



The Red & Silver Review  
@RedandSilverofNOC



Life changing.



Red & Silver Review  
@NOC\_RedSilver

## Tips for NOC Enid students for fall semester

by Alvin Jones  
Red & Silver Review Editor

As the new semester begins with everyone hard at work it can be easy to forget some simple tips to a successful first semester.

Communication is key with your instructors find out their office hours and save their contact information in your phone for easy access this will allow you to keep in contact for emergencies such as missing class and keep you informed of when you can ask questions regarding assignments.

Stay on a schedule this semester by entering your classes into your phone calendar this will allow you to set a notification to go off when it's time to leave for class to reduce tardiness. Raise your GPA for free with the five hours of tutoring.com. Go through blackboard and click tools to access this, you can also find hours for peer-to-peer tutoring on the NOC website.

With all these tools at your disposal Northern Oklahoma College is here to support your journey to making your dream degree a reality.



Alvin Jones

## *Student Nurses' Association one of many campus student groups*

by Misty McBlair  
Red & Silver Review Staff Writer

The Northern Oklahoma College Student Nurses' Association (NOC SNA) is an organization for nursing students to prepare them for the nursing profession.

They are involved in community outreach and advocacy.

Regular meetings are the first Tuesday of each month at 11 a.m. in Zollar's room 100 in the basement. Any pre-nursing major or student in the NOC nursing program can attend. SNA also sells t-shirts, jackets, and plans to attend the Cherokee strip parade this month among other projects.

The mission at NSNA is to promote skills that

students need to become successful nurses and to convey standards and ethics for that profession. It also helps students to get to know their mentors. This organization is a fantastic way to prepare our future nurses for the profession and better acquaint them with the outside world.

Membership dues are \$10 per year for NOC SNA. Members are encouraged to join Oklahoma SNA and the National SNA. Oklahoma SNA and NSNA have a joint membership of \$27 for the first year.

For more information about the NSNA you can go to their website at [www.nsna.org](http://www.nsna.org)

For more information about the NOC SNA contact SNA sponsor April T. Heitfeld, MS, RN (580) 548-2322



Life changing.





Published five times a semester on Wednesdays during the fall and spring semesters by:

Northern Oklahoma College  
100 S. University  
Box 2300  
Enid, Oklahoma 73702

Red & Silver Review publication dates are as follows:

Sept. 14, Oct. 5, Oct. 26, Nov. 16, Dec. 7, Jan. 25, Feb. 15, March 8, April 5, April 26

Story/photo submissions should be sent at least five days before publishing date

All submissions must be signed and are subject for approval by The Red & Silver Review prior to publication and may be edited before publication

**Student Editor:**  
Alvin Jones

**Writers:**  
Alvin Jones, Misty McNair, Elisabeth Stringfield

**Advisor:**  
Scott Cloud

Submissions may be sent to Scott Cloud at [scott.cloud@noc.edu](mailto:scott.cloud@noc.edu) or to his office in Creative Arts 100. His office phone is 580.628.6444.

**Member:**  
The Oklahoma Press Association

## Miss NOC Enid meeting Thursday

An information meeting for the Miss NOC Enid Competition will be Thursday, Sept. 15.

The meeting will be held in the Gantz Center Room 116 at 2 p.m.

All interested are invited to attend.

The Miss NOC Enid Competition is Tuesday, Oct. 25 at the KPAC at 7:30 p.m.

The winner receives a \$1,000 scholarship, the 1st Runner-Up a \$600 scholarship, and the 2nd Runner-Up a \$400 scholarship.

Please contact Shannon Varner at 628-6365 or at [shannon.varner@noc.edu](mailto:shannon.varner@noc.edu) for additional information.

Mia-Claire Jones is the current Miss NOC Enid. She was crowned in October 2021.

## Late 12-Week courses start Monday

Northern Oklahoma College offers late courses for students still wanting to add a fall class.

L12 courses begin Monday, Sept. 19.

Students may enroll any time before the first class. Late start classes are offered contingent on total enrollment in the course.

Please call 580.548.2275 for additional information or visit [www.noc.edu](http://www.noc.edu).





**NORTHERN**  
Oklahoma College

# You Could Be The Next MISS NOC

**Competition will be**  
**October 25, 2022**  
**KPAC 7:30 pm**  
**NOC Tonkawa**



**Miss NOC Tonkawa 2022**  
**Emma Valgora**



**Miss NOC Enid 2022**  
**Mia-Claire Jones**

**Represent *Northern* at the**  
**MISS OKLAHOMA COMPETITION!**

## INFORMATION SESSION

**Thursday, September 15, 2022**  
**2:00 pm**  
**President's Conference Room (Gantz 116)**  
**ITV from Renfro Center, NOC Tonkawa, Room 115.**

**Miss NOC 2023**  
**\$1,000 Scholarship**

**1st Runner-up**  
**\$600 Scholarship**

**2nd Runner-up**  
**\$400 Scholarship**

Miss NOC Tonkawa and Miss NOC Enid will be crowned. If you are unable to attend the meeting or have questions, please call Shannon Varner.

**Miss NOC Director**  
**Shannon Varner**  
Kinzer Performing Arts Center, Room 115  
**580.628.6365 [shannon.varner@noc.edu](mailto:shannon.varner@noc.edu)**



# Students finding their school groove after summer can be challenging

by Elisabeth Stringfield  
Red & Silver Review Staff Writer

The reality of getting back into the swing of school can be rough. Students are used to summer with long days in the sun and staying up all night.

But now with school back in session, it's long days in the classroom and nights instead spent going to bed early in the hopes of getting up in time to grab a quick breakfast as students run out the door to get to class on time.

Getting back into the groove of school means getting back into the mindset of studying and learning how to manage time correctly. Students must balance between time with friends and family and time spent pouring over homework and study guides in an attempt to pass the next quiz or exam.

But students aren't the only ones affected by summer ending.

Instructors are also getting back in the groove of working again. A student and an instructor both gave their opinions on how they felt going back to school.

Katelynn Milam, a junior at Northwestern Oklahoma State University, described it as "super stressful and a lot more than I had predicted"

She added that the transition into her junior year, her study habits didn't really improve, and that she needs to step it up.

Time management is a big struggle with most students and Katelynn said, "I'm more restricted on my time, especially now that I'm back in school and have work"

School can be rough, but it can also be fun. She has her favorite classes, and she has her friends as do all students. And that helps students get through school easier.

Despite the transition from a carefree and fun summer to a busy and stressful school year, those fun moments make it all worth it. So, despite the "roller coaster of emotions" as she calls it, school may be rough and definitely take some time to get used to, but in the end it's worth-while.

For instructors, the transition is a whole different kind. While students work on their study habits and time management, instructors have to get back into the groove of working again making lesson plans, quizzes and a syllabus.

NOC instructor Mrs. Delisa Ging gives her point of view stating, "I am always excited for the new school year. It is my favorite time of the year. New notebooks, new pens, new pencils, and endless possibilities filled with potential."

When asked how her transition from the summer to a new school year went this year, she replied "After 27 years of teaching, transitioning from summer to the start of a new year becomes easier with the additional teaching experience."

Now with 27 years comes the change of technology.

"When I first started teaching, five teachers shared the same computer," she said. "Now, I have my own Surface, so preparing for a new school year is so much easier because I do not have to share technology as I did back in the day."

Now with some students and even some instructors a few words of encouragement are needed to get ourselves back to school. But instructors like Mrs. Ging and students who love school don't require them.

"I do not really need words of encouragement to coax myself back to school. I have a passion

(See **School** on Page 4)

# FAFSA

Free Application for Federal Student Aid

2023-2024



**NORTHERN**  
Oklahoma College  
TOKAWA | ENID | STILLWATER

NEED HELP PAYING FOR COLLEGE? APPLY FOR FINANCIAL AID.

**DEADLINES:**

**OCTOBER 1**

FAFSA application opens

**JUNE 30**

FAFSA application closes



**Contact a Financial Aid Officer**

**Tonkawa 580.628.6595**

**Enid 580.548.2261**

**Stillwater 580.628.6595**

**Email: [Financial.aid@noc.edu](mailto:Financial.aid@noc.edu)**



**1 Gather Materials**

Social Security Card, Driver's License,  
W2 Forms, Your (and your parents)  
2021 Income Information

**2 Create FSA ID**

[www.fsaaid.ed.gov](http://www.fsaaid.ed.gov)

**3 Complete FAFSA**

[www.studentaid.gov](http://www.studentaid.gov)  
NOC School Code: 003162

**Need help or have questions?**

← Scan the QR Code or Go To

[www.noc.edu/current-students/financial-aid](http://www.noc.edu/current-students/financial-aid)

# School

(Continued from Page 3)

for what I do, and I cannot wait to return to the classroom each year.”

This passion students see in her and even in other instructors and some students, is what fuels others to keep going. It's teachers like Mrs.

Ging who inspire and help make that transition from summer to school that much easier. And then students must make the effort to focus and study and make this school year worth it.

## NOC Enid Calendar

*Sept. 14 - Oct. 3*

### Sept. 14

BCM Student Lunch, James Room, 11:30 a.m. – 12:45 p.m.

BCM Gathering, BCM, 7 p.m.

Karaoke, Montgomery Hall, 8 p.m.

### Sept. 15

Tuition/Fees Due

Miss NOC Enid Information Meeting, Gantz 116, 2 p.m.

### Sept. 16

Constitution Day, Voter Registration, Outside Zollars, 9 a.m. – 1 p.m.

### Sept. 18

Home Jets Baseball vs. Risin Baseball and Tulsa Sandlot, 1 p.m., 4 p.m.

### Sept. 19

Begin L12-Week Courses

Yoga Mondays, EB Lobby, 8 a.m.

Intramural Flag Football (Sept. 19-23)

### Sept. 21

BCM Student Lunch, James Room, 11:30 a.m. – 12:45 p.m., Enid

BCM Gathering, BCM, 7 p.m., Enid

### Sept. 22

Archery Tag, Mabee Center, 7 p.m.

### Sept. 23

Final Day to Drop L12-Week Courses for Full Refund

### Sept. 24

Home Jets Baseball vs. Garden City, 1 p.m.

### Sept. 26

Yoga Mondays, EB Lobby, 8 a.m.

### Sept. 28

BCM Student Lunch, James Room, 11:30 a.m. – 12:45 p.m., Enid

BCM Gathering, BCM, 7 p.m., Enid

### Oct. 1

Jet Madness, Mabee Center, 6 p.m.

### Oct. 2

Home Jets Baseball vs. Texas Post Grad, 1 p.m.

### Oct. 3

Yoga Mondays, EB Lobby, 8 a.m.

Ping Pong Intramurals, Jet Rec Room (Oct. 3-7)



# FALL 2022 ACT PREP WORKSHOP

*Tips and Skills for a Higher Score!*

*Testing with Success*

Featuring Shelly Beaty, Testing Specialist

**NOC TONKAWA**  
**Tuesday, September 27**  
**Renfro Center**

**NOC ENID**  
**Wednesday, September 28**  
**Gantz Student Center**  
**Montgomery Hall**



**Check-In 8:30 am**  
**Workshop 9-11:30 am**

**COST \$20**  
*Pay at Door*

Register Online by September 27, 2022

<https://noc.secure.force.com/events/#/list>

(or scan code)

**TONKAWA**

Bryan Hook

580.628.6668 or recruiter1@noc.edu

**ENID**

Leticia Maxwell

580.548.2353 or recruiter2@noc.edu

**COLLEGE  
BOUND?**  
**APPLY ONLINE**  
**WWW.NOC.EDU**



Life changing.





Jets First Day!!!!



# SAVE THE DATE



OCTOBER  
**29**  
2022

***JETS***  
***ALL-ATHLETICS***  
***ALUMNI REUNION***

To RSVP, Contact Kayla Wooderson  
580.628.6473 | [kayla.wooderson@noc.edu](mailto:kayla.wooderson@noc.edu)





# Northern Encounter

## Fall 2022

Discover Programs, Services, Clubs  
and Organizations. Meet Faculty and Students.  
Take a Campus Tour!



*Northern Encounter has been designated as a day for high school juniors, seniors and their parents to get an up-close look at what Northern has to offer.*

**9-11 am**

**FREE T-Shirt  
Door Prizes**  
(Including Tuition Waivers)

*Tell your friends  
on Social Media!*

**Pre-Register Online:**

<https://noc.secure.force.com/events/#/list>

SCAN CODE  
TO REGISTER



**TONKAWA**

**October 5**  
Renfro Center  
Bryan Hook  
580.628.6668



**ENID**

**October 12**  
Gantz Student Center  
Leticia Maxwell  
580.548.2353



**STILLWATER**

**October 19**  
NOC Stillwater Building  
Janet Jarvis  
580.628.6904







Jets Baseball



Jets Baseball

## Cybercrime Happens Way More Than You Think!

Large-scale cyberattacks make the news, but that's just the tip of the iceberg. Cybercrime is on the rise, and the majority of attacks go unreported.

### Consider the following facts:

**A cyberattack every 36 seconds**

The University of Maryland found that there is an average of 2,244 cyberattacks per day, which is one every 36 seconds.

**43% of SMB lack a cybersecurity defense plan**

The International Criminal Police Organization (Interpol) reported that small- and medium-sized businesses (SMB) are being targeted at an increased rate.

**\$108 Million lost in only 6-months**

The US Federal Trade Commission, in a recent 6-month period, had seen over 128,000 phone-based fraud scams that cost victims a whopping \$108 Million – that's only half a year!

## Staying Safe Starts with YOU!

We often assume cybercrime only happens to someone else but hackers know the easiest way to get to your organization's information is through **YOU!**

Here are some actions to stay safe.

- Be careful what you post and share online.
- Don't reuse passwords for multiple sites.
- Follow your organization's security policies and procedures.
- If something seems suspicious, always verify that it's legitimate.

***In the time it took you to read this document, there were multiple cyberattacks across the globe. Make sure you stop, look, and think before you take any sort of action.***

**KnowBe4**

© KnowBe4, Inc. All rights reserved. | [www.KnowBe4.com](http://www.KnowBe4.com)