Good Nutrition/Healthy Meal Tips

We are constantly being reminded about eating properly and the benefits of a healthy diet. TRIO Student Support Services is making the effort to educate students on the basics of good nutrition and how they can make this a part of their daily life. In February, My Plate Workshop was presented by Kimberly Stover, Family Nutrition Program Assistant, OSU Extension Richland County, to teach ways to incorporate healthy snacks into our daily routine. Students participated in hands-on demonstrations, food samples were provided, and recipes were shared.

The following are some tips for building a healthy plate:
1) Balance calories; find out how many calories you need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level.
2) Enjoy your food but eat less; don’t eat too fast and pay attention to hunger and fullness cues.
3) Avoid oversized portions; use a smaller plate, bowl, and glass.
4) Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products.
5) Make half your plate fruits and vegetables.
6) Switch to fat-free or low-fat (1%) milk; they have the same amount of calcium and other essential nutrients as whole milk.
7) Make half your grains whole grains.
8) Cut back on foods high in solid fats, added sugars, and salt.
9) Compare sodium in foods; look for “low sodium,” “reduced sodium,” or “no salt added.”
10) Drink water instead of sugary drinks; soda energy drinks, and sports drinks are a major source of added sugar and calories in American diets.

A Healthy Holidays Workshop is planned for November—watch for details.

Fruit Dip

8 oz. lowfat vanilla yogurt        1 tbsp. lime juice        1/2 tbsp. brown sugar
2 tbsps. Orange juice, 100% frozen concentrate (thawed)
2 apples (cored & sliced)        1 pear (cored & sliced)        1 peach (pitted & sliced)

In small bowl combine yogurt, orange juice concentrate, lime juice & brown sugar. Mix well. Place bowl w/dip on large plate and surround with fruit.
CareerOneStop Mobile Applications

CareerOneStop announces the launch of five new mobile web applications, providing smartphone users with quick access to key job search and training resources [http://m.careeronestop.org/]:

- **Find an American Job Center** allows users to quickly locate and contact their closest American Job Center.
- **Find a Job** lets users search job listings in any local U.S. area.
- **Veterans Job Search** matches military job experience to civilian careers, and then displays local job listings for those careers.
- **Salary Finder** provides average hourly wages or annual salaries by occupation and location.
- **Training Finder** allows users to locate education and training programs in their local area.

[http://social.dol.gov/blog/job-search-tools-are-going-mobile/]

Tax Credits for Higher Education Expenses

Did you know the Internal Revenue Service (IRS) provides tax benefits for education?

Two tax credits help offset the costs (tuition, fees, books, supplies, equipment) of college or career school by reducing the amount of your income tax:

- The American Opportunity Credit allows you to claim up to $2,500 per student per year for the first four years of school as the student works toward a degree or similar credential.
- The Lifetime Learning Credit allows you to claim up to $2,000 per student per year for any college or career school tuition and fees, as well as books, supplies, and equipment that were required for the course and had to be purchased from the school.

Even if you normally wouldn’t file a tax return because of your income level, be sure to do so! If you don’t, you’ll miss out on tax credits that would put money in your pocket.


Canvas

Canvas is now the official online course network for NC State. To ensure the best experience with this new system please review the following recommendations:

*GET THE LATEST GREATEST VERSION OF YOUR WEB BROWSER* (Internet Explorer, Firefox, Safari etc.)

Where Blackboard fixed on which particular version of a particular web browser you used, Canvas offers frequent updates to support current versions/technologies. As such you will want to have the latest version of your web browser which will generally enable auto updates moving forward.

- Internet Explorer (IE) users -- Microsoft requires that you upgrade Windows to have access to the latest version of IE. As a result, you may want to download one of the other FREE alternatives below.
  - Firefox - [www.getfirefox.com](http://www.getfirefox.com)
  - Chrome - [www.google.com/chrome/](http://www.google.com/chrome/)

*GET THE LATEST GREATEST VERSION OF FLASH*

Canvas uses Flash technology for some functions so make sure you have a current version of the FREE Flash Player: [get.adobe.com/flashplayer/](http://get.adobe.com/flashplayer/)

How to access Canvas: Open web browser, type in [http://ncstate.instructure.com](http://ncstate.instructure.com) & hit the “enter” key (or use Canvas circle icon on NC State homepage), enter **Username** and **Password** (all lowercase).

- **Username** = the first 5 letters of your last name + your first initial of your first name + your middle initial + 2 digit month of your birth + 2 digit day of your birth.
- **Password** = your first initial of first name + the last four digits of your social security number + your last initial of last name. Click the “login” button.

Access NC State class sites by mousing over the “Courses” link at top of page. Click desired course from drop down list. To access help click the “Help” icon at top right of any Canvas page.

Summer Bucket List

- Go swimming
- Go for a bike ride
- Have a yard sale
- Take a nature hike
- Plant a garden
- Go fishing
- Have a BBQ
- Go on a picnic at a local park
- Wash your car
- Read a book
- Have a family game night in your backyard
- Pick strawberries
- Go without TV for a day
National TRIO Day of Service

National TRIO Day is meant to focus the nation’s attention on the needs of the students who are aspiring to improve their lives and become contributing citizens of the country. North Central State College’s TRIO Student Support Services program celebrates TRIO Day by having a Day of Service. This year students and staff from the program spent February 20, 2013, volunteering at Catholic Charities in Mansfield, OH. Office walls and chairs were washed, office furniture was moved, vacuuming was done, boxes of food were moved, food pantry was re-stocked, and a storage area was rearranged.

Catholic Charities appreciated having our staff and students help around the office. Rita Lemley, Administrative Assistant at Catholic Charities, expressed the following, “We enjoyed having the TRIO group here and I look forward to more opportunities to work together. I wish the best for all the students who are working towards a better future at North Central State College. I am a graduate of NCSC—it was a wonderful experience for me. It was a blessing to have a college so close to home where I could work and attend classes.”

Along with the TRIO students who volunteered, we would like to extend a special thanks to Justice Baker and Denise Hendershott for lending a helping hand. We truly appreciated the help from everyone who participated in this beneficial day!

Activities were scheduled during the week of February 18-22 to promote awareness of the TRIO program. Faculty, staff and students visited the office to hear program highlights, play TRIO TRIVIA and to share in refreshments. Thank you to everyone who participated in the TRIO Week Events!

2013 Student Scholar of the Year Runner-Up

Danielle Roberts was selected as Phi Theta Kappa Student Scholar of the Year Runner-Up for the state of Ohio! She was consequently nominated for the All-Ohio Academic Team and was named to the 3rd Team. She is majoring in Human Services with the goal of obtaining a 4 year degree in Sociology & Chemical Dependency Treatment & Prevention Plan. She plans to open a Sober Living Facility. Danielle is very involved at NCSC. The following are some of her activities: member of TRIO Student Support Services, 2013-14 NC State President of the Mansfield Campus Student Government Association, Vice President of Scholarships in Phi Theta Kappa, participates in “Voices,” Student Ambassador, and a work study student in Dean Busch’s office. And if this isn’t enough, Danielle is a single parent of six children!

Congratulations Danielle!

PAID INTERNSHIPS AVAILABLE

Tracy Bond is the new Internship Program Coordinator for both NC State and Ohio State Mansfield. She is here to help you find PAID positions for your areas of study and some of these internships are for college credit! Upload your resume at www.collegecentral.com/osucentralohio. Creation of new internships is ongoing so if you don’t see what you want please give your input as the program continues to grow. To find out more, please contact Tracy at bond.132@osu.edu or 419-755-4325.
Upcoming Events

Last Day to Apply for Graduation at end of Semester
June 14

Independence Day (College Closed)
July 4

Mid-Term Deficiencies Posted (10-week classes)
July 10

Deadline to Submit a FAFSA electronically for Fall Semester
July 12

Last Day to Withdraw with a grade of “W” (10-week classes)
July 22

8-Week Classes End & 10-Week Flex Classes for Health Programs End
July 28

TRIO Fall Semester Kick-Off
August 20 1—4 p.m.
128 & 123 Kee Hall

Fall Semester Begins
August 26

Involvement & Community Fair
August 27 11—2 p.m.
OVAL in front of Eisenhower Center

Karaoke Bash
August 27 3—6 p.m.
Student Union

Get Your Game On
August 28 9 p.m.—12 a.m.
Campus Recreation Center

Bowling at Park Lanes
August 30 4—8 p.m.
1410 Park Ave. West; Mansfield, OH

To schedule an appointment, TRIO students can:
- Call the TRIO office (419.755.9015);
- E-mail us at triosss@ncstatecollege.edu; or
- Stop by the TRIO office, 121 Kee Hall

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NCSC TRIO Student Support Services

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