

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.



Cries from the Basement



August, 2016

STUDENT SPOTLIGHT

WELCOME BACK



TRIO would like to take the time to showcase a participant and tutor for the month of August her name is Jayne` Gause, a senior majoring in Public Accounting with a minor in Management. She will be graduating in May, 2017, and obtaining enough hours to take the CPA Exam! She stays active at NSU through volunteering and leadership roles in various organizations including: Delta Mu Delta, Rho Theta Sigma, Entrepreneurship Club, NAB, and

Chi Alpha. Student Support Services has helped her get ready for the next big step in her life and ready for a career. Next summer she plans on interning at Eide Bailly, which is a regional accounting firm in Tulsa. She stays active in each organization which has helped her succeed and given her a different perspective on life. Student Support Services has given her an outlet to learn not only about education but about people and culture. Jayne stated that she would have never thought she would be here. When she says "here," she means at NSU, future graduate, the place she is standing at this moment. She knows in her heart it would not be possible if she didn't rely on GOD. He has given the support system she needed from friends & family, favor and strength to strive, not just to survive. She is awesome as a tutor and a resource person.

When you

Enter TRIO and this

Loving school

Consider yourself

One of the Special

Members of an

Extraordinary family

**** **Important Reminders** ****

Changes in Managing your BURSER account. How you would like to get your refund? (Page 4 of newsletter)

Planners available and ready to use! Pick up at our office.

Tutoring slots available. Must sign up and must have a completed file in the TRIO office.

Meet the Tutors for 2016-17



Left to Right:

Bethany Gallaway, Jayne Gause, Tomoyo Inoue & Jessece Deere

Tutors expertise range from Accounting, Math, Comp 1 & 2, Basic Computers, GPS and General Business. They also help with BlackBoard, computer training and smart board. When asked why they want to tutor? Jayne stated that, "I am hoping that before I leave that I can make a greater impact on the lives that I have come in contact with." As for Jesseca, she loves helping others and knows how hard it can be in classes. Group tutoring will be available for Algebra every Wednesday.

Tutoring slots available!

Contact Krista Boston at the TRIO Office located in the basement of Haskell Hall.

Tutoring sessions



Cultural Field Trip for summer session



Students who attended summer sessions had a chance to visit the Five Civilized Tribes Museum located in Muskogee, OK. They learned about the five tribes located in Oklahoma from cultural, traditional games, and clothing. They had a wonderful time experiencing something new.



HAPPY BIRTHDAY

To those celebrating in August!

Ashley Robertson

Kaitlin Napier

Brittany Hinojosa-Brown

Gaelen Rose

Ryan Brillhart

Dorena Terrapin

Ellen Kingfisher

Rachel Pertl

Breanna Gallagher

Danae Alexander



From Lena, Krista
& Sharon

New Refund Preference Required!

Let us know how you would like to receive your refund



Direct Deposit

DIRECT DEPOSIT TO YOUR EXISTING BANK ACCOUNT

- Use an existing checking or savings account
- Easy online enrollment process
- Provide your bank account information in our secure environment

REFUND DELIVERY TIMELINE

- Your funds will typically arrive in your account 1 to 2 days after being released by your school



DIRECT DEPOSIT INTO A NEW CASHBACK CHECKING ACCOUNT FROM DISCOVER BANK

- No account opening or monthly fees
- Debit card access to over 60,000 no-fee ATMs
- Cashback rewards
- Easy short online application process

Northeastern State University
Office of Bursar Services

Tahlequah: 918-444-2160
Broken Arrow: 918-449-6251
Email: nsuoba@nsuok.edu

Make Your Selection Now!

***** If you receive an error message while trying to select your refund preference you will need to log into goNSU and make sure that your PR (permanent) address is correct. PR (permanent) address must be active and correct for your preference to be updated. *****

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.nsls.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.
- 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
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION

PRIDE SPONSOR OF
THE AMERICAN MIND

Financial Aid

FASFA Application

Reminder for the 2016-2017
Academic Year

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

Start applying after October 1, 2016 for the academic year 2017-2018

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

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

10 Signs you're ready to go back to college

1. You talk to your stuffed animal like it's your roommate.
2. You've started wearing flip-flops in your own shower.
3. You've watched so much Netflix, you can feel your brain starting to melt.
4. You are craving Easy Mac and Ramen noodles.
5. Some nights your dreams take place in your school library - even though the only time you went in there was during finals week.
6. Sleeping in is starting to lose its glamour.
7. You've called one of your parents "professor" by accident.
8. You sort of miss socializing in the bathroom. It's too quiet.
9. You've beaten every level of Candy Crush. Twice.
10. You visited your old high school because you couldn't think of anything else to do.



What's new in TRIO!!

Group Tutoring for all students interested in Algebra! Every Wednesday from 2:30 pm to 3:30 pm.

Mentoring Program for freshman and sophomores. Mentors are upperclassmen. If you would like to participate or be a Mentor contact Sharon Blackfox for more information.

Cash Course is replacing Money Smart so make sure you have completed this requirement for being a TRIO participant.



Web Sites

TRIO Links

Online Application

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

Cash Course

<http://www.cashcourse.org>

Online Workshops

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



10 min Prep Time

20 min Cook Time

30 min Total Time

Single Serving S'mores Peanut Butter Cup Brownie**Ingredients**

2 tablespoons butter

2 tablespoons chocolate chips

2 tablespoons granulated sugar

1 tablespoon unsweetened cocoa powder

1 egg yolk

3 tablespoons all-purpose flour

Pinch of salt

Splash of vanilla

1 peanut butter cup

2 tablespoons mini marshmallows

Instructions

1. Preheat oven to 350F. Have a one 6-ounce ceramic ramekin ready.
2. In a medium microwave-safe bowl, melt together the butter and chocolate chips. Whisk in the sugar and cocoa powder. Beat in the egg yolk then whisk in the flour, salt, and vanilla.
3. Spoon half of the batter into the ramekin. Add the peanut butter cup then cover with the rest of the batter. Bake 18-20 minutes or until a toothpick comes out clean.
4. Turn on the broiler. Add the mini marshmallows on top then broil until toasted. Cool 10 minutes then eat for a gooey texture or cool completely for a brownie texture.

Source: Adapted from [Heather's Dish](#)