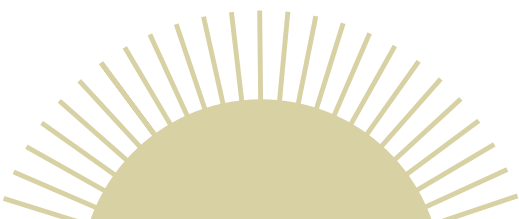


SSP Graduates

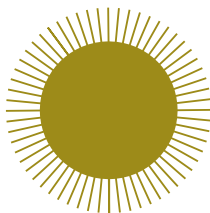
Since 1988, the Self-Sufficiency Program (SSP) has prepared single-parents and other adults for success at UW-La Crosse, Viterbo University, Western Technical College and other regional schools. **Funded our Locally Grown Scholarships to support eligible SSP graduates in their first semesters at college.**

SSP graduates earn degrees and careers in nursing, education, law, medicine, social work, AODA counseling, public administration, and many other fields. Their children want to go to college, too. **Lives are changed — two generations at a time.**



“Other people say ‘you can do it,’ but the SSP staff really showed me how on a one-on-one basis. In a way, they ‘held my hand’ and ‘walked me through.’ Without SSP I would not be where I am today in my studies. I am sure I would’ve seen the obstacles as too big, but the instructors showed me how to break things down step-by-step. I am very thankful this program exists and would hope that many can benefit from it in the future.”

— Lisa Bulman, Western Technical College student —



Self-Sufficiency Program

FREE ONE-SEMESTER PROGRAM

CONTACT INFORMATION

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Self-Sufficiency Program is an outreach program
of the Women's, Gender and Sexuality Studies
Department at UW-La Crosse



SSP POLICY OF NON-DISCRIMINATION

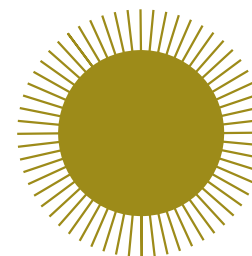
The Self-Sufficiency Program administrators and the SSP Locally Grown Scholarship Fund committee are committed to a policy of providing equal opportunity to all qualified persons regardless of race, religion, creed, color, national origin, ancestry, age, sex, marital status, pregnancy, sexual orientation, gender identity or expression, political affiliation, physical disability, mental disability, veterans status, or membership in the national guard, state defense force or any other reserve component of the military forces of the United States or this state.

“You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You must do the thing you think you cannot do.”

— Eleanor Roosevelt —



FREE ONE-SEMESTER PROGRAM



Self-Sufficiency Program

Thinking about college?
Wondering where to start?

MAKE SSP YOUR FIRST STEP!

www.uwlax.edu/ssp



About SSP

PRE-COLLEGE FOR ADULTS:

- » No cost program
- » Childcare provided
- » Small class size
- » Meets weekly for 13 weeks
- » Starts each September and February

SSP HELPS YOU:

- » Identify your career and educational goals
- » Explore area colleges, programs, and supports
- » Learn how to apply for college and financial aid
- » Get ready for college level work
- » Gain confidence and support to shape your future!

Is SSP for you?

SSP IS FOR YOU, IF YOU:

- » Possess a high school diploma, GED or HSED
- » Face economic barriers
- » Desire family-supporting career options
- » Want to learn and grow!

YOU MAY:

- » Be parenting or not
- » Have prior college credits or associate's degree

Apply

ONLINE

www.uwlax.edu/ssp

REQUEST AN APPLICATION

ahansen@uwlax.edu

608.785.8733

No application fee

Applications accepted year-round

"SSP gave me the courage to walk through the doors with strength and confidence. I'm so grateful for the SSP."

— Barb Pollack, UW-La Crosse graduate —



"Being a single-parent, SSP was the only answer for me to better my children's life. I have set a heck of a great example for my kids. They know they can only achieve their dreams if they follow my footsteps toward a college education ... The most important thing about SSP and college is I have learned my own self-worth. I'm making an investment in my life."

— Sammy Xiong-Vue, UW-La Crosse graduate —

www.uwlax.edu/ssp