

# NOC offers free student health services

Completing a degree in higher education is an incredible accomplishment that, in most cases, is not met without challenges – academically, socially and emotionally. While every student's collegiate journey is different, Northern Oklahoma College is committed to providing a wide breadth of services that meets the needs of each and every student on campus.

As part of that commitment, Northern Oklahoma College has partnered with [TimelyCare](#), higher education's most trusted virtual health and well-being provider, to offer students free and equitable access to mental health support, medical care and basic needs assistance. The partnership is an extension of campus health and counseling center resources, with a goal of improving student well-being, engagement and retention.

"One of the four pillars of NOC's 2025-2030 Strategic Plan is Student Engagement and Satisfaction. This includes a focus on student health and safety. We are excited to partner with the Oklahoma State Regents for Higher Education to provide our students access to TimelyCare's user-friendly platform," said NOC President Diana Morris. "The on-demand access provided will enhance current campus resources by making care more readily available to students on their time schedule, which

should decrease the spread of illness and reduce the stigma of mental health issues. This certainly gives me more peace of mind, and I hope will do so for our students and the supportive adults in their lives."

The need for 24/7 access to high-quality care has never been more important. According to a report by [Gallup and the Lumina Foundation](#), 69% of students in bachelor's degree programs who considered dropping out cited emotional stress as their reason.

Through TimelyCare on their phone or other device, Northern Oklahoma College students can now select from a wide-ranging menu of virtual care options from licensed physicians and counselors in all 50 states – at no cost and without the barrier of traditional insurance – including:

On-demand and appointment-based medical care, On-demand mental health and emotional support (TalkNow), Appointment-based mental health counseling (up to 6 sessions each academic year), Health coaching, Basic Needs assistance, Care navigation, Peer support community, and Digital self-care content

Additionally, faculty and staff have access to support that empowers them to guide students to TimelyCare resources to help students achieve a sense of well-being, live healthier life-



styles and improve their mental health.

The partnership with TimelyCare allows Northern Oklahoma College to deliver a hybrid model of care in collaboration with on-campus resources. Benefits to students include:

- Convenient 24/7 care – Physical and mental health issues often present themselves outside regular business hours, and TimelyCare makes seeking support or treatment as easy and convenient as making a video or phone call. Nationally, half of mental health care visits through TimelyCare occur after regular business hours or on weekends.
- Reduced wait times – Many campus counseling centers often have a 2-3 week wait time for appointments,

whereas students can typically connect with a TimelyCare provider in less than 5 minutes.

- Diverse provider network – TimelyCare's diverse and culturally responsive provider network reflects and is proud to serve students who embody diversity in race, ethnicity, gender identity and expression, age, religion and worldview, language, health, ability, sexual orientation, socioeconomic and immigration status, and more. More than half of mental health providers identify as people of color. The platform also offers professionals who identify as LGBTQIA+, speak multiple languages, and translation services to support

(See **TimelyCare** on Page 2)

# TimelyCare

(Continued from Page 1)

more than 240 languages. Students scheduling services can choose to meet with a specific provider or select the first available.

- Peace of mind – TimelyCare is a safe, secure, URAC-accredited and HIPAA-compliant platform that follows campus-specific protocols to facilitate care coordination and follow-up to ensure continuity of care. Integrations with leading learning management systems ensure students have even more on-ramps to in-the-moment support whenever they need it.

Mental health directly impacts student retention and academic performance. TimelyCare is proven to support better outcomes, including:

- [Clinically significant change](#) by students' third scheduled counseling or psychiatry

visit for those who entered care with severe depression or anxiety symptoms.

- Swift and significant impact for those students with clinical symptoms, dropping a severity ranking (e.g. moderate to mild) by their third scheduled counseling visit.
- Nine out of 10 students say they would recommend TimelyCare's services.

"With more than [seven out of 10 students](#) reporting that they experience mental health challenges such as stress, anxiety or depression, expanded access to virtual health and well-being interventions like TimelyCare has never been more important," said Luke Hejl, CEO and co-founder of TimelyCare. "Ultimately, supporting students, educators, and staff means providing access to care whenever and wherever they need it."



Best selling author Mark Perna spoke to NOC students at Ready, Jet, Go! in Enid and Maverick Madness at Tonkawa last Friday. Perna spoke to students about developing their professional skills as well as academic skills while at NOC. He said the future is bright for college students today as their education and professional skills can lead to careers in any number of professional fields.

## NEED MONEY FOR COLLEGE?

*If so, complete the following steps below*





- 1 Apply to NOC**  
[www.noc.edu/future-students](http://www.noc.edu/future-students)
- 2 Complete FAFSA**  
[studentaid.gov](http://studentaid.gov)  
NOC School Code: 003162
- 3 Complete Scholarship Form**  
[www.noc.edu/scholarships](http://www.noc.edu/scholarships)

### IMPORTANT DATES:

**AUGUST 25**  
Deadline for all Fall scholarships, except PLC Scholarship.

**OCTOBER**  
FAFSA application is now open.  
2026-2027 FAFSA Opens on October 1, 2025

**JANUARY 25**  
Deadline to apply for scholarships for the Spring semester for new or transfer students.

**FEBRUARY 20**  
PLC Scholarship deadline and priority date (early acceptance) for all other scholarships for Fall.

**Contact the Scholarship Office**  
**580.628.6760**  
Email: [scholarships@noc.edu](mailto:scholarships@noc.edu)

**Need help or have questions?**

➔

**SCAN TO VISIT OUR SCHOLARSHIP WEBPAGE**



[www.noc.edu/scholarships](http://www.noc.edu/scholarships)

# Presidential Partner, Masonic Grant applications due Sept. 15

The Northern Oklahoma College Foundation is offering grants through the Masonic Fraternity of Oklahoma Endowment and the Presidential Partners Program funds.

These funds are made available to Northern Oklahoma College programs, students, and employees whose proposed projects support the Foundation's mission of providing quality educational experiences.

The NOCF annually determines fund availability and will award grants based on annual earnings of the endowments.

Grant request forms are to be completed and returned to the Office of Development and Community Relations.

The Masonic Endowment request is to be used

exclusively for student support. Deadline for Masonic Endowment Grant consideration is September 15.

Presidential Partners funds may be used for student or employee support. Presidential Partners Grant request priority deadline is September 15, but may be submitted any time during the year and will be reviewed on a first come first served basis.

The Foundation will do its best to provide full or partial funding for all requests; however, submission does not guarantee any funding will be granted.

If further information is needed, please call Candy Oller in the NOC the Development Office at 580.628.6789 or [candy.oller@noc.edu](mailto:candy.oller@noc.edu).



# YOU DON'T HAVE TO DO COLLEGE ALONE

Don't worry, we've got you covered.

"It's really nice to get into a mental health program that is free. I've never dialed a helpline before...until I came to college and used TimelyCare. And let me just tell you, I did not regret it. The counselor I spoke with was extremely helpful and she gave me logical explanations for things. It was just what I needed to hear in that moment. She helped calm me and find good solutions to the problems I was facing."

-Student, Virginia Tech

100% FREE ✖ NO INSURANCE NEEDED ✖ 100% FREE

**Is TimelyCare free to use?**

Yes! As a student at a participating school, you get full access to TimelyCare services at no cost. No insurance. No copays. Just care, whenever you need it.

**Are the providers professionals?**

Absolutely. You'll be connected with medical professionals, counselors, therapists, psychiatrists, and health coaches — all trained to support college students through whatever they're going through.

**How do I get started with TimelyCare?**

It's easy. Just visit [timelycare.com/noc](https://timelycare.com/noc) or download the TimelyCare app, sign in with your .edu email, and you're in.

**SIGN IN NOW**

Having a backup plan...  
**ALWAYS SMART.**

## NOC Faculty/Staff August Birthdays



Jennifer Hammons	Aug. 26	Rachel Kroemer	Aug. 27
Anna Roland	Aug. 26		



Northern Oklahoma College Printing Services earned three awards at the recent Oklahoma College Public Relations Association Awards reception in Tulsa. Dina Kleinmann and Shiloh Martin earned awards for Publication (Small Team) category while Paige Larson and Martin earned an award for Special or One-Time Publication category. Rachel Kirk earned an award in the Wearable/Promotional Item Design category. Pictured (L-R): Shiloh Martin, Paige Larson, Rachel Kirk, Dina Kleinmann. (photo provided)

## NOC Printing Services earns OCPRA awards

Northern Oklahoma College Printing Services earned three awards at the Oklahoma Collegiate Public Relations Association's annual awards contest and conference, held in Tulsa this past summer.

NOC Printing Services Director Dina Kleinmann and photographer/videographer Shiloh Martin earned an Achievement Award for the NJCAA Region 2 Baseball Tournament in the Publication (Small Team) category.

Graphic designer Paige Larson and photographer/videographer Shiloh Martin earned an Achievement Award for their NOC Fine Arts Even Calendar in the Special or One-Time Publication category.

Marketing director Rachel Kirk earned an Honorable Mention for her Ag Department

Koozies in the Wearable/Promotional Item Design.

"Congratulations to Dina, Paige, Shiloh, Rachel and the entire NOC Printing Services team," said Sheri Snyder, Vice President for Development and Community Relations. "We are truly blessed with some amazing and talented employees. It is nice to receive external validation on the high quality of work they continue to produce for Northern Oklahoma College."

The OCPRA awards competition recognizes the best in professional communicators from educational institutions, both public and private, throughout the state of Oklahoma.

This annual competition is designed to reward achievement at any of the state's higher education institutions.



# OKC Comets Baseball Game For Tonkawa and Enid NOC Students

## THURSDAY, SEPTEMBER 11

SEATS RIGHT ABOVE THE DUGOUT

**\$10 per ticket**

**Ticket includes an OKC Comets hat.  
Transportation will be provided by  
NOC Student Activities**

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For more information, contact Student Affairs  
**580.628.6240**



NOC graduate Brittany Wever recently completed an internship with H2 Health. NOC offers internships in a number of different academic endeavors. (photo provided)

## NOC graduate Brittany Wever completes H2 Health internship

Brittany Wever, a 2025 graduate of Northern Oklahoma College in Tonkawa, recently completed an internship at H2 Health, formerly known as Valir Physical Therapy, where she gained valuable experience in outpatient rehabilitation and patient care.

H2 Health, which began as a small family-owned business called Northern Physical Therapy and Rehabilitation, has grown from four Oklahoma-based clinics to part of a nationwide healthcare network with more than 250 employees. During her internship, Wever worked closely with a licensed physical therapist, assisting with patient transfers, preparing treatment areas, and supporting therapy sessions from start to finish.

“Working with patients and seeing the help I can provide for them was extraordinary,” Wev-

er said. “I found something that I enjoyed doing every day.”

Her responsibilities required adaptability, strong communication, and a willingness to learn on the job. She noted that learning the mechanics of exercise treatments took time, but the support from staff and the opportunity to observe patient progress made the experience incredibly rewarding.

The internship not only strengthened her skills but also gave her confidence about the future. Watching patients improve—physically and emotionally—reinforced her desire to pursue a career in physical therapy.

For more information about internships, contact Kathleen Swain at [kathleen.swain@noc.edu](mailto:kathleen.swain@noc.edu).



# ITALY & GREECE

SPRING BREAK 2026 | MARCH 13-22

### 10 DAYS: Florence, Rome, Delphi Region, Athens, Optional: Extension Cruise to Greek Islands

Explore the roots of Western Civilization and the impact of classical Greek and Roman culture on modern history, philosophy, art and cuisine.

Visit breathtaking ancient ruins, explore medieval neighborhoods untouched by time, and marvel at Renaissance masterpieces in world-renowned museums. All throughout your journey you will connect with locals and get an insider's view of contemporary Mediterranean life in Italy and Greece.

**Day 1-3: Florence, Italy**  
 Take a walking tour of Florence (Day 1), Tuscany's capital city,  
 Take a guided tour of Florence (Day 2), Piazza della Signoria (historic statues), Ponte Vecchio (a medieval bridge), Basilica of Santa Croce (burial site)  
 The Gates of Paradise,  
 Spend half day exploring on your own

**Day 4-6: Rome**  
 Take a guided tour of Rome (Day 5)  
 Roman Forum, The Colosseum  
 Enjoy a pizza dinner  
 Take a guided tour of Vatican City  
 Sistine Chapel  
 St. Peter's Basilica  
 Take a self-guided walking tour of Rome where you will see:  
 Trevi Fountain, Pantheon, Piazza Navona, a lively square  
 Spanish Steps, Europe's widest staircase

**Day 7: Rome/Athens/Delphi**  
 Fly to Athens, the capital city of Greece  
 Travel to Delphi, site of the famed Oracle



<https://www.efstudyabroad.com/professors-trip/2772841NH>

TO ENROLL OR FOR A DETAILED ITINERARY 1.877.485.4184 / PROGRAM #2772841NH



SCAN FOR COMPLETE TRIP DETAILS

## Julie Henning receives Chime Workforce, Coca-Cola Scholarship

Julie Henning, a student at Northern Oklahoma College, has received the Chime Workforce and Coca-Cola Leaders of Promise Scholarship. Both are \$1,000 scholarship awards.

Henning is from Ponca City and attends NOC Tonkawa.

The Chime Workforce Scholarship recognizes high-achieving college students who are pursuing career and technical educational opportunities. This scholarship helps defray educational expenses while enrolled in a certificate or associate degree workforce development program at a two-year college.

“At the Chime Scholars Foundation, we believe that career and technical education opens doors to financial progress and long-term opportunity. We’re proud to support students who are working hard to gain in-demand skills and build better futures for themselves and their families,” said Jeni Izuel, president of the Chime Scholars Foundation.

Henning is one of 200 students to receive the Chime Workforce Scholarships.

“We are thrilled to launch this new program and award hardworking students with Chime Workforce Scholarships,” Amanda Karpinski Gorman, interim director of the Phi Theta Kappa Foundation said. “These scholarships support students pursuing career and technical education at two-year colleges, and we look forward to see all they go on to accomplish.”

The Coca-Cola Leaders of Promise Scholarship Program helps new Phi Theta Kappa members defray educational expenses while enrolled in associate degree programs. Scholars are encouraged to assume leadership roles by participating in Society programs and are selected based on scholastic achievement, community service, and leadership potential. More than 600 applications were received.

A total of \$220,000 will be awarded this year through the Leaders of Promise Scholarship Program. The [Coca-Cola Scholars Foundation](#) provides \$200,000 in funding for the scholarships, with \$25,000 set aside for members who are veterans or active members of the United States military. The remaining amount is supported by donations to the Phi Theta Kappa Foundation, which provides multiple Global Leaders of Promise Scholarships earmarked for international students.

“The Coca-Cola Scholars Foundation has a long history of providing financial assistance to outstanding students at community colleges,” said Jane Hale Paulsen, President of the Coca-Cola Scholars Foundation. “We are proud to partner with Phi Theta Kappa to make it possible for more deserving students to achieve their educational goals and support tomorrow’s leaders of the global community.” Chime at [Chime.com](#).



Julie Henning





# GOLF

## FUNDRAISER

### SATURDAY, SEPTEMBER 6, 2025

Blackwell Country Club Golf Course | 8:00 am

## 4 PERSON SCRAMBLE

\$100 *per* Person

\$300 *per* Team

Deadline to Register: September 1

**To Register or to Donate to the  
Northern Oklahoma College  
Women's Wrestling Program  
Contact Coach Jayden Miller  
580.628.6762  
[Jayden.Miller@noc.edu](mailto:Jayden.Miller@noc.edu)**





Life changing.  
[www.nocmavs.com](http://www.nocmavs.com)

# Rebecca Napier named 2025 Coca-Cola Leaders of Promise Scholar

Rebecca Napier from Northern Oklahoma College is one of 220 Phi Theta Kappa members named a 2025 Coca-Cola Leaders of Promise Scholar and will receive a \$1,000 scholarship.

Napier, from Antlers, Oklahoma, attends NOC Stillwater.

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The funds provided by the Coca-Cola Scholars Foundation not only aid college completion but also give students the opportunity to en-

gage in Society programs and develop leadership skills to become future leaders in their communities.

"Research shows that Phi Theta Kappa members are four times more likely to complete a college degree than their peers," said Amanda Karpinski Gorman, Interim Executive Director of the Phi Theta Kappa Foundation. "The Leaders of Promise Scholarships recognize students for what they have achieved already and assure that financial need isn't an obstacle to achieving their academic goals."

## About Phi Theta Kappa

Phi Theta Kappa is the first honor society recognizing the academic achievement of students at associate degree-granting colleges and helping them to grow as scholars and leaders. The Society is made up of more than 4.4 million members and nearly 1,250 chapters in 11 countries, with approximately 220,000 active members in the nation's colleges. Learn more at [ptk.org](http://ptk.org).



Rebecca Napier

Life changing.

NEED HELP PAYING FOR COLLEGE?  
APPLY FOR FINANCIAL AID.

# FAFSA

Free Application for Federal Student Aid

2025-2026

SCAN TO VISIT  
OUR  
FINANCIAL AID  
WEBPAGE



FAFSA  
application is now open.  
2026-2027 FAFSA Opens  
on October 1, 2025.



## 1 Gather Materials

Social Security Card, Driver's License, W2 Forms, and Last Year's Income Information for You and Your Parents.

## 2 Create FSA ID

[studentaid.gov](http://studentaid.gov)

## 3 Complete FAFSA

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

**Contact Financial Aid**  
**Tonkawa** 580.628.6500  
**Enid** 580.548.2261  
**Stillwater** 580.628.6500  
**Email:** [Financial.aid@noc.edu](mailto:Financial.aid@noc.edu)

# NOC Calendar

<b>Aug. 22</b> Final Day to Add Courses and Log on to On-line Courses Final Day to Return Books for Full Refund	The Gathering, BCM, 8 p.m., Enid <b>Aug. 27</b> Free Lunch, Wesley House, 11 a.m. – 1 p.m., Tonkawa CM Lunch Hang, Gantz Center Student Lounge, 11:30 a.m. – 12:30 p.m., Enid Home Men's Soccer vs. Dodge City, 6 p.m. The Gathering, BCM, 7:30 p.m., Tonkawa
<b>Aug. 23</b> Maverick Sheep Show, Ag Barn, 9 a.m. – noon Away Jets and Lady Jets Soccer vs. Coffeyville (KS), 5 p.m./7 p.m.	<b>Aug. 29</b> Final Day to Drop Courses with a Full Refund
<b>Aug. 25</b> Scholarship Priority Deadline for Fall Semester	<b>Aug. 31</b> Home Women's Soccer vs. Hutchinson, 5 p.m. Home Men's Soccer vs. UA Rich Mountain, 7 p.m.
<b>Aug. 26</b> BCM Free Lunch, BCM, 11 a.m. – 1 p.m., Tonkawa	

## Jets soccer starts Saturday at Coffeyville

NOC Enid Soccer starts Saturday night when the Jets and Lady Jets travel to Coffeyville. The Lady Jets are coached by Joe Jolly while the men are coached by Aron Bassoff. Kick-off is set for 5 p.m. and 7 p.m. The Lady Jets, 9-7-3 last year, return Karen Avalos, Mia Landin, Lauren Lindell, Alyssa Harvey, Matisse Ames, Briana Vega, Joceline Bautista, Marcela Lozano, Marisa Chaves, and Yaretzy Ramirez from last year's squad. The Jets were 10-9-1 last year. Returnees include Frank Myers, Deagan Jones, Jason Ford, Aws Salhi, and Gaith Baz, and Michael Igah. NOC Enid's first home game for the men is Aug. 27 against Dodge City (KS) at 6 p.m. Both teams are in action Saturday, Aug. 31, when the women host Hutchinson (KS) at 5 p.m. and the men host UA Rich Mountain at 7 p.m. at the Advance Soccer Complex.

## Scholarship Priority Deadline Aug. 25

Northern Oklahoma College is continuing to accept scholarship applications for Fall 2025. The Presidential Leadership Scholarship, the NOC/OSU Gateway Ambassadors Scholarship and the State Regents Academic Scholarship application deadline is closed. Priority deadline for all other scholarships opened Feb. 20 with scholarships awarded to qualified applicants on a first come, first serve basis and closes Monday, Aug. 25. To apply, simply apply for admission to NOC, apply for financial aid and then fill out the scholarship form online. For more information, contact the scholarship office at 580.628.6760.



**NORTHERN**  
Oklahoma College  
TONKAWA | ENID | STILLWATER

## NOC ALUMNI LEGACY *Scholarship Campaign*



Help support the next generation of the **#Northernfamily** and give to the Alumni Legacy Campaign.





Dear Alumni,

As an alumni and friend of Northern Oklahoma College, you know the value of a college degree and the importance of financial assistance in today's economy. By participating in the NOC Alumni Legacy Campaign, you can be part of an effort that will provide scholarships to children and grandchildren of NOC alumni who wish to continue the tradition started by their loved ones.

I hope you will take this opportunity to give back to your alma mater and assist in the education of future Northern alumni.

*Kayla Wooderson*  
Kayla Wooderson, Director of Alumni and Community Relations

*Continuing a Legacy!*



### Take A Moment to Give. All donations are tax deductible.

I would like to give to the NOC Alumni Legacy Campaign. My gift amount is \$\_\_\_\_\_

For credit card donations please visit:  
<https://www.noc.edu/development/alumni-2/noc-legacy-scholarship-campaign/>

Name: \_\_\_\_\_ NOC Year: \_\_\_\_\_  
Spouse's Name: \_\_\_\_\_ NOC Year: \_\_\_\_\_  
Mailing Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Make checks payable to: Northern Oklahoma College Foundation  
Mail to: Northern Oklahoma College Alumni, PO Box 310, Tonkawa, OK 74653  
For more information: 580.628.6473 or [kayla.wooderson@noc.edu](mailto:kayla.wooderson@noc.edu)

# First Day pics Tonkawa, Enid Fall 2025

