

## 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. **\*\* Needs to be completed no later than July 31<sup>st</sup>\*\***

You will need to see Krista or Sharon to review.

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

# Cries from the Basement



May 2017

## STUDENT SPOTLIGHT

TRIO is spotlighting **Amy Carey** for the month of May.



Amy is a sophomore who is majoring in Hospitality and Tourism Management. She is expected to graduate in 2019. She did not decide to go to school until she was 39 and it was a last minute decision. She volunteered a lot of her time by doing community/family events, so she thought, Why not get a degree and get paid doing what she loves to do? Amy enrolled in the fall of 2014 and has enjoyed this experience tremendously. Once she receives her degree she would like to work for an

entertainment arena such as the BOK Center or possibly the Tulsa Performing Arts Center.

The TRIO program has helped her get through College Algebra with the help of our TRIO tutors. Amy confesses that math has never been her strongest area. Needless to say she was dreading this course and she needed all the help she could get. Amy passed with a B and if it wasn't for the tutors and their patience with her, she feels she would not have done so well. The entire staff at TRIO is amazing, not only do they help with academics but also with personal help. Life does get overwhelming, especially being a mother of four and the staff has always encouraged her to keep going.

Amy plans to graduate not just for herself but for her children. She wants to show them with discipline, determination, and a lot of support anyone can accomplish whatever they set your mind to do. Amy wants them to know that Native people can achieve their goals and in honor of her parents who never stopped encouraging her to get her education.

Amy, TRIO believes you can achieve anything you set your mind on. We are so proud of you and are here for you 100%.



**TRIO**  
STUDENT SUPPORT SERVICES

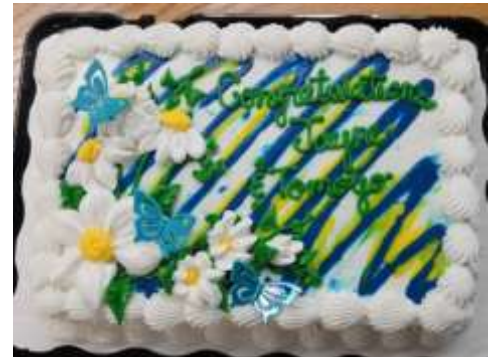
TRIO \tree-oh\, noun: a community of students and staff committed to the challenges and rewards of learning, graduation, and transfer

TRIO is funded by the US Department of Education

# Tutors for Spring 2017



TRIO will miss you ladies! TRIO staff would like to thank you for your dedication to our program and for tutoring other TRIO students. We wish you much success in your future endeavors!



Top Left: Riley Carter, Jesseca Deere, Bethany Gallaway  
 Top Right: Jayden Ray, Jayne Gause, Tomoyo Inoue

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



Congratulations Tomoyo for graduating with your Masters. TRIO will miss you!  
 Tomoyo (on the right) TRIO tutor.

TRIO student's graduation.  
 Emma Doorman, Angela Strozier, & Lisa Howard



Congratulations Charity Holmes and friends!  
 Charity is a TRIO student. (Center)

## HAPPY BIRTHDAY

To those celebrating in MAY!

Ravene Bolin	MaKenzie Mishimo
Abbie Davis	Quinton Richardson
Devin Dry	Angela Strozier
Donavan Duncan	Cassandra Weeks
Rosamaria Garcia	



From Lena, Krista &  
Sharon



Andrea Cape, a TRIO student who was nominated by one of her professors and received this award for "Outstanding Accounting Student" 2016-2017 from the Oklahoma Society of CPA's (OSCPA). Congratulations Andrea!



GRADUATION TIME!  
CONGRATULATIONS to all of our  
TRIO Graduates for 2017!



Emma



Brittany



Matthew



D J Swepston



Kayce



Angela



Jayne

## 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.
- 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](http://StudentAid.gov/fsaid).

Federal Student Aid | PROUD SPONSOR of  
AN OFFICE of the U.S. DEPARTMENT of EDUCATION | THE AMERICAN DREAM

## Web Sites

TRIO Links

Online Application

<https://offices.nsuok.edu/studentssupportservices/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 2017-2018 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, 2017 for the academic year 2018-2019

FAFSA <http://StudentAid.gov/fsaid>

FSA ID <https://fsaid.ed.gov>

## Upcoming Events:

May 8 Summer classes begin

May 16 Spring grades available

May 29 Memorial Day, Campus closed

**TRIO**  
Works

## 6 EASY SMOOTHIES

### BERRY BLAST

- 1 C Raspberries
- 1 C Blueberries
- 1 C Strawberries
- 1 C Spinach



### SWEET SUNRISE

- 1 C Raspberries
- 1 Orange
- 1/2 Banana
- 1 C Mango



### KIWI REFRESH

- 1 Kiwi
- 1 1/2 C Watermelon
- 1 1/2 C Grapes



### GREEN MONSTER

- 1 Grapefruit
- 1 Banana
- 1 C Pineapple
- 1 C Spinach



### TROPICAL TREAT

- 1 Banana
- 1 C Strawberries
- 1/2 C Mango



### PINEAPPLE PUNCH

- 1 C Raspberries
- 1 1/2 C Pineapple
- 1 C Mango
- 1/2 Banana



## CHOOSE A BASE



YOGURT



JUICE



MILK



TEA



**Blueberry Brain Booster Smoothie**  
 1 Cup Frozen Blueberries +  
 1/2 Small Banana + 1/2 Cup  
 Cucumber + 1tbsp. Chia Seeds +  
 1 Cup Water.

### Anti-Inflammatory Pain Relief Smoothie

1 Rib of Celery +  
 1 Cup of Cucumber +  
 1/2 Cup Pineapple +  
 1/2 Lime Wedge (peeled) +  
 1 Cup Coconut Water



**Strawberry Green Smoothie**  
 1 Rib of Celery +  
 1 Cup of Kale +  
 1 Cup Strawberries +  
 1/2 Lime Wedge (peeled) +  
 1 Cup Coconut Water

More resources for you on: [YoungandRaw.com](http://YoungandRaw.com)



## Infused Water Combinations

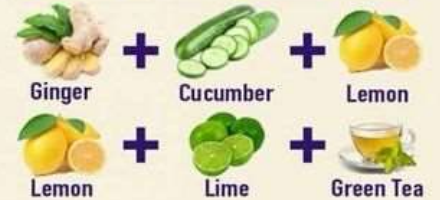
### ~ Immune Booster - Aids Digestion ~



### ~ Detox - Anti Inflammatory ~



### ~ Weight & Sugar Control ~



### ~ Lower Blood Pressure ~



### ~ Metabolism Booster ~



### ~ Antioxidants - Vitamin Rich ~

