What is SSS?
Student Support Services (SSS) is a federally funded TRiO program, one of two at the University of Oregon. As a college retention program, SSS helps undergraduates meet the rigors of higher education and graduate from UO. The program is designed for students whose socioeconomic backgrounds, educational records, and personal situations suggest they may experience challenges at the UO that could be alleviated with use of resources offered by SSS.

Eligibility is based on federally defined criteria:

- neither parent earned a bachelor’s degree
- family meets low-income qualifications
- a documented disability, as verified by UO AEC

Each SSS participant must meet at least one of the above criteria and also be:

- a US citizen or permanent resident
- admitted and enrolled, or eligible to be enrolled, at UO in the current or next academic term
- pursuing a first bachelor’s degree
- in need of academic support
- committed to using academic support to earn a UO degree

When should I apply?
Applications are accepted throughout the year. Because program size is limited, it is advisable to apply early in the year. Please answer all sections of the application. Your responses are necessary to determine program eligibility and will be kept confidential. Clear print in ink is appreciated.

Application & Selection Process:
- Complete and return the attached application to 68 PLC.
- Schedule and complete an initial conference with an SSS advisor. Complete Mindset Inventory form.
- Meet with the program director to discuss program referrals and confirm program status.
- Check email for additional information and recommendations.

The U.S. Department of Education provides more information about TRiO and eligibility requirements online: <http://www2.ed.gov/about/offices/list/ope/trio/index.html>. For guidance with the application process, contact the UO SSS office.

How can SSS help?

Advising:
- Course Selection
- Choosing Majors & Careers
- Developing Graduation Plans
- Graduate School Preparation

Academic Support:
- Workshops & Courses
- Tutoring
- Writing, Math & Study Skills Assistance

Financial Assistance:
- Financial Literacy Workshops
- Grant Aid & Scholarships
- FAFSA Forms & Scholarship Applications

Personal:
- Stress Reduction Workshops
- Personal Counseling

Space and Referrals:
- Study Area with Computers & Printer
- Connections to Useful Resources

Mentors and Friendship!

Contact
Student Support Services
University Teaching and Learning Center (TLC)
68 Prince Lucien Campbell Hall (PLC)
TRIOSSS@uoregon.edu
Phone: 541-346-3226
Fax: 541-346-2184
tlc.uoregon.edu/sss

Mailing Address
Student Support Services
University Teaching and Learning Center
1213 University of Oregon
Eugene OR 97403-1213

The University Teaching and Learning Center is committed to upholding the ideals of open inquiry by encouraging the exploration, engagement, and expression of divergent perspectives and diverse identities.
SSS Student Application

<table>
<thead>
<tr>
<th>First Name</th>
<th>MI</th>
<th>Last Name</th>
<th>Preferred First Name</th>
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<table>
<thead>
<tr>
<th>UO ID#</th>
<th>SSN*</th>
<th>Birth Date</th>
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Local Address:  

<table>
<thead>
<tr>
<th>(street)</th>
<th>(city)</th>
<th>(state)</th>
<th>(zip)</th>
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Permanent Address:  

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<thead>
<tr>
<th>(street)</th>
<th>(city)</th>
<th>(state)</th>
<th>(zip)</th>
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</table>

Local Phone: _______________________________  Permanent Phone: ___________________________

UO Email: _________________________________  Alternate Email: _____________________________

Reliable Contact Person (likely to know how to reach you when you leave UO):

Name: _______________________________________  Relationship: __________________________________________

Phone: ______________________________________  Email: _______________________________________

Address: _________________________________________________________________________________________

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<tr>
<th>(street)</th>
<th>(city)</th>
<th>(state)</th>
<th>(zip)</th>
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</tbody>
</table>

Best way to contact you (check all that apply):  

- Email  
- Phone  
- Letter

How did you learn about UO SSS? ________________________________________________________________

NEEDS AND GOALS

Please identify areas of ACADEMIC need:

- [ ] Math
- [ ] Foreign Language
- [ ] Reading
- [ ] Writing
- [ ] English Proficiency
- [ ] Computer Skills
- [ ] Research Skills
- [ ] Others __________________________________________

Graduation Plan:  

- [ ] I have a grad plan.  
- [ ] I would like to work on a plan.

ADVISING need:

- [ ] Course Selection
- [ ] Major/Minor
- [ ] BA/BS Decision
- [ ] General Ed. Req.
- [ ] Graduate School

What OTHER FACTORS are influencing your academic success?

Financial:  

- [ ] Budget
- [ ] FAFSA
- [ ] Grants & Scholarships
- [ ] Loans, Debt & Credit

Personal Issues:  

- [ ] Stress Management
- [ ] Substance Abuse
- [ ] Relationships
- [ ] Anxiety or Depression

Grad School:  

- [ ] Plans
- [ ] Applications
- [ ] Funding

Other:  

- [ ] Commute 20+ miles
- [ ] Career Planning
- [ ] Goals/Decision Making
- [ ] Health Issues
- [ ] Family Responsibilities

If you feel uneasy at UO, what causes you discomfort?

- [ ] Academic Skills
- [ ] Academic Standards
- [ ] UO Bureaucracy
- [ ] Other: _____________________________________________________________________

- [ ] Eugene Transition
- [ ] Cultural Climate
- [ ] Family
- [ ] Age

- [ ] Finances
- [ ] Housing
- [ ] Religious Affiliations
- [ ] Race/Ethnicity Factors
- [ ] Sexual Orientation/Gender Identity

1/2016
Please answer the following questions with a short paragraph or two.

1) What personal goals and career objectives motivate your enrollment at UO? (Please include post-graduation plans.)

2) What is the most likely complication that might delay your graduation or keep you from leaving UO fully satisfied?

3) How do you expect to use SSS resources to help you reach your goals and address challenges?
**Self-Assessment:** As you respond to the statements below, be as honest as possible. Your responses will be used to help determine what services may be useful for you. Your responses will not influence your eligibility to participate in Student Support Services.

Rate each statement below on a scale from 1-5 (1: Strongly Disagree, 2: Disagree, 3: Neither Agree nor Disagree, 4: Agree, 5: Strongly Agree)

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neither Agree nor Disagree</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>I question whether I belong at UO</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I feel comfortable at UO</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>When studying and completing assignments, I am generally able to concentrate</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>When studying, my mind wanders to outside worries and concerns, making it hard to focus</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>When I really want to do something, I usually find a way to succeed</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I often feel helpless dealing with problems in my life</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I don’t want others to know when I’m struggling with a course and tend not to reach out for support</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I have the confidence to attend office hours or seek study groups when I’m struggling</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>If my grades are lower than I expect, I have difficulty identifying what part my own actions play in the outcome</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>If my grades are lower than I expect, I re-assess my strategies and effort in the course</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Statement</td>
<td>Strongly Disagree</td>
<td>Disagree</td>
<td>Neither Agree nor Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
</tr>
<tr>
<td>--------------------------------------------------------------------------</td>
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<td>---------------</td>
</tr>
<tr>
<td>If I scored poorly on a mid-term exam, I would likely visit office hours or seek out other kinds of additional support</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>If I scored poorly on a mid-term exam, I would likely be discouraged and wonder if I really belonged at UO</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>If I fell behind or got discouraged, I might skip class or avoid completing assignments</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>If I fell behind or got discouraged, I would be comfortable seeking help or guidance</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>If I make a mistake, I often think, “I can’t do anything right!”</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>If I make a mistake, I often think, “Slow down and try again!”</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>When taking a course whose subject area is outside of my comfort zone, I feel tense and question my ability to succeed</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>When taking a course outside of my comfort zone, I feel confident that I can pass with extra time, effort and support.</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I usually feel comfortable getting to know a few classmates</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>I usually slip in and out of class as quickly as I can</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>
DEMOGRAPHIC INFORMATION

Gender:  
- [ ] Female  
- [ ] Male

Ethnicity: Hispanic or Latino  
- [ ] Yes  
- [ ] No

Race - check those that apply:  
- [ ] American Indian or Alaska Native  
- [ ] Asian  
- [ ] Black or African American  
- [ ] White  
- [ ] Native Hawaiian or other Pacific Islander

Citizenship - check one:  
- [ ] U.S. Citizen  
- [ ] Permanent Resident - number: ____________

Are you currently working?  
- [ ] No  
- [ ] Yes: # of hrs? ______  
Work Study?  
- [ ] No  
- [ ] Yes

Please answer each of the following questions. Your responses help guide allocation of resources.

- [ ] No  
- [ ] Yes  
Are you a parent? If yes, ages of children ____________

- [ ] No  
- [ ] Yes  
Is English a non-native language for you? If yes, what is your first language: ____________

- [ ] No  
- [ ] Yes  
Are you a Veteran? If yes, are you receiving VA Benefits:  
- [ ] No  
- [ ] Yes

- [ ] No  
- [ ] Yes  
Are you a foster child or are you receiving VA Benefits:  
- [ ] No  
- [ ] Yes

- [ ] No  
- [ ] Yes  
Are you currently homeless (living in a shelter, motel, car or temporarily with other people)?

- [ ] No  
- [ ] Yes  
Do you have a documented disability? If yes, have you established eligibility for accommodations through UO Accessible Education Center?  
- [ ] Yes, it’s established  
- [ ] Plan to this term  
- [ ] No

SSS students may establish eligibility for participation based on parents’ level of education. Answer below only for parent(s) or guardian(s) with whom you primarily lived before age 18. For other circumstances, please provide an explanation.

<table>
<thead>
<tr>
<th>Parents’ Educational Background</th>
<th>Parent/Guardian 1</th>
<th>Parent/Guardian 2</th>
<th>(if applicable)</th>
</tr>
</thead>
<tbody>
<tr>
<td>High school graduate:</td>
<td>No     Yes</td>
<td>No     Yes</td>
<td></td>
</tr>
<tr>
<td>Attended college:</td>
<td>No     Yes</td>
<td>No     Yes</td>
<td></td>
</tr>
<tr>
<td>Earned a four year college degree (equivalent to a Bachelor’s):</td>
<td>No     Yes</td>
<td>No     Yes</td>
<td></td>
</tr>
<tr>
<td>Explanation of other circumstances:</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Student Signature: ____________________________  Date ____________
FINANCIAL ELIGIBILITY

Federal legislation requires that TRiO programs verify the financial eligibility of applicants before they can be admitted. In some cases, the federal financial aid form (FAFSA) on file with the university does not provide the information we need. To avoid unnecessary delays, and to be sure you have access to all possible helpful resources, this section must be complete, or see below for alternatives.

Verification requirements for TRiO vary depending on whether students are independent or dependent. Please check 1 or 2 to determine how to best determine your eligibility status.

Information for the previous tax year, 20___:

1. ___ I was an independent student (typically age 24 or older, married or emancipated; parental income is not reported on the FAFSA): complete and sign Part A.

- or -

2. ___ I was a dependent student (younger than 24, unmarried or not emancipated; parental income is reported on the FAFSA): complete and sign Part A and my parents complete and sign Part B.

<table>
<thead>
<tr>
<th>Part A – Student</th>
<th>Part B – Parent/s</th>
</tr>
</thead>
<tbody>
<tr>
<td>State of Residence:</td>
<td>State of Residence:</td>
</tr>
<tr>
<td>*Total # of Exemptions:</td>
<td>*Total # of Exemptions:</td>
</tr>
<tr>
<td>°Taxable Income (if married, include spouse’s income): $</td>
<td>°Taxable Income (combined parental income or custodial parent/guardian): $</td>
</tr>
<tr>
<td>Student Name (please print)</td>
<td>Parent/Guardian Name (please print)</td>
</tr>
<tr>
<td>Student Signature</td>
<td>Parent/Guardian Signature</td>
</tr>
<tr>
<td>Date</td>
<td>Date</td>
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</tbody>
</table>

* Exemptions: Form 1040 line 6D or Form 1040A line 6D.

° Taxable Income: Form 1040 line 43, or Form 1040 A line 27, or Form 1040 EZ line 6. This is not the Adjusted Gross Income for FAFSA.

If you or your parent/guardian did not file taxes, please write “did not file” in the Taxable Income box. A copy of signed federal tax forms can substitute for Parts A/B. Additional copies of this section are available on our website or in our office. All financial information must be received before eligibility can be determined. If necessary, you may submit the application and financial eligibility separately, please write “submitting separately” or “check FAFSA” in the Taxable Income box for Part A and/or B.

SIGNATURE FOR TRiO ACCESS AND SERVICES

I understand that SSS professional staff have access to information relevant to my academic status: admissions data, registration information, transcripts and grades, financial aid verification, disability documentation and updates from professors or counselors. This information will be used to confirm my eligibility for SSS; for participants, it is used on an ongoing basis to monitor progress and identify needs related to personal and program goals.

I also understand that participation in SSS is limited to students who are committed to earning a UO Bachelor’s degree in six years (or less) and regularly using relevant resources each term.

Student Signature: ___________________________  Date ______________

Information on this application form is collected in order to track and evaluate participant progress and to administer the program. Providing information on this form is voluntary; the data will be retained in the program files and may be released as requested to Department of Education officials in the performance of their official duties in accordance with the Privacy Act of 1974/Title IV of the Higher Education Act of 1964.