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 —

“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 —
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