## 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.

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



## Cries from the Basement



## October 2017

TRIO is spotlighting **Rachel Saylors** for the month of October.

Rachel Saylors is from Muskogee, Ok. She is married with two children. Rachel left college before she earned her associates degree to get married and raise her family, then returned to finish her degree nearly ten years later! Rachel plans on majoring in Speech Language Pathology. Rachel did earn her associates from Connors in the spring of 2016. Rachel started at Northeastern in the spring of 2016. Going back to college and working hard has given her children a solid example of someone setting goals and meeting them. The staff at Trio have truly helped her to succeed in college thus far. Being in the Trio program has allowed Rachel to have a place on campus to do homework and seek advice and make friends.



Rachel is a great example of someone who is achieving her goals one day at a time. TRIO has no doubt you will succeed in all your endeavors Rachel!

**TRIO WORKS!** 

#### Upcoming Events!

Need to complete your **FAFSA** for 2018-19! TRIO has an event for you on **October 17 from 5:30 to 6:30 pm.** Come and go! Grab a treat and get your **FAFSA** completed!

October 18 Mentor/Mentee Meeting

October 19-20 FALL BREAK!

Workshops: Business Etiquette and how to write professional emails! **October 25-26** from 8 am to 5 pm.





# TTDYF

## What does this mean???







## HAPPY BIRTHDAY

To those celebrating in October!

**Molly Blevins** 

Trico Blue

Jennifer Conrad

**Dillon Fullerton** 

**Allison Miller** 

Alexis Park

**Treybeinne Pritchett** 

Abbigail Stephens

**Caitlin Stratton** 

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.

Mentees develop Team building Skills



Mentors develop

Leadership Skills

Interested in becoming a mentor or a mentee. Contact Sharon at <u>blackfos@nsuok.edu</u>

Or call 918-444-3037

Group meetings once a month.



Group Tutoring

Peer tutoring





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

Winners of the Workshop!





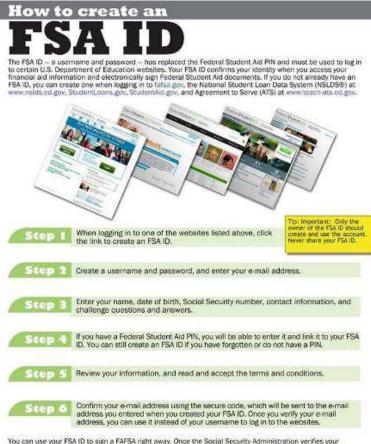
Winner from Group Tutoring!



## Requirements: To stay active in the TRIO program

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

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



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

**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

FSA ID https://fsaid.ed.gov

Web <u>Site</u>s

#### TRIO Links

Online Application https://offices.nsuok.edu/studentsupportservices/SSSHome.aspx

Cash Course http://www.cashcourse.org

Online Workshops https://www.studentlingo.com/nsuok



# **Oven Roasted Parmesan Potatoes**

• Prep

15 m

• Cook

30 M

• Ready In

45 m

### Recipe By:bellepepper

"I have tried a lot of good roasted potato recipes, but I keep coming back to this one. I've never found one I like better! These are crispy on the outside, and soft and creamy on the inside."

## Ingredients

- cooking spray
- 1 teaspoon vegetable oil, or as needed
- 2 tablespoons freshly grated Parmesan cheese
- 1/2 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon ground black pepper
- 2 pounds red potatoes, halved
- 1 tablespoon vegetable oil, or as needed
- 1/4 cup sour cream (optional)

## Directions

- 1. Preheat oven to 400 degrees F (200 degrees C). Spray a 9x13-inch baking pan or cast iron skillet with cooking spray; pour in about 1 teaspoon vegetable oil to coat the bottom.
- 2. Mix Parmesan cheese, salt, garlic powder, paprika, and black pepper together in a bowl.
- 3. Blot the cut-side of potatoes with a paper towel to remove any moisture. Place potatoes in a bowl and drizzle with 1 tablespoon vegetable oil; toss until potatoes are lightly coated. Sprinkle potatoes with Parmesan cheese mixture; toss to coat. Arrange potatoes, cut-side down, onto the prepared baking pan.
- 4. Bake in the preheated oven for 15 to 20 minutes. Turn potatoes to cut-side up; continue baking until golden and crispy, about 15 to 20 more minutes. Serve with sour cream.

