

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 ****

Workshop: Resume Building for October 24-25, 2016. Time is 8 am to 5 pm in the TRIO Office. You select the time that works best for you. (See pg. 4)

Fall Break: October 20-21

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

Grant Aid applications will be ready November 7. (See pg. 5)



Cries from the Basement



October 2016

STUDENT SPOTLIGHT

Trio is spotlighting **Jennifer Conrad** for the month of October.



Jennifer is a non-traditional student who has overcome many obstacles in her life. When she was 13 years old and in the 7th grade she had fallen in love with a boy much older than she was. Jennifer became pregnant at an early age and had a healthy baby boy. Once she became a mother, she thought she was able to take care of everything and when reality hit she was way over her head. She stayed in school until the 9th grade then realized had to

drop out of school. At the age of 15, she felt as though her life was over because of the situation she was in and her living conditions. The only way to escape from her living conditions was through reading, she loved to read no matter where she was or what circumstances she found herself in. Reading a book a lot of the times helped her to become a part of the character and to live out her life through the books she read. She realized by reading books and relying on GOD she could live a better life for her and her children.

She married at the age of 19, thinking it was the right thing to do and ended up having 3 more children who are a year apart of each other, then divorced her husband. Instead of dealing with her problems she turned to alcohol once again and later decided to marry another man, whom she had another child with. She thought marrying this man would fix all her problems, eventually it does

not. The lifestyle she was living, opened her eyes when her children were taken away from her. She was determined to make a better life for her and her children, by getting her GED, going to rehab, and providing a home for them all.

Once she received her GED, she enrolled at NSU, her goal is to become a drug and alcohol counselor so she can help other women that are facing the same situations that she came out of. She is so thankful to the person who directed her to go to the TRIO program. Once she came to the TRIO office she developed a rapport with staff who helped her find the resources, support and help she needed. Jennifer said she cannot wait to see what else GOD has in store for her and her family. As of today, she has been clean and sober for 15 months.

TRIO staff is proud of you Jennifer for all that you have overcome.

Tutoring



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



Tutors in meetings or trainings to provide the best services for students.

**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.



From Lena, Krista
& Sharon



HAPPY BIRTHDAY

To those celebrating in October!

Trico Blue

Donna Boney

Jennifer Conrad

Dillon Fullerton

Patricia Henington

Tennessee Loy

Rachel Lykins

Allison Miller

Florence Northington

Alexis Park

Treybeinne Pritchett

Abbigail Stephan

Caitlin Stratton



Resume Building Workshop

Oct. 24 & Oct. 25

Monday



Tuesday



Drop-in Times are:

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

Workshop only takes
15-20 minutes



TRIO
STUDENT SUPPORT SERVICES

See Sharon to Complete Workshop



NSU Grad School Tour:

TRIO students had the opportunity to meet Dr. Cari Keller, Dean of Graduate Students and Dr. Donna Trout, Graduate Program Coordinator

They provided them with important information about the Master's program, when to apply, deadlines, and the difference between GRE & MAT.



NEVER GIVE UP ON
A DREAM JUST
BECAUSE OF THE
TIME IT WILL TAKE
TO ACCOMPLISH IT.
THE TIME WILL
PASS ANYWAY.

- EARL NIGHTINGALE



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
THE OFFICE OF THE U.S. DEPARTMENT OF EDUCATION



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>

Grant Aid is offered to Freshman & Sophomores who are enrolled at NSU full time. Must have a GPA of 2.5 or higher, must complete cash course, participate in one workshop and one cultural activity. ETS Success Navigator must be completed before the end of the fall semester. Applications will be ready November 7, 2016. Questions contact Krista or Sharon!

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>



If your dreams do not scare you, they are not big enough.

Ellen Johnson-Sirleaf

Yield: 8-10 servings

Slow Cooker Potato Soup

This Slow Cooker Potato Soup recipe is thick and creamy (without using heavy cream), wonderfully flavorful, and made extra easy in the slow cooker!

Prep Time: 10 mins

Cook Time: 4 hours 10 mins

Ingredients:

- 6 slices cooked bacon*, diced
- 3-4 cups good-quality chicken or vegetable stock
- 2 pounds Yukon gold potatoes**, peeled (if desired) and diced
- 1 medium white or yellow onion, peeled and diced
- 4 tablespoons bacon grease* (or butter)
- 1/3 cup all-purpose flour
- 1 (12-ounce) can 2% evaporated milk
- 1 cup shredded reduced-fat sharp cheddar cheese
- 1/2 cup plain low-fat Greek yogurt or low-fat sour cream
- 1 teaspoon Kosher salt, or more to taste
- 1/2 teaspoon freshly-cracked black pepper
- optional toppings: thinly-sliced green onions or chives, extra shredded cheese, extra bacon, sour cream

Directions:

1. Add bacon, **3 cups** chicken stock, potatoes and onion to the bowl of a large slow cooker, and stir to combine. Cook on low for 6-8 hours **or** on high for 3-4 hours, or until the potatoes are completely tender and cooked through.
2. Once the soup has slow cooked and is about ready to serve, cook the butter in a small saucepan on the stove over medium-high heat until it has melted. Whisk in the flour until it is completely combined, and then cook for 1 minute, stirring occasionally. Gradually add in the evaporated milk while whisking it together with the flour mixture, and continue whisking until the mixture is completely smooth. Let the mixture continue cooking until it reaches a simmer, stirring occasionally, and then it should get *really thick*.
3. Immediately pour the milk mixture into the slow cooker with the potatoes, and stir until combined. Add in the cheddar cheese, Greek yogurt (or sour cream), salt and pepper, and stir until combined. If you would like the soup to be even thicker, you can use a potato masher or a large spoon to mash about half of the potatoes (while the soup is still in the slow cooker) to thicken the soup up. If you would like the soup to be thinner, add in an extra 1-2 cups of warmed chicken or vegetable stock. Stir to combine, then taste and add more salt and pepper if needed.
4. Serve warm, garnished with desired toppings. Or transfer to a sealed container and refrigerate for up to 3 days. (This recipe will not freeze well.)