

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 rooting 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 stayed 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!



Meet our new tutor!



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!

Fall 2016

Group Algebra
Tutoring

When: Wednesdays 2:30pm -3:30pm

DROP IN TUTORING WITH BETHANY GALLAWAY

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.



Upcoming Workshop



Sept. 27 and **Sept. 28**

Tuesday and **Wednesday**



Drop in Times are:

8-12 p.m. OR 1-5 p.m.

Workshop only takes
15-20 minutes

[See Krista to complete workshop](#)



From Lena, Krista
& Sharon

HAPPY BIRTHDAY

To those celebrating in September!

Tammy Armer

Susan Hall

Cally Bond

Gabriel Mouse

Darien Calicott

Karissa Pierson

Sean Cookson

Sheila Riley

Stephanie Dotson

Jordan Scott

Quincy Dotson

Matthew Shaw

Hayley Freeman

Haylee Strawser

Jayne Gause



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



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

PROUD SPONSOR OF
THE AMERICAN MIND

Web Sites

TRIO Links

Online Application

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

Cash Course

<http://www.cashcourse.org>

Online Workshops

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

FASFA Application

Reminder for the 2016-2017 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, 2016 for the academic year 2017-2018

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

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



Coca-Cola
SOLD ONLY
25 BOTTLES
IN ITS FIRST YEAR
**NEVER
GIVE UP!**



A person who never made a mistake never tried anything new.—Albert Einstein



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