

April 2025

## Spring Season Student Support !



*Ensuring accessibility is a priority, The NASNTI Monthly Newsletter meets ADA guidelines and compliance standards, focusing on accessibility for all users, including those with disabilities. To have the content read aloud, please use the 'Read Out Loud' feature available within Adobe PDF.*

SSC has been making the mental health of their students a priority. Free counseling is available on campus and mental health videos are now available on the SSC app (See QR code on the back). The videos discuss a variety of topics regarding mental health and include tips on how to stay mentally healthy.

Deciding to start counseling is a big step. It takes a lot of courage to admit to yourself that something in your life needs to change, and then to be willing to make those changes is another brave step altogether. If you've wanted to start counseling, but don't know if you're ready just yet SSC's mental health videos are a great way to test the waters.


However, if you're already going to counseling, the videos can help you continue learning between sessions. Let's make 2025 the year of goal setting and goal reaching. Your mental health is just as important as your physical health, so you have to treat it as such. If you'd like to schedule a counseling session, reach out to the Help Center at [helpcenter@sscok.edu](mailto:helpcenter@sscok.edu) and log onto the SSC app to watch the new videos! *Contributing Writer, Stephanie Hassell, LPC*

Do you find yourself at times struggling with test taking anxiety? Check out the newest counseling video on this topic. [https://youtu.be/BBX\\_Fl8wtvc](https://youtu.be/BBX_Fl8wtvc)

### THE MENTAL BENEFITS OF JIGSAW PUZZLING

- ✓ **Stress Relief:** Puzzles offer a calming, mindful escape from daily stress.
- ✓ **Boosts Brainpower:** Enhances memory, concentration, and problem-solving skills.
- ✓ **Sparks Creativity:** A mental rest that boosts creativity and productivity.
- ✓ **Mood Booster:** Completing a puzzle releases dopamine, lifting your spirits.

SOURCE: BAYLOR COLLEGE OF MEDICINE  
A Perfect Match: The health benefits of jigsaw puzzles



**NEED COUNSELING?**  
VISIT THE SSC HELP CENTER  
Email: [helpcenter@sscok.edu](mailto:helpcenter@sscok.edu)

NASNTI is federally funded annually in the amount of \$450,000

Another mental health benefit is jigsaw puzzling! Jigsaw puzzles **boosts brainpower**: enhances memory, concentration, and problem solving skills, helps with **stress relief**: puzzles offer a calming mindful escape from daily stress; **sparks creativity**: a mental rest that boosts creativity and productivity; and a **mood booster**, completing a puzzle releases dopamine, lifting your spirits. Join the craze of puzzle solving! Puzzles located outside NASNTI offices in the Boren Library. Feel free to use at your leisure.

**NASNTI is 100% federally funded in the amount of \$450,000 annually.**



## It's Game Time!

### Meet NASNTI Esports Content Expert Angelica Lozano-Romines



Angélica Noel Lozano-Romines is an Indigenous educator and content creator. She holds a Master of Science degree in Educational Leadership Studies from Oklahoma State University, where she concentrated on college student development. Additionally, she earned a Bachelor of Science in Family Life Education from the University of Central Oklahoma, focusing on child development. With over ten years of experience in education and social services, Angélica has worked in various environments, including nonprofits, public and charter schools, and state and tribal governments.

She has engaged with children, adults, and families from diverse backgrounds in roles such as after-school and summer program director, student activities coordinator, child welfare specialist, parent educator, and higher education positions. In recent years, Angélica has gained valuable experience in the gaming industry. She has worked as a content creator on the Twitch platform and interned in collegiate esports. Additionally, she served as the Director of Community and Partnership Development for a professional Esports organization.

Currently, Angélica holds multiple roles, including Esports Content Expert at Seminole State College, Operations and Systems Strategist Leader at Rewriting the Code (a nonprofit organization empowering women in tech), and Adjunct Professor at Oklahoma City Community College, where she teaches “Success in College and Life” courses.

## Enroll in Esports: Classes Start Fall 2025!

### Turn your Passion into a Profession!

#### Classes start Fall 2025!

Join the fastest-growing industry in the world. According to the [Esports Market Size, Share, Growth & Trends Report, 2030.](#), “the global **esports** market size was valued at USD 1.88 billion in 2022 and is expected to grow at a compound annual growth rate (CAGR) of 26.8% from 2023 to 2030.”

The video gaming industry has evolved from a hobby to a professional career option. Whether you want to compete, create, or communicate, our Esports courses open the door to exciting careers in gaming, media, and technology. Don't miss your chance to play, learn, and lead!

### Enrollment Open Now!

#### ESPORTS Team interest form



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