A comprehensive university in Grand Junction, Colorado Mesa University provides rigorous educational opportunities through small class sizes and high levels of student/faculty interaction.

Students have the opportunity to build one-on-one relationships with teachers dedicated to providing the tools to succeed. An education at CMU offers value through more than 100 majors at the undergraduate and graduate levels enabling students to discover and pursue their dreams.

Since the institution was founded in 1925, it has been guided by a commitment to provide the highest quality education in a student-centered environment. This principle continues to lead the university into the future.

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What TRiO-SSS Can Provide for You:

**Academic Support**
- Academic Advising
- Individualized Tutoring
- Academic Skill Building Workshops (i.e. study skills, note taking, test taking)
- Registration Assistance
- Technology Resources
- Free Printing

**Financial Planning**
- Financial Aid Advising
- Scholarship Assistance
- Personal Financial Literacy

**Home Base**
- On Campus Community
- Individualized Attention
- Access to Private and Group Study Areas
- Community Building Activities
- Community Service Activities

**Personal Development**
- Time and Stress Management
- Goal Setting and Action Planning
- Cultural Enrichment Activities
- Professional Mentoring
- Peer Academic Coaching

**Professional Development**
- Career Exploration
- Leadership Development
- Graduate School Preparation
- Employment Readiness

TRi-O-SSS is a program designed to help you succeed in college and successfully complete your educational goals.

Here is what some participants have to say:

"TRiO gave me access to opportunities I never would have been exposed to otherwise."

"The workshops that focus on time management and organization were invaluable."

"TRiO helps me stay motivated to succeed and acts as a home base on campus."

Am I Eligible?

To be eligible for TRiO-SSS services, a student must:

1. Be enrolled in a four-year degree program.
2. Demonstrate academic need.
3. Be a citizen or permanent resident of the U.S.
4. Have one or more of the following qualifier(s):
   - Neither of my parents graduated from a four-year college.
   - I am a student who is economically disadvantaged.
   - I am a student with a disability.

Your Commitment

This program is geared toward helping you achieve your full academic potential. If selected for this program, you will be making a commitment to your academic success. This is accomplished through participation in tutoring, academic coaching, and/or academic advising as needed.

The United States Department of Education funds Colorado Mesa University at 98% at $1.1 million for a five year grant cycle. The remaining 2% is non-federal funding from CMU, at $23,600.