“TRIO has helped me stay focused on my goals.”

“TRIO has helped me to believe in myself!”

“TRIO has provided me with a safe space that has always been special to me.”

- TRIO Students

How to Apply

To be considered for acceptance into the TRIO Student Support Services Program, you must complete an application. Applications are available online or you may pick up a paper application at the TRIO SSS office or any USM advising office.

Apply to TRIO SSS

An online application may be submitted on the TRIO Student Support Services website at: www.usm.maine.edu/TRIOprograms

A paper application may be picked up at one of our TRIO Student Support Services offices (Mon-Fri, 8am-4:30pm) at:

- 7 College Avenue, Gorham, Maine
- 102 Bedford Street, Portland, Maine
- 119 Lewiston-Auburn Campus

Contact Us

TRIO Student Support Services at USM
7 College Avenue
Gorham, ME 04038

Phone: (207) 780-5203
Fax: (207) 228-8259
E-mail: triousm@maine.edu
Who Is Eligible

Students are eligible to apply for TRIO Student Support Services at USM if they meet the following U.S. Department of Education guidelines:

- Enrolled in a USM undergraduate degree program (working towards first bachelor’s degree) and
- A citizen of the United States or have permanent residency and
- In need of academic support

Eligibility Criteria

Students must meet at least one of the following criteria:

- Neither parent graduated from a four-year college OR
- Meet government income guidelines based on taxable income OR
- Have a documented physical, medical, psychological, or learning disability

Our Success Stories

TRIO Student Support Services at USM is part of 14 TRIO SSS programs in Maine and over 1000 programs at colleges and universities across the United States. USM is pleased to offer these services to 140 eligible students on all three USM campuses. Since its inception in 2010:

- 84% of our students have persisted in college
- 92% of our students have remained in good academic standing
- 80 of our students have graduated

Who Can Benefit

All students can benefit from TRIO Student Support Services. Whether you are a traditional student who lives in a residence hall, a non-traditional student who attends college after working or military service, or a transfer student from a community college, TRIO Student Support Services is for you.

USM is pleased to offer TRIO Student Support Services to 140 eligible students at USM. TRIO Student Support Services at USM is 92% federally funded at $220,000 annually.

What We Do

TRIO Student Support Services guides you on your path to college graduation through regular meetings with your TRIO Advisor, who will partner with you to:

- Develop a College Success Plan
- Set goals
- Utilize available resources
- Enhance your USM experience

Our services

TRIO students have the opportunity to participate in TRIO Learning Communities (TLC’s) and attend educational workshops and social activities. Topics include:

- Study strategies
- Organization skills & time management
- Study abroad opportunities
- Graduate school preparation
- Career exploration & preparation
- Managing finances & financial aid
- Finding scholarships
- Community service opportunities