

## Student Support Services

243 Kyser Hall

<http://studentsupportservices.nsula.edu/> T: 318-357-5901

Student Support Services would like to take this time to welcome each of you back after a wonderful Christmas break. We look forward to working with each of you this semester and hope you are ready to hit the ground running. Remember, it is easy to fall behind, but really hard to catch back up. Therefore, stay on top of your business and make it a priority not to fall behind this semester.



Trio Fit will resume February 1, 2016. Last semester Trio Fit was very successful and we hope to have just as many students participate this semester. We are all in this together to commit to a healthier lifestyle. Together, we can do it!! If you have questions regarding Trio Fit, please contact Ms. Danielle at [conded@nsula.edu](mailto:conded@nsula.edu) or 318-357-5901.

**Trio  Fit**  
*"Commit to be fit"*



### Upcoming Events

#### January 25

Computer Literacy Workshop  
@ 3:00 p.m. in SSS Computer Lab

#### February 17

Lunch with your SSS Advisor in Iberville Dining Hall from 11:30 – 1:30

#### February 17

Helping Hands Black History Program @ 6:00 p.m. in Magale Recital Hall

### Important Announcement

**Meeting with your SSS advisor three (3) times per semester is a requirement to remain in the program. Please make sure you schedule an appointment with your SSS advisor to complete your Individual Success Plan, review your mid-term grades, and have your final review every semester.**

## Helping Hands

Helping Hands meetings are held at 5:00 p.m. in the President's Room of the Student Union. If you are interested in joining a service organization, Helping Hands is a great choice for you. If you have questions regarding Helping Hands, please contact Helping Hands president Briana Craige at [bcraige572458@nsula.edu](mailto:bcraige572458@nsula.edu) or Mrs. Jamie Flanagan at [flanagan@nsula.edu](mailto:flanagan@nsula.edu).

Helping Hands kicked off this semester Saturday, January 16<sup>th</sup> with assisting Natchitoches Central High School with their annual home Powerlifting meet. Members participated in various areas throughout the meet. Helping Hands would like to thank all of the members that volunteered to assist with this event.

If you participated in service on your MLK Day Holiday, please provide that information and pictures so we can include it in February's newsletter.



## Important NSU Dates

**Final day to register, add courses, and make section changes**  
**January 20, 2016**

**Final day to drop a class and be refunded or have fees adjusted (16-week & A-term)**  
**January 20, 2016**

**Dropping 16-week and A-term courses with a "W" begins via NSUConnect** **Note: Courses dropped with a "W" are not refundable at any time and will not be credited to a student's account**  
**January 21, 2016**

**Mardi Gras Holiday**  
**February 8-9, Mon-Tues**  
**(Classes Resume at Noon Wednesday, February 10<sup>th</sup>)**

**Final day to resign from all A-term courses or drop A-term courses with a grade of "W" or change from credit to audit (A-term only)**  
**February 12, 2016**

**5-Week grades due to be entered via NSUConnect by 11:55 p.m.**  
**February 15, 2016**

**Last day of A-term classes**  
**March 5, 2016**

**B-Term classes begin**  
**March 7, 2016**

### **GOT NEWS?**

If you've got news you'd like to share with the NSU SSS community, please send it to us at [trioss@nsula.edu](mailto:trioss@nsula.edu). A picture may enhance your story, so feel free to include that also. The deadline for all submissions for the next month's issue is always the 20<sup>th</sup>.



## **STUDENT SUPPORT SERVICES STAFF**

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# TRIO

**STUDENT SUPPORT SERVICES**

**STUDENT SUPPORT SERVICES IS A FEDERALLY-FUNDED TRIO PROGRAM. IN 2015-16, THIS PROJECT AT NSU WAS FUNDED AT \$404,178.**