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 *****

GRAD School Tour is scheduled for September 15, 2016 located at the NSU campus Admin. Building Room A117.

Workshop: Study Skills for September 27-28, 2016. Time is 8 am to 5 pm in the TRIO Office. You select the time that works best for you.

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



Cries from the Basement



September 2016

STUDENT SPOTLIGHT

Trio is spotlighting Ashlee Hilton for the month of September. Ashlee has so many people routing for her even when times are tough she moves forward taking in all the new adventures, life, and obstacles set before her. She is a single parent, not by choice, her boyfriend and father of her beautiful little baby girl was in a car accident and did not recover. Ashlee moved back to Tahlequah to attend NSU, although her heart was not too convincing, she knew that was where GOD was leading her and her daughter. She met an amazing mentor, who told her to seek ways to get involved at NSU so Ashlee began volunteering for the food pantry and became a member of the Entrepreneurship Club. The following summer she was enrolled in an entry level algebra class and seen another student who had obstacles in his life but he was not letting anything get in the way of his dreams. He told her about a program that was

helping him and said it was TRIO. Ashlee began researching what TRIO was all about. Once she was eligible for services she received tutoring, support, use of printers and a place to do her homework. TRIO quickly became a place where she could give encouragement to other students as well as receive it from them. TRIO has helped her to reach goals she never imagined through smiling faces saying, "Good Morning" or receiving tutoring when she needed it. This past summer gave her a new perspective on life, she completed an Internship in San Francisco. It was GOD that gave her the opportunity to be a valued, intern at one of the biggest companies. Her daughter stayed with her dad while she staved with 3 of the best roommates. She was able to express herself and to show what she was taught from NSU. She knew that this was the right decision and knowing this gives

her more reason to succeed in life. She has learned so much and is blessed to have had the opportunity to venture out and see what she was capable of. Awesome job Ashlee! TRIO staff sees you doing great things in your career and for you and your daughter. TRIO works!



SOUL ON FIR

Meet our new tutor!



Tutoring slots available! Contact Krista Boston at the TRIO Office located in the basement of Haskell Hall.

Alex Armenta

He specializes in Chemistry 1 & 2, Biology, College Algebra, and STATS.

TRIO welcomes our new tutor and his expertise to our tutoring program.



TRIO Juniors and Seniors!



We will be visiting NSU's graduate college:

September 15th 1-3 p.m. Admn. Rm. A117

Dr. Cari Keller, Dean of Graduate Studies & Dr. Donna Trout, Graduate Program Coordinator, will provide important info. about the master's programs, when to apply for graduate school, what the difference is between a GRE & MAT, etc.

DON'T miss out on this EVENT !!!

Sign-up sheet is our offices-please put your major next to your name!

TRIO Peer Mentoring Program

TRIO Mentoring program envisions a program in which every first-generation freshman or sophomore student who enrolls into the TRIO program will experience one-on-one peer mentoring, increase their retention rate by staying in school and one day themselves become mentors for other students.





From Lena, Krista & Sharon

Upcoming Workshop



HAPPY BIRTHDAY

To those celebrating in September!

Tammy Armer Cally Bond Darien Calicott Sean Cookson Stephanie Dotson Quincy Dotson Hayley Freeman Jayne Gause Susan Hall

- **Gabriel Mouse**
- **Karissa Pierson**
- **Sheila Riley**
- Jordan Scott
- **Matthew Shaw**
- **Haylee Strawser**



Schedule of Events

Sunday, September 18

Paint the Town Green

School Spirit Painting Competition

2 to 5 p.m., Norris Park/Downtown

Monday, September 19

BancFirst Street Party

6 p.m., Bill Willis Parking Lot/Grand Ave

Tuesday, September 20

RiverHawk 5K and Fun Run

Broken Arrow Campus

Thursday, September 22 Bonfire & Spirit Rally

7 p.m., Beta Field

Friday, September 23

Shop Downtown Tahlequah

9 a.m. – 6 p.m.

Saturday, September 24

Shop Downtown Tahlequah

9 a.m. – 12 p.m.

Parade 10 a.m., Downtown Tah. Through NSU campus

Football vs. Fort Hays State Univ.

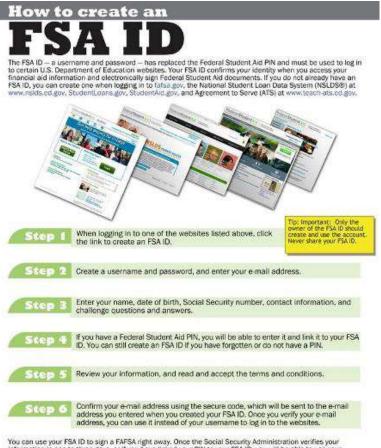
1 p.m., Gable Field at Doc Wadley Stadium

Emerald Ball

Featuring Wynonna & the Big Noise

6 p.m., NSU Event Center





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

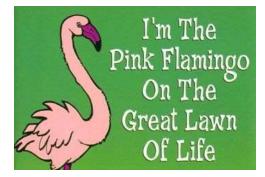
FASFA Application

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





TRIO Links

Online Application https://offices.nsuok.edu/studentsupportservices/SSSHome.aspx

Cash Course http://www.cashcourse.org

Online Workshops https://www.studentlingo.com/nsuok











Crock pots Are Great for Busy College Students Because

- Small to medium-sized crock pots are very affordable, ranging from \$15-\$30 at stores like Walmart and Target.
- Meals cook slow in crock pots so you won't have to worry about burning or overcooking your food when you try new recipes.
- On top of that, you can multi-task while your meals are cooking on low heat. You can study, run to class, clean or relax. Most meals take hours to cook in a slow cooker. You can do a lot during that time.
- Once you gather and prepare all the ingredients, you simply toss them in the crock pot, turn it on your desired heat setting and walk away. There's no turning or stirring required.
- Cooking meals in a crock pot for one or two people almost guarantees leftovers so you won't have to cook every night.

Taco Soup

Ingredients:

- 1 onion, diced
- 1 1/2 lb. ground meat
- 1 pkg. taco seasoning (Taco Bell is best)
- 1 can diced tomatoes
- 1 can RoTel
- 1 (8 oz.) can tomato sauce
- 1 can beef broth
- 1 can corn
- 2 cans kidney beans

Directions:

Saute onion with ground meat. Drain off the fat. Open all the cans and empty the entire content into the pot. Bring to a boil, reduce heat, and simmer 30 minutes.

Serve with cheddar cheese. sour cream, tortilla chips, and/or crackers.

Servings: 8

Prep Time: 10 Minutes

Cooking Time: 45 Minutes

By Mistie from Baton Rouge

