

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.

Last Field trip for the semester is to: The Sherwin Miller Museum of Jewish Art, Tulsa

Cries from the Basement



April 2017

STUDENT SPOTLIGHT

TRIO is spotlighting **Brittany Childers** for the month of April.

Brittany is a senior who is majoring in Elementary Education. She will be graduating May 2017! Brittany has been a part of the Cherokee Promise Scholarship and has given back to the scholarship program by holding various roles in office including President over the past several years while attending at NSU. Brittany has been involved with NAB, Sigma Sigma Sigma, NASA, and continues to volunteer at every opportunity that she could get her hands on. Brittany is interning for a 5th grade math class, so if anyone needs help with fractions, she is an EXPERT! She is hoping to get a job for the next school year teaching anything from 2nd grade to 5th grade. Brittany is afraid of teaching middle school aged kids right now and will try to work through that!

TRIO has offered such an amazing support system through her time here at NSU, and she has learned so much from the workshops. Brittany takes the time to relax during finals week with some great friends in the TRIO lab. When she was in high school; she

never actually saw herself becoming a college graduate and now it is becoming a reality. Brittany feels so blessed to have been a part of so many wonderful organizations here at NSU and being a part of TRIO. The advisors and students will forever hold a special place in her heart.



Brittany, TRIO is so proud of your accomplishments and we know you are going to make a wonderful Elementary education teacher.

Upcoming Events

April 10-14
American Indian Symposium

April 18 Couponing workshop

April 19
Mentor/Mentee Meeting

April 25 Field trip to Sherwin Miller Museum of Jewish Art, Tulsa


May 1-5 Finals Week



Tutoring



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



**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!!

Couponsing Workshop

April 18, 2017
1:00 --2:00 p.m.





Want to save money?

Want to make a huge stockpile?

Come on into TRIO and learn how to become an extreme couponer

Our own TRIO participant Brandy Clapton will teach how to cut, collect, and use coupons!

Soon YOU will save money and build a stockpile to get through long paydays.




****Bring coupon inserts from the Sunday paper****



HAPPY BIRTHDAY

To those celebrating in April!

Claressa Armer

Jacob Hair

Amy Carey

Milea Hedgpath

Terrelyn Carillo

Wanda Grimmatt

Charles Dyer

Codie Moore

Christian Goree

Megan Woodward

From Lena, Krista &
Sharon



Mentor/Mentee Meeting

Mentors and mentees talk about issues and concerns they have about classes. They work together on setting goals for the semester and mentees meet with their mentors 30 minutes a week.



Tulsa Performing Arts

Swan Lake Ballet

TRIO students attended a classic ballet. This ballet hasn't performed in Tulsa for 6 years. It was a beautiful performance and students who attended will have this wonderful experience to remember for a life time.



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.nslsids.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 MATH

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>

**IN THE END WE
REGRET THE
CHANCES WE
DIDN'T TAKE.**
COLLEGEPRO101.BLOGSPOT.COM

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

YOU ARE SO CLOSE TO THE FINISH LINE. JUST KEEP PUSHING: KEEP READING KEEP STUDYING KEEP WORKING HARD BUT DON'T FORGET TO SLEEP+EAT LOVE+LIVE YOU'VE GOT THIS YOU DO @ethoroscopestumblr

Easy Oven Fajitas

Prep time

15 mins

Cook time

40 mins

Total time

55 mins

Ingredients

FAJITA SEASONING

- 1 Tbsp [chili powder](#) \$0.30
- ½ Tbsp paprika \$0.15
- ½ tsp onion powder \$0.05
- ¼ tsp garlic powder \$0.03
- ¼ tsp cumin \$0.03
- ⅛ tsp cayenne pepper \$0.02
- 1 tsp sugar \$0.02
- ½ tsp salt \$0.02

FAJITAS

- 2 small (or 1 lg.) onion \$0.37
- 3 bell peppers (any color) \$3.98
- 1 lb. chicken breast* \$1.99
- 2 Tbsp vegetable oil \$0.08
- 1 medium lime \$0.33
- 8 (6-inch) tortillas \$0.57
- ½ cup sour cream (optional) \$0.50
- ¼ bunch cilantro (optional) \$0.23

Instructions

1. Preheat the oven to 400 degrees. Mix all of the spices for the fajita seasoning in a small bowl and set aside (chili powder, paprika, onion powder, garlic powder, cumin, cayenne pepper, sugar, and salt).
2. Cut the onion and bell peppers into ¼-inch wide strips. Place them in a large 13x15-inch casserole dish or a large baking sheet. Slice the chicken breast into very thin strips and add it to the casserole dish with the vegetables.
3. Drizzle the vegetable oil over the chicken and vegetables, then sprinkle the fajita seasoning mix over top. Use your hands to toss the ingredients until everything is well coated in oil and seasoning. Bake in the preheated oven for 35-40 minutes, stirring once half way through. Squeeze the juice from half of the lime over top of the meat and vegetables after they come out of the oven.
4. While the fajita mix bakes, toast each tortilla in a dry skillet over medium-low heat, until lightly browned on each side. Scoop a small amount of meat and vegetables into the center of each tortilla. Top with a few sprigs of cilantro, a dollop of sour cream, and an extra squeeze of lime if desired.

Notes

*I buy my chicken breast when it's on sale for \$1.99/lb. and freeze it.

Total cost: \$8.67

Cost per serving: \$2.17

Serves: 4

