Howdy Ags!
The fall semester is upon us! It feels like just yesterday you were winding down your first year at Texas A&M. Before the business of the semester sweeps over you, take the time to make note of your goals for the semester, both academic and personal. Then create an action plan to help you be successful in the accomplishment of these goals. Remember that there are a number of resources on campus, including the Regents’ Scholars staff, which is here to help you find the path to success. Best wishes to you for a great semester.

Thanks and Gig ‘em!
Erin Fisk
Regents’ Scholars Assistant Coordinator

Student Employment Workshops

The Student Employment Office will offer a number of workshops during the academic year for working college students. These workshops address a variety of workplace-related issues, including Business Communication Skills, Workplace Etiquette, Presentation Skills, and Controlling Anger and Angry People in the Workplace.

Interested students may find additional details and register for a workshop by clicking HERE.

Regents’ Scholars Program Blogger. Wanted.

Regents’ Scholars Program bloggers will increase the visibility of the Regents’ Scholars Program through the creation and expansion of the Regents’ Scholars Program blogs.

Qualifications?
Regents’ Scholarship recipients preferred.
Undergraduate students preferred.
Ability to effectively manage time;
Ability to work independently;
Minimum GPA of 2.5.

For more information, visit jobsforaggies.tamu.edu
So you have had three months of summer break and are now attempting to get back into the swing of things. One minute you are lounging by the pool or hanging out at the mall with friends. The next minute you have 50 pages to read, two lab reports to write, and your first exam is next week. You’ve realized that the study habits you tried to perfect during your first year have become a little fuzzy and that you need to brush up on them, and fast! The nice thing is that when it comes to studying, a little effort goes a long way. Here’s how to get ahead of the game this year.

Duly Noted

Get out your pen and paper—or your laptop—and pay attention during class. I know it’s tempting to email, chat, and surf the web when class gets slow, but none of those things will help you score well on a test.

Figure out your ideal note-taking style not for speed but for processing. Class should be your first “study time” so you shouldn’t settle for mindlessly copying down the notes. Try to really absorb what your professor is saying so that when you go to study later, it’s all review.

Some people process really well working on a laptop, but many of us are more visual and need to physically write notes and draw diagrams to keep the info stuck in our brains. Be honest with yourself about which type you are and you’ll find studying gets way easier.

Take Two

When you find yourself with free time during the day, skip the iPhone Wheel of Fortune and go over your notes from class that day. Just read through them once or twice, make notes about things you don’t understand, and plan what to go over in depth later.

Sometimes going over things right before bed is a good way to help them stick in your head—your brain keeps processing this information while you sleep at night (but you might start dreaming in calculus equations. You win some, you lose some.).

If you’re feeling antsy about spending daylight studying, remember that studying in the day means you’re free to go out and be social at night.

Schedule some Alone Time (with your books)

Scheduling study time is crucial, especially as you start adding more activities and work hours to your day. Map out a couple weeks before your mid-terms and finals weeks start, planning when (and what) to study, when to work, and when to take breaks. Give yourself a couple extra days, too, because good studying usually takes longer than you expect it to.

The “alone” part is crucial, too. Spending time with a study group can be really helpful—especially if you’re still learning the material—but it is also really distracting. If you decide to go the group route, pencil in some private study time, too. This will give you a chance to go over the things you personally struggle with.


Adapted from http://www.survivingcollegelife.com/2009/09/09/kick-start-your-study-habits/
You’ve heard of the college fifteen, that pesky extra 15lbs that lots of students put on in their first couple years of college. However there are more health issues than that for college students. (How can we forget h1n1?) Here are some guidelines on how you can keep yourself fit, even with limited time, space, and funds.

**The College-15 is Not a Goal—or a Curse**

Translation? You still have to eat right, even if Mom isn’t hovering over your dinner plate. Just remember that a pint of Ben & Jerry’s every night isn’t the key to good health.

So what should you be eating? The simple answer is to shoot for moderation in all things. Try to eat the right amount of servings for each food group, but don’t go overboard with one food group. Too much of a good thing, even too many veggies or too much meat, can be too much for your body. When in doubt, refer to the food pyramid.

Even if you do end up putting on (or dropping) a little weight accidentally, don’t feel like you’re doomed! Switching to a healthier diet and adding some exercise can help you wear away those pounds.

**Consider these healthy eating tips:**

- Eat a good breakfast. Studies show that skipping breakfast detracts from scholastic achievement. When there isn’t time to sit down and enjoy your morning meal, grab a bagel, piece of fruit, and some juice.
- If you must eat fast foods, choose wisely. Choose pizza with half the cheese, a regular size roast beef sandwich, baked potato, or green salad with reduced calorie dressing. Limit high fat offering like french fries, fried chicken or fish sandwiches and watch out for salad dressing.
- Keep healthful snacks on hand so if hunger strikes during a late night study session, you won’t be tempted by vending machine candy, chips, or ice cream. Possibilities include fresh or dried fruit, pretzels, unbuttered popcorn, rice cakes or whole wheat cracker.
- Eat plenty of foods that are rich in calcium. People in their early twenties need to be build up stores of calcium in their bodies to prevent osteoporosis in later life. If you don’t like milk, try to include ample amounts of low-fat yogurt, low-fat cheese, and green leafy vegetables in your diet.
- If you need to lose weight, do it sensibly. Starvation and/or diets that offer a quick fix usually backfire and are harmful. There is no truth to the theories that suggest eating foods in any particular combination will promote weight loss. The only safe way to lose weight, feel good while doing it, and keep it off is to eat a balanced diet.
- Sugar provides calories in your diet but few other nutrients and it contributes significantly to tooth decay. Use it sparingly.
- The dining hall salad bar can be either an asset or a detriment to your diet depending on how you choose from it. Of course, leafy greens, raw vegetable and fresh fruit are beneficial. But if you choose a lot of creamy dressing, bacon bits, and mayonnaise based salads, the calories and fat may equal or even exceed those of a burger and fries.
- Drink lots of water. Your body needs at least eight glasses a day, and if you exercise vigorously, you may need more. To remind yourself, carry a water bottle along to class and keep it handy during late night study sessions.
- Remember, food is a lot more than nourishment for our bodies. Enjoy and savor it.

**Exercise (Even in a Small Space):**

Texas A&M offers free use of the Rec Center to students, so you should definitely take advantage of all the great stuff there. But if you find yourself feeling to sluggish to go outdoors (or it’s just too hot to bother jogging), here are a list of dorm room workouts you can do in that 8×8 floor space you call home:


Want to know the easiest way to get exercise without noticing? Walk to class instead of taking a shuttle. It really makes a difference.

**Prevent Brain Drain**

The pressure and competition of college courses, coupled with homesickness and increased personal responsibilities can be hard on you. It wears you down, tires you out, and sometimes overwhelms you. To help keep your mental and emotional health strong, ensure that you:

- Eat well & exercise (see above)
- Get enough sleep
- Learn how to relax & fall asleep when you’re stressed
- Stay away from depressants like alcohol, especially if you’re already feeling down
- Make use of free counseling services on campus (academic and psychological) through Student Counseling Services and the Student Learning Center
- Attend support groups (there are several available through SCS)
- Strike a balance between work and play
- Make at least a rough schedule and stick to it
- Keep within your budget

**Stay Healthy This School Year**

Adapted from http://www.survivingcollegelife.com/2008/09/11/stay-healthy-this-school-year-really/ and http://healthed.uoregon.edu/10tips.htm
**Meet the RSO Board Members!**

**Leticia Palomin**  
Position on the RSO board: President  
Major: Political Science  
Hometown: Pharr, TX  
Class year: 2014  
Career goals: My goals are to continue to further my degree onto grad school. I want to continue to mix my experience with the Regents’ Scholars Program to better prepare me for my career.  
Favorite Aggie Tradition: I love Aggie Muster!  
Favorite Quote: “Take delight in the Lord and he will give you your heart’s desires.” Psalm 37:4  
With whom would you care to dine? I would like to have dinner with Mr. Nicola Tesla. He is a very intelligent man who discovered so many different phenomena of our universe.

**Ana Davila**  
Position on the RSO board: Events Director  
Major: Communication  
Hometown: Mission, TX  
Class year: 2015  
Career goals: I’m happy to say that I don’t have anything set on stone. I’m evaluating my possibilities with my future Communication degree. However, I do plan on going to grad school.  
Favorite Aggie Tradition: Although Aggieland Has traditions left and right, my favorite has to be the 5 Yell leaders at games.  
Favorite Quote: “The expert in anything was once a beginner.” With whom would you care to dine? As silly as it sounds, I’d love to have dinner with Justin Bieber. I admire how he handles his fame and influence as well as his money.

**Lina Ha**  
Position on the RSO board: Vice President  
Major: Microbiology  
Hometown: College Station, TX  
Class year: 2014  
Career goals: I will become a neurosurgeon and associate professor at a Texas medical school.  
Favorite Aggie tradition: Muster  
Favorite Quote: “If destiny exists, then God must be very unfair and cruel, because the moment that fate is a reality, we lose our future. We are no longer individuals who can achieve anything, but automatons who can achieve only what is set before them.” - Friedrich Nietzsche  
With whom would you care to dine? I would love to have dinner with B.B. King, Quentin Tarantino, Michael DeBakey, Ernest Hemingway, and Julia Child. In the presence of these great Americans, I only hope to emulate a nanoliter of their ingenuity.

**Heriberto Rodriguez**  
Position on the RSO board: Membership Development  
Major: Computer Engineering  
Hometown: Edcouch, TX  
Class year: 2015  
Career goals: I want to graduate with a computer engineering degree and have the opportunity to work with a well-known private company.  
Favorite Aggie Tradition: My favorite Aggie tradition is the Howdy tradition. I just love saying “Howdy” to everyone I pass by. It’s the best thing about this campus because it gives it a very friendly environment.  
Favorite Quote: “Attitude is contagious. Is yours worth catching?” With whom would you care to dine? I’d want to have a nice steak dinner with Mr. Nicola Tesla. He is a very intelligent man who discovered many different phenomena of our universe.

**Ulysses Fernandez**  
Position on the RSO board: Social Coordinator  
Major: Psychology  
Hometown: Harlingen, TX  
Class year: 2015  
Career goals: My goal is to get a Bachelor’s degree in psychology. Afterwards, I plan to take the experience this university has given me to excel in furthering my education somewhere else so that I can obtain my PhD.  
Favorite Aggie Tradition: The 12th Man  
Favorite Quote: “Dream as if you’ll live forever. Live as if you’ll die today.” James Dean  
With whom would you care to dine? I would eat with Albert Einstein. He was one of the most brilliant minds in recent history and I would like to know how such a man viewed life.

**Marlen Cornejo**  
Position on the RSO board: Finance Director  
Major: General Studies  
Hometown: Ennis, TX  
Class year: 2015  
Career Goals: I tend to change my mind more than the average person. However at the moment the specific career I would like to have is as an Event Planner. As an event planner I would get to interact with a variety of people as well as always have the opportunity to see the final outcome of all of my hard work.  
Favorite Aggie Tradition: The Aggie Ring!  
Favorite Quote: “It is hard to fail, but it is worse never to have tried to succeed.” – Theodore Roosevelt  
With whom would you care to dine? I would love to eat dinner with my whole family, those who are alive and those who have passed away; it would be a wonderful family reunion. Not to mention lately I have seen how we have all drifted apart due to our different paths in life, and I am grateful for every moment I can spend with my family.
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