

T R I O S S S

February Newsletter

Cries From The Basement



FREE Tutoring @ TRIO

Studies have shown that students who sign up for tutoring early on in the semester have higher chances of passing their classes. If you think you might need a little extra help, please stop by soon and speak with Hannah or Alana.

Don't wait too long!





FALL 2021 GRADUATES

Amy
Carey

Angela
Clawson

Emily
Floyd

Yoshira
Guerrero

Connor
Knight

Jamie
Ruiz

Melissa
Sherbourne

Bradley
Soliman

Mayleigh
Vance

Samantha
Weaver

**CONGRATS! WE ARE SO
PROUD OF YOU!**

Event Schedule

Time Management Workshop	February 15th & 16th
TRIO Day (SSS office closed)	February 23rd & 24th
Self Care Workshop	March 8th & 9th
Spring Break (campus closed)	March 14th-18th
Escape Room Cultural Trip	March 25th
NSU Grad School Preview Day	March 29th
SSS Staff Training (SSS office closed)	April 6th-8th
Paint Class	April 13th
Botanical Gardens Cultural Trip	April 23rd
Preparing for Finals Workshop	April 26th & 27th
SSS End of Semester Assembly	April 28th
Finals Week	May 2nd-6th





Spring 2022
Grant Aid Recipients

Jolie Chavez

Diondra Coats

Hannah Cowan

Makiya Deerinwater

Erika Ferguson

Tamika Jones

Caitlin McLemore

Tenaya Perkins

Danielle Swanson

Brysen Wade



Congratulations to everyone!

HAPPY BIRTHDAY

TAYLYNN BANKS

ALEXIS OLAUGHLIN

ALLYSON CARGAL

SELENA SANCHEZ

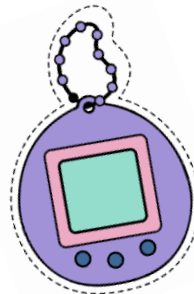
ASHLYN JENKINS

KARMIN SCHWARTZ

JENNI MCCLANAHAN

RUBY SWIMMER

YOUR SSS STAFF,



LENA DEERE
HANNAH FOREMAN
ALANA GARDENHIRE

TRIO DAY

2022

Information

Where?

Oklahoma State Capitol

When?

February 23-24 2022

Why?

TRIO Day is a time where all TRIO programs within the state of Oklahoma come together to give visual representation of all branches of the TRIO programs and exhibit how the programs are helping students and how important it is to keep funding our programs.

Nutella Hot Chocolate

Ingredients

- ★ 1 cup low fat milk
- ★ 1/2 tablespoon Nutella
- ★ 1/2 tablespoon unsweetened cocoa powder
- ★ 1/2 tablespoon sugar



Optional Toppings

- ★ Marshmallows
- ★ Crushed nuts
- ★ Chocolate chips
- ★ Extra Nutella



Directions

1. Heat milk in a microwave safe mug until beginning to steam.
2. Add in Nutella, cocoa powder, sugar, and whisk until dissolved.
3. Heat again until all ingredients are combined.
4. Serve with your desired toppings.



MEGASTAR MENTALITY



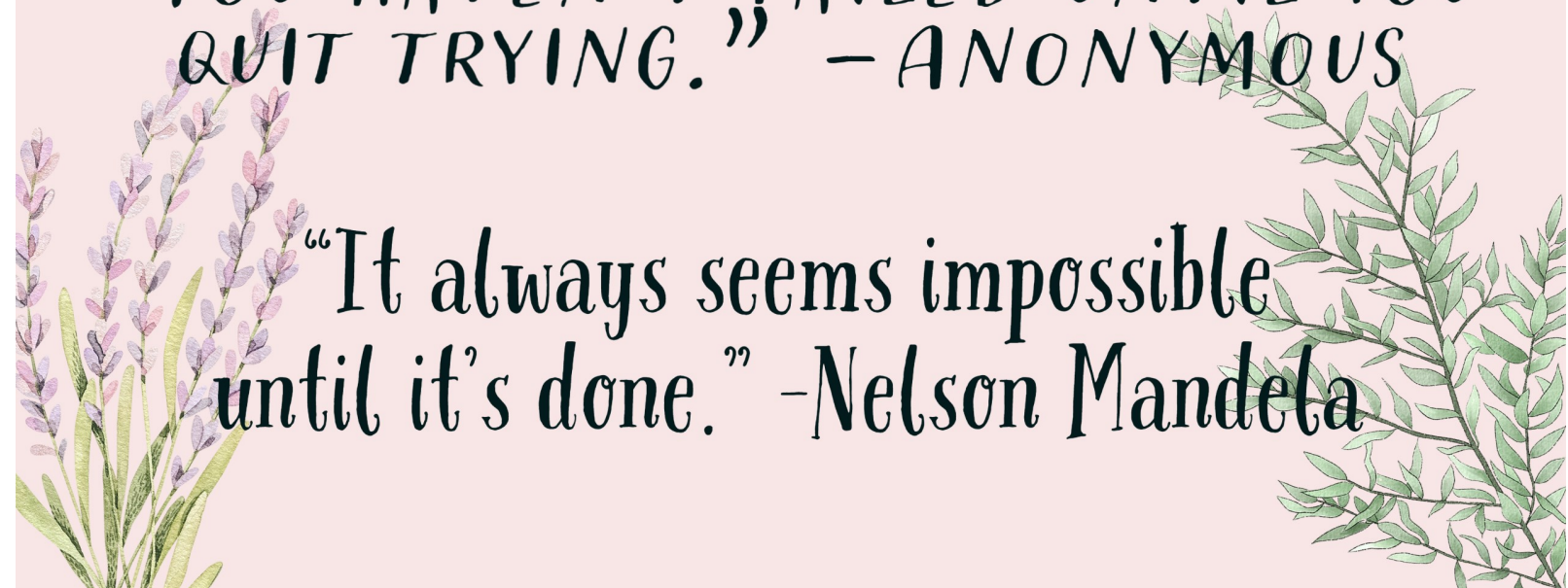
“Even if you fall on your face, you’re still moving forward.” -Viktor Kiam

“We can’t solve problems by using the same kind of thinking we used when we created them.” - Albert Einstein

“Brave is every day you want to give up but don’t.” - Anonymous

“YOU HAVEN’T FAILED UNTIL YOU QUIT TRYING.” - ANONYMOUS

“It always seems impossible until it’s done.” -Nelson Mandela



Help Slow the Spread of COVID-19



There is a lot that we as individuals can do to help slow the spread of the COVID-19 variants.

- Wash your hands often
- Avoid close contact with others
- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneezes
- Stay home if you are running a fever or feel sick
- Maintain a social distance of six feet where feasible
- Get tested if you come into contact with a positive case

Together we can keep each other safe! Thank you for doing your part!

