



TRIO

STUDENT SUPPORT SERVICES

TRIO SSS Non Cognitive Factors

The COTO TRIO SSS program can assist you in strengthening your non cognitive factors in the following areas:

1. Academic Behaviors: Going to Class, Doing Homework, Organizing Materials, Participating, Studying
2. Academic Perseverance: Grit, Tenacity, Delayed Gratification, Self-Control
3. Academic Mindsets: I belong in this academic community, My ability and competence grow with my effort. I can succeed at this. This work has value to me.
4. Learning Strategies: Study Skills, Metacognitive Strategies, Self-Regulated Learning, Goal-Setting.
5. Social Skills: Interpersonal Skills, Empathy, Cooperation, Assertion, and Responsibility.