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**

<u>Tutoring</u> slots available. Must be a participant. See Krista to sign up.

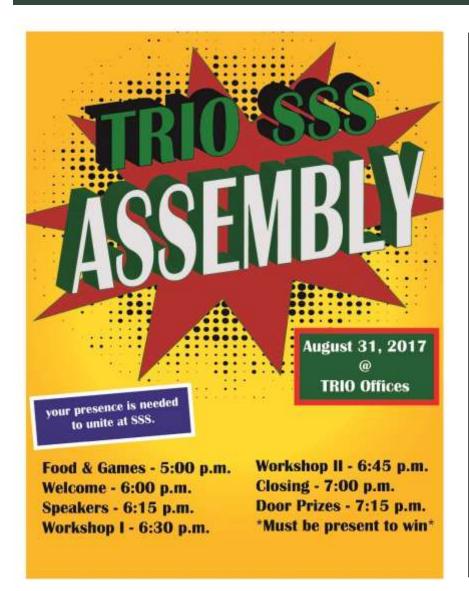
<u>Cash Course</u> everyone needs to complete this to be a part of TRIO.

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



Dear SSS participant!

The Fall 2017 semester will be here soon! August 21st 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. (a) 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.

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 Saylors

Ellen Kingfisher Wade Taylor

Katrin McGriff Paige Taylor



TRIO Mentoring Program

Mentors develop Leadership Skills 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

Sign up Aug. 31st





One-on-one peer mentor

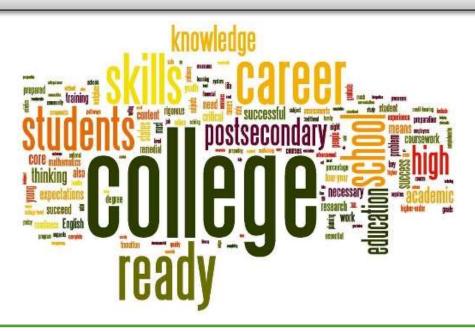
Tutoring slots available for fall semester! Must be a TRIO participant and fill out a tutor request. Contact Krista as soon as possible.







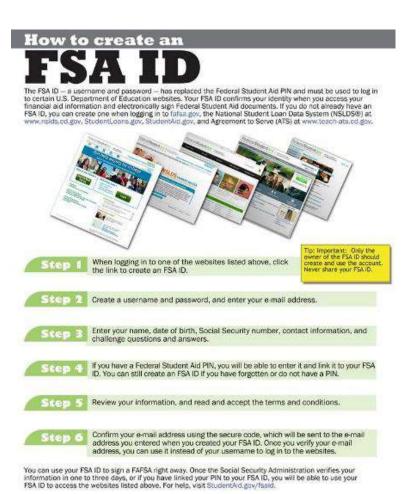
Peer tutoring



Requirements: To stay active in the TRIO program

- ♣ Complete ETS Success Navigator & review results with coordinator
- Complete Cash Course 12 modules
- **4** 1 Workshop per academic semester
- ♣ 1 Cultural Event per academic semester

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



FASFA Application

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

FASFA http://StudentAid.gov/fsaid

FSAID https://fsaid.ed.gov

Federal Student Aid

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





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.

