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.

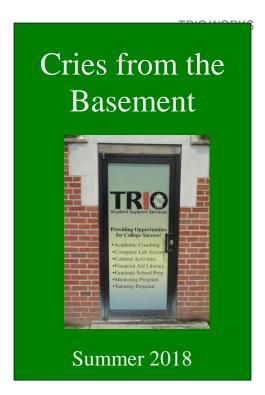
\*\*\*\* Important Reminders \*\*\*\*\*

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

Signup to be a Mentor or Mentee! Contact Sharon Blackfox



# 2018 WELCOME ASSEMBLY

WHEN August 28, 2018 5nm

WHERE
UC Redbud Room

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

THO SSS

TH

ANNIVERSARY

1993 - 2018

25TH & 50TH CELEBRATION

SSS PARTICIPANT FVFNT

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 WORKS



#### 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 50<sup>th</sup> Anniversary Fact Sheet)

TRIOWORKS



#### HOW LONG HAS TRIO BEEN AT NSU?

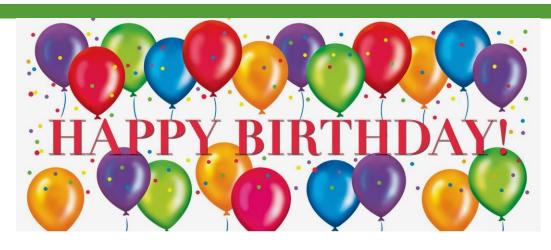
NSU currently has three of the TRIO programs in operation. Student Support Services, funded since 1993, is directed by Lena Deere. Educational Talent Search, funded since 2002, is directed by Diane Walker. In 2011, NSU received a second ETS grant located on the Broken Arrow campus. And in 2017, NSU received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

### What's new at TRIO!





TRIOWORKS



Happy Birthday!
To those celebrating in June!

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

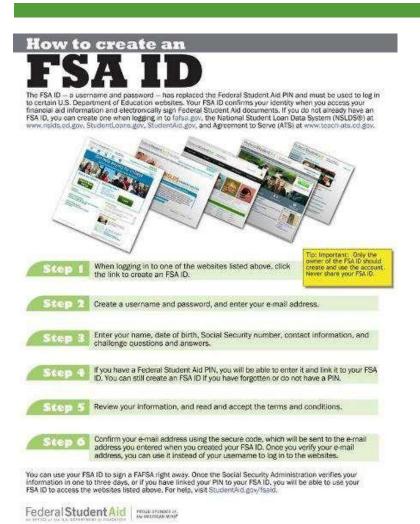


Happy Birthday! To those celebrating in July!

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 TRIO WORKS



#### **FASFA Application**

Reminder for the 2019-2020 Academic Year

The Free Application for Federal Student Aid (FASFA) 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.

FASFA <a href="http://StudentAid.gov/fsaid">http://StudentAid.gov/fsaid</a>

FSA ID <a href="https://fsaid.ed.gov">https://fsaid.ed.gov</a>

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

THERE IS ALWAYS THAT ONE SUMMER THAT CHANGES YOU.

www.wordsonimages.com

TRIO WORKS

## 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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