

TRIO

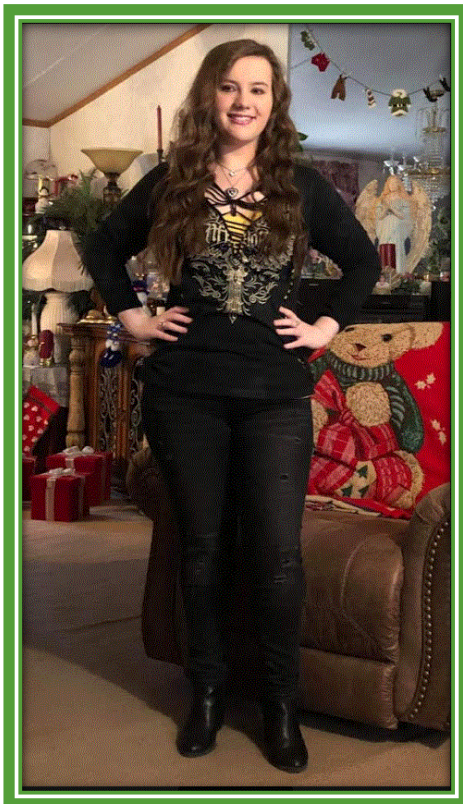
STUDENT SUPPORT SERVICES

CRIES FROM THE BASEMENT

TRIO STUDENT SPOTLIGHT

Hello! My name is Tiffany Reece. I'm a freshman at Northeastern State University. I am a Political Science major with a minor in American Indian Studies. After I graduate from NSU I plan on attending Tulsa University Law School to get my degree in Tribal Law; being a Cherokee Indian I always wanted to do something to help Native American tribes and I always had an interest in law, so I combined the two. My hobbies include reading, drawing, watching movies, and listening to music. I have so many favorite books that I cannot choose between them; for example, I love

Tiffany Reece



BE THE CHANGE

reading Edgar Allen Poe stories any time of the year, but especially in October. I love all kinds of music as well. I listen to everything from country to indie. I love action movies and superhero movies; my all-time favorite movie is Wonder Woman. I have been involved with TRIO since I started at NSU in the Fall and I love it. Everyone here is so nice and helpful. The tutors are amazing! The cultural trips are always so much fun! My favorite one so far has been the Nutcracker ballet trip. I look forward to the next few years at NSU and I cannot wait to see what the future brings.



January Calendar

Jan 13	Classes begin
Jan 13-17	Late enrollment \$10 fee
Jan 16	Sign-up deadline for TRIO day
Jan 20	MLK day – No classes
Jan 23	FGSO meeting
Jan 28	TRIO Mentor meeting
Jan 29	Stress Management Workshop
Jan 30	Stress Management Workshop





“The function of education is to teach one to think intensively and to think critically. Intelligence plus character – that is the goal of true education.”

~Dr. Martin Luther King Jr.



TRIO SSS Offers FREE Tutoring! Don't delay, sign-up with Sharon today!



Computers

Speech

Biology



Algebra

Business Policy

Chemistry

Economics

Creative Writing



Composition I & II

Quantitative Methods

Psychology

Applied Math

Trigonometry

Statistics

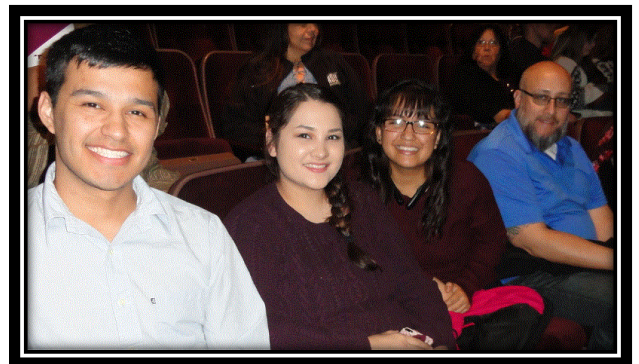
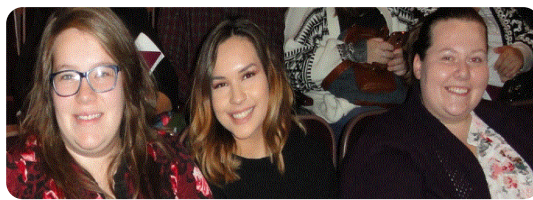
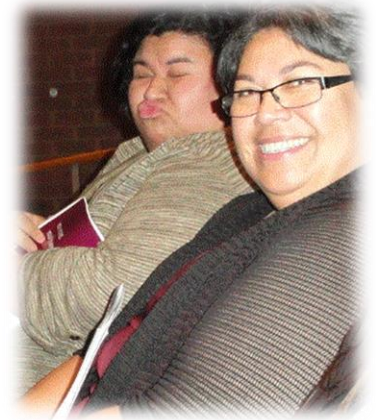
University Strategies

Calculus

DECEMBER CULTURAL EVENT THE NUTCRACKER BALLET



DECEMBER CULTURAL EVENT THE NUTCRACKER BALLET



UPCOMING EVENTS

ANXIOUS?
OVERWHELMED??



Frustrated??
Freaking out??

**LEARN SOME WAYS TO COPE AT THE
STRESS MANAGEMENT
WORKSHOP**

TRIO SSS
Haskell Hall Annex Basement
January 29 & 30


FIRST GENERATION
STUDENT ORGANIZATION

**FGSO
MEETING**

JANUARY 23, 2020
3:30 PM
UC ROOM 225



If you would like to donate any items for the TRIO Day Service Project below, drop them off at the TRIO office and we will take them with us for the annual TRIO day in OKC.



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:

TRIO DAY SERVICE PROJECT FEB. 19TH

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		



2020
TRIO DAY
FEBRUARY 19TH
OKLAHOMA STATE CAPITOL

Cinnamon Apple & Banana Oatmeal

Adding some warm cinnamon apple and banana takes oatmeal to a whole new level.



Ingredients

- ✓ 2 packs instant oatmeal, any flavor
- ✓ 1 honey crisp apple
- ✓ 1 tbsp butter
- ✓ 1 medium banana
- ✓ Cinnamon for garnishing

Cut up your apple into small pieces. Put it in a microwave safe bowl, and add butter and sprinkle cinnamon. Microwave for 1 minute. Remove from the microwave and mix so that the butter and cinnamon are dispersed. Microwave for another 30 seconds. Set apples aside and cut the banana into small slices. Prepare your instant oatmeal according to the directions, then mix in apples, and top with banana. Adding fresh fruit (especially with a bit of melted butter) to your oatmeal never fails to please.

FAFSA Application

Reminder for the 2020-2021 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, 2019 for the academic year 2020-2021. Using income tax information from 2018.

FAFSA <http://StudentAid.gov/fsaid>

FSA ID <https://fsaid.ed.gov>



Michelle Barnfield
 Jeffrey Blossom
 Michelle Caldwell
 Larry Carney
 Makayla Dewitt
 Joshua Fenn
 Rachael Goforth
 Mark Goodspeed
 Heather Harman
 Ryeli Holland
 Beatris Humphrey
 Earin Murrell
 Adilene Peru

Melissa Petit
 Jada Pingleton
 Susan Roy
 Dawn Schuermann
 Rebecca Stedum
 Krista Stopp
 Jessica Sullateskee
 Mitchell Thompson
 John Timothy
 Caden Walker
 Malachi Wood
 Tyler Wood
 Elijah Wrigley



From your
 TRIO Staff
 Lena
 Sharon
 Hannah

