

in this issue >>>

Student Spotlight

Cultural Events

Workshops

Upcoming Events

November Birthdays

# TRIO

## STUDENT SUPPORT SERVICES

A Monthly Insight into the Life of TRIO SSS Students

## Cries from the Basement



## TRIO STUDENT SPOTLIGHT

*Making a good first impression counts!*

### INTRODUCING FRANKIE GOFORTH

Frankie Goforth from Joplin, Mo. is a second-year student here at NSU majoring in cell and molecular biology. She graduated high school with her high school diploma as well as an Associate of Arts in General Studies from a local college. Frankie decided to immediately thereafter attend NSU where she is currently finishing



her undergraduate degree before pursuing a Doctor of Optometry degree. Frankie enjoys spending time with others and offering friendship and help of any kind whenever possible. As a result, she loves spending free time being actively involved in organizations on campus including the pre-optometry club, Chi Alpha, and FGSO. In Chi Alpha, a Christian fellowship organization for

campus students, Frankie helps with worship services by playing piano for the organization. This year, Frankie also became the president of FGSO, the First-Generation Student Organization. Holding this office, Frankie is striving to make FGSO a more well-known and valued organization at NSU that embraces those who are

first generation college students. She personally invites anyone who is interested to get involved with these amazing organizations. Off campus, Frankie loves attending a local church and giving back to the community. Her ultimate goal is to obtain her dream degree, work in her desired profession, love all who she meets, and reach the world with kindness and truth.



# TRIO VISITS CRYSTAL BRIDGES

SATURDAY, OCTOBER 12

TRIO participants loaded up on the NSU bus and traveled to Bentonville, AR to explore the Crystal Bridges Museum. It was a beautiful day to walk the nature trails, view several art exhibits, and check out the gift shop. The students enjoyed learning about art from different cultures as well as variations of art style from a wide range of artists.



# What's Your Color? October Workshop



Sharon presented workshops on Oct. 9 & 10. Students took short surveys describing themselves to determine their personality type and how it correlates with their leadership style.



## TRIO MENTOR PROGRAM

Our mentors for the 2019-2020 school year are Joshua Fenn, Nyekeisha Marshall, Karmin Schwartz, and Dawn Schuerman (not pictured). These mentors want to help underclassmen be successful as they pursue their education goals. If you are not a part of the mentor program, you can stop by the TRIO office and see Hannah to join.



## NOVEMBER BIRTHDAYS



- Paris Barrolle
- Ryan Blackbear
- Teiya Carbajal
- Zayne Dyer
- Ashley Eakin
- Dakota Eiden
- Yadira Flores
- Allison Flute
- Timothy Gardenhigh
- Alana Gardenhire
- Thomas Hayes
- Keven Nava Hinojosa
- Jessie Poole
- Elide Sierra
- Delaney Sloan
- Sara Spencer
- Madelyn Whittington
- Rebekah Wright
- Savannah Yon

From TRIO staff  
Lena Deere  
Sharon Blackfox  
Hannah Foreman

*Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying 'I will try again tomorrow'.*

~ Mary Anne Radmacher

# FAFSA Workshop



***If you missed the TRIO FAFSA Workshop, you must still file your 2020-2021 application for Federal Student Aid. Funds may be limited based on your school & state so don't delay! The sooner you file, the better!***

## NOVEMBER UPCOMING EVENTS

If you are interested in going on the graduate school tour or to the Cherokee Heritage Center, you can sign-up now! Sign-up sheets are hanging on the bulletin board in the TRIO Office.

**ARE YOU CONSIDERING  
GRADUATE SCHOOL??**



TRIO PARTICIPANTS THAT ARE CLASSIFIED AS JUNIORS OR SENIORS HAVE AN OPPORTUNITY TO TAKE A TOUR OF THE OU GRADUATE SCHOOL IN TULSA, OK.

**THURSDAY, NOVEMBER 7, 2019**

We will leave NSU campus at 9:30 am, have lunch, and then tour OU campus at 12:30 pm. We will arrive back to campus approximately 3:30 pm. Transportation and lunch will be provided for TRIO SSS participants.

Even if you are only considering graduate school, this is a good opportunity to gain information about requirements and programs offered at this campus. Sign up now at the TRIO office located in the basement of the Haskell Hall Annex!



## TRIO SSS CULTURAL EVENT

### CHEROKEE HERITAGE CENTER

**NOVEMBER 15, 2019**

We will leave campus at 8:30 a.m. and return approximately 1 p.m.

The sign-up sheet is posted on the TRIO SSS bulletin board.

Transportation & museum tickets are provided. You will have access to the Cherokee National Museum, the Adams Corner Rural Village, as well as a guided tour of the ~~Dillsboro~~ Village. Seating is limited so sign-up today!

Trail of Tears Exhibit

Stickball

Basketmaking

Blowguns

Museum Store

Adams corner

Flintknapping

~~Tulsa~~ - 1710 Ancient Village



American Indians in Major League Baseball

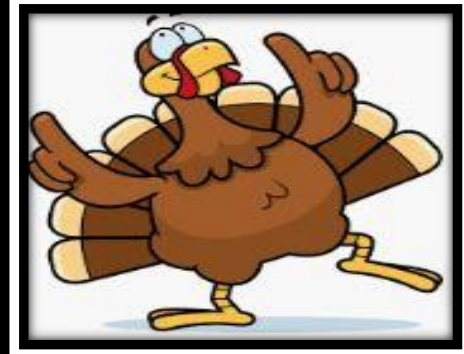


## DID YOU KNOW... TRIO OFFERS TUTORING?!

This is a service provided at no cost to all TRIO participants!  
SIGN UP IN THE TRIO OFFICE  
HASKELL HALL ANNEX BASEMENT

- Speech
- Writing
- Biology
- Chemistry
- Computers
- Psychology
- Composition I & II
- University Strategies

- Algebra
- Calculus
- Statistics
- Economics
- Applied Math
- Trigonometry
- Business Policy
- Quantitative Methods



## UPCOMING EVENTS

- |                        |  |
|------------------------|--|
| <b>Nov 4</b>           | TRIO Lunch                                 |
| <b>Nov 7</b>           | OU Grad School Tour                        |
| <b>Nov 7</b>           | FGSO Meeting                               |
| <b>Nov 8</b>           | Nat'l First Generation College Celebration |
| <b>Nov 11</b>          | TRIO Lunch                                 |
| <b>Nov 11 &amp; 12</b> | Study Smarter, Not Harder Workshop         |
| <b>Nov 15</b>          | Cultural Event – Cherokee Heritage Center  |
| <b>Nov 18</b>          | TRIO Lunch                                 |
| <b>Nov 25</b>          | TRIO Lunch                                 |
| <b>Nov 27 – 29</b>     | Thanksgiving Break Campus Closed           |

## NOVEMBER WORKSHOP

### STUDY SMARTER, NOT HARDER

**NOV. 11 & 12**

Hannah will be presenting a workshop to help you strengthen your study skills. You may stop by the TRIO office any time on either day to get some helpful tips on how to maximize your study methods. For every participant that attends the workshop, your name will be entered into a drawing to win a study skills basket.

*The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.*

~ MARTIN LUTHER KING JR.

## Microwave 10-minute Loaded Potato

by Alvin Zhou • featured in [7 Dorm-Friendly Microwave Meals](#)

### Ingredients

for 1 serving

- 1 russet potato, washed and scrubbed
- 1 tablespoon oil
- salt, to taste
- 2 slices bacon
- ¼ cup shredded cheddar cheese
- sour cream, to serve
- fresh chive, to serve

### Preparation

1. Poke holes in the potato with a fork, then rub with oil and salt.
2. Place the bacon slices on the same plate as the potato, microwave for 7-9 minutes until the bacon is crispy and the potato is tender. Make sure the bacon does not burn.
3. Crumble the bacon after it's cooled down.
4. Slice the potato in half, then use a fork to fluff up the insides.
5. Sprinkle the cheese on top, then microwave for another 30 seconds.
6. Top with sour cream, the crushed bacon bits, and the chives.
7. Enjoy



### FGSO

**First Generation Student Organization**  
**Next Meeting - November 7 @ 3:30 pm**  
**UC Room 225**

### TRIO LUNCH

EVERY MONDAY UNTIL THE END OF FALL SEMESTER, TRIO STAFF WILL HAVE LUNCH AVAILABLE FOR PARTICIPANTS. STOP BY ON MONDAYS FROM 11 -1 TO HAVE SOMETHING HOMEMADE TO EAT!

NOV 3 – CHICKEN & DUMPLINGS  
NOV 11 – SOUP  
NOV 18 – SLIDERS & CHIPS  
NOV 25 – CHILI DOGS

