

Student Support Services, (318) 357-5901



Helping Hands: SSS-Based RSO

If you have the desire to help others, Helping Hands is the RSO for you. Helping Hands' purpose is to assist individuals and groups by providing volunteer services.

Helping Hands meets on Wednesdays at 5:00 p.m. in the President's Room in the Student Union.



There are many opportunities to serve on and off campus. T-shirts are available for purchase.

Proceeds go towards the continuation of providing excellent service to various philanthropic organizations that Helping Hands supports such as CASA, Nepali Girls, Boys & Girls Club, etc.

Lunch with Advisors Set for November 18th



It was such a success, we want to repeat it! Join your SSS advisors on the Natchitoches campus for a Dutch-treat luncheon on Wednesday, November 18th, at 11:30 a.m. at Iberville Dining Hall. For those on special diets, Iberville offers vegan, vegetarian and well-balanced meal selections. Swipe your card or pay at the door, then enjoy all the food and drink you care to ingest! Join the "SSS Lunch Bunch." See you there!



Happy High Five Friday



“You have to learn the rules of the game. And then you have to play better than anyone else.”

~ Albert Einstein

SSS Counselor/Instructor, Desiree Wyrosdick, started a new initiative on the Shreveport campus that she refers to as “Happy High Five Friday”. On Fridays, the College of Nursing and School of Allied Health get together and take a picture of themselves giving a “high five” to each other. The students enjoy this because it gives them an opportunity to interact with each other and improves morale.

Student Support Services Refunded!!!

Northwestern State University’s Student Support Services Trio program has successfully submitted and been funded for another five years under the FY 2015 SSS Grant Competition. Student Support Services provides low income, first generation college students and/or students with disabilities with services that include academic and career advising, instruction in academic skills and financial education, financial aid enrollment assistance, peer tutoring, fitness support programs, peer mentoring, and other assistance designed to maximize the student’s success in college.

If funding stays consistent, the project should receive \$2,020,890 over the 5 year period with a budget of \$404,178 per year. The grant provides funding for SSS to meet key objectives in improving good academic standing, persistence and graduation rates for the students it serves. Northwestern State University students that participated in the SSS program have consistently graduated at a higher rate than their peers within the University.

#TRiOWorks

Study Tips for Finals



Finals are fast approaching! NOW is the time to start preparing. Here are a few tips to enhance your study sessions:

- Do assigned readings well in advance.
- When reading textbooks, underline key ideas and write notes during your actual reading.
- Take notes in class, and review immediately after class.
- Make certain you have an environment conducive for studying. Proper lighting and no distractions are best!
- Form a study group and stick with the purpose: TO STUDY! It's a great opportunity to review what you know and to fill in notes that are incomplete.
- Take short breaks. Your brain can process a limited amount of information and benefits from some rest.
- Get enough rest the night before your exam(s). Make certain that you are properly nourished and hydrated.

REMEMBER TO UTILIZE SSS TUTORING SERVICES!! Call us at 357-5901 or come by Kyser 243 to schedule your appointment.

November & December 2015 Events










EVENT	DATE	VENUE
Early Registration Begins	Monday, Nov. 9	
Final day to resign from all B-term courses or drop B-term courses with a grade of "W" or change from credit to audit (B-term only)	Friday, Nov. 13	
Lunch w/SSS Advisors	Wednesday, Nov. 18 @ 11:30 a.m.	Iberville
Thanksgiving	Thursday, Nov. 26	
THANKSGIVING BREAK	Nov. 23 - 28	
Classes Resume	Monday, Nov. 30 @ 8:00 a.m.	
SSS Movie Night	Thursday, Dec. 3	President's Room in Student Union
Last Day of Class	Wednesday, Dec. 9	
Final Examinations	Wednesday, Dec. 9 – Wednesday, Dec. 16	
Commencement	Friday, Dec. 18	Prather Coliseum

Have you scheduled your tutoring appointment?
Call 357-5901
for assistance.






Sweet Potato-Cheesecake Squares Recipe

INGREDIENTS

-  2 medium sweet potatoes (1 1/2 pounds total)
-  18 graham crackers (9 ounces total)
-  1 cup sugar, divided
-  1 stick plus 3 tablespoons unsalted butter, melted, divided
-  Fine salt
-  1 1/2 cups ricotta
-  1/2 cup low-fat plain Greek yogurt
-  4 large eggs
-  Lightly sweetened whipped cream, for serving

DIRECTIONS

-  Preheat oven to 375 degrees. Bake sweet potatoes until tender, about 1 hour. Remove from oven and let cool slightly, then discard skins and mash flesh with a fork (you should have 1 1/2 cups).
-  In a food processor, pulse graham crackers until finely ground (you should have about 2 1/4 cups). Add 1/3 cup sugar, 1 stick butter, and 1/4 teaspoon salt and pulse until combined. Firmly press mixture into a 9-by-13-inch baking dish. Bake until crust is dry and set, about 12 minutes. Remove from oven and reduce temperature to 325 degrees.
-  Meanwhile, in clean food processor, puree sweet potatoes, ricotta, yogurt, eggs, 1/4 teaspoon salt, and remaining 3 tablespoons butter and 2/3 cup sugar. Pour into crust and bake until just set in center, 30 to 35 minutes. Let cool on a wire rack, 30 minutes, then refrigerate until cold, 1 hour (or overnight). Cut into squares and top with whipped cream.



Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

~ Oprah Winfrey

Thanksgiving Scramble

Unscramble the Thanksgiving words below:

1. IGLPRMSI _____
2. KEUYTR _____
3. KVAIGSNIHGTVN _____
4. ONCR _____
5. NEDIRN _____
6. IMLFYA _____
7. IISADNN _____
8. GYARV _____
9. NRVBMOEE _____
10. PEAARD _____



Student Support Services 2015 New Initiatives

Student Support Services implemented a Peer Mentoring Program this fall. All of our peer mentors are juniors who will be with their freshmen mentees for two years. We are looking forward to seeing the wonderful results this new program will yield. The peer mentors are listed below from left to right: Melissa Ortis-Nava, Jaylen Mumphrey, Brittany Jackson, Joseph Blazio, Alison Thomas, Mercedes Wiles, Jasmine Poe, Angel Greer, and Nia Walker.



TRIOFit is a new Student Support Service health initiative. TRIOFit meets Mondays, Tuesdays, and Thursdays from 3:30 p.m. – 4:30 p.m. at the NSU WRAC. Participants engage in strengthening and other exercises while training for a 5K! TRIOFit was awarded a \$1500 grant from Natchitoches Regional Medical Center that is being used to purchase pedometers, water bottles, bracelets, health brochures, t-shirts, and pay registration fees for a 5K for the participants. We are planning to run in Neon Night for A Cure Race on November 14th.





*"The roots of
education are bitter,
but the fruit is sweet.*

~Aristotle



LASAP Scholarship Recipients

The Student Support Services program of Northwestern State University of Louisiana is elated with all of our students, especially our three LASAP scholarship recipients. Northwestern SSS program had three students receive the LASAP scholarship for the 2015 competition.



Brittany Jackson is a junior majoring in Criminal Justice from Monroe, Louisiana. She received a LASAP scholarship in the amount of \$250.



Melissa Ortiz-Nava, a sophomore Criminal Justice major from Forest Hill, Louisiana was awarded a LASAP scholarship in the amount of \$150.



Mercedes Wiles is a junior majoring in Elementary Education. She was awarded a LASAP scholarship in the amount of \$250.

Student Support Services

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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. 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 20th.



STUDENT SUPPORT SERVICES ROCKS!!

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STUDENT SUPPORT SERVICES

Are you a first-generation student?

Do you receive a Pell grant?

Do you have a documented disability?

You COULD qualify!

Call us at 357-5901 or drop by Kyser 243.

We're excited to hear from you!

STUDENT SUPPORT SERVICES

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STUDENT SUPPORT SERVICES

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

**We're on the Web!**

See us at:

<http://studentsupportservices.nsula.edu/>