

**Alana Quigley**

TRIO SSS

I am a first generation, minority, low-income, non-traditional student. The barriers that I was facing could have stopped me in my tracks. Figuring out how to navigate a system that I had not been in in nearly 20 years was the first, followed closely by needing to be able to support a family while I went to school to improve the future.

TRIO filled in so many gaps for me from tutoring services when I fell behind or was struggling, to constant one-on-one support from the advisers, and skill based teaching that included budget & time management which is crucial for students like me that need to make time and money stretch as far as possible. My TRIO advisers were there to assist me in making sure that I was on track to get my degree by helping me to map classes for each quarter, and they were the first in my corner if I met a bump in the road regarding financial aid, life circumstances or needing to substitute a class.

With the TRIO services I received, I graduated with honors with my AA-DTA from Skagit Valley College, transferred to WWU, and will be graduating with my BA in Human Services this June 2016. My goal is to return to Skagit Valley College as an employee, and work to help the next generation of students succeed. Thank you, TRIO!

 <http://www.southseattle.edu/trio/student-success>

## Student Success Services

Through a grant competition, funds are awarded to institutions of higher education to provide opportunities for academic development, assist students with basic college requirements, and to motivate students toward the successful completion of their postsecondary education. Student Support Services (SSS) projects also may provide grant aid to current SSS participants who are receiving Federal Pell Grants (# 84.063). The goal of SSS is to increase the college retention and graduation rates of its participants.

All SSS projects must provide: academic tutoring, which may include instruction in reading, writing, study skills, mathematics, science, and other subjects; advice and assistance in postsecondary course selection, assist student with information on both the full range of student financial aid programs, benefits and resources for locating public and private scholarships; and assistance in completing financial aid applications. Education or counseling services designed to improve the financial and economic literacy and assist students in applying for admission to graduate and professional programs; and assist students enrolled in two-year institutions and applying for admission to, and obtaining financial assistance for enrollment in four-year programs. The SSS projects may also provide individualized counseling for personal, career, and academic information, activities, and instruction designed to acquaint students with career options; exposure to cultural events and academic programs not usually available; mentoring programs, securing temporary housing during breaks for students who are homeless youths and students who are in foster care or are aging out of the foster care system.

# TRIO