What is TRiO/SSS?

TRiO/SSS is a federally-funded program that aims to create a supportive environment for low-income, first-generation college students and students with disabilities. TRiO helps students overcome academic, social, and cultural barriers to fully participate in the life of the college and ultimately achieve the goal of graduation.

The program’s mission also includes facilitating the growth and development of participants to form a strong sense of identity about where they’ve come from, clarity and confidence about who they are, and a broad vision about where they are going, what they can become, and the positive impact they can have on their sphere of influence in the world.

What students say about Carleton College’s TRiO/SSS program:

Through TRiO, I was introduced to an amazing community of people and experiences I would never have had otherwise, like having lunch with a professor or attending an opera... The relationships I have built through TRiO have given me a sense of community and really helped me find my niche here on campus.

— Borr Vang, Class of 2012

If I needed anything, I could always count on the caring and wonderful people here to help me. Beyond being a program that provides students with academic and moral support, it is also a place to gain more experience, knowledge, exposure, and understanding of various social issues, whether through a Class Act discussion, going on graduate school visits, or even going out to a play.

— Chantel Johnson, Class of 2010

I was introduced to amazing individuals from different backgrounds and staff who were always motivating and encouraging me to do better.

— Beserat Kelati, Class of 2012

Program Eligibility

Program participants must meet at least one of the following criteria:

• **Low-income student:** a student whose family meets federal income eligibility guidelines verified by Carleton College.

• **First generation college student:** a student where neither (custodial) parent has received a baccalaureate degree or a student who did not regularly live with or receive support from a (custodial) parent

• **Student with a documented disability:** as defined in the Americans with Disabilities Act and verified by Carleton College.

Participants must also be U.S. citizens, permanent residents, or refugees pursuing their first bachelor’s degree.

For more information, please contact:

Mitchell Madson
Phone: 507-222-4017
Email: mmadson@carleton.edu

Carleton College
TRiO/Student Support Services

Carleton TRiO/SSS began in 1981 and is funded by the U.S. Department of Education. Our program annually provides individual and group services to over 115 students at Carleton to help them develop the skills necessary to achieve a bachelor’s degree.
Program Services:

ACADEMIC SUPPORT
- Individualized academic advising
- Time management and study skills
- Individualized writing support
- Faculty mentoring program
- Four year academic planning
- Math tutoring with a professor
- Assistance finding research and fellowship opportunities

PERSONAL & SOCIAL SUPPORT
- Community building with other first-generation, low-income students and students with disabilities
- Individual counseling with appropriate referrals to on- and off-campus resources
- Peer mentoring
- Fun and informative social and cultural events
- Retreats with goal setting and support-building activities
- Leadership opportunities within the TRiO, Carleton, and Northfield communities
- Strengths-based development exercises

CAREER SUPPORT
- Help writing resumes and cover letters
- Support finding jobs and internships
- Support with leadership development and resume building
- Graduate school and career exploration trips
- Assistance in applying to graduate and professional degree programs
- Support with networking and connecting with alumni

FINANCIAL SUPPORT
- Access to college lending library of class textbooks
- Workshops on financial literacy and tax preparation
- Help completing the Free Application for Federal Student Aid (FAFSA)
- Assistance identifying and applying for scholarships and alternative financial aid sources
- Scholarship information for study abroad programs

Program Expectations:

First Year
- Meet with a TRiO advisor at least twice per term
- Attend TRiO/SSS first-year retreats during fall & winter terms
- Attend at least one social/cultural TRiO event each term, and other activities as interested

Second Year
- Write a resume
- Begin career and internship exploration
- Explore options and requirements for a major
- Attend the TRiO/SSS sophomore retreat
- Participate in TRiO’s “Invite A Faculty to Lunch”
- Explore off campus study opportunities
- Meet with a TRiO advisor at least twice per term

Third and Fourth Years
- Explore graduate/professional school and career options
- Reflect on experiences and consider desires and plans for life after Carleton
- Attend relevant workshops/activities
- Meet with a TRiO advisor at least once per term

How to apply:
Complete a TRiO application and mail it to:
Mitchell Madson
Carleton College TRiO/SSS
216 College Street
Northfield, MN 55057