

## 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



February 2018

## STUDENT SPOTLIGHT

Trio is spotlighting Brandy Clopton for the month of February.



Brandy came from a small town in Southeastern Oklahoma called Hugo. When she was 17 she became pregnant with her first child who became the light of her life. Brandy had her daughter in April and graduated from high school in May, then left for the U. S. Navy in December. She was determined to become successful so that she could become a good mother and take care of her family. She missed her daughter a lot while being away from her and with Brandy being so young, the military turned out to be harder than she expected. Brandy stayed in the Navy for a couple of years and then released on an honorable

discharge. Once she was out, she had a difficult time finding herself; upon returning home she had to face the reality of her family's addiction and over the years it reared its ugly head at her. It was something she is not proud of but in 2011 she entered a rehab known as Monarch located in Muskogee, OK. After nine months of rehabilitation and raising her six year old daughter, she graduated from Monarch and turned her life around completely. Even in addiction, she knew she wanted to work with women and children that have been exposed to substance abuse. Ever since she has been in recovery she has been enrolled in college. She attended at Connors State College and received her Associates in General Education and then was accepted at Northeastern State University in the Social Work Program where she will graduate in May 2018. She is very pleased to say that she is now doing her practicum and working part-time at Monarch Inc., the very rehab she went to for her substance abuse issues. Her sobriety date is December 22, 2011 and is very proud of herself because

not only has she stayed sober but that she is doing what she loves, Brandy is helping women get clean and sober and becoming better mothers again.

Brandy was introduced to TRIO when a classmate told her about our program. She is a first generation student and also a non-traditional student. TRIO has helped her to have a place to come for tutoring, computers to use, a helping hand and even a listening ear when she needs it. TRIO has been an inspiration to her.

**You are an inspiration to us for your hard work and determination to show others you can overcome difficult obstacles in your life. Keep up the great work and we see nothing but success! TRIO WORKS!**



Brandy's Grandchildren

## TRIO DAY SERVICE PROJECT

Benefiting Citizens Caring for Children living in foster care.

Donations Accepted: Sizes Newborn to age 18

- New clothes, underwear & socks
- New Shoes
- Full size hygiene products
- New or used books

Due February 20, 2018

Donation box located in the TRIO office. Questions call Sharon or Krista. Thank you!

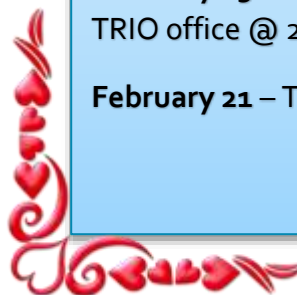
## Upcoming Events!

**February 8** – First Generation Student Organization (FGSO) Meeting UC 222 @ 5 pm

**February 9** – Cultural Event – The Sherwin Miller Museum in Tulsa, OK

**February 15** – Mentoring Meeting TRIO office @ 2pm

**February 21** – TRIO Day in OK City



## 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 8<sup>th</sup>. 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 918-444-3935

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).

**TUTORING**

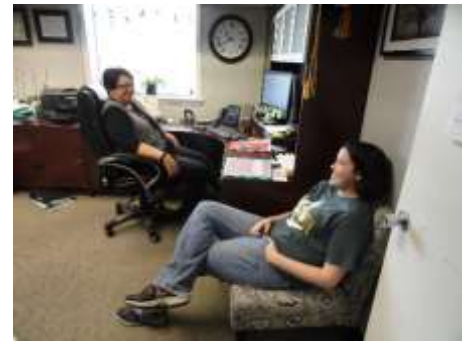
**WORKSHOP**  
Avoiding Plagiarism



Tutoring slots available! Contact the TRIO office and sign up for tutoring for the spring



Winner for attending workshop!  
Congratulations Jody Dallis!



**What's happening in TRIO!**



**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.

Mentors develop  
Leadership Skills

Mentees develop  
Team building Skills

Interested in becoming a mentor or a mentee.  
Contact Sharon at [blackfos@nsuok.edu](mailto:blackfos@nsuok.edu)  
Or call 918-444-3037



*Happy Valentine's Day*



**HAPPY BIRTHDAY**

To those celebrating in February!

**Jimmie Barnwell**  
**Edna Boggs**  
**Erica Brady**  
**Kristen Degase**  
**Marlene Diaz**  
**Meisha Edens**  
**Day Hall**

**Juliana Hull**  
**Brandy Love**  
**Matthew Petty**  
**Nicole Rodriguez**  
**Lucy Stone**  
**Victoria Turner**  
**Precious Wright**



**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 [fafsa.gov](http://fafsa.gov), the National Student Loan Data System (NSLDS®) at [www.nsls.ed.gov](http://www.nsls.ed.gov), [StudentAid.gov](http://StudentAid.gov), and Agreement to Serve (ATS) at [www.teach-ats.ed.gov](http://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.
- 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](http://StudentAid.gov/fsaid).

Federal Student Aid  
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION

PRIDE SPONSOR OF  
AN AMERICAN MINT

## 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 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>



# Breakfast Nachos

Gluten-free and easy to customize, these breakfast nachos are a fun way to change up your morning routine!

## Ingredients

- bell pepper, diced
- onion, diced
- black beans
- chicken sausage
- eggs
- avocado
- salsa
- cheese
- corn tortilla chips



## Instructions

1. Saute peppers, onions, chicken sausage and beans for 5 minutes. Push the mixture to one side of the pan and add eggs.
2. Cook until scrambled and mix well.
3. Spoon mixture over chips and top with cheese, avocado and salsa.
4. Serve warm.

by **Lindsay**

## Recipe Notes

Feel free to customize. Use your favorite veggies, leave out the meat or beans, etc to fit your liking.

If you're making a big batch, feel free to put them on a baking sheet and put them under the broiler for a few minutes once you add the cheese.

If you're making a smaller batch and want the cheese extra melty, pop your plate in the microwave for 30 seconds.

Happy  Valentine's Day!