

Our Mission and Purpose

TRIO Student Support Services is an academic support program designed to increase the academic performance, retention and graduation rates of participants.

SSS offers academic advising, financial aid counseling, career/major counseling, personal support, one-on-one & group tutoring, academic support programs, computer training, mentoring programs and cultural/social activities.

**** Important Reminders ****

Tutoring slots available. Must be a participant. See Krista to sign up.

Cash Course everyone needs to complete this to be a part of TRIO.

ETS Success Navigator
Session number available
Contact Krista or Sharon

Sign up to be a Mentor or Mentee!
Contact Sharon Blackfox



Cries from the Basement



March 2018

STUDENT SPOTLIGHT

Trio is spotlighting **Cassandra Weeks** for the month of March.

Cassandra Weeks is a 21 year old who graduated from Catoosa High School in May 2014. She transferred from Oklahoma State University. Her nana, papa, mom, dad, sister, aunt, and cousins have all graduated with various degrees (mainly science degrees). Cassandra is continuing in her family's path of graduating from Northeastern State University with a degree in Science.

A couple of semesters ago, her dear friend Abbigail suggested that she look into TRIO, because there were many benefits of being a part of it. Cassandra looked into the program and immediately signed up for TRIO. Signing up for TRIO has been one of the best decisions, she has made here at Northeastern State University. Cassandra has accessed tutors,

used the computer area, and received other resources needed to help her succeed. Although TRIO has these many amazing benefits, the thing she loves the most about it, is that she feels welcome and safe every time she walks in. The many people that keep this program running and even the students are amazing individuals who really care and want the best for themselves and everyone else. TRIO strengthens and encourages her to be the best that she can be.

TRIO believes in you, Cassandra! You are such an amazing person for helping others and wanting to be a part of the TRIO family. We only see great things from you!



TUTORING is available! See
Krista.



UPCOMING EVENTS:

March 1 – Graduate Orientation

March 7 & 8 Motivation to Graduation Workshop!

March 13 – Mentoring Program Activity

March 15 – Applications for Graduation are due!

March 19-23 Spring Break!

March 29 – TRIO Day on NSU campus



GROUP TUTORING MONDAY NIGHTS 5-7PM

Group tutoring will be held Monday evenings from 5:00 pm to 7:00 pm at the TRIO Student Support Services office starting next Monday January 8th. There will be multiple tutors on hand and a variety of subjects will be covered. Come check it out and stay ahead this semester! ☺



MULTIPLE TUTORS

MULTIPLE SUBJECTS

INCLUDING
MATHEMATICS
& SCIENCE!

STARTING
MONDAY
JANUARY 8TH

START THE
SEMESTER OFF
RIGHT!

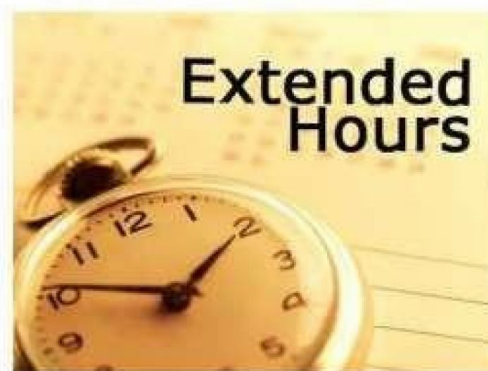
QUESTIONS?

Call 918-444-3035

or

Stop by the office.

TRIO SSS NEW OFFICE HOURS SPRING 2018



EFFECTIVE MONDAY, JANUARY 8, 2018

- Monday: 8 a.m. – 7 p.m.
- Tuesday through Friday: 8 a.m. – 5 p.m.

You asked, we delivered! Extended office hours on Monday's for the spring 2018 semester. Please note that if campus is closed the SSS office will also be closed. Times and days of extended hours are subject to change (notification will be sent out if changes are made).

Mentors develop
Leadership Skills



TRIO Mentoring Program

Will provide freshmen and sophomores with a one-on-one peer mentor who will give guidance and the essential skills to navigate through college and achieve overall success.

Mentees develop
Team building Skills



Interested in becoming a mentor or a mentee.
Contact Sharon at
blackfos@nsuok.edu
Or call 918-444-3037

Happy Birthday!
To those celebrating in March!

Lucy Barnett
Crystal Blossom
Alicia Cole
Jenna Gonzales
Maggie Lee

Whitney Martin
Heather Robinson
Jeriah Steward
Randilyn Thompson
Allison Turner



From Lena, Krista
& Sharon



How to create an FSA ID

The FSA ID — a username and password — has replaced the Federal Student Aid PIN and must be used to log in to certain U.S. Department of Education websites. Your FSA ID confirms your identity when you access your financial aid information and electronically sign Federal Student Aid documents. If you do not already have an FSA ID, you can create one when logging in to faisa.gov, the National Student Loan Data System (NSLDS®) at www.nsls.ed.gov, StudentLoans.gov, StudentAid.gov, and Agreement to Serve (ATS) at www.teach-ats.edu.



- Step 1** When logging in to one of the websites listed above, click the link to create an FSA ID.
- Step 2** Create a username and password, and enter your e-mail address.
- Step 3** Enter your name, date of birth, Social Security number, contact information, and challenge questions and answers.
- Step 4** If you have a Federal Student Aid PIN, you will be able to enter it and link it to your FSA ID. You can still create an FSA ID if you have forgotten or do not have a PIN.
- Step 5** Review your information, and read and accept the terms and conditions.
- Step 6** Confirm your e-mail address using the secure code, which will be sent to the e-mail address you entered when you created your FSA ID. Once you verify your e-mail address, you can use it instead of your username to log in to the websites.

Tip: Important: Only the owner of the FSA ID should create and use the account. Never share your FSA ID.

You can use your FSA ID to sign a FAFSA right away. Once the Social Security Administration verifies your information in one to three days, or if you have linked your PIN to your FSA ID, you will be able to use your FSA ID to access the websites listed above. For help, visit StudentAid.gov/fsaid.

Federal Student Aid
A FEDERAL PROGRAM OF THE U.S. DEPARTMENT OF EDUCATION

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Web Sites

TRIO Links

Online Application

<https://offices.nsuok.edu/studentssupportservices/SSSHome.aspx>

Cash Course

<http://www.cashcourse.org>

Online Workshops

<https://www.studentlingo.com/nsuok>

Graduate Orientation
at NSU!

FASFA Application

Reminder for the 2018-2019 Academic Year

The Free Application for Federal Student Aid (FAFSA) is awarded on a first come first serve basis, so apply as soon as possible.

Start applying after October 1, 2017 for the academic year 2018-2019. Using income tax information from 2016.

FAFSA <http://StudentAid.gov/fsaid>

FSA ID <https://fsaid.ed.gov>



Leaving for the Sherwin
Miller Jewish Museum!
Cultural Event Tulsa, OK.





Easy Microwave Potato Chips

These Easy Microwave Potato Chips are so crispy, crunchy and very snackable! You will love them, and they are ready in just minutes!

Author: Kristi

Recipe type: Appetizers

Ingredients

- 1 bag fingerling potatoes
- olive oil
- sea salt

Instructions

1. Wash and thinly slice fingerling potatoes on thin setting using a mandolin slicer.
2. Cover a microwave-safe plate with parchment paper. Brush olive oil on parchment paper (do NOT toss potato chips with olive oil!). Place potatoes in a single layer on the plate, being sure their edges do not touch (otherwise, they will stick together!). Sprinkle with sea salt.
3. Place in microwave and heat on high for 2 and ½ to 3 minutes*. Watch them closely to be sure they do not get to brown.
4. Remove from microwave and serve! Repeat process until all potatoes are crispy and crunchy!

Notes

*All microwaves are different in their heat settings. Be sure to watch and make sure your chips do not get to brown in color.

Recipe modified from The Kitchen on Food Network TV.

