

TRIO

SCHOLARS

UNIVERSITY OF MAINE AT AUGUSTA—AUGUSTA, MAINE

The TRIO Scholars Program at the University of Maine at Augusta serves 360 undergraduates at the University. TRIO Scholars 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. Many participants come from low-income families and many from families in which neither parent has a college degree. For more information about the TRIO Scholars Program at the University of Maine at Augusta, please contact Dr. Sara Flowers, Director of TRIO Scholars on the Augusta campus at sara.flowers@maine.edu 621-3157 or Dr. Betty McCue-Herlihy, Associate Director of TRIO Scholars on the Bangor campus at bettymh@maine.edu 262-7820

The TRIO Scholars Program is a Student Support Services project and must provide: academic tutoring, which may include instruction in reading, writing, study skills, mathematics, science, and other subjects; advice and assistance in post-secondary course selection, assist students 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. TRIO must provide education or counseling services designed to improve financial and economic literacy, to assist students in applying for admission to graduate and professional programs, and to 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. (Source: <https://www2.ed.gov/programs/triostudsupp/index.html>)



**In 2017-2018, 68% of UMA TRIO Scholars
Persisted to the next academic year.**

**In 2017-2018, 85% of UMA TRIO Scholars
Maintained Good Academic Standing.**

**In 2017-2018, 33% of UMA TRIO Scholars
Graduated with a baccalaureate degree.**

www.uma.edu/trio

Each year, our program is responsible for meeting several specific performance outcomes. This helps guarantee our students' success and the students tell it best when they share how the TRIO Scholars Program has had a positive impact on them!

“In the year preceding the start of my first semester at UMA, my family’s financial situation plummeted. I reached out to TRIO. I knew they helped with scholarships and maybe they could do something, I thought. I was right. I sat down with Betty and was filled with hope. She worked relentlessly for me referring me to community programs, food bank events and services, constantly reviewing options and calling every resource she knew to help. All of the staff were welcoming, comforting, and supportive. Betty helped me not only find solutions to my personal financial needs but using her knowledge of the university programs, and outside resources, also helped me through a financial appeal process to get a new financial aid package that would allow me to regain the ability to reach towards my goals. While Betty fought for me, Laurel continuously helped to provide the support and resources I needed to continue to excel in my classes throughout this tremendously difficult time, constantly offering words of encouragement, which I desperately needed.” *Deleenn, Junior*

TRIO continuously helped to provide the support and resources I needed to continue to excel in my classes throughout this tremendously difficult time, constantly offering words of encouragement, which I desperately needed.

“I have had some barriers in life and with the support of TRIO I have always found a way to get around them. As long as you are a person with determination and you do your part they will help you along the way and guide you in the right direction. I think every college should have programs like our TRIO program. They will receive great benefits and friendships that will last a lifetime. TRIO is also a great way to start networking and getting to know people and resources for when you are off and graduated and in the working community. I have

learned so many new skills and new ways of doing things without being overstressed. TRIO has helped me so much that I am now still currently working on my Bachelors but I have also attended campus-wide events and made new friends and got a work study job.” *Mary, Sophomore*

I think every college should have programs like our TRIO program. They will receive great benefits and friendships that will last a lifetime.

“I feel I was very age/stage delayed on an emotional level before I came to TRIO. This barrier was developed from years of being a part of a vicious cycle of addiction, mental abuse, physical abuse; a world of poverty and learning from my past life script. I felt that I wasn't smart enough or rich enough or good enough to be successful. I didn't trust my decision making or opinions. Even though I have been a survivor for many years there were pieces missing that I couldn't figure out. I got connected to the TRIO program through a Peer Coach and it has been the greatest experience! I am now working there in the work study program. I feel like I am getting my life back on track. There has been such great educational and emotional support from everyone. I feel like I am an intelligent adult who can face my challenges because I have a support team that cares. The doors are always open and nobody in TRIO is ever too busy to reach out and help.” *Nacia, Senior*

I got connected to the TRIO program through a Peer Coach and it has been the greatest experience! I feel like I am an intelligent adult who can face

my challenges because I have a support team that cares.

“What I did not know when I began at UMA was that I would be offered many opportunities over the course of my time here that would change me and, in turn, change my career goals. TRIO has helped to shape and guide my goals. I have found the major that fits me and my educational pathway. Each year, TRIO plays a very important but very different role in my education than the year before. My first year here I took the COL 100 class. It was the same semester my boyfriend died. Without the staff and my friends in TRIO I do not think I would have made it through that year – let alone with a 4.0 GPA.”

Courtney, Junior

TRIO has helped to shape and guide my goals. Each year, TRIO plays a very important but very different role in my education than the year before.

“TRIO helped me find a tutor when I was falling behind in one of my classes. I ended up with an A in the course! I also have needed my peer coach’s help in dropping a course that just wasn’t a right fit for me. I have also talked with my peer coach about professors. Since there are so many teaching the same courses it helps knowing if one was recommended by other students. Ultimately TRIO helps with resources to just get you through college. The community in there makes you feel so welcome. There is a huge diversity of members and we all need just a little extra help to succeed here. TRIO gives you opportunities to be a part of campus and build rapport with teachers and other students. I have made friends in TRIO as well as a sense of belonging on campus. I am only a sophomore but I know when I

make it to that final semester, I will have TRIO to thank for that!” *Amie, Sophomore*

TRIO gives you opportunities to be a part of campus and build rapport with teachers and other students. I have made friends in TRIO as well as a sense of belonging on campus.

“Before TRIO SSS, I wasn’t entirely sure what my aspirations were, all I knew is that I liked working in the library. Talking with my peer coach made me realize how necessary it was to have a mentor. A couple of years ago, I started a non-profit where I supervise teen volunteers. Now, I am taking it more seriously and helping to mentor them and prepare them for the workforce. One of my volunteers recently got his first job and cited my mentorship as to why he has been able to progress so quickly. I’m glad that I can pass on the work that TRIO SSS did for me to the youth in my area. I have taught them valuable skills for the workforce, including interviewing, resume writing, using a cash register, and breaking down obstacles into smaller goals.”

Destiny, Senior

Talking with my peer coach made me realize how necessary it was to have a mentor. I’m glad that I can pass on the work that TRIO SSS did for me to the youth in my area.

“A couple years ago someone suggested TRIO. I have been struggling to keep going as I feel like I have been attending classes FOREVER. As someone

who can usually only enroll half time, this has been much more of a marathon than initially expected. Maintaining interest and drive had been a challenge. This year connecting with my Peer Coach really helped me stay focused and she even helped me apply to graduate with my Associate's as a benchmark on my way to the Bachelor's degree. This has reinvigorated my drive as I feel like I am actually achieving something. Additionally, making decisions regarding classes has been hard and having someone to bounce ideas off of has been helpful.”

Deidrah, Senior

I have been struggling to keep going as I feel like I have been attending classes FOREVER.

Connecting with my Peer Coach has reinvigorated my drive as I feel like I am actually achieving something.

“My new life began at Hope, Maine’s first residential treatment facility for survivors of human trafficking. After several months of healing within the supportive environment, I started attending the University of Maine at Augusta, Bangor Campus. The Associate Dean suggested I join TRIO after hearing my personal story. After meeting Dr. McCue-Herlihy I knew that UMA-Bangor and TRIO were the right place for me. Dr. McCue-Herlihy helped me break through the stigma of being a survivor of sex trafficking and become the woman I am today. TRIO encouraged me to take chances and become more involved on the Bangor campus and in the Bangor community. I have always felt comfortable sharing my achievements and my challenges with the TRIO staff who have always been by my side to celebrate with me or to assist.” *Catherine, Senior*

TRIO encouraged me to take chances and become more involved on campus and in the community. The TRIO staff have always been by my side to celebrate with me or to assist.

“My very first semester back I took the COL 100 class and was blown away by the skills I was able to learn. This helped me to gain familiarity with some of the TRIO faculty, which became a huge door opener for me. I was able to address some of the biggest insecurities that I had facing school and meet regularly with my advisor to come up with and maintain a plan to get me through those hurdles. It had been years since I was last in school and my memory wasn’t the greatest in the first place. I struggled to find study habits that worked for me, I had difficulty staying focused, I battled depression and anxiety, and I lacked grit. Between COL 100, meeting with my advisor, and forming friendships in TRIO, I was finally able to start building my confidence in myself.” *Melissa, Sophomore*

I was able to address some of the biggest insecurities that I had facing school and meet regularly with my advisor to come up with and maintain a plan to get me through those hurdles.