

TRIO at UT Martin in a Nutshell



The TRIO SSS program at UT Martin offers the following opportunities for TRIO students to assist them in developing skills, personal habits, and relationships that will lead to academic, professional, and personal success. Below are the main program components.

- ❖ Stepping stone activities
 - Develop and maintain a portfolio by using Act Discover online
 - Study Halls – require 10 hours per semester – this is over a 14 week semester
 - Workshops – require two per semester – eight available via website
 - Communications
 - Graduate School: Points to Ponder
 - Interview Preparation
 - Listening and Note Taking
 - Professional behavior and attire
 - Resume writing
 - Self Management to Earn Good Grades
 - Stress Management
 - Study Skills
 - Test-taking skills
 - Time Management
- ❖ Bi-weekly conference with TRIO advisor – Required
- ❖ Career and personal counseling
- ❖ One-on-one tutoring beyond the established academic labs[- After Effort Certification
- ❖ Peer Mentors – Apply from TRIO Website
- ❖ Awards Picnic and Family Day for successful Freshman and Families to Bridge to Sophomore year
- ❖ Field Trip to Nashville for successful Sophomores to Bridge to Junior year
- ❖ Field Trip to St. Louis for successful Juniors to Bridge to Senior year
- ❖ Formal Dinner for successful Seniors to Bridge to Career or Graduate School