

## 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 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





# GROWTH MINDSET Workshop

September

24 & 25



Individual or Group Tutoring Available!

Come see Joe LaTurner

Mentoring Program Available for  
incoming Freshman and Sophomores!

Come see Sharon Blackfox



Happy Birthday to those celebrating in  
September!

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

From TRIO Staff:

Lena Deere  
Sharon Blackfox

happy  
birthday

## 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](http://fafsa.gov), the National Student Loan Data System (NSLDS®) at [www.nsls.ed.gov](http://www.nsls.ed.gov), [StudentLoans.gov](http://StudentLoans.gov), [StudentAid.gov](http://StudentAid.gov), and Agreement to Serve (ATS) at [www.teach-ats.ed.gov](http://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](http://StudentAid.gov/fsaid).

**Federal Student Aid**  
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION

PRIDE SPONSOR OF  
THE AMERICAN WIND

## 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>



INSPIRE  
SOMEONE  
TODAY.

# Microwave Snack Mix

Prep Time

15 Mins

Cool Time

30 Mins

Yield

Makes 13 cups

October 2006

RECIPE BY [Southern Living](#)



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.