

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 sign up and must have a completed file in the TRIO office.

ETS Success Navigator is up and going again. Please take the time and complete the assessment. You will need to see Krista or Sharon to review.

Cash Course everyone needs to complete this to be a part of TRIO.

If you haven't picked up a planner stop by the office and pick one up from Krista or Sharon.

Cries from the Basement



January 2017

STUDENT SPOTLIGHT

Trio is spotlighting **James Pathkiller** for the month of January.

Growing up I remember moving a lot, between Locust Grove, Pryor, and Muskogee. At that time I had four other siblings, I was the oldest. My dad was the only one working; even back then with five kids it was hard times, I also remember most of our clothes came from a church, the only time we received anything new was when we really needed it. By the time I was eleven until I turned sixteen I basically lived on the streets: that's when I began to get into trouble with my friends by doing things that was not good. At the age of fifteen I quit school in the ninth grade, started working and thought I didn't need my education. When I turned sixteen my mom and I had a falling out and she kicked me out of the house; not having a clue as to what I was going to do or where I was going to live. I decided to

stay with some friends and my step sister where I basically bounced around from place to place. The lifestyle I was living went on for several years, I even tried going to church a few times but never really stayed faithful in that although I did get saved at the age of nineteen. I was still searching for what I wanted and where I wanted to go in life. I found out later on in life that without a GED I couldn't pick and choose what kind of job I wanted, I had to take whatever I could find. As I got older I didn't have any kind of direction in my life, lost my driver's license due to drinking and driving, went thirteen years without it. In 2000, I finally decided to make a change, so I went and received my GED and found out that I could better my life by making something out of it. As I got older I received certificates in building and trades where I got to run my own business for a year, and in 2003 I

started working for Cherokee Nation through different programs until I got on full time; I never thought I would be working for the government. I continued to work for them for seven years that's where I found the Love of my life, Sonya. I decided to pursue another career and the only way to do that was to go back to school. I applied at NSU and got accepted. Having the support of my wife and church family has given me the confidence I needed. I became part of the TRIO program and they have been a tremendous help as I am in my fifth semester.

James we are very proud of you and what you have accomplish so far. TRIO works!



TUTORING

Tutoring slots available!
Contact Krista Boston at the TRIO Office located in the basement of Haskell Hall.



GROUP COLLEGE ALGEBRA TUTORING

EVERY TUESDAY – SPRING 2017

1:00PM – 2:00PM

TRIO STUDENT SUPPORT SERVICES TUTORING CENTER

Tutors will be on hand to assist you with any questions you may have in College Algebra.

Bring your questions! Let us help you!!!



Fall Graduates
2016

- Danae Alexander
- Thomas Cordray
- Alana Jordan
- Meghan Reid



HAPPY BIRTHDAY

To those celebrating in January!

- | | |
|-------------------|----------------------|
| Jocelyn Bercerril | Ervin McCoy |
| Panther Cooksey | Tyia Reliford |
| Heather Dreesen | Sara Rose-Brownfield |
| Nathan Drilling | Brittany Ruckman |
| Jacqueline Epps | Dawnn Schuermann |
| Rosa Galvan | Jessica Sullateskee |
| Heather Harman | Macie Sullateskee |
| Brent Humphrey | Sara Truelove |
| Timothy John | Malachi Wood |



From Lena, Krista
& Sharon



CashCourse Challenge

Visit www.cashcourse.org to find the answers to the questions below.

1. What four steps does CashCourse recommend for creating a budget or "spending plan"?
 - a. 1) Identify your income, 2) List your expenses, 3) Compare your income with your expenses, and 4) Make adjustments
 - b. 1) Use your debit card to spend money, 2) Check your online statements, 3) Decide how much money you need each month, and 4) Work more to reach that amount
 - c. 1) Ask friends how much they spend each month, 2) Calculate an average on their spending amounts, 3) Set aside that amount for your budget, 4) Make adjustments

2. Which of the following are good ways to "stretch your dollars" during your college years? Choose three.
 - a. Learn to cook
 - b. Go to a coffee shop every day for coffee
 - c. Get a roommate
 - d. Use your student discount

3. Which of the following are smart tips for managing credit cards? Choose two.
 - a. Get multiple cards and spread out your spending between them
 - b. Pay off your credit card balance monthly
 - c. Actively manage your account to avoid credit fraud
 - d. Only make the minimum payment each month



CashCourse® is your guide to taking charge of your money. Our online personal finance tools help you build real-life-ready financial skills.

Here's how to complete your CashCourse assignments:

- Step 1:** Log in to your account at www.cashcourse.org.
- Step 2:** Click the "My Planner" icon on the toolbar at the top of your screen.
- Step 3:** Click on "Assignments" and select your instructor from the dropdown menu.
- Step 4:** Click "Begin Assignment" on any activity to start an assigned quiz, course or worksheet.
- Step 5:** When you finish an assignment, it will be marked as complete in your planner and your instructor will receive your scores.



**LIFE ISN'T ABOUT
FINDING YOURSELF.
LIFE IS ABOUT
CREATING
YOURSELF.**

Learn the basics of how to save, spend and manage
your finances more effectively with
www.CashCourse.org

CashCourse

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

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FAFSA Application

Reminder for the 2016-2017 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, 2016 for the academic year 2017-2018

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

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

Web Sites

TRIO Links

Online Application

<https://offices.nsuok.edu/studentsupportservices/SSSHome.aspx>

Cash Course

<http://www.cashcourse.org>

Online Workshops

<https://www.studentlingo.com/nsuok>

ETS Success Navigator

<http://successnavigator.ets.org/>

Session # 108457-148652059



Banana Pancakes

Ingredients

- 2 eggs
- 1 large, very ripe banana

Instructions

1. Mash the banana in a bowl, and when nearly smooth, add the eggs on top and mix together until combined. You can use a food processor if you're super lazy, but then again if you're that lazy, you really don't want to have to clean the processor after, so just use your own muscle.
2. Heat a skillet with your favorite product that prevents food from sticking to the pan. Lately mine is coconut oil, but you can use olive oil or cooking spray.
3. Pour batter into pan, but not too much since you're going to have to flip it, and there's no flour in here so smaller is better for turning it over.
4. Let it set for about 2 minutes until its brown underneath, and then flip for another minute on the other side.

This will make about 4 pancakes. I actually enjoyed the batter as is, but I also tried adding steel cut oats which gave it a little more girth and texture, though I found it a bit dry. A quicker cooking oat would be better, but not sure it's necessary. I threw a little cinnamon in one batch, which was nice, but the winner was adding some Speculoos. I first discovered [Speculoos](#) in Paris, though it originates from Belgium. We nicknamed it "crack in a jar," and the cinnamon, nutmeg, ginger and cloves bring out a nice brightness to the banana pancake. I liked all of the cakes with some fresh peanut butter, but you could also try honey, or of course syrup.



Upcoming Events in TRIO

Time Management Workshop Feb. 1-2

TRIO Day in Ok City Feb. 22

Learning Styles Workshop March 8-9

Spring Break March 13-17

Swan Lake in Tulsa March 24