

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 ****

**Limited tutoring available!
See Joe LaTurner**

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

**Cash Course needs to be
completed to participate in
TRIO!**

**ETS Success Navigator all
students need to complete!**

**Check with TRIO staff to see
what you need to complete!**

Cries from the Basement



November 2018

Student Spotlight



Quedon Baul Jr. is 20 years old and he is from Dallas Texas. He is a former collegiate athlete and now currently a mentor, model, youth leader and missionary worker. "Q" played football at Allen High School and earned several full ride scholarships to play Division 1 football to play at the next level. He had aspirations to play at the University of Southern California. Therefore, during this

time he had the opportunity to participate at some of the other schools he always dreamed of being a part of such as Oklahoma University, KU, Texas Tech, South Carolina, Baylor and TCU. Q's sophomore year in high school, he suffered from a severe knee injury, which caused him to transfer to a smaller school in Oklahoma. After that recovery process, he still managed to keep his scholarships but once ESPN and the NCAA pulled up his injury report most of the schools reduced his scholarship and turned it into a partial. So "Q" and his family decided they were going to take his talents to a junior college so he could reset his recruitment and eventually try to receive another full ride scholarship. He attended a school called Independence Community College and after the first season he found out the surgeon that did his ACL surgery did the surgery wrong. Therefore, after all the football adversity throughout his career he soon found his way to Northeastern State University to continue his education. His major is Entrepreneurship and Business Management. Q's goal is to

continue to make a difference in the Tahlequah community by inspiring others, and spreading positivity. He personally feels like TRIO has been very beneficial for him throughout his college career. A fun fact about "Q" he prays every night that people are able to overcome their struggles and that God leads them in the right direction.

TRIO supports you and admires your goals you have set for yourself and others. "Q" has faced many obstacles but does not let it define who he wants to become! TRIO is very proud of you "Q"!

**Your mind is
a powerful thing.
When you fill it with
positive thoughts,
your life will
start to change.**

MINDSET OF GREATNESS

Time Management

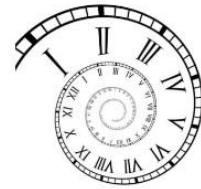


Workshop



November 27 & 28, 2018

Times for the workshop are from
11 a.m. to 5 p.m.



TRIO
STUDENT SUPPORT SERVICES

Spiro Mounds
Archaeological Center
November 30, 2018



Leave campus at 8 a.m.
Return approximately at 5 p.m.

Individual or Group Tutoring Available!

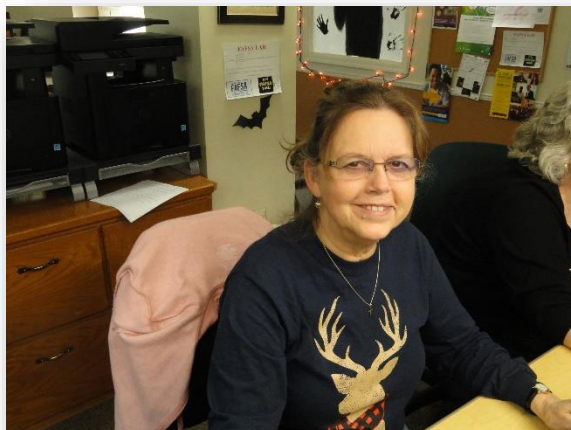
Come see Joe LaTurner

Finals are coming closer than you think;
make sure you have everything you
need to prepare for your Final Exams!



Reminders:

- November 14 – Last day to drop a class with a “W”**
- November 14 – TRIO serving Lunch**
- November 19 – TRIO Thanksgiving Dinner**
- November 21-23 Thanksgiving Break**
- November 27 & 28 - Time Management Workshop**
- November 28 - Mentoring Meeting**
- November 30 – Spiro Mounds Cultural Activity**





Mentoring program monthly meetings!

Mentoring Program Available for incoming Freshman and Sophomores!

Come see Sharon Blackfox



Juniors & Seniors
Sign up to be Mentors



From TRIO Staff:

Lena Deere
Sharon Blackfox
Joe LaTurner

Happy Birthday to those celebrating in November!

Ryan Blackbear
Andrea Cape
Teiya Carbajal
Xavier Erby
Yadira Flores
Timothy Gardenhire
Alana Gardenhire
Jesse Poole
Selena Vang
Madelyn Whittington



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 fafsa.gov, the National Student Loan Data System (NSLDS®) at www.nslds.ed.gov, StudentLoans.gov, StudentAid.gov, and Agreement to Serve (ATS) at www.teach-ats.ed.gov.



Step 1 When logging in to one of the websites listed above, click the link to create an FSA ID.

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

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
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION

PROUD SPONSOR OF
THE AMERICAN MIND

Web Sites

TRIO Links

Online Application

<https://offices.nsuok.edu/student-support-services/SSSHome.aspx>

Cash Course

<http://www.cashcourse.org>

Online Workshops

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



FASFA Application

Reminder for the 2019-2020 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, 2018 for the academic year 2019-2020. Using income tax information from 2017.

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

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

Ten Tips for Final Exams!!



1. **Don't cram.** Manage your time. Fill out a study schedule.
2. Plan at least two long review sessions for each class. Set goals. You can study individually or in a group.
3. Organize all of your course material.
4. Make a study list of all the topics that may be on the test. Consult your syllabus and the table of contents of your textbook. Allow more time for difficult topics.
5. Find or make a practice exam. Also, for math or science tests practice lots of problems.
6. Know the test. Talk to your professor about what to expect.
7. Review your old exams.
8. Avoid distractions.
9. Take breaks and exercise to maintain concentration.
10. Eat healthy & get plenty of sleep.

Slow Cooker Stuffing

- Prep 25 m
- Cook 8 h 55 m
- Ready In 9 h 20 m



Recipe By: Gayle Wagner

"This is an easy way to make 'extra' stuffing for a large crowd, saving stove space because it cooks in a slow cooker. Very tasty and moist!"

Ingredients

- 1 cup butter or margarine
- 2 cups chopped onion
- 2 cups chopped celery
- 1/4 cup chopped fresh parsley
- 12 ounces sliced mushrooms
- 12 cups dry bread cubes
- 1 teaspoon poultry seasoning

- 1 1/2 teaspoons dried sage
- 1 teaspoon dried thyme
- 1/2 teaspoon dried marjoram
- 1 1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 4 1/2 cups chicken broth, or as needed
- 2 eggs, beaten

Directions

1. Melt butter or margarine in a skillet over medium heat. Cook onion, celery, mushroom, and parsley in butter, stirring frequently.
2. Spoon cooked vegetables over bread cubes in a very large mixing bowl. Season with poultry seasoning, sage, thyme, marjoram, and salt and pepper. Pour in enough broth to moisten, and mix in eggs. Transfer mixture to slow cooker, and cover.
3. Cook on High for 45 minutes, then reduce heat to Low, and cook for 4 to 8 hours.

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