

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 ****

Welcome Assembly 2018
August 28, 2018 @ 5:00 pm
UC Redbud Room

TRIO office is open during the summer!

Limited tutoring available during the summer! See Krista Boston

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

Cries from the Basement



Summer 2018

2018 WELCOME ASSEMBLY

WHEN
August 28, 2018
5pm

WHERE
UC Redbud Room
600 N Grand Ave., Tahlequah, OK

**FEATURING • Speakers • Food •
Scavenger Hunt • Door Prizes •**



**25TH & 50TH
CELEBRATION**

**SSS
PARTICIPANT
EVENT**

RSVP
sss@nsuok.edu

**NSU
TRIO
STUDENT
SUPPORT
SERVICES**



Celebrate TRIO for
25 Years at NSU
&
50 Years as an
Organization!

**Please RSVP by August
24, 2018**

Your attendance will
qualify for one Cultural
Event!

TRIO
STUDENT SUPPORT SERVICES



History of the Federal TRIO Programs

The Upward Bound (UB) Program, the first Federal TRIO Program, was created under the authority of the Economic Opportunity Act of 1964, as amended. A year later, Talent Search (TS) was created as part of the Higher Education Act of 1965 to assist students applying for newly authorized federal financial aid for postsecondary education. The TRIO name itself was born four years later when the Higher Education Act of 1965 was amended in 1968 to include the Special Services for Disadvantaged Students program—what is now called Student Support Services (SSS). UB, TS and SSS formed a trio of Federal programs designed to foster increased educational opportunity and attainment. Since 1968, the TRIO programs have been expanded to provide a wider range of services. Today, nine TRIO programs are included under the TRIO umbrella, seven of which provide direct services to students. The 1972 amendments to the Higher Education Act created Educational Opportunity Centers (EOCs) to help adults select a postsecondary education program and obtain financial aid. Veterans Upward Bound (VUB) was also initiated in the 1972 as part of the Upward Bound program to serve returning Vietnam veterans. Amendments in 1986 added the Ronald E. McNair Post baccalaureate Achievement Program (McNair) to foster doctoral degree attainment by students from underrepresented segments of society. In 1990, the Upward Bound Math and Science (UBMS) program was initiated as part of the Upward Bound program to address the need for specific instruction in the fields of mathematics and science. TRIO also includes a training program for project directors and other staff of TRIO projects (Training Program for Federal TRIO Programs, which was authorized in 1976). The TRIO programs are administered by the Student Service area of the Department's Office of Postsecondary Education. (Federal TRIO Programs 50th Anniversary Fact Sheet)



HOW LONG HAS TRIO BEEN AT NSU?

NSU currently has three of the TRIO programs in operation. Student Support Services, funded since 1993, is directed by Lena Deere. Educational Talent Search, funded since 2002, is directed by Diane Walker. In 2011, NSU received a second ETS grant located on the Broken Arrow campus. And in 2017, NSU received an Upward Bound grant, directed by Lisa Johnson. The Upward Bound grant is housed at the Broken Arrow campus.

What's new at TRIO!





Happy Birthday!
To those celebrating in June!

Ulises Arredondo
Gabrielle Budder
Katelynn Collins
Bethany Isaacs
Jason Hance
James Pathkiller
Alisha Rothrock

Happy Birthday!
To those celebrating in July!

Rakeim Abdul
Sarah Bernard (Charrena)
Kendall Cook
Simone Harrison
Dakota Hicks
Xai Lee
Atlanta Manley
Alberta McGriff
Aspen Risley
Robert Rivera
Colton Tiger
Marcella Turner
Samantha Weaver
Derek Whaler



From TRIO Staff:

Lena Deere
Krista Boston Fullerton
Sharon Blackfox

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 2019-2020 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, 2018 for the academic year 2019-2020. Using income tax information from 2017.

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

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

**THERE IS
ALWAYS
THAT ONE
SUMMER
THAT
CHANGES
YOU.**

KUSHANDWIZDOM

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Taste of Home

Berry Chicken Salad

Bright berries and creamy goat cheese make this one a winner! —Wendy Ball, Battle Creek, Michigan
TOTAL TIME: Prep/Total Time: 20 min. **YIELD:** 4 servings.

Ingredients

- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 package (6 ounces) fresh baby spinach
- 1 cup fresh raspberries
- 1 cup halved fresh strawberries
- 2/3 cup crumbled goat cheese
- 3 tablespoons chopped pecans, toasted
- 1/4 cup prepared fat-free raspberry vinaigrette



Directions

1. Sprinkle chicken with salt and pepper. On a greased grill rack, grill chicken, covered, over medium heat or broil 4 in. from heat 4-7 minutes on each side or until a thermometer reads 165°.
2. In a large bowl, combine spinach, berries, cheese and pecans. Cut chicken into slices; add to salad. Drizzle with vinaigrette and toss lightly to coat. Serve immediately.

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