

## 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



March 2017

## STUDENT SPOTLIGHT

Trio is spotlighting **Marlene Diaz** for the month of March.



Marlene is a nontraditional student. She is a single mom of one and a US NAVY veteran. She had just recently moved to Muskogee Oklahoma and was starting over. She had served our country for over two decades and it all came crashing down due to a condition that she didn't realize she was suffering from. Marlene was suffering from Post-Traumatic Stress Disorder (PTSD). For many Veterans they suffer in silence because they do not recognize how their lives are being destroyed from the inside out.

She applied to NSU the summer semester of 2013; it had been 20 years since she had stepped in a classroom. She really didn't know where to start

her journey. Because, she was a veteran she went to veteran services offices. They helped her get around; how to register, fill out paperwork and get started with some things. That was only part of the puzzle. She found out about TRIO through a fellow student who was in her math class. She invited Marlene to come to tutoring with her because her friend knew she was struggling with their math class. She applied and was accepted into the program. TRIO has helped me fill in all the other blanks along my educational journey. Believe it or not Marlene was intimidated at first; she really didn't believe she was smart enough for college. Marlene wanted to show her daughter who at this time was in high school, it's never too late to reach for the stars. The first couple of semesters were a big adjustments for her, just getting into the swing of things. Between, keeping things together at home, staying on top of homework and ensuring she had their finances in order. Life was stressful. The ladies at TRIO are like older sisters that she wished she had growing up. They advised her and helped her come to a decision that would be beneficial to both Marlene and her daughter. It would make her educational journey a

little more difficult. But they assured her that it was doable. She accepted a position at the Veterans Affairs the following August in 2014. She continued to attend NSU as a fulltime student as well as working full time. This new position helped to ease the financial burdens that her family was having. TRIO has helped her keep it together for the last three years. They have continued to listen to her, share their very valuable knowledge when she is stressed out. They have continued to support her with academic advising, personnel support, one-on-one tutoring, emotional support and so much more. There have been times when she has just wanted to quit, and they have taken her under their wings, while speaking new life into her. They help Marlene see that all her goals are achievable no matter what the circumstances are. As long as she believes in herself. For that I am forever grateful. TRIO family has been a blessing in her life and she hopes that they will have an everlasting impact on every student that walks through their doors. It's with a very grateful heart she want to say "GARCIAS" to everyone at TRIO! Thank you for accepting this veteran as she is!




Meet our newest tutor!

Tutoring slots available! Must be a TRIO participant and fill out a tutor request. Contact Krista as soon as possible.



**Jayden Ray**  
 His major is Cellular Biology with a minor in Chemistry. He specializes in Chemistry, Biology, Statistics, and Physics.




**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!!

**Learning Styles**





**Workshop**

Come See Krista Boston



**TRIO**  
 STUDENT SUPPORT SERVICES

**VISUAL** SEE IT   
**AUDITORY** HEAR IT   
**KINESTHETIC** DO IT 

**March 8 Wednesday**  
**March 9 Thursday**  
 8-12 p.m. or 1-5 p.m.

**Drop-In Workshop**  
**\*\*Only takes 20-30 minutes!!!\*\***



## HAPPY BIRTHDAY

To those celebrating in March!

Lucy Barnett	Clarissa Milton
Savana Black	Heather Robinson
Alicia Cole	Randilyn Thompson
Savannah Dockins	Allison Turner
Jenna Gonzales	Brenda Vang
Whitney Martin	Ahyoka Youngdeer



From Lena, Krista &  
Sharon

### What's happening in TRIO!!

SIGN IN and SIGN OUT when you come to the TRIO Office



GRAD School Tour at University of Arkansas!  
For Juniors & Seniors!

Sign-up sheet on bulletin board in the TRIO Office.



### Upcoming Events!!

March 8 & 9 Workshop:  
Learning Styles

March 15 Bachelor's Application  
for Summer Graduation Due

March 13-17 Spring Break

March 24 Tulsa Ballet

April 3-5 TRIO office closed for  
training



### TRIO DAY at the State Capitol

Students who participated listened to different presenters on why TRIO works and why we need to voice that to our representatives. We listened to a very motivational speaker Senator Anastasia Pittman who is passionate about TRIO.



**TRIO  
WORKS!!**



## 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](http://fafsa.gov), the National Student Loan Data System (NSLDS®) at [www.nslsids.ed.gov](http://www.nslsids.ed.gov), [StudentLoans.gov](http://StudentLoans.gov), [StudentAid.gov](http://StudentAid.gov), and Agreement to Serve (ATS) at [www.teach-ats.ed.gov](http://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](http://StudentAid.gov/fsaid).

Federal Student Aid  
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION

PROUD SPONSOR OF  
THE AMERICAN MATH



You can  
**LEARN**,  
something new  
**EVERYDAY**  
If you  
**LISTEN**

## 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

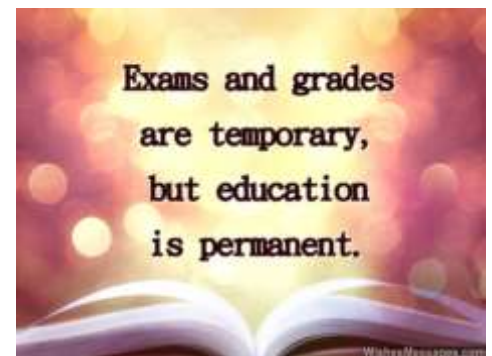
### Reminder for the 2016-2017 Academic Year

The Free Application for Federal Student Aid (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>





We are deeply saddened by the sudden passing of SSS participant Sean Cookson. Sean was active at NSU & SSS and would have been graduating soon. He will be dearly missed. Please keep his wife, Cassandra, family, and many friends in your prayers.

A GoFundMe page has been set up to help his family with medical and burial expenses. Please see the link below if you would like to contribute.

<https://www.gofundme.com/team-cookson>

Also, an account has been set up at

First National Bank:

PO Box 407

Vinita, Ok 74301

918-256-7811

**In Memory  
of  
Sean  
Cookson**