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TRIO Works

Graduation

Finals Week

FGSO day

Cultural events

TRIO

STUDENT SUPPORT SERVICES

A Monthly Insight into the Life of TRIO SSS Students

DECEMBER NEWSLETTER

CRIS FROM THE BASEMENT



DECEMBER REMINDERS

- Dec 3 TRIO Lunch
- Dec 8 Nutcracker Ballet
- Dec 9 - 13 FINALS WEEK
- Dec 9 - 13 TRIO Lunch
- Dec 14 Commencement Tahlequah
- Dec 23 Christmas Break
- Jan 6 Campus Closed



CONGRATULATIONS FALL GRADUATES

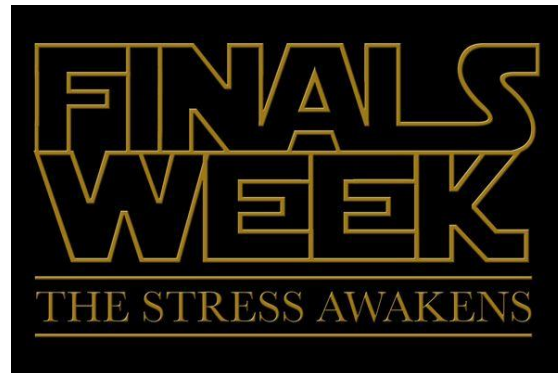
COMMENCEMENT CEREMONIES
SATURDAY, DECEMBER 14

College of Business & Technology and College of Liberal Arts – 9:00 a.m.
College of Education and College of Science & Health Profession – 2:00 p.m.



“The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack in will”

~Vince Lombardi Jr.



How do you avoid stress during FINALS WEEK???

- ✓ Keep a positive mindset
- ✓ Go through your notes
 - i. Organize your notes by concepts covered during the semester
 - ii. Highlight the major topics, points, or concepts
 - iii. Combine the topics, points, & concepts onto a 1-2 pg cheat sheet (to study)
- ✓ Practice explaining concepts out loud
- ✓ After learning concepts, practice problems (when applicable)
 - i. Try brilliant.org for practice problems
- ✓ Get plenty of rest
- ✓ Make sure you eat a healthy, balanced diet



NOVEMBER CULTURAL EVENT

CHEROKEE HERITAGE CENTER



CRIES FROM THE BASEMENT



**TRIO
STAFF/MENTOR
CHRISTMAS PARTY**





FAFSA Application

Reminder for the 2020-2021 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, 2019 for the academic year 2020-2021. Using income tax information from 2018

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

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

- Brianna Bower
- Georgia Burns
- Mary Demo
- Simon Escalera
- Taylor Goodrich
- Alyssa Gosnell
- Ryley Hallet
- Karime Lara Beltran
- Tyler Large
- Michael McNutt
- Maddison Moore

- Tiffany Reece
- Jorden Rooster
- Jamie Ruiz
- Shelby Sapp
- Nathaniel Short
- Bradley Soliman
- Hannah Spears
- Raven Swimmer
- Mayleigh Vance
- Jewlee Whitewater
- Lynzii Wood

Myaleigh Pickup

FROM TRIO STAFF
LENA DEERE
SHARON BLACKFOX
HANNAH FOREMAN

Vanilla Yogurt and Berry Parfait Make Ahead Mondays



Prep Time
10 minutes
Author
Rebecca Lindamood

Ingredients

For Six Parfaits:

- 1 container Greek or regular Vanilla Yogurt 32 ounce
- 1 1/2 cups frozen mixed berries unsweetened
- 6 jelly jars with lids or dessert bowls 8 ounce

Instructions

1. Spoon about 1/4 cup into the bottom of each of the 6 jelly jars or dessert bowls. Over each of those, spoon about 2 tablespoons of frozen mixed berries. Press the berries lightly into the yogurt. Top with another 1/4 cup of yogurt, 2 tablespoons of berries and then divide the remaining yogurt between the jars over the berries. Cover tightly and refrigerate for up to a week.

To Serve:

1. Remove the lid from the parfait and sprinkle a little granola or some Grape Nuts over the top of the parfait. While eating, sprinkle with granola or Grape Nuts as often as preferred.