

Telling the Story of TRIO

Helping your Students Tell Their Story:

A big part of advocacy and maintaining TRIO programming is getting students to tell their stories. This brings a human connection to the numbers. Below are some prompts that might help students to talk about how TRIO helped them.

1. Name your successes. What supports have helped you to be successful?
 2. What have you learned from TRIO staff or activities have helped you in your college journey?
 3. How would your journey be different without the support of TRIO?
 4. Why is TRIO an important piece of your success?
 5. What is your “why”?
 6. How has TRIO impacted you?
 7. What skills have you gained from working with TRIO?
 8. Why would you recommend TRIO to other students?
 9. What workshops or activities helped you to better meet your goals?
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Ways to get students to tell their story.

There are multiple ways for students to share their story with each other, the college or their broader community. Here are some activity ideas.

1. Have a gallery walk: Write several prompts on chart paper or the white board. Give each student a pack of sticky notes to write ideas for each “gallery” prompt. Post these in your office, around campus or organize and share with stakeholders.
 2. Have students share short statements with you when they meet with you. Make a compilation of these statements into a book that can be shared with stakeholders.
 3. Organize a small group of students to present to a school board (or college board). They can share their story (prepared with you) about the positive effects of TRIO.
 4. Share about your TRIO program in college alumni publications.
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Telling Your Program’s Story:

When we think of advocacy, this is the part we think of- how to share our program’s successes with the broader community. Here are some ways to do that.

1. Create a 1 page document sharing about your program and TRIO broadly. Use C.O.E’s [examples](#) as a starting point. These samples are also included in this packet of materials
2. Ask to present at a board meeting or advisory board meeting. Use the 1-page guide as a handout for this presentation.
3. Email or call your congressional representative to advocate for important funding for TRIO.
4. Collaborate with groups on campus or in the community to showcase the effectiveness of TRIO.
5. Participate in First Generation Day. Show your college community why first generation students are unique.

Lesson Plan Ideas- Developing Students Advocacy Skills

Teaching students how to advocate can be a powerful tool. Advocacy reaches far beyond advocating for TRIO. It helps students to know how to ask for what they need with those closest to them. The following are some lesson plan examples of advocacy.

University of Maryland: Health Services and Human Services Library:

<https://guides.hshsl.umaryland.edu/c.php?g=76220&p=530375>

This can be a great resource for workshops or a series of workshops on how to decide what to advocate for how to best reach your audience.

Eastern Carolina University Advising: <https://advising.ecu.edu/wp-content/uploads/sites/315/2020/07/MSM1-Part-9-Self-Advocacy-Preview.pdf>

This lesson plan focuses on advocacy for students with disabilities, but it can serve as a basis for all students to better understand how to advocate for their needs with any number of people, up to and including legislators.

Beyond BookSmart: <https://www.beyondbooksmart.com/executive-functioning-strategies-blog/talking-to-teachers-building-self-advocacy-in-college-students>

Article outlining the importance of speaking up to advocate for your needs. While this is focused on speaking with instructors, it would be a great workshop to help students get better about assessing their needs and how to best express those needs to others.

Interested in TRIO?

Who we are....

- **TRIO** is a federally-funded program, made up of 8 different programs—all aiming to represent, aid, and support marginalized (under-resourced) identities.
- TRIO programs extend beyond just city/town. There are opportunities in every state, region, and nationally. <https://ope.ed.gov/programs/maped/storymaps/trio/>
- Under the **Higher Education Act of 1965**, our purpose has been to help students get to, through, and beyond college. <https://www2.ed.gov/about/offices/list/ope/trio/index.html>

Who we support...

Through 5-year competitive grants, we aim to serve a percentage of students who are Citizens/Permanent Residents with **ACADEMIC NEEDS**, who either

... are **first-generation college students**
(parents have yet to earn a 4+-year degree),

... meet **low-income** status as designated by the government
(Adjusted Gross Income-Deductions for **Taxable Income**),

... and/or have **documented disabilities**
(Accommodations needed).

What we do...

Our main focus and goal is to help students graduate, and/or transfer, or find employment.

Within this journey, we want to help our students prepare for **success**,
however the student defines it!!!

---whether by

... guiding students to tools and resources (institutionally, locally, etc...)

... meeting personal, academic, financial, and/or career-focused goals,

... and providing personalized experiences to aid in growth & development.

If you meet the above criteria for eligibility and would like to join,

Please contact us! [[Contact Representative; email address; website](#)]

Or call us: [[Phone](#)]

Not Eligible?

Please review the resources below to prepare for your college experience.

Center for First-Generation Student Success

<https://firstgen.naspa.org/why-first-gen/students>

First-Generation is defined as

Being a first-gen student means that your parents did not complete a 4-year college or university degree.

Obstacles First-Generation College Students Often Experience

Obstacles FGCS face include lack of college readiness, familial support, and financial stability. Racial underrepresentation, low academic self-esteem, and difficulty adjusting to college can manifest while enrolled, contributing to a lower rate of college completion than that for students who have at least one parent with a four-year degree (Stephens, Hamedani, & Destin, 2014).

<https://www.league.org/innovation-showcase/breaking-down-barriers-first-generation-college-students-and-college-success>

4 Things First Generation Students Need to Know to Succeed in School

<https://www.rasmussen.edu/student-experience/college-life/things-first-generation-college-students-need-to-know/>

1. There are outlets for dealing with the psychological impact
2. Staying connected can offer invaluable support to feel more adjusted in new surroundings.
3. There's a lot of financial aid available
4. A little preparation will go a long way

"For the students who find themselves in classes with a higher-than-expected rigor, it is important for them to prioritize the time it takes to achieve their desired goals," says Tosin Williams, founder of The Learning Period. "I've seen many, many students fall into the trap of thinking 'I'll just study more' without making an effort to sit down with a calendar and map out exact times."

Q&A: First-Generation Students

<https://www.nytimes.com/interactive/2017/06/02/education/ask-first-generation-students.html>

- How did you afford to pay for tuition and bills without the help of your parents?
 - What are some ways you saved money?
 - How did you balance pursuing your intellectual and professional goals with ensuring financial security not only for yourself, but also for your family?
 - Did you have to sacrifice anything by going to college?
 - How does one go about balancing a social/work/school life?
 - Did you "follow the money" that was associated to your career?
 - Did you choose certain career paths outside of what you are now doing?
 - How do I choose a major confidently?
 - Did you graduate in time (within 2 years, 4 years, etc)?
 - Were you working full-time/part-time while going to school full-time/part-time?
 - Did everything line up right after you graduated?
 - Looking back, what was the most challenging obstacle you have faced while in college?
 - What do you wish you knew earlier, had you gone back and did college over again?
 - Did you experience Imposter Syndrome? If so, how did you overcome it?
 - **Impostor syndrome** (also known as **impostor** phenomenon, impostorism, fraud **syndrome** or the **impostor** experience) is a psychological pattern in which an individual doubts their skills, talents or accomplishments and has a persistent internalized fear of being exposed as a "fraud".
 - What are some advantages to being a First-Generation College Student?
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Extra:

- Ask are there student organizations on campus that celebrate your particular culture?
- Are there any scholarship opportunities for first generation students?
- Is there some type of mentoring program that help first-gen students transition from high school to college?

TRIO

TALENT SEARCH

UNIVERSITY OF NEW COLUMBIA – NEW COLUMBIA, ST

The TRIO Talent Search program at the University of New Columbia serves approximately 1,000 students in grades 9-12 at New Columbia High School and District High School in New Columbia, State. Talent Search provides participants with academic advising, financial aid counseling, standardized test preparation, opportunities for college site visits, and assistance with college and financial aid applications. Our participants come from low-income families across New Columbia in which neither parent has a college degree.

Each year, our program is accountable for meeting specific performance outcomes. This helps guarantee our students success!



In 2015-2016, 97% of non-seniors were promoted to the next grade level.

In 2015-2016, 95% of high school seniors graduated from secondary school.

In 2015-2016, 85% of college-ready participants enrolled in postsecondary education programs.

“As a first-generation student, I didn’t know the first thing about going to college. But my Talent Search program was there for me every step of the way. I had the opportunity to visit colleges, got help preparing for the SAT and filling out the FAFSA. Thanks to their help, I became the first person in my family to earn a college degree. I am forever grateful!”

– Nancy S., University of New Columbia, Class of 2016

For more information about the TRIO Talent Search program at the University of New Columbia, please contact Ima Teacher, Program Director, at ima.teacher@newcolumbia.edu or (202) 555-1234.

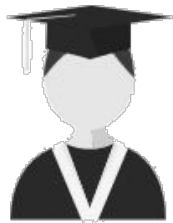
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UPWARD BOUND

UNIVERSITY OF NEW COLUMBIA – NEW COLUMBIA, ST

The TRIO Upward Bound program at the University of New Columbia serves approximately 150 students from New Columbia High School and District High School in New Columbia, State. Upward Bound provides participants with an intensive academic experience on Saturdays and for six weeks each summer on the campus of the University of New Columbia. The curriculum includes academic instruction, personal mentoring, financial aid counseling, standardized test preparation, opportunities for college site visits, and assistance with college and financial aid applications. Our participants come from low-income families across New Columbia in which neither parent has a college degree.

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In 2015-2016, 95% of high school seniors graduated from secondary school.

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By 2016, 75% of former participants earned college degrees within six years of high school graduation.

"I didn't know the first thing about going to college. But through Upward Bound I got a taste of the college experience – living on campus and taking classes. I got help preparing for the SAT and filling out the FAFSA. Thanks to Upward Bound, I became the first person in my family to earn a college degree. I am forever grateful!"

– Nancy S., University of New Columbia, Class of 2016

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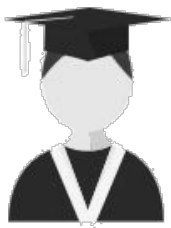
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UPWARD BOUND MATH-SCIENCE

UNIVERSITY OF NEW COLUMBIA – NEW COLUMBIA, ST

The TRIO Upward Bound Math-Science (UMBS) program at the University of New Columbia serves approximately 150 students from New Columbia High School and District High School in New Columbia, State. UBMS provides participants with an intensive academic experience on Saturdays and for six weeks each summer on the campus of the University of New Columbia. Featuring an academic curriculum that focuses on science, technology, engineering, and math (STEM), the program also includes personal mentoring, financial aid counseling, standardized test preparation, and assistance with college and financial aid applications. Our participants come from low-income families across New Columbia in which neither parent has a college degree.

Each year, our program is accountable for meeting specific performance outcomes. This helps guarantee our students success!



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"I didn't know the first thing about going to college. But through Upward Bound Math-Science I got a taste of the college experience – living on campus and taking classes. I got help preparing for the SAT and filling out the FAFSA. Thanks to Upward Bound, I'm now a sophomore engineering major at the University of New Columbia!"

– Nancy S., University of New Columbia, Class of 2019

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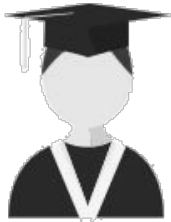
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STUDENT SUPPORT SERVICES

UNIVERSITY OF NEW COLUMBIA – NEW COLUMBIA, ST

The TRIO Student Support Services (SSS) program at the University of New Columbia serves approximately 300 undergraduates at the University of New Columbia. SSS provides participants with academic instruction, personal mentoring, financial aid counseling, and other supports necessary to ensure that they achieve their goals of earning a postsecondary education. Our participants come from low-income families across in which neither parent has a college degree.

Each year, our program is accountable for meeting specific performance outcomes. This helps guarantee our students success!



In 2015-2016, 87% of first-year students persisted to the next academic year.

In 2015-2016, 76% of eligible participants earned their bachelor's degree.

"As a first-generation student, I didn't know the first thing about how to make it in college. But the staff of my SSS program was there for me every step of the way – building my confidence and offering support when I didn't think I would succeed. Thanks to their encouragement – and the academic tools they provided – I became the first person in my family to earn a college degree. I am forever grateful!"

– Nancy S., University of New Columbia, Class of 2016

For more information about the TRIO Talent Search program at the University of New Columbia, please contact Ima Teacher, Program Director, at ima.teacher@newcolumbia.edu or (202) 555-1234.

TRIO

EDUCATIONAL OPPORTUNITY CENTERS

UNIVERSITY OF NEW COLUMBIA – NEW COLUMBIA, ST

The TRIO Educational Opportunity Center (EOC) at the University of New Columbia serves approximately 1,000 low-income adults across New Columbia who desire to re-enter the academic arena. EOC provides counseling and information on college admissions and financial aid. Participants include individuals seeking to earn their high school diplomas as well as those who desire to enter (and possibly return to) postsecondary education programs. Our participants come from low-income families in which neither parent has a college degree.

Each year, our program is accountable for meeting specific performance outcomes. This helps guarantee our students success!



In 2015-2016, 75% of participants without a secondary school diploma enrolled in programs leading to secondary school diploma or its equivalent.

In 2015-2016, 76% of eligible participants enrolled in postsecondary education programs.

“Having graduated from high school almost 20 years ago, I didn’t know the first thing about applying to college. But the EOC staff at the University of New Columbia was there for me every step of the way – from deciding which college to apply to and figuring out how to pay for it. Thanks to their help, I am now in my second semester!”

– Nancy S., University of New Columbia, Class of 2016

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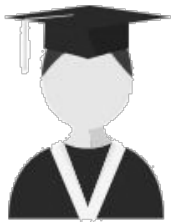
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RONALD E. MCNAIR POST-BACCALAUREATE ACHIEVEMENT PROGRAM

UNIVERSITY OF NEW COLUMBIA – NEW COLUMBIA, ST

The TRIO Ronald E. McNair Postbaccalaureate (McNair) program at the University of New Columbia serves approximately 80 low-income, first-generation, and underrepresented upperclassmen at the University of New Columbia who aspire to pursue doctoral degrees. McNair provides participants with research opportunities, faculty mentoring, and the opportunity to engage in scholarly activities in preparation for postgraduate study.

Each year, our program is accountable for meeting specific performance outcomes. This helps guarantee our students success!



In 2015-2016, 89% of former participants either enrolled or continued to be enrolled in postgraduate education programs.

By 2016, the University of New Columbia has produced more than 50 Ph.Ds.

“For as long as I can remember, I have wanted to be a college professor. But, for a kid like me – coming from a low-income household in which neither parent finished college – I didn’t know how I would make that dream a reality. The McNair program provided me with the necessary tools to succeed, both academically and professionally. I am now working on my dissertation and still relying on the foundational skills provided by the McNair program.”

– Nancy S., University of New Columbia, Class of 2012

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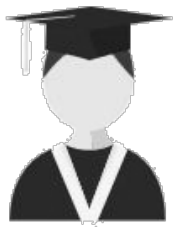
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VETERANS UPWARD BOUND

UNIVERSITY OF NEW COLUMBIA – NEW COLUMBIA, ST

The TRIO Veterans Upward Bound (VUB) program at the University of New Columbia serves approximately 125 low-income, first-generation military veterans. VUB provides a unique service to veterans hoping to return to college, aiding them in the transition process through intensive basic skills development and short-term remedial courses. Additionally, participants receive assistance in navigating the services offered by Department of Veterans Affairs, veterans associations, and other veteran support organizations.

Each year, our program is accountable for meeting specific performance outcomes. This helps guarantee our students success!



In 2015-2016, 89% of former participants either enrolled or continued to be enrolled in postsecondary education programs.

"After completing two tours of duty overseas, I knew that I was ready to pick up where I left off with my education once I returned home. The only problem was that I didn't know where to begin. I hadn't been in a classroom in years and I needed a lot of support. The VUB program at the University of New Columbia was there to provide me with the remediation I needed to prepare for the college classroom. I am now in my third year of college and I'm considering continuing on for my Master's degree. Thank you Veterans Upward Bound!"

– Nancy S.

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