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 federally funded program that provides a variety of services, tools and resources to assist eligible students at SMCC along their own unique educational path.

As a TRIO SSS participant, you will receive one-to-one advising from your own dedicated Success Coach from the day you enter the program until the day you graduate.

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.

Your TRIO Coach will collaborate with SMCC staff and faculty advisors to support you on 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:

- Participate in workshops and activities designed to assist with financial planning and academic success.
- Benefit from peer mentoring and relationships.
- Engage in leadership opportunities.
- Develop the skills and resources needed to stay motivated and succeed.

“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 interested students are encouraged to apply for TRIO!

We can help you determine if you are eligible to participate and 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?

The TRIO SSS Office is here to help you with this process. Here’s what you need to do:

1. **Stop by the TRIO SSS Office** on the 1st floor of the Campus Center at the South Portland Campus to learn more or visit [www.smccME.edu/TRIOSSS](http://www.smccME.edu/TRIOSSS)
2. **Complete the easy TRIO SSS application.** Both new and current SMCC students are encouraged to apply! Complete an online application at [www.smccME.edu/TRIOSSS](http://www.smccME.edu/TRIOSSS)
3. **Download a paper application at [www.smccME.edu/TRIOSSS](http://www.smccME.edu/TRIOSSS)** or pick one up at the TRIO office on the South Portland Campus or at the front desk at the L.L.Bean Learning Commons at the Midcoast Campus in Brunswick.
4. **Submit your completed paper application to the TRIO SSS Office by:**
   - Mail: 2 Fort Road, South Portland, ME 04106
   - Email: TRIOSSS@smccME.edu
   - In person: TRIO SSS on the 1st floor of the Campus Center at the South Portland Campus or the front desk at the L.L.Bean Learning Commons at the Midcoast Campus in Brunswick

“For 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](http://www.smccME.edu/TRIO)