

CRIES FROM THE BASEMENT

FEBRUARY NEWSLETTER

TRIO

STUDENT SUPPORT SERVICES

FEBRUARY CALENDAR

FEB 6	FGSO MTG
FEB 16	CULTURAL EVENT TULSA PAC
FEB 17	PRESIDENT'S DAY
FEB 19	TRIO DAY OKC STATE CAPITOL
FEB 20	FGSO MTG
FEB 24	RESUME WORKSHOP
FEB 25	RESUME WORKSHOP

TRIO SERVICES PROVIDED:

- ◆ Academic Coaching
- ◆ Academic Tutoring
- ◆ Academic Workshops
- ◆ FAFSA Assistance
- ◆ Graduate/Professional Programs application assistance
- ◆ Networking
- ◆ Computer lab access
- ◆ Cultural Events/Activities
- ◆ Financial Literacy
- ◆ Information on public & private scholarships
- ◆ Mentor Program
- ◆ Personal Support

**GROUNDHOG
DAY**
February 2nd





TRIO TESTIMONIALS

Over the last 2 years I have been involved with TRIO. They have come to my rescue, on more than one occasion.

There are so many to thank that have helped me along the way. As a non-traditional student, I knew what I was expected to do, when it came to being successful as a student @ NSU. However, I knew I had some shortcomings, particularly algebra and chemistry, that would require one on one help in order for me to pass and eventually graduate.

TRIO made the difference between me spending an extra semester in college or my upcoming graduation in just over a week. Around TRIO, I am known as the needy child, even though I am older than anyone else there. You guys and gals were so awesome, meeting every need (even personal) that I had.

Besides the algebra and chemistry, there were other areas that you helped me. Whether it was editing papers, statistics, computer operations, need I say more? Generally, I am the kind of person that never gives up. But you guys helped me in so many ways, giving up never entered my mind.

Being part of TRIO helped me focus more on other's needs, and not just my own. Being part of TRIO, helped me to look beyond my own needs, realizing we all need each other. If we are willing, investing time in others, means having a part in each other's success. Thank you, Sharon, Joe, Lena, Tessa, Jesseca and so many others I have not mentioned, for getting me through it and making to graduation. Please consider me one of TRIO's success stories, I certainly do! I would highly recommend TRIO for anyone. Besides the help you will receive, you are likely to make a couple of friends as well, I certainly did!

I look forward to giving back, in my future career, the way my friends at TRIO have invested in me. Throughout my journey at NSU, you were always so kind to me. Even though I worked hard to succeed, your help greatly influenced my ultimate success. TRIO is the bomb! Thank you all from the bottom of my heart.

Sincerely ,

Alan Willard

Being a part of TRIO has helped me through my 6 years of college. Being a full time student and having a full time job they are a great place to come and rest your feet in between classes. During my first years and till now Mrs. Lena has always been there with a listening ear. She allowed me to come into her office and cry at times and she always knew what to say. The tutoring services got me through College algebra and Social Stats. They always make sure that they can help you in any way they can, if they cannot they sure will find a way to make sure you get the answers. They are always willing to help and I will continue to come and visit Mrs. Lena and Mrs. Sharon and update them on my success as a Social Worker.

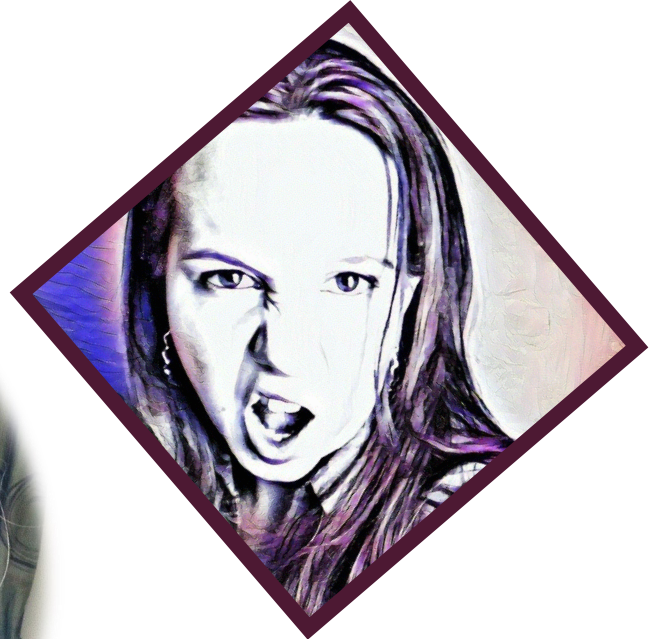
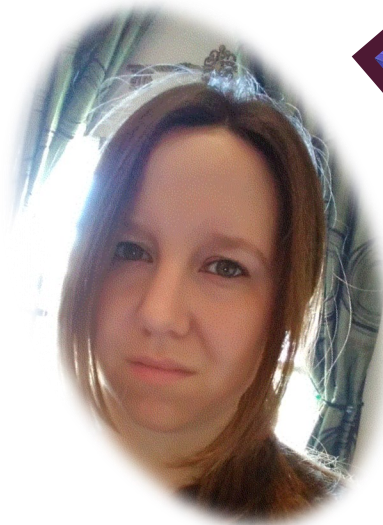
Claressa Armer

T^{TRIO}

Karmin Schwartz

S^{STUDENT}

S^{SPOTLIGHT}



Hello, my name is Karmin Schwartz, I am 28 years old and a Junior at NSU. I am an Art Major with an emphasis in Graphic Design. I am a mother of three; 2 girls ages 8 and 5 and a three-year-old boy. I am a first-generation student. This is important to me because I realize I am setting a bar or an example for my children.

I also participate in the TRIO program and I am currently serving as a mentor. In addition to TRIO, I am a member of FGSO (First Generation Student Organization) and TALONS Sign Language Club.

In 2015, I became a certified Graphic Artist and Print Production Technician and worked in the field for a year and a half. I now work full time at Habitat for Humanity. I will have been there for 2 years in May. I started there on a welfare program, then they hired me as a cashier. Last November I moved up to the Administration Office as a VISTA worker (volunteers in service to America). I do have a fancy title; V.I.S.T.A. Communications and Development Coordinator. (I was once told you can climb the ladder anywhere but you have to start in the kitchen)

What's next for me after NSU? I want to find an entry level position in my field and build from there. The ultimate goal is to create stability for my kids and have a career that affords me more time that I can spend with them.

WHAT'S GOING ON AT TRIO THIS MONTH?

Dorothy
and The Prince of Oz

TRIO SSS
Cultural Event

FEBRUARY 16, 2020




FGSO

FIRST GENERATION
STUDENT ORGANIZATION

MEETING

3:30 PM
FEB 6 & FEB 20
UC ROOM 225

Resume



WRITING
WORKSHOP

FEBRUARY 24 & 25

If you are not willing to learn,
No one can help you!
If you are determined to learn,
No one can stop you!

FEBRUARY

Has anyone told you
♥ Today... ♥
just how
Awesome!
you are?



"If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place."

~Nora Roberts





4-MINUTE CHICKEN QUESADILLA

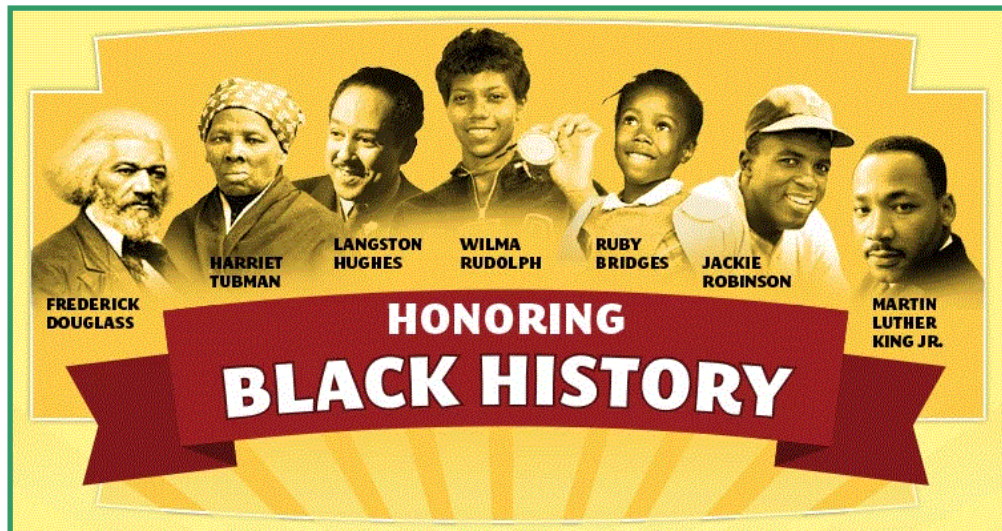
Ingredients

for 1 serving

- 2 medium flour tortillas
- ½ cup chicken strip, or shredded chicken, cooked
- ½ bell pepper, diced
- 1 tablespoon taco seasoning
- ¼ cup shredded cheddar cheese

Preparation

1. Microwave the tortillas on a plate until slightly crispy. They will dry out a bit as they cool.
2. Mix the chicken, peppers, and taco seasoning in a bowl until evenly combined, then cook for about 1-2 minutes until the peppers are soft.
3. Spread the mixture evenly on one tortilla, cover evenly with the cheese, then top with the other tortilla.
4. Cook for another 30 seconds to 1 minute, slice, then serve.



“Education is the most powerful weapon which you can use to change the world”

~ Nelson Mandela

“Education is for improving the lives of others and for leaving your community and world better than you found it.”

~Marian Wright Edelman



TRIO DAY

TRIO staff and some students will attend the annual TRIO day scheduled for Wednesday, February 19, 2020. There is a service project with Pivot, a non-profit organization, that helps meet housing and basic needs for youth in the OKC area. We are gathering items for donation to take with us on TRIO day. If you would like to donate, please drop off any of the items from the list at the TRIO office by Tuesday, February 18.





TRIO DAY SERVICE PROJECT FEB. 19TH

Pivot is a nonprofit organization dedicated to meeting housing and basic needs for youth in the OKC area. Help support Pivot's Tiny Home Community by bringing the following items:

Household	Donations	Non-Perishable	Donations
Toaster	Can Openers	Pop Tarts	Soups
Dish Soap	Sponges	Applesauce	Pasta
Hand Soap	Dishcloths	Boxed drinks	Granola Bars
Silverware	Pillows	Cereal Bars	Mac & Cheese
Toilet Paper	Small Pots & Pans	Dried Fruit	Fruit cups
Paper Towels	Disinfecting Wipes	Individual Chips	Bags of Rice
Shower Curtain	Small Trash Can		

FROM
YOUR
TRIO
STAFF



LENA DEERE
SHARON
BLACKFOX
HANNAH
FOREMAN

*Cole Brown
Allison Cargal
Sydney Davison
Baylee Gibson
Frankie Goforth
Taylor Hilliard*

*Juliana Hull
Ashlyn Jenkins
Jenni McClanahan
Alexis O'Laughlin
Kellsy Reiersen
Nicole Rodriguez*

*Salena Sanchez
Karmin Schwartz
Lucy Stone
Shae-D'lynn Welch
Dane West
Precious Wright*