Handout: Resources & Support Services To Navigate Your Way

Successful college students use a variety of available resources such as tutoring, informal student study groups, meeting with professors during office hours, meeting with an academic advisor, and asking for help when they need it. There are many free resources to help students transition to college and get personal, health, financial, and academic support. If you are a first-generation student,meaning you arethe first person in your family to go to college, colleges may have programs designed just for you.

* **TRiO Student Support Services Program (TRiO SSS)** is offered at many community colleges and four-year schools. This program is for students who are low-income, first-generation, or have disabilities. TRiO provides tutoring, teaches study skills, and offers academic counseling. This program helps students navigate the college system and offer social and cultural events to help students build a supportive social network.
* **College Assistance Migrant Program (CAMP)** helps students who are children of seasonal workers. CAMP offers counseling, tutoring, skills workshops, financial aid stipends, health services, and housing assistance.
* **Campus Disability Service Offices** help provide assistance (placement testing, classroom, assistive technology, and more) for students with disabilities.
* **First Year Experience** is a program offered by many schools. This programcan help students transition to college throughout their first year. It is free and open to all.
* There are also **free tutoring** and **writing centers,** as well as, **career counseling** and **academic advising** for students at all schools. Most schools have a **mental health counselor** and **health facility** on campus.

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| **My Resources** | |
| This list identifies common student support resources found at college. Review your college or university’s website. Identify what supports you may need, and what is available on your campus. You may add to or edit this list. NOTE: Each college website is different; however, there are usually four main tabs: Admissions, Academics, Student Life, and Student Services. | |
| **SUPPORT AREA** | **DETAILS OR LINK TO INFORMATION** |
| **ACADEMIC** | |
| Academic Advising |  |
| Tutoring/Academic Support Services |  |
| **ON-CAMPUS SUPPORT SERVICES** | |
| Disability Services |  |
| LGBTQ Services and Support |  |
| New Student Programs, like First Year Experience |  |
| Peer Affinity Groups Like DREAMer, 1st Gen Support Groups, etc. |  |
| Student Advisors/Support Services Team/Liaisons |  |
| TRiO |  |
| Programs for Youth/Alumni of Foster Care |  |
| **FINANCES** | |
| Fee Waivers (Applications, Activities) |  |
| Financial Aid Office |  |
| Scholarship Office |  |
| Student Employment |  |
| **RESIDENTIAL HOUSING** | |
| Gap Housing or Year-Round Housing Options |  |
| LGBTQ Housing (Gender-Neutral Dorms, Alternatives to Campus Housing) |  |
| On-Campus Family Housing |  |
| **HEALTHCARE** | |
| Counseling Services |  |
| Health Center |  |
| **LOGISTICS** | |
| Campus Map |  |
| Childcare Availability and Cost |  |
| Computer Labs |  |
| On-Campus Food Banks |  |
| Transportation Support |  |
| **SOCIAL** | |
| Diversity & Events Outreach |  |
| Student Leadership Office/Student Life/Student Clubs and Organizations |  |