Our Mission and Purpose

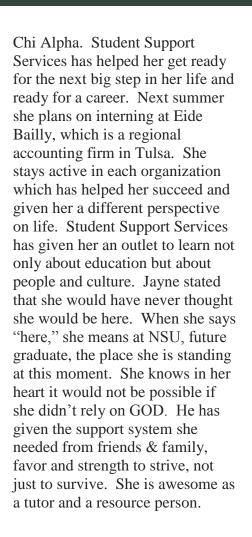
TRIO Student Support Services is an academic support program designed to increase the academic performance, retention and graduation rates of participants.

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.

STUDENT SPOTLIGHT



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





Cries from the Basement



August, 2016

WELCOME BACK

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





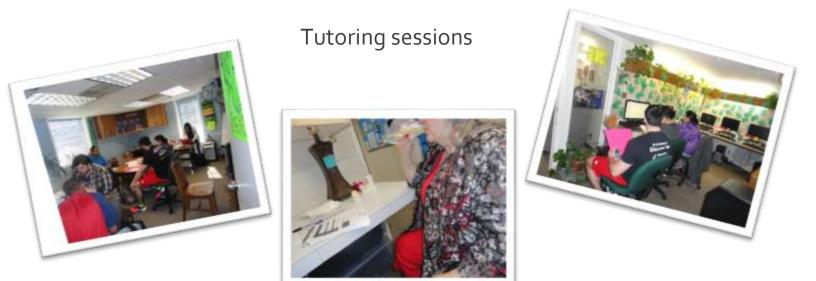




Left to Right: Bethany Gallaway, Jayne Gause, Tomoyo Inoue & Jessece Deere

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.



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



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

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

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

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

That awkward moment when it's quiet in class and your stomach decides to make that dying whale sound.

