

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.

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



Cries from the Basement



October 2017

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

Rachel Saylor 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.





Group Algebra Tutoring

Every Wednesday of Fall 2017
3:30 – 5:00 p.m.

TRIO Student Support Services
Tutoring Center

Each attendance will get your name entered into a monthly drawing.

October Drawing will be for a Sonic gift card for \$10!!!

*Each session is another chance to have your name put in the drawing.



October 17, 2017

5-6:30 p.m. (come & go event)

We will have representatives from Student Financial Services at SSS to assist you with your FAFSA!

What you need to have with you:

Your FSA ID (student & parent)

2016 tax information

Get your FAFSA done and have your questions about FAFSA answered!

Snacks provided!



TTD YF

What does this mean???



Ask the SSS staff!!





HAPPY BIRTHDAY

To those celebrating in October!

Molly Blevins

Alexis Park

Trico Blue

Treybeinne Pritchett

Jennifer Conrad

Abbigail Stephens

Dillon Fullerton

Caitlin Stratton

Allison Miller

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

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

- ✚ 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 fafsa.gov, the National Student Loan Data System (NSLDS®) at www.nsls.ed.gov, StudentAid.gov, and Agreement to Serve (ATS) at 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.

Federal Student Aid
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION

PROUD SPONSOR OF:
THE AMERICAN MIND®

Web Sites

TRIO Links

Online Application

<https://offices.nsuok.edu/student-support-services/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>

KEEP
CALM
AND
STUDY
ON

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.