

**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 be a participant. See Krista to sign up.**

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

**TRIO Assembly August 31 from 5 pm to 8.**

**Sign up to be a Mentor or Mentee! Contact Sharon Blackfox**



**Cries from the Basement**



**August 2017**

**TRIO SSS ASSEMBLY**

**August 31, 2017 @ TRIO Offices**

**your presence is needed to unite at SSS.**

**Food & Games - 5:00 p.m.**  
**Welcome - 6:00 p.m.**  
**Speakers - 6:15 p.m.**  
**Workshop I - 6:30 p.m.**

**Workshop II - 6:45 p.m.**  
**Closing - 7:00 p.m.**  
**Door Prizes - 7:15 p.m.**  
**\*Must be present to win\***

Dear SSS participant!

The Fall 2017 semester will be here soon! August 21<sup>st</sup> is the first day of classes! We would like to welcome our new participants to Student Support Services (SSS) and say "Welcome back" to our continuing participants.

This year we are having a welcome event for all of our SSS folks! We have included a flyer that gives you all the information regarding this event. It is very important that you attend! We have invited several representatives of Student Affairs to be in attendance with us. Dan Mabery, Assistant Vice President of Enrollment Management, will be grilling hot dogs for everyone at this event!

We would like for our participants to have the opportunity to visit with the Student Affairs staff and enjoy the events scheduled for the evening. You will also have a chance at winning some awesome door prizes!

Mark your calendars for the SSS welcome event to be held August 31, 2017, from 5-8 p.m. @ the TRIO Student Support Services area in Haskell Hall.

If you have any questions please call 918-444-3035 or email us at [sss@nsuok.edu](mailto:sss@nsuok.edu).

SSS staff,

Lena Deere, Director

Krista Boston, Coordinator

Sharon Blackfox, Coordinator



Improvements & renovations  
made to the TRIO Offices!





From Lena, Krista & Sharon

## HAPPY BIRTHDAY

To those celebrating in August!

Katrina Ezell

Kaitlin Napier

Breanna Gallagher

Rachel Pertl

Willow Glenn

Gaelen Rose

Alecia Lowery

Rachel Saylor

Ellen Kingfisher

Wade Taylor

Katrin McGriff

Paige Taylor



### 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 at [blackfos@nsuok.edu](mailto:blackfos@nsuok.edu)  
Sign up Aug. 31st



One-on-one peer mentor



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



Group Tutoring



Peer tutoring



### 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.

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



**Tip: Important:** Only the owner of the FSA ID should create and use the account. Never share your FSA ID.

- 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.

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

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## 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>

## FASFA Application

### Reminder for the 2018-2019 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. Using income tax information from 2016.

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

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

COMMITMENT MEANS  
STAYING LOYAL TO  
WHAT YOU SAID YOU  
WERE GOING TO DO  
LONG AFTER THE  
MOOD YOU SAID IT IN  
HAS LEFT YOU.



# Outrageous Warm Chicken Nacho Dip



- Prep 20 m
- Cook 1 h 15 m
- Ready In 1 h 35 m

"This is my jazzed up version of classic queso dip taken to a heartier level, perfect for football games, tailgating or for taking along to pot lucks in a slow cooker! This is a serious crowd-pleaser that is served hot as a dip, spooned over crisp tortilla chips nacho-style, or rolled up in a warm flour tortilla! The heat can be turned up or down with the addition of jalapenos to taste."

## Ingredients

- 1 (14 ounce) can diced tomatoes with green chile peppers (such as RO\*TEL(R)), drained
- 1 (1 pound) loaf processed cheese food (such as Velveeta(R)), cubed
- 2 large cooked skinless, boneless chicken breast halves, shredded
- 1/3 cup sour cream
- 1/4 cup diced green onion
- 1 1/2 tablespoons taco seasoning mix
- 2 tablespoons minced jalapeno pepper, or to taste (optional)
- 1 cup black beans, rinsed and drained

## Directions

1. Place the diced tomatoes, processed cheese, chicken meat, sour cream, green onion, taco seasoning, and jalapeno pepper into a slow cooker. Cook on High, stirring occasionally until the cheese has melted and the dip is hot, 1 to 2 hours. Stir in the black beans, and cook 15 more minutes to reheat.

