services projects at Southern Maine Community College are 100% funded by the U.S. Department of Education in the amount of \$523,776 for the 2020-21 fiscal year to serve 240 students.



"To begin with, I didn't have a plan before I came to TRIO. The work I have done with TRIO has helped me focus on a Liberal Studies Major, and a graduation date, which has motivated me to move forward."



For more information or help on how to apply

contact TRIO Student Support Services at **207-741-5670** or

TRIOSSS@smccME.edu or visit

www.smccME.edu/TRIO