



Skyler Klagenberg

TRIO SSS

When I first started at Lake Washington Institute of Technology as a first-generation veteran student with PTSD, I went through half of my first term without knowing about the TRIO program. I wasn't referred until I hit rock bottom and didn't think I could continue. After meeting with my TRIO advisor, I finally got the support I needed to talk to my instructors about my needs. My TRIO advisor helped me with coping techniques and study strategies so I could be successful in my classes and not be afraid. I never wanted my PTSD to become a hindrance or a crutch to my studies and TRIO gave me the support I needed to have a place where I felt safe.

One of the biggest lessons that TRIO helped me learn is not to be too hard on myself. I'm always trying to reach high expectations, I'm a perfectionist, but I've learned to be happy with what I've achieved between school, being a mom, and working. Knowing that TRIO was behind me, I was able to boost my self-confidence, realize I understood what I was learning, and know how important it was to complete my degree and certificates in Business Administration. Now I have the confidence that I will be able to bring a lot to a future job with the skills that I learned. Even now that I'm close to graduating, I know that TRIO is always there for me if I need to come back for support in the future.

 http://www.lwtech.edu/current_students/trio/



Student Success Services

The Support Services for Students with Disabilities grant is the only TRIO Disability grant in the state of Washington. We serve 160 students with documented disabilities by maintaining an environment that is welcoming, affirming, respectful and celebratory. Staff are student-focused as we empower participants to discover the resources available to ensure their academic success. We use conversations and focused listening to support persistence and higher GPAs.

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