#### 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 \*\*\*\*

Limited tutoring available! See Joe LaTurner

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

Cash Course needs to be completed to participate in TRIO!

Workshop for September 24 & 25 Growth Mindset!

# Cries from the Basement



## September 2018

### Spotlight Tutor



This is Kaylin Shackelford and she is a senior here at NSU. Kaylin is majoring in Professional Chemistry with a minor in b Biology. She is active on campus in the Chemistry Club, Tri Sigma Sorority, and Impressions Dance Company. She is currently involved in research on campus with Dr. Sung-Kun Kim and this summer Kaylin was given the opportunity to do research with the University of Oklahoma through the OK-INBRE program. Her plans upon graduating are to apply to the chemistry program at Oklahoma State University to earn a Ph.D. and to continue doing research with her degree. A fun fact about Kaylin is that she has traveled to many different countries. Her goal is to learn about as many different cultures as possible in order to strengthen her communication skills and to have first-hand experience in learning about their different histories. Lastly, Kaylin is so excited to be a part TRIO as a tutor and she cannot wait to get to know everyone that participates in the program! Kaylin specializes in Chemistry I & II, Organic I & II, Calculus I & II.

Welcome to TRIO Kaylin, you will be a valuable asset to the TRIO tutoring program.



### Thank you to the Ladies who make TRIO Work!













2018-19 TRIO Welcome Assembly

















2018-19 TRIO Welcome Assembly















Individual or Group Tutoring Available!

Come see Joe LaTurner

Mentoring Program Available for incoming Freshman and Sophomores!

Come see Sharon Blackfox



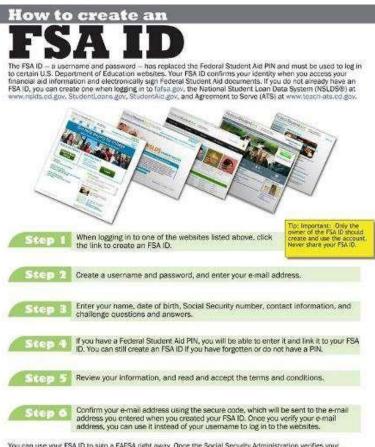


From TRIO Staff:

Lena Deere Sharon Blackfox Happy Birthday to those celebrating in September!

Cameron Akin Earnest Cobb Madison Engle Susan Hall Gabriel Mouse Karissa Pierson Humberto Soto





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 StudentAld.gov/fsaid.

Federal Student Aid Frederal Student Aid

**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 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



# **Microwave Snack Mix**

Prep Time 15 Mins Cool Time 30 Mins Yield Makes 13 cups October 2006 RECIPE BY <u>Southern Living</u>



Everybody needs a quick, easy snack fix that they can rely on for on-the-go munching. For this plethora of crunchy goodness, make sure to use a glass bowl when you zap this in the microwave. (Don't use a plastic bowl; we tried it, and the mixture got too hot and could possibly burn.)

## Ingredients

- 2 (1-oz.) envelopes Ranch dressing mix
- 1/2 cup vegetable oil
- 3 cups crisp oatmeal cereal squares
- 3 cups corn-and-rice cereal
- 3 cups crisp wheat cereal squares
- 2 cups pretzel sticks
- 1 cup dried cherries
- 1 cup candy-coated chocolate pieces

## How to Make It

Step 1

Whisk together Ranch dressing mix and 1/2 cup vegetable oil in a large microwave-safe glass bowl. Stir in oatmeal cereal squares and next 3 ingredients.

#### Step 2

Microwave mixture at HIGH 2 minutes, and stir well. Microwave at HIGH 2 more minutes, and stir well. Spread mixture in a single layer on wax paper, and let cool 30 minutes. Add cherries and candy pieces. Store in an airtight container up to 5 days.

Step 3

Note: For testing purposes only, we used Quaker Essentials Oatmeal Squares for crisp oatmeal cereal squares, Crispix for corn-and-rice cereal, and Wheat Chex for wheat cereal squares.