

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.

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.

Cash Course everyone needs to complete this to be a part of TRIO.

Workshop on Learning Styles on March 8 & 9 all day from 8 am to 5 pm. Lunch break from 12-1. Contact Krista.

Cries from the Basement



February 2017

STUDENT SPOTLIGHT

Trio is spotlighting **Nick Fields** for the month of February



Beginnings: Nick was born in Tahlequah at Hastings Hospital, was raised in Park Hill, attends Carter Baptist Church, and spent his elementary and high school days at keys school. When he started High school he had just lost my mom; but, in high school he got involved with TRIO upward bound and thanks to his counselor Kathy Lloyd, he received the encouragement and guidance that he needed to finally graduate and started attending

NSU in 2013. That is where he found out about SSS and how they could help him have the same kind of success in college that he had in high school.

He is a Junior with a GPA of 3.4 majoring in Environmental, Health, and Safety Management. He is a youth Leader at Carter Baptist Church, an Officer in the club for his major (ASSE/SEMA) American Society of Safety Engineers/ Safety Environmental Management Association. SSS helped him with the constant warm and inviting atmosphere mixed with the knowledgeable people there he felt like has definitely helped him to get this far in his college career. One thing that specifically comes to mind when thinking about things they've helped him with was when he had to select a major and honestly had little to no idea what to choose or even what was out there to pick from and they sat down with him and looked

through every major related to what he liked until he found one he wanted. Advice he has for other participants is to find out where the tutors are for the classes your struggling in, there out there more often than not. Also use lists and calendars they are life savers even if it's just on your phone but if you didn't know SSS has some pretty nifty planers they give out, just saying.

TRIO staff feel all of the students have a unique story to tell and we are so proud of Nick for sharing his story and for others to get to know him better. Nick is a TRIO Mentor and if you need guidance and encouragement you won't find anyone better.



2017 Tutors



Jayne Gause, Senior, specializes in Accounting, Algebra I, Organizing



Riley Carter, Senior, specializes in Calculus II, Physics, Statistical Methods, Biology I, Chemistry I




Tomoyo Inoue, Graduate, specializes in Accounting (Financial/Managerial), Finance, Quant, Economics, MS Excel



Bethany Gallaway, Junior, specializes in Algebra I, Statistical Methods



Jesseca Deere, Junior, specializes in Comp. I & II, Biology, Computers

**GROUP COLLEGE
ALGEBRA TUTORING**

EVERY TUESDAY – SPRING 2017
1:00PM – 2:00PM

TRIO STUDENT SUPPORT SERVICES TUTORING CENTER

Tutors will be on hand to assist you with any questions you may have in College Algebra.
Bring your questions! Let us help you!!!



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



HAPPY BIRTHDAY

To those celebrating in February!

Jimmi Barnwell

Meisha Edens

Edna Boggs

Yensenia Gonzales

Erica Brady

Juliana Hull

Kristen DeGase

Lucy Stone

Tyler Denton

Erika Warner

Marlene Diaz

Precious Wright

Emma Doorman

From Lena, Krista
& Sharon

What's happening in TRIO!!



Time Management workshop; students learned where most of their time was used and how to add study time to their schedules. Planners are a valuable tool to have and use.

SIGN IN and
SIGN OUT when
you come to the
TRIO office.



Upcoming Events!!!

Feb. 22 TRIO DAY

March 8 & 9 Workshop

Learning Styles

March 13-17 Spring Break

March 24 Tulsa Ballet

April 3-5 TRIO office
closed for training.

CashCourse Challenge: Visit www.cashcourse.org to find the answers to the questions below.

1. In the first three years, most cars lose what percentage of their value through depreciation?
 - a. 10%
 - b. 20%
 - c. 40%
 - d. 80%
2. People repaying loans according to the Income-Contingent Repayment Plan have how many years to repay their loans?
 - a. 10
 - b. 15
 - c. 20
 - d. 25
3. Which of the following documents should you keep for 7 years? Choose 2.
 - a. Bank and credit card statements
 - b. Medical expense records
 - c. Pay stubs
 - d. Insurance claims
4. Which of the following articles is not in the "Working and Earning" section of CashCourse?
 - a. Living Paycheck to Paycheck
 - b. Need Unemployment Benefits? How they work
 - c. Is Freelance Work Right for You?
 - d. How to Keep Payroll Deductions and Taxes in Check?
5. Work study is available to both undergraduate and graduate students.
 - a. True
 - b. False
6. Which of the following is a debt collector legally able to do when contacting someone who has fallen behind on payments?
 - a. Call repeatedly
 - b. Make false statements to get the person to pay sooner
 - c. Contact the person at work even if he or she has already told the collector they cannot get calls there
 - d. Contact you between 8a.m. and 9p.m
7. What are some ways to decrease the cost of technology in your life? Choose 3.
 - a. Sell your old electronics to help finance the purchase of new items
 - b. Assess your needs to ensure you're not paying for things you don't really need
 - c. Buy the latest items so you won't have to upgrade as soon
 - d. Shop for refurbished items instead of brand-new ones
8. Which of these is not a good idea to do when purchasing an item from online auction site?
 - a. Use a money order or debit card.
 - b. Use a credit card.
 - c. Use eBay's buyer protection program.
 - d. Read all of the fine print and details of a purchase.
9. Under the Affordable Care Act, all health insurance plans are required to cover children as old as age ____ on their parents' plans.
 - a. 18
 - b. 26
 - c. 21
 - d. 29

Cash Course : Investing in yourself !!

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

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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

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>



Spinach Feta Grilled Cheese

Prep time 10 mins

Cook time 20 mins

Total time 30 mins

Total Cost: \$3.40

Cost Per Serving: \$1.70

Serves: 2

Ingredients

- ½ Tbsp olive oil \$0.08
- 1 clove garlic \$0.08
- ¼ lb. frozen cut spinach \$0.38
- Pinch of salt & pepper \$0.05
- 2 ciabatta rolls \$1.33
- 1 cup shredded mozzarella cheese \$1.00
- 1 oz. feta cheese \$0.43
- pinch red pepper flakes (optional) \$0.05



Instructions

1. Mince the garlic and add it to a skillet with the olive oil. Cook over medium-low heat for 1-2 minutes, or until it begins to soften. Add the frozen spinach, turn the heat up to medium, and cook for about 5 minutes, or until heated through and most of the excess moisture has evaporated away. Season lightly with salt and pepper.
2. Cut the rolls in half. Add about ¼ cup of shredded mozzarella and ½ oz. of feta to the bottom half of each roll. Divide the cooked spinach between the two sandwiches, then top with a pinch of red pepper flakes, plus ¼ more shredded mozzarella on each.
3. Place the top half of the ciabatta roll on the sandwiches and transfer them to a large non-stick skillet. Fill a large pot with a few inches of water to create weight, then place the pot on top of the sandwiches to press them down like a panini press. Turn the heat on to medium-low and cook until the sandwiches are crispy on the bottom. Carefully flip the sandwiches, place the weighted pot back on top, and cook until crispy on the other side and the cheese is melted. Serve warm.