

TRIO Alumni Action Steps: Sign, Call, Write, Post, Share!

SIGN

Right now, legislators are making their early decisions about federal funding for FY2026. Take a few moments and [add your name](#) to our TRIO alumni sign-on letter! We will present every office on Capitol Hill with a list that we hope will include thousands of names of alumni who have transformed their lives through the TRIO programs. Sign the letter [here](#).

CALL

Pick up the phone and **call your House Representative and U.S. Senators' offices**. It takes less than two minutes! Ask to speak with the education legislative assistant or leave a voicemail.

- Find your Members of Congress: [house.gov](https://www.house.gov) and [senate.gov](https://www.senate.gov)
- **What to say:**
“Hi, I’m a proud TRIO alumnus from [state]. I’m calling to urge Senator/Representative [Name] to protect and fully fund the Federal TRIO Programs in the FY 26/27 budget. These programs change lives — including mine — by providing critical access and support for students. Please stand with TRIO!”

WRITE

Draft a **personal letter or email** to your U.S. Senators and Representatives. Share how TRIO impacted your life and why continued funding matters for first-generation, low-income, and underrepresented students. Be specific: name your TRIO program (e.g., Upward Bound, McNair, SSS) and the real outcomes it delivered in your life. (More sample letters can be found below!)

- <https://www.congressweb.com/CFOE/13/>

POST

Share your voice on **social media** (Twitter/X, Instagram, Facebook, etc.) using the hashtags **#ProtectTRIO** and **#TRIOWORKS**. Tag your Members of Congress and share a short personal story or a photo from your TRIO days. (Social media contact information for each Member of Congress is available [here](#).)

- **Example posts:**
“I am a proud TRIO alum! Without TRIO, I wouldn’t be where I am today. Congress must protect TRIO funding in FY 26/27! #ProtectTRIO #TRIOWorks @YourSenator @YourRep”

“TRIO changed my life—plain and simple. As a first-gen college graduate, I know I wouldn’t be where I am today without the guidance, resources, and unwavering support TRIO gave me. With the proposed budget cuts for FY 26/27, students like me could lose that same opportunity. We must fight for programs that fight for us. #ProtectTRIO #TRIOWorks @YourSenator @YourRep”

“As a proud TRIO alum, I know the power of what TRIO can do—turning potential into success, and dreams into degrees. The FY 26/27 Presidential Budget puts TRIO at risk, and we can’t afford to lose the lifeline that helps low-income, first-gen, and underrepresented students thrive. Let’s raise our voices. Let’s protect what changed our lives. #ProtectTRIO #TRIOWorks @YourSenator @YourRep”

SAMPLE LETTER FROM A GRADUATING STUDENT

Dear Member of Congress,

My name is [Your Name], and I am proud to share that I will soon graduate with my [bachelor’s/master’s/associate’s] degree thanks to the life-changing support of TRIO. As a first-generation college student, I entered higher education full of hope but unsure how to navigate the overwhelming barriers in my path — from financial challenges to lack of academic guidance.

TRIO programs gave me the tools, mentorship, and resources to succeed. Through TRIO, I found a community that believed in me when I didn’t believe in myself. My TRIO advisors helped me apply for scholarships, guided me through course selection, prepared me for internships, and supported my mental health during the toughest times. Without TRIO, I would not be walking across that graduation stage — and I certainly wouldn’t be preparing to enter a career where I can give back to my community.

Please know: TRIO is not just helping *me*. It is lifting up thousands of students like me across the country — students who come from families with limited resources but who have unlimited potential. As you consider funding decisions, I urge you to continue strong, sustained investment in TRIO. This program shapes the future not just of individual students, but of entire families and generations.

Thank you for supporting TRIO and the countless students whose dreams it makes possible.

Sincerely,
[Your Name]
TRIO Student and Proud Graduate

SAMPLE LETTER FROM A CURRENT STUDENT FACING LOSS OF SERVICES

Dear Member of Congress,

My name is [Your Name], and I am currently a [year in school, e.g., sophomore] student enrolled in college — and I'm writing because I am deeply worried. My college's TRIO program has been critical to my success, but with potential funding shortfalls, my peers and I could lose access to the services helping us survive and thrive.

As a low-income, first-generation student, college was never guaranteed for me. Without TRIO, I would not have had the academic advising, tutoring, career counseling, or emotional support that has carried me this far. TRIO helped me secure financial aid, provided workshops on time management, and connected me with mentors who understand my background. These are not just "extra" services.

If TRIO loses funding, students like me will lose the support systems that keep us on track. This would not only jeopardize my education, but it would weaken the pipeline of talented, determined graduates entering our workforce and communities.

I urge you: please fight for TRIO. Protect the future of students who want nothing more than to succeed, contribute, and make their families proud. We need TRIO — and we need your help to ensure it continues for generations to come.

Thank you for your time and your commitment to students like me.

Sincerely,
[Your Name]
Current TRIO Student