November 2012

RSO General Meeting
November 5, 2012

Annual Campout
November 9-10, 2012

Kyle Field Clean Up
November 17, 2012

For the full calendar of events, see page 5.

Important Dates

November 5, 2012
RSO General Meeting

November 9-10, 2012
Annual Campout

November 17, 2012
Kyle Field Clean Up

Howdy Regents’ Scholars!
If you are planning on changing colleges at the end of the fall semester, it is imperative that you let Casey Gros, the Coordinator of the Regents’ Scholars Program, know. This will enable us to ensure that you are in the correct Academic Success Program in the Spring. Should you fail to notify the Regents’ Scholars Program staff of your college change, you will no longer be meeting the requirements of the Regents’ Scholarship.

Responding to this email does not act as an official change of college. YOU MUST VISIT WITH YOUR ACADEMIC ADVISOR TO OFFICIALLY CHANGE COLLEGES! Please only submit actual college changes. If you are only thinking about changing colleges, speak with your advisor first to determine if you can.

Please submit the following information to me by December 15, 2012 if you are planning on changing:

Name:
UIN:
Fall 12 College:
Fall 12 Major:
Spring 13 College:
Spring 13 Major:

Upon receipt of this email, the Regents’ Scholars Program staff will assign you to a new Academic Success Program which you must continue to participate in the spring in order to receive funds.

If you have further questions, please feel free to contact Casey by email at casey_gros@tamu.edu.

Changes in TAMU Policy Regarding First Year Grade Exclusions and Q-drops

Over the summer President Loftin enacted changes to student policy governing First Year Grade Exclusions and Q-drops. These changes were initiated by the Student Senate and were reviewed and approved by the Faculty Senate.

Beginning at 5:00 PM, Friday, August 23, 2013, the following changes to First Year Grade Exclusion and Q-drop policy will occur:

1. Students will no longer be able to request First Year Grade Exclusions
2. Students will be granted the lesser of:
   • four Q-drops for coursework taken at Texas A&M University or
   • a total of 6 drops for undergraduate coursework taken at any state-funded institution of higher education in Texas
3. The q-drop deadline will be extended from the 50th class day to the 60th class day during the fall and spring semesters

Students are encouraged to work with their academic advisors to determine whether or not they wish to use First Year Grade Exclusion and to prepare and submit appropriate paperwork prior to the change date.

Continuing Student Scholarship Application is Up!

https://scholarships.tamu.edu

Below is a listing of all the dept/colleges that participate with our one application:

- Scholarships & Financial Aid
- College of Agriculture & Life Sciences
  - Department of Agricultural Economics
  - Department of Entomology
  - Department of Wildlife & Fisheries Sciences
  - Department of Agricultural Leadership, Education, and Communications
  - Department of Horticultural Sciences
- College of Education & Human Development
  - Department of Health and Kinesiology
- College of Engineering
  - Department of Aerospace Engineering
  - Department of Chemical Engineering
  - Department of Electrical and Computer Engineering
  - Department of Engineering Technology & Industrial Distribution
  - Department of Mechanical Engineering
- College of Geosciences
- College of Science
  - Department of Chemistry
  - Mays Business School
  - Department of Information & Operations Management
- Department of Biomedical Sciences
- Department of English
- International Student Services
- Study Abroad Programs Office
- Texas A&M Foundation

Deadline February 1, 2013

Answer the opinion poll on the top of page 3 to win A&M goodies!
Butting heads with your roommate?

You certainly aren’t alone. About this time of year, many students find themselves being even more aware of those annoying little habits of their roommate- i.e. not cleaning the microwave, snacking on your food, sleeping at strange intervals, etc.

So what should you do? Wait until the winter break and hope it’s better in the Spring? Get back at your roommate by switching their shampoo and conditioner (what a diabolical plan for unkempt hair)? Tell everyone you know (except your roommate, of course) all the things that your roommate does to drive you bonkers? Although these are all tempting alternatives, none will fix the situation and most will make it worse. Most experts will suggest confronting your roommate in a healthy, polite manner. Do not attack your roommate, but speak in a calm manner about setting down some policies to better suit you both. Follow the steps below to have a better result when coming up with a solution with your roomie:

Steps in Resolving Conflict

1. Get everyone together involved in the conflict.
2. Each roommate should take a turn describing his/her perception of the situation, how he or she feels about it and what he/she wants.
3. Make sure to keep it to all “I” statements. When “you” statements get thrown around, it turns into an attack.
   - DON’T- You never pick up your dirty clothes; you always hog the bathroom, etc.
   - DO- I don’t feel comfortable in a messy space; I want to come up with a better bathroom schedule for both of us, etc.
4. Together, come to an agreement on what the conflict is.
5. Everyone should agree to be willing to compromise to come up with a solution.
6. Among yourselves, describe a situation that would be a compromise.
7. Come to an agreement on the described situation.
8. Talk about what changes will be needed to bring about the acceptable situation.
9. Together, make a plan of action which will help achieve the desired new situation and set a time frame for these changes. Make a commitment to make the necessary changes.
10. Set a future date to evaluate the situation and to re-negotiate any differences if necessary.

These steps sound very simple but to make them work you need to know how to fight fair. The key to successful dispute resolution is effective communication. To resolve conflict, communicate with each other on a one-to-one equal basis and avoid behavior that will break down communication. Don’t feel comfortable confronting your roommate by yourself? Talk to your resident advisor (RA). They are there to help facilitate these meetings and can act as a mediator. Finally, always remember the golden rule- treat others the way you wish to be treated. It may seem childish but it is a life long lesson.

Regents’ Scholars Organization Fall 2012 Schedule of Events

November:
- RSO 3rd General Meeting (November 5th)
- RSO Annual Camp-out (November 9th to 10th )
- Kyle Field Clean Up (November 17th )*

December:
- Nursing Home (December 1st)
- RSO 4th General Meeting (December 3rd)
- Extreme board meeting (Date TBA)

Additional details pertaining to these events will be communicated out to Regents’ Scholars as the semester progresses.
What is Burnout?

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place.

Burnout reduces your productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give. Most of us have days when we feel bored, overloaded, or unappreciated; when dragging ourselves out of bed requires the determination of Hercules. If you feel like this most of the time, however, you may be flirting with burnout.

You may be on the road to burnout if:

• Every day is a bad day.
• Caring about your school, work or home life seems like a total waste of energy.
• You’re exhausted all the time.
• The majority of your day is spent on tasks you find either mind-numbingly dull or overwhelming.
• You feel like nothing you do makes a difference or is appreciated.

The negative effects of burnout spill over into every area of life – including your home and social life. Burnout can also cause long-term changes to your body that make you vulnerable to illnesses like colds and flu. Because of its many consequences, it’s important to deal with burnout right away.

Dealing with Burnout: The “Three R” Approach

• Recognize – Watch for the warning signs of burnout
• Reverse – Undo the damage by managing stress and seeking support
• Resilience – Build your resilience to stress by taking care of your physical and emotional health

The Difference Between Stress and Burnout

Burnout may be the result of unrelenting stress, but it isn’t the same as too much stress. Stress, by and large, involves too much: too many pressures that demand too much of you physically and psychologically. Stressed people can still imagine, though, that if they can just get everything under control, they’ll feel better.

Burnout, on the other hand, is about not enough. Being burned out means feeling empty, devoid of motivation, and beyond caring. People experiencing burnout often don’t see any hope of positive change in their situations. If excessive stress is like drowning in responsibilities, burnout is being all dried up. One other difference between stress and burnout: While you’re usually aware of being under a lot of stress, you don’t always notice burnout when it happens.

What if my Midterm GPR (Grade Point Ratio) is below a 2.0?

By now you should know your Midterm grades. If not, you can look them up on your Howdy Portal at howdy.tamu.edu. If you have D’s and/or F’s in any of your courses there are several people you need to speak with.

• Talk to your professor. They can help you determine what you will need to do to make better grades on the remainder of your assignments. Be sure to ask if there are any help sessions available for the course. If you and your professor determine that it is impossible for you to earn a passing grade you should strongly consider Q-Dropping or grade excluding the course. Students are permitted 3 Q-Drops and 3 grade exclusions during their undergraduate studies. The Q-Drop deadline is Friday, November 2.
• Speak with Scholarships & Financial Aid in order to determine the consequences of Q-Dropping or grade excluding a course as financial aid can be affected.
• Speak with your Academic Advisor regarding dropping the course. S/he can discuss other consequences of Q-Dropping as well as tutoring opportunities. Now is also a great time to speak with your Academic Advisor regarding pre-registration for the Spring 2013 semester. If your midterm grades were less than you expected, don’t panic! Your Professors and Academic Advisors are here to help you succeed!
• Make an appointment with Student Counseling Services to speak with an Academic Counselor. You can do so at http://scs.tamu.edu.
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