

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.

ETS Success Navigator
Session number available
Contact Krista or Sharon

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



Cries from the Basement



April 2018

SPOTLIGHTING OUR TUTOR!

Trio is spotlighting one of our tutors **Jessica Deere** for the month of April.

Jessica was born and raised in Tahlequah, OK, and has been going to Northeastern State University since 2013. Jessica is a senior at NSU and a tutor for Student Support Services. She has learned a lot and has experienced so much in college. She hopes to make a positive impact for her community after she graduates, but she has no idea what will happen and that will be the exciting part. Jessica really likes the quote by Ellen Johnson Sirleaf, "If your dreams do not scare you, they are not big enough." Jessica does have a wild imagination, since she was a kid, and her dreams are wild. Jessica loves to draw, write, and craft.

The reason she became a tutor was because she loved helping those who need it. College can

be stressful and she wanted to be able to ease that stress so it will help students succeed. Jessica loves making new friends and connections with the students, but it is really cool to see students come into the program and then graduate. Jessica tutors in Composition I and II, also she proof reads papers for students. She also tutors a little bit of Biology, General Physical Science and computer assistance with online courses.

Jessica recently had a birthday on April 7th, she celebrated her special day with friends and family.

TRIO would like to thank you for being a tutor for the Student Support Services program. You are a valuable asset to our students and to our success!

TRIO WORKS!



TUTORING is available! See
Krista.
No Tutoring during Finals
Week!



UPCOMING EVENTS:

April 16-20 American Indian Symposium
(Credit for Cultural Event)

April 19 Mentor/Mentee meeting @ 2pm

April 27 **Grant Aid Deadline**

April 30 **Finals Week Starts!**



GROUP TUTORING MONDAY NIGHTS 5-7PM

Group tutoring will be held Monday evenings from 5:00 pm to 7:00 pm at the TRIO Student Support Services office starting next Monday January 8th. There will be multiple tutors on hand and a variety of subjects will be covered. Come check it out and stay ahead this semester! ☺



MULTIPLE TUTORS

MULTIPLE SUBJECTS

INCLUDING
MATHEMATICS
& SCIENCE!

STARTING
MONDAY
JANUARY 8TH

START THE
SEMESTER OFF
RIGHT!

QUESTIONS?

Call 938-444-3935

or

Stop by the office.

TRIO SSS NEW OFFICE HOURS SPRING 2018



EFFECTIVE MONDAY, JANUARY 8, 2018

- Monday: 8 a.m. – 7 p.m.
- Tuesday through Friday: 8 a.m. – 5 p.m.

You asked, we delivered! Extended office hours on Monday's for the spring 2018 semester. Please note that if campus is closed the SSS office will also be closed. Times and days of extended hours are subject to change (notification will be sent out if changes are made).

Finals Week Food

Monday - Spaghetti



Tuesday - Tacos



Wednesday - Ham and Cheese Sliders



Thursday & Friday



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



Interested in becoming a mentor or a mentee.
Contact Sharon at blackfos@nsuok.edu Or call 918-444-3037



Happy Birthday!
To those celebrating in April!

Claressa Armer
Krista Butler
Amy Carey
Terrelyn Carrillo
Jody Dallis
Charles Dyer
Milea Hedgpath

Kierstyn Hubnik
Wanda Hays
Codie Moore
Sunghae (Julia) Shin
Brenna Stricker
Megan Woodward
Bailey Zagrabelny



From Lena, Krista
& Sharon



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, 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.

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

THE HARDER
YOU WORK
FOR SOMETHING,
THE GREATER
YOU'LL FEEL
WHEN YOU
ACHIEVE IT.

Chicken Fajita Quesadillas

Yield – 6 quesadillas

Preparation Time – 25 minutes

Cooking Time – 20 minutes



Ingredients

- 2 chicken breasts, thinly sliced
- 2 Tbsp homemade taco seasoning (or fajita seasoning) ([Or make your own taco seasoning here.](#))
- 1 small onion, sliced
- 2 peppers, red, yellow or green, seeded and thinly sliced
- About 2 cups cheese
- 12 tortillas
- Rice and beans, as side dishes
- Garnish with salsa, sour cream, or fresh guacamole

Directions

- Cook the chicken breasts with the seasoning, with the sliced onions and peppers. Cook until chicken is cooked through and peppers and onions are softened.
- Lay out 6 tortillas on baking sheets, add a pinchful of cheese to each tortillas. Spoon the chicken fajita ingredients evenly over each of the tortillas. Add another pinchful of cheese over the chicken fajita mixture. Top with the other 6 tortillas.
- Bake or grill the quesadillas. Bake at 350 for 10 minutes, flip and bake another 10 minutes. If grilling, grill over indirect heat for 8 to 10 minutes per side, or until tortilla begins to brown. Flip and grill the other side for a few more minutes.
- Cut with pizza cutter into 4 or 6 slices each.
- Prepare rice and beans or other side dish and garnish.
- Serve Chicken Fajita Quesadillas with Rice and Beans.

