

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



July 2017

STUDENT SPOTLIGHT

TRIO is spotlighting **Bethany (Galloway) Isaacs** for the month of July.



Bethany Isaacs is from Stilwell, OK. She recently got married on July 1 to the love of her life Jacob. She plans on majoring in Hospitality and Tourism Management. Her original plans were to attend her local vo-tech to receive a business certificate, but after seeing all that NSU had to offer she changed her mind and decided to come to NSU. Bethany started at NSU, fall of 2015, and

plans on graduating in the fall of 2018. After graduation, she plans on using her degree to pursue a career working for the Baptist General Convention of Oklahoma as one of the coordinators for their church camp, Falls Creek. The staff and Bethany's fellow tutors at TRIO have truly helped her to succeed in college thus far. Being in this program has allowed her to have a place on campus to do homework and seek advice. The TRIO cultural events have allowed her to explore new interests and make great memories with new friends. Without TRIO, Bethany would have had a hard time feeling connected with the NSU community. She is so thankful for TRIO!



Bethany, TRIO would like to say "Thank you for tutoring students and your willingness to help others." You show others what TRIO is all about.



Upcoming Events:

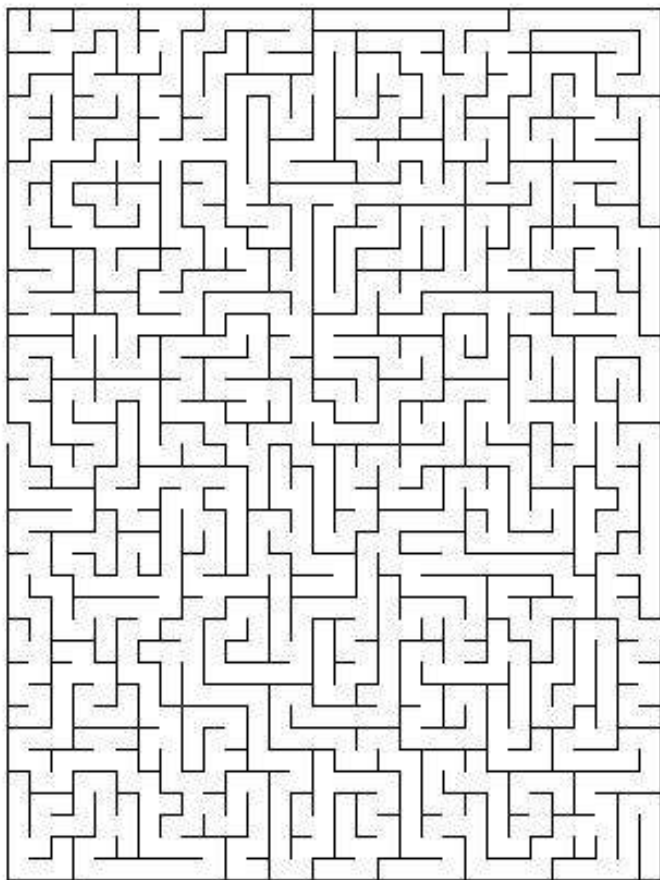
Deadline for ETS Success Navigator is July 31st.

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



DREAMS
Don't
Work
Unless
YOU Do.

BE STRONG
WHEN YOU ARE WEAK,
BRAVE
WHEN YOU ARE SCARED,
AND HUMBLE
WHEN YOU ARE
VICTORIOUS





From Lena, Krista & Sharon

HAPPY BIRTHDAY
To those celebrating in JULY!

Rakeim Abdul	Ashely Pruitt
Sara (Churrana) Bernard	Aspen (Childress) Risley
Dakota Hicks	Robert Rivera
Julie Hicks	Colton Tiger
Brittany Ivey	Katlin Watts
Jessica Lee	Samantha Weaver
Xai Lee	Derek Whaler
Atlanta Manley	Terrance Wright
Alberta McGriff	



Mentors develop
Leadership Skills

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.

Mentees develop
Team building Skills



Group meetings once a month.

Interested in becoming a mentor or a mentee. Contact Sharon at blackfos@nsuok.edu



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.



MONEY TALKS:
Learn Its Language

If you want to get ahead in the world, you need to understand money — what to do with it (and what not to do).

CashCourse is a nonprofit personal finance website that teaches you the practical money skills you need to get through college and prepare for future financial challenges.

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
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION

PROUD SPONSOR OF
THE AMERICAN WAY

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>

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

“
FAILURE IS SIMPLY
THE OPPORTUNITY
TO BEGIN AGAIN,
THIS TIME MORE INTELLIGENTLY.
”

—Henry Ford

Dragon Noodles

Prep time

5 mins

Cook time

10 mins

Total time

15 mins

Total Cost: \$2.04

Cost Per Serving: \$1.04

Serves: 2



Ingredients

- 4 oz. lo mein noodles \$1.13
- 2 Tbsp butter \$0.20
- ¼ tsp crushed red pepper \$0.02
- 1 large egg \$0.25
- 1 Tbsp brown sugar \$0.02
- 1 Tbsp soy sauce \$0.02
- 1 Tbsp sriracha (rooster sauce) \$0.08
- 1 handful fresh cilantro \$0.22
- 1 sliced green onion \$0.06

Instructions

1. Begin to boil water for the noodles. Once the water reaches a full boil, add the noodles and cook according to the package directions (boil for 5-7 minutes).
2. While waiting for the water to boil, prepare the sauce. In a small bowl stir together the brown sugar, soy sauce, and sriracha.
3. In a large skillet melt 2 tablespoons of butter over medium-low heat. Add the red pepper to the butter as it melts. Whisk an egg in a bowl and then add to the melted butter. Stir gently and cook through. Once the egg is done cooking, turn off the heat.
4. When the noodles are tender, drain the water and then add them to the skillet with the cooked egg. Also add the prepared sauce. Turn the heat on to low to evaporate excess moisture, and stir until everything is coated well with the sauce. Sprinkle the sliced green onions and cilantro leaves (whole) on top and serve!