Howdy Ags!
Can you believe that it’s October and that you already have one month of classes under your belt? With mid-terms just around the corner, I want to pass along a couple helpful ideas:

1. Utilize the FREE tutoring available through the Student Learning Center, Student Counseling Services, and Multicultural Services. These offices offer assistance with many intro-level math and science courses, including chemistry, physics, biology, and calculus. http://scs.tamu.edu/academic/tutoring.pdf

2. Take advantage of your professors’ office hours. This is a great way to interact one-on-one with your professors and receive additional support. Remember that when you apply to grad school or for a job or internship, you will need a letter of recommendation. By building a relationship with your professors, you will be able to garner strong letters of recommendation that you desire.

As always, please let the Regents’ Scholars staff know if you have any questions. Remember that we are here to help you succeed. Good luck with mid-terms!

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

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Greetings from Erin...

Congratulations to the 2012-13 Regents’ Scholars Orientation Planning Board!

Chair: Mariajose Rosales ‘14, Co-Chair: Marlen Cornejo ‘15, KC Pena ‘15, Paloma Rodriguez ‘15, Sultan Jaouhari ‘16, Marques Guillory ‘15, and Brittany Morales ‘16

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Dates to Remember!

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$500 SCHOLARSHIP

Money Wise Aggie is hosting a
FINANCIAL FLICK Video Contest

We are asking you to put your movie-making skills to work to educate your fellow Aggies...the reward for doing so is the opportunity to win a $500 scholarship!

Videos must be submitted by: October 26, 2012 at 5:00 p.m.

The top 3 videos chosen by the Money Wise Aggie program will be placed on our Facebook Page. The $500 scholarship will go to the video entry that receives the most “likes” on our Facebook Page.

Facebook Voting: November 5, 2012 - November 16, 2012

For the full details and rules visit: moneywise.tamu.edu

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Study Abroad Scholarship Now Open

If you are interested in participating in a Winter Break or Spring Semester study abroad program, the scholarship application is now available at http://scholarships.tamu.edu/UWideApp.

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AggieServe – Students Serving Aggieland

AggieServe is a volunteer opportunity directory that connects Texas A&M University students, faculty, and staff to agencies and opportunities in the Bryan/College Station area. Currently there is a variety of service opportunities available, including the Alzheimer’s Memory Walk, the Mentoring Lunch Buddy Program, and reading & math tutoring for elementary school students.

Please visit http://aggieserve.tamu.edu for additional details.

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Many returning college sophomores find that the novelty and excitement of college has been replaced by massive amounts of stress. Many college sophomores find themselves disenchanted with their majors, college friends, or even their choice of university. If you are a college sophomore, you aren’t the only one feeling down in the dumps. Welcome to the sophomore slump.

You made it through your freshman year without dropping out or going crazy. You arrived at college as nervous as can be but managed quite nicely during that difficult first year. After making it through spring semester finals, you even survived that first summer away, they find themselves barraged with stress from every angle. The main stressors for college sophomores either deal with academics, personal life or relationships. While personal life and relationships can make sophomore year tough, academics tends to be the main roadblock for college sophomores.

Academically, many a college sophomore feels the pressure to declare a major. After following the advisor’s advice and sampling a variety of generals, the college sophomore may still not have found the right major and begins to despair of ever shaking the label of “undeclared student.”

Even if you are declared in a major and minor by sophomore year, you may share another common college sophomore problem: wondering if you chose the right major. Sophomore year is the time when many students switch majors, sometimes several times. These college sophomores are also feeling the pressure to declare and actually stick with a major, especially now that they have accumulated a ton of credits that they might not necessarily need. For example, I began my sophomore year of college as a music major and found that it was not the appropriate course of study for me. Faced with this academic sophomore slump, I took the typical path of college sophomores—I switched majors, eventually settling on Elementary Education. While relieved to be a college sophomore with a major that felt “right” I was newly stressed by my lack of Education credits, and by the growing certainty that I would be a five year student - a “super senior.”

The only solution I have found from this college sophomore problem is to continue to follow that dreaded advice from the freshman advisor: keep taking generals and trust that the right major will come along. If sophomore year is drawing to a close, meet with your advisor, who will help you make a last minute decision you won’t regret. Many college sophomores end up choosing the subject that they’ve accumulated the most credits in. My best friend, for example, had no idea which major to choose, even as she was preparing for her spring semester finals during sophomore year. She went over her transcript and discovered that she had taken more credits in psychology, as well as several courses (such as statistics) that fulfilled psychology requirements, so she decided to declare a major in psychology.

In the end, your choice of major doesn’t always matter that much, especially if you are a college sophomore who has enjoyed taking a variety of majors. Look at what you’ve been taking and what classes you enjoyed the most and what subject they fit into—that is your best choice of a major. If you’re afraid it won’t get you a good job, remember that many professions only require a bachelor’s degree, and that you’ll have a better chance of getting into grad school if you enjoy your major enough to study hard and do well in school.

The other academic concern of college sophomores is worry over taking upper level courses. These can be more interesting and applicable to your major than freshman classes, but they will certainly add stress to your sophomore year. The amount of study time increases substantially, as does the necessity to earn a decent grade in your classes; college sophomores are no longer able to make excuses about how their classes “don’t matter,” especially if those classes are prerequisites for other upper level courses or even internships.

The first thing to do before taking harder classes during sophomore year is to renew your commitment to excelling. As a college sophomore, just getting by in generals will no longer cut it. Figure out the areas in which you struggled as a freshman and resolve to make the necessary changes as a college sophomore so you escape the academic sophomore slump. If this means taking a class in study skills in order to improve your study habits, do it. Many college sophomores find that simply shifting their time from partying to studying is enough to ensure a higher grade point average. Others may need to study less and schedule a little relaxation time.

Many college sophomores find that some level of an academic “sophomore slump” is unavoidable, but with the proper preparation, they can make the impact of the sophomore slump less devastating by planning and getting help from advisors. If you are serious about turning things around, there is no reason why you shouldn’t have a successful sophomore year.

Adapted from http://www.associatedcontent.com/article/2121957/college_sophomores_how_to_avoid_the.html?singlepage=true&cat=4 by Gretta Gust
1. **Take a class for fun.** You might be feeling “slumpish” because you have to take tons of pre-reqs before you can get into the nice, meaty courses required for your major. Or you may not even be sure what to major in. Either way, add a little spice to your routine by taking a class just for fun. It can be yoga, ballet, an art class, or anything that’s out of the ordinary for you.

2. **Join a new club or organization.** Your first year in school, you were probably so busy adjusting to life as a college student that your time management skills were -- shall we say -- less than stellar. But now that you know the ropes, join a new club or organization that will provide you with a creative outlet and something enjoyable to do each week.

3. **Get involved in student government.** Even if you’ve never done student government before, see if you can represent your residence hall, your academic class, or even a constituency you belong to (like transfer students, for example). It can be a great way to keep you motivated to talk to other students, stay on top of current issues, and develop some leadership skills. (Not to mention that it looks good on your resume.)

4. **Volunteer on campus.** No matter where you go to school, chances are that there is some kind of volunteer program you can join. See who needs volunteers this year and you just might end up motivating yourself along with others.

5. **Volunteer in the local community.** Maybe a change of scene is more what’s needed. If so, see what volunteer options are available in your local community.

6. **Mentor first-year students.** You just might be in the sophomore slump because you are doing well in college -- which means that perhaps you can be a good role model for incoming first-year students who need some guidance about adjusting to college life. See if your school has a mentoring program you can join -- and if not, see about starting one yourself!

7. **Get a fun job on campus.** True, most students work in college for the money. But if you need to mix things up a little, this can be a great way to still get income while also enjoying yourself. Work in the campus coffee shop, at the theater, or in any other avenue that offers a fun, engaging environment.

8. **Get a fun job off campus.** Perhaps you do need a change of scene from your campus but don’t have the time to volunteer. Try to combine both your financial needs and your need for change into an off-campus job that is interesting and something new.

9. **Get involved politically.** What are local politics like near your school? Can you volunteer on someone’s campaign? Join a national campaign for a person or an issue you care about? Become involved in a movement for a cause that is near and dear to your heart.

10. **Start planning a great trip.** Sophomore year can be a little challenging because there often isn’t one big “thing” to look forward to. So why don’t you try to create your own highlight of the year? See what your options are for planning a fun trip over Thanksgiving break, winter break, spring break, or even a long weekend coming up. It just might do the trick of getting you out of your sophomore slump and back into your normal groove.

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**Minors and Double Majors**

It’s hard enough choosing a major yourself, and now people are talking to you about a minor or worse-a double major! As if one major isn’t hard enough work!

But do you need a double major-or even a minor-to be competitive? Is it going to affect your future, your career, or your chances?

**Double Majors**

Double majors are a good fit for a select few students, but you are definitely not expected to take on two majors. It will not look “bad” if you only have one major!

Clearly doubling up on majors means a lot of extra work. My personal feelings on this - knowing people who have both double-majored and who have stuck with just one major - is that you should major in something you are passionate about, and focus your energy there.

You’re going to spend the majority of your college career focused on whatever field you choose to major in, so if you feel equally, deeply passionate about two things, then a double major might be a good fit for you. If not, don’t double major!

**Minors**

Minors are, again, not really a requirement. Here are my basic rules about when you might logically choose to minor in a field:

1. **If your minor would strengthen your capability at your major.** (i.e. if you’re a physics major, a math minor could really help you to do better in your physics studies)

2. **If required classes for your minor overlaps solidly with those for your major.** (If you already have to do the work, why not add on a few extra classes to get the minor?)

3. **If you feel passionately interested in another field, but not enough to double-major.** (If you’re studying art but really enjoy psychology classes, you may as well work that in as a minor!)

Bottom line? A minor is not required, and most employers won’t care if you do or don’t have one. I minored in psychology simply because (a) I found it interesting and (b) I had already taken some classes that filled part of the requirement-so it wasn’t hard to finish up the minor.

Hope that takes the pressure off-remember, study what you like!

For a list of Texas A&M University’s approved minors, visit [http://admissions.tamu.edu/forms/registrarForms/UniversityApprovedMinors.pdf](http://admissions.tamu.edu/forms/registrarForms/UniversityApprovedMinors.pdf)

Adapted from [http://www.survivingcollege.com/2008/04/08/do-i-need-to-have-a-minor-or-double-major/](http://www.survivingcollege.com/2008/04/08/do-i-need-to-have-a-minor-or-double-major/)
You may have seen news stories in recent weeks pertaining to the West Nile Virus. The Texas A&M campus, as well as the cities of College Station and Bryan have recently tested positive for mosquitoes that carry the virus. Students, faculty, and staff are encouraged to be diligent in protecting themselves.

**What Is West Nile Virus?**

West Nile Virus (WNV) is a potentially serious illness. Experts believe WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall. This fact sheet contains important information that can help you recognize and prevent West Nile virus.

**What Can I Do to Prevent WNV?**

- The easiest and best way to avoid WNV is to prevent mosquito bites.
- When you are outdoors, use insect repellent containing DEET (N,N-diethyl-m-toluamide) or Picaridin (KBR 3023) and follow the directions on the package.
- Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.
- Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren’t being used.
- Transfusions, Transplants, and Mother-to-Child. In a very small number of cases, WNV also has been spread through blood transfusions, organ transplants, breastfeeding and even during pregnancy from mother to baby.
- Not through touching. WNV is not spread through casual contact such as touching or kissing a person with the virus.

**How Soon Do Infected People Get Sick?**

People typically develop symptoms between 3 and 14 days after they are bitten by the infected mosquito.

**How Is WNV Infection Treated?**

There is no specific treatment for WNV infection. In cases with milder symptoms, people experience symptoms such as fever and aches that pass on their own, although even healthy people have become sick for several weeks. In more severe cases, people usually need to go to the hospital where they can receive supportive treatment including intravenous fluids, help with breathing and nursing care.

**What Should I Do if I Think I Have WNV?**

Milder WNV illness improves on its own, and people do not necessarily need to seek medical attention for this infection though they may choose to do so. If you develop symptoms of severe WNV illness, such as unusually severe headaches or confusion, seek medical attention immediately. Severe WNV illness usually requires hospitalization. Pregnant women and nursing mothers are encouraged to talk to their doctor if they develop symptoms that could be WNV.

**What Is the Risk of Getting Sick from WNV?**

- People over 50 are at higher risk to get severe illness. People over the age of 50 are more likely to develop serious symptoms of WNV if they do get sick and should take special care to avoid mosquito bites.
- Being outside means you’re at risk. The more time you’re outdoors, the more time you could be bitten by an infected mosquito. Pay attention to avoiding mosquito bites if you spend a lot of time outside, either working or playing.
- Risk through medical procedures is very low. All donated blood is checked for WNV before being used. The risk of getting WNV through blood transfusions and organ transplants is very small, and should not prevent people who need surgery from having it. If you have concerns, talk to your doctor.
- Pregnancy and nursing do not increase risk of becoming infected with WNV. The risk that WNV may present to a fetus or an infant infected through breastmilk is still being evaluated. Talk with your care provider if you have concerns.

**What Else Should I Know?**

If you find a dead bird: Don’t handle the body with your bare hands. Contact your local health department for instructions on reporting and disposing of the body. They may tell you to dispose of the bird after they log your report.

If you have questions regarding your health, please call TAMU SHS at (979) 458-8345

*Retrieved and adapted from the Texas A&M Student Health Services website, located at http://shs.tamu.edu/westnile*
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| 30     | RSO General Meeting  
The High-Latitude Oceans: An Ongoing Challenge for Climate Models | Construction Science Career Fair  
Law School Caravan  
National Night Out | ACE Day (Agriculture Career Exposition)  
Volunteer Opportunities Fair | ACE Day (Agriculture Career Exposition) | Hispanic Heritage Month - Mr. & Miss Hispanic Heritage Month Pageant  
Classic Film: "Suspicion," part of the Mysteries of Life film series | Football @ Ole Miss |
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**Words of Wisdom**

“Know yourself, apply yourself, promote yourself.”

~ John Madigan  
CEO of Executive Talent Services