

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 31st****

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



June 2017

STUDENT SPOTLIGHT

TRIO is spotlighting **Dillion Fullerton** for the month of June.



Dillion Fullerton is from Okay, OK. He is married with two kids and plans on double majoring in Environmental, Health, & Safety Management and Geography. Originally, he went to two different junior colleges before starting at NSU in the fall of 2015. Dillion's anticipated graduation date should be around 2020. After graduation he plans on working for the State of Oklahoma or Cherokee Nation in the

environmental departments or forestry service. The staff and tutors at TRIO have helped him tremendously. Being in this program has allowed Dillon to have a place to go and feel welcome to do homework and also get advice. Math has been his biggest challenge and with the help of the tutoring he has been able to pass all the way thru college algebra. He plans on taking statistical methods this upcoming fall. Without out the help of TRIO, he would have fallen in the cracks and been another statistic. Dillion cannot thank TRIO enough!



Hard work and coming to TRIO for help is showing others that it can be done. Thank you Dillon for your participation and good luck in your endeavors! TRIO WORKS!

Upcoming Events:

June 22 First 7 week classes End

June 26 Second 7 week classes begin

June 29 Second 4 week classes end

Deadline for ETS Success Navigator is July 31st.



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

TUTORING AVAILABLE THIS SUMMER!

Bethany

Tutoring available for:

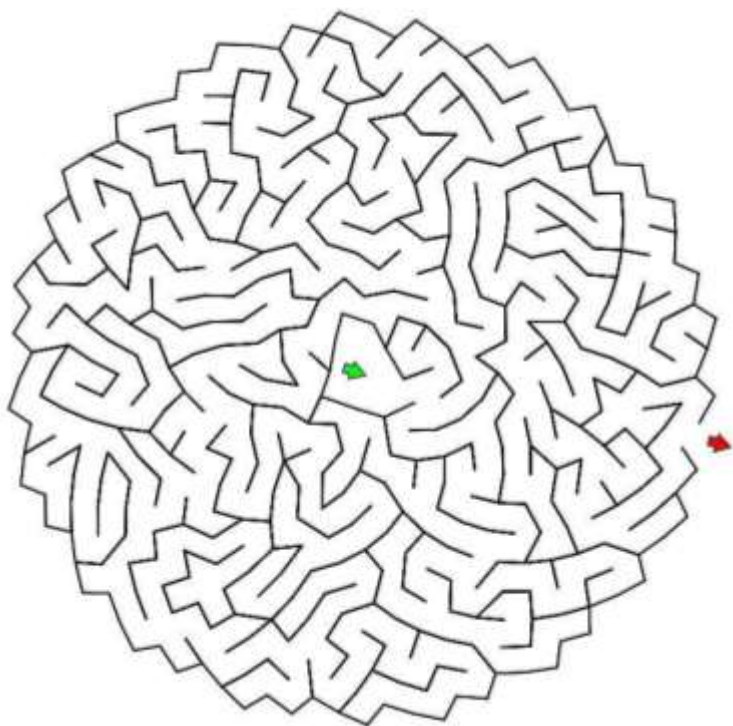
- Proof Reading Papers
- Comp I & II
- Computer Skills
- Biology
- College Algebra
- Statistical Methods



Jesseca



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

**{ Three Simple Rules in Life }**

1. If you do not GO after what you want, you'll never have it.
2. If you do not ASK, the answer will always be NO.
3. If you do not step forward, you'll always be in the same place.



HAPPY BIRTHDAY

To those celebrating in JUNE!

Ulises Arredondo

Ashlee Hilton

Katelynn Collins

Mary (Joyce) Matlock

Bethany Gallaway

James Pathkiller

Jason Hance

Misty Pritchett

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From Lena, Krista & Sharon

TRIO Mentoring Program

Will provide freshmen and sophomores with a one-on-one peer mentor who will give guidance and the essential skills to navigate through college and achieve overall success.

Mentors develop
Leadership Skills

Mentees develop
Team building Skills



Group meetings once a month.

Interested in becoming a mentor or a mentee. Contact Sharon.



One-on-one peer mentor

Requirements: To stay active in the TRIO program

- + Complete ETS Success Navigator & review results with coordinator
- + Complete Cash Course – 12 modules
- + 1 Workshop per academic semester
- + 1 Cultural Event per academic semester

Questions? Contact Krista or Sharon to find out what you need to complete.



CashCourse® is your guide to taking charge of your money. Our online personal finance tools help you build real-life-ready financial skills.

Here's how to complete your CashCourse assignments:

- Step 1:** Log in to your account at www.cashcourse.org.
- Step 2:** Click the "My Planner" icon on the toolbar at the top of your screen.
- Step 3:** Click on "Assignments" and select your instructor from the dropdown menu.
- Step 4:** Click "Begin Assignment" on any activity to start an assigned quiz, course or worksheet.
- Step 5:** When you finish an assignment, it will be marked as complete in your planner and your instructor will receive your scores.

Learn the basics of how to save, spend and manage
your finances more effectively with
www.CashCourse.org

CashCourse

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 | PROUD SPONSOR OF THE AMERICAN WAY
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION

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 2017-2018 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, 2017 for the academic year 2018-2019

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

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

Study while
others are sleeping
work while
others are loafing
Prepare while
others are playing
Dream while
others are wishing
— William Arthur Ward —

If you really want to do something, you'll find a way. If you don't, you'll find an excuse.

— Jim Rohn

www.motivationalpicturequotes.com

Cucumber Tomato Salad with Lemon Poppy Seed Dressing

SERVES 6 | ACTIVE TIME 10 Min | TOTAL TIME 10 Min

1/4 cup fresh lemon juice

2 tablespoons granulated sugar

2 tablespoon extra light olive oil

1/2 tablespoon poppy seeds

1/2 tablespoon Dijon mustard

1/2 teaspoon minced garlic

1/4 teaspoon salt

1/4 teaspoon onion powder

2 English cucumbers, cut into half coins

2 cups grape tomatoes, halved

1/2 red onion, sliced thin

Combine lemon juice, sugar, olive oil, poppy seeds, mustard, garlic, salt, and onion powder in a large bowl. Whisk well until dressing is completely combined.

Add cucumbers, tomatoes, and onion to the bowl. Toss to combine.

Chill until ready to serve. Enjoy!

