

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**

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

Grant Aid applications are now available. Deadline to turn applications in is December 9th.

ETS Success Navigator is up and going again. Please take the time and complete the assessment. You will need to see Krista or Sharon to review.

Cries from the Basement



December 2016

STUDENT SPOTLIGHT

Trio is spotlighting **Tyler Denton** for the month of December.



Coming from a broken home, Tyler knows what it means to be faced with a challenge. He grew up in Wagoner, OK to a single mother who happened to be addicted to over the counter medications, and a father who was almost always out of the picture. As a young child he was forced to grow up, much faster than most kids his age, which greatly set him apart in so many ways. Though he was not gifted with extreme intelligence, he knew how to work for what he wanted. He was not much of a trouble maker in high school, but he did his fair share of slacking, until his senior year that

is. A few months before graduation he got a call that his mother had passed away due to an overdose and right then and there he decided he was never going to end up like his parents, he was going to leave a legacy behind that his future kids would be proud of. After applying for colleges he decided to go to a junior college in Miami, OK by the name of Northeastern Oklahoma A&M. He studied there for 2 ½ years and graduated with an Associates in Natural Science. While he was there he learned who he was and what he wanted to do with his life, he decided that he wanted to become a dentist. After graduation he transferred to NSU to pursue his Bachelors in Science, so he could achieve all the pre-requisition requirements for medical school while still having a degree to fall back on. Upon transfer he began to notice the drastic change in price between the two schools. While he was

attending NEO, he received enough money through FAFSA, because his parents were out of the picture, to cover most of his school expenses, but this is not the case with NSU. Currently he is a diligent student with set goals, who also works two jobs. Upon arriving at NSU, he applied for and was accepted into the TRIO SSS program. TRIO has been amazing as the welcoming atmosphere has helped him adapt to the larger school setting and the staff is very helpful with financial aid issues and scholarship application assistance. He appreciates everything TRIO program has done for him and he loves the attention they pay to their students.

We are proud of all that you have accomplished and for your goals you have set for your future. TRIO wishes Tyler well in his future endeavors. TRIO Works!

Meet our new tutor!



Tutoring slots available!

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

Riley Carter

He specializes in General Chemistry, Physics, Statistics, Algebra, Calculus I-III, Differential Equations, Discrete Math, Introduction to Proofs, Linear Equations.

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

FINALS WEEK!!

TRIO STUDENTS A TREAT IS IN STORE FOR YOU, FOOD ALL WEEK LONG.

MONDAY: CHILI, HOT DOGS, DESSERT

TUESDAY: CASSEROLE DISHES, SPAGHETTI, DESSERTS

WEDNESDAY: FINGER FOODS, CHIPS, DIPS AND DESSERTS

THURSDAY: LEFT OVERS

FRIDAY: LEFT OVERS!!

DRINKS PROVIDED: COKE, DR. PEPPER, WATER, ETC. COME AND TAKE A BREAK BEFORE YOU NEXT FINAL. GOOD LUCK!

TRIO SSS Supplemental Grant Aid Application DEADLINE: December 9, 2016

(Are you a FRESHMAN or SOPHOMORE (have earned less than 60 hours)?)

(Are you receiving a PELL Grant this academic year?)

Have you met your Contractual Agreement for SSS participants for the 2016/2017 year OR as a 1st time Freshman Fall 2016?

- *Participated in workshops (in-class and/or online)*
- *Completed ESS Success Navigator Assessment*
- *Completed Cash Course Financial Literacy Program*
- *Utilized tutoring services and/or regularly sought other services*

Do you have a 2.5 GPA or higher?

If you answered "YES" to each of the above questions then you are eligible to complete and submit this form by **December 9, 2016**. Qualified students (who completed the SSS requirements and have unmet need determined through NSU Financial Services Office) will be notified before Spring 2017 semester.

NAME: _____ NSU ID: _____

ADDRESS: _____

E-mail: _____

Phone: _____ OR

Cell #: _____

Signature: _____

Date: _____



Crystal Bridges
Bentonville, Arkansas

A museum full of wonderful surprises with audio tours of the art display, library, museum store, and restaurant and outdoor trails. Full of activities for the whole family.



HAPPY BIRTHDAY

To those celebrating in December!

Jessica Armstrong	Alana Jordan
Paul Balyeat	Kaitlynn Leak
Katrina Byrd	Denni Swepston
Jesse Cotter	David Taylor
Nick Fields	Courtney Unah
Taylor Goodrich	Charlotte Wolfe
Charity Holmes	Dusty Yoder



From Lena, Krista
& Sharon



Celebrating our Tutors and Mentors for a great year of service to our students.

Thank you Mentors! Jayne, Tiffany, Tyler

Thank you Tutors! Jayne, Jesseca, Bethany, Riley, Tomoyo, Alex



SUCCESS IS NO ACCIDENT.
 It is hard work, perseverance,
 learning, studying, sacrifice
 and most of all, **love** of what you are doing.
 - Pele



Studying at Night **VS** Daytime Studying

- 1. Silence and Tranquility
- 2. Empty Libraries
- 3. No Distractions
- 4. Creativity



- 1. More Energy
- 2. Natural Cycle of Nature
- 3. Engage in your Community
- 4. Study with Friends

examtime.com
 Transform your Potential



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.

Tip: Important: Only the owner of the FSA ID should create and use the account. Never share your 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.

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



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>

Web Sites

TRIO Links

Online Application

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

Cash Course

<http://www.cashcourse.org>

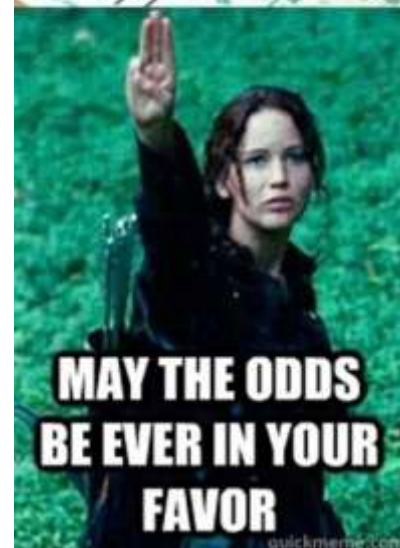
Online Workshops

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

ETS Success Navigator

<http://successnavigator.ets.org/>

Session # 108457-148652059



Candy Cane Cookies!



Ingredients

1 box sugar cookie mix
1/2 stick butter, melted
1 egg
1/3 cup softened cream cheese
1/2 cup all-purpose flour, plus additional for surface
Red food coloring
1 1/2 teaspoons peppermint extract

Directions

Watch how to make this recipe.

Preheat oven to 325 degrees F.

In a bowl, combine sugar cookie mix, melted butter, egg, cream cheese, and flour; mix together to form dough. Separate dough into 2 equal portions and place in 2 different bowls. Add red food coloring gradually to 1 bowl of dough, kneading together until desired shade of red is created. To second bowl of uncolored dough, add peppermint extract and knead together. On a floured work surface, shape each dough into balls and then roll each ball into 1/4-inch-wide ropes, each about 6 inches long. For each cookie, carefully twist some of the red and white ropes of dough together and shape into a candy cane. Spread candy canes out on cookie sheets and bake on the top shelf of the oven for about 10 to 12 minutes. Transfer to a rack to cool before serving.

Recipe courtesy of Sandra Lee

Read more at: <http://www.foodnetwork.com/recipes/sandra-lee/candy-cane-cookies-recipe.html?oc=linkback>