TRiO Student Support Services

There is no cost to participate in the Student Support Services Program for students with disabilities. If you would like to receive more information, or are interested in participating, contact the TRiO advisors at 619-594-9447 or email them at trio_sss@sdsu.edu.



Physical Office Location:

5700 Hardy Ave., San Diego CA 92115
Suite 3800
(located on the 3rd floor)

SCAN ME

SDSU Campus Map

Hours:

Monday - Friday, 8 a.m. - 4:30 p.m.
Appointments recommended,
limited drop-in appointments.

Email:

trio_sss@sdsu.edu

Office Numbers:

TRiO: 619-594-9447
SDS Main Office: 619-594-6473
Fax: 619-594-4315

Mailing Address:

Student Disability Services
San Diego State University
5500 Campanile Drive
San Diego, CA 92182-4740

Website:

sds.sdsu.edu/trio

SDSU
Student Affairs and Campus Diversity
Student Disability Services

SDSU | San Diego State University

Apply to TRiO with these 3 steps:

STEP 1: Review our website for program information and requirements.

1 SCAN ME

sds.sdsu.edu/trio

Must satisfy all of the following:

- Active undergraduate SDSU student and
- Be a U.S. Citizen or Permanent Legal Resident and
- Have a permanent documented disability (Verification must be on file at Student Disability Services)

At least one of the following:

- A first-generation college student (meaning neither parent has graduated from a four-year institution)
- Low income (as defined by the Department of Education)
- Need for instruction in academic skills and strategies

STEP 2: Complete TRiO application and email it to trio_sss@sdsu.edu

2 SCAN ME

sds.sdsu.edu/trio-application

STEP 3: Schedule your TRiO Intake appointment.

After you submit your TRiO application, you will receive an email from one of our advisors. In their response, they will include a link where you can schedule your intake appointment. Once you receive that email, simply click on the link and choose a time that works best for you.



Our Staff

The Student Support Services Program values the diversity of the students it serves and employs staff who are sensitive to the needs of program participants. All staff members have extensive knowledge and experience providing support services to students with disabilities.

09/25 (286)

TRiO Student Support Services

Student Disability Services



Our Mission

To foster an institutional climate supportive of undergraduate students with disabilities by enhancing academic performance, increasing retention and graduation, promoting financial literacy, and facilitating entrance into graduate programs or the workforce.

What is TRiO Student Support Services?

(Directly connected to Student Disability Services)

TRiO SSS is a federally-funded group of outreach programs developed to increase participation and provide academic support to students in higher education. The first SSS grant to serve students with disabilities at SDSU was received in 1978. Currently, the TRiO SSS Program serves 225 students each year by supplementing legal accommodations through intensive, individualized support services to students with documented disabilities.

- TRiO SSS goals are to assist, retain and graduate participants.
- TRiO SSS staff members are committed to the success of our students.



TRiO
Student Support Services



Benefits of the TRiO Student Support Services Program

Services and opportunities provided by the program include the following:

- Academic advising and access to mentoring, coaching, and advising with an assigned SDSU student mentor.
- Individualized in-person and online tutoring.
- Weekly workshops on writing, test taking, study skills and more.
- Guidance in completing the FAFSA application, financial awareness and budgeting resources.
- Graduate school preparedness and the application process.
- Free printing, study and school supplies (scantrons, flashcards, green books, pencils, pens, highlighters and more).
- A small, cozy student center with Mac/PC computer stations.

Academic Advising

One of the key components of the TRiO SSS Program is academic advising. The SSS Program Advisor is available to meet with students to discuss pertinent support services and offer guidance in:

- Course selection
- Maintaining academic performance
- Meeting university requirements
- Seeking scholarship resources
- Graduate school preparedness and application process
- Completing the free application for Federal Student Aid (FAFSA)

Workshops

The program offers weekly workshops to maximize opportunities for success. Previously presented workshops include:

- Time management
- How to write an essay
- Public speaking 101
- Learn how to budget
- How to effectively study
- Test-taking strategies
- How to network in college
- How and when to talk to your professors about accommodations

Financial Awareness and Management

The TRiO staff is here to guide you through these topics in one-on-one meetings. Another key component of the TRiO SSS Program is financial literacy. Participants meet with program staff to discuss pertinent support services and receive guidance in:

- Completing the free application for Federal Student Aid (FAFSA)
- Seeking scholarship resources
- Loans
- Scholarships
- Personal budgets
- Savings
- Long-term planning
- Paying for graduate school
- Developing good credit

You can be confident that your questions will be addressed in a confidential setting, and you'll take away a better understanding of using finances to help achieve your short and long-term goals.

Peer Tutoring

The TRiO SSS Program offers in-person and virtual one-on-one tutoring in writing, math, and a variety of other academic subjects. Program mentors, coaches, and tutors help participants build the skills needed to meet the university's basic writing and math requirements. The program also connects participants with peer tutors for support in specialized subjects across campus.



Peer Mentoring

The TRiO mentoring program is to promote college success for incoming, low-income, first-generation students with disabilities. The program provides supportive, one-on-one relationships to help transition into SDSU. Other goals include helping students to develop a strong SDSU student identity, identify important college adjustment issues, become engaged and involved in leadership development while identifying and exploring academic and professional goals.



sds.sdsu.edu/services/trio