GREETINGS FROM ERIN

Howdy Ags!

The New Year is upon us, meaning that it is time to once again look ahead to the coming year (and semester). Many of you have made resolutions related to your academics, diet, or exercise routine. Resolutions are a good way of reflecting upon the previous year and looking to make the future a little brighter. My challenge to you is this: Make a resolution to pay forward any good will bestowed upon you this year. Keep the Aggie Spirit alive and well! The Regents’ Scholars staff hopes that you enjoy the remainder of your break and we look forward to seeing you once spring classes have begun.

Thanks and Gig ‘em!

Erin Fisk
Regents’ Scholars Assistant Coordinator

DATES TO REMEMBER

- 1/1 FAFSA opens for 2013-2014 academic year
- 1/8 Residence halls open
- 1/9 Spring bills due
- 1/14 First day of spring classes
- 1/18 Add/Drop deadline
- 1/20 MSC Open House
- 1/21 MLK Jr. Day

FAFSA/ TASFA Renewal Workshops

In order to continue receiving financial aid, including the Regents’ Scholarship, during the 2013-2014 academic year, students must complete the Renewal Free Application for Federal Student Aid (FAFSA). The FAFSA becomes available on January 1, 2013. The Scholarships & Financial Aid Office encourages students to submit the FAFSA form by March 1, 2013 to receive priority in awarding. To expedite the process, students are encouraged to file their tax returns as early as possible.

Students will need:
- Student and parent social security numbers
- W-2 Forms & any other records of money earned for both the student and parents
- Student’s 2011 federal income tax return
- Parents’ 2011 federal income tax return
- If filing electronically, PIN for both the student and the parents

In order to expedite this process for the student, Scholarships & Financial Aid will be hosting several Renewal FAFSA/TASFA workshops for Regents’ Scholars during the spring semester. Students are encouraged to attend these workshops if they need assistance filing their FAFSA. These events are scheduled for:

February 18th  3:00-4:00pm  Pavilion 236
February 19th  1:30-2:30pm  Pavilion 236
February 20th  9:30-10:30am  Pavilion 236
February 22nd  11:00am-12:00pm Pavilion 236

Registration is required. To register, students should visit http://financialaid.tamu.edu/workshops | Information retrieved from: http://studentaid.ed.gov.

Continuing Student Scholarship Application is Up!

Deadline February 1, 2013

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
- Engineering Study Abroad
- 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
New year, new you. It’s the perennial January catchphrase that holds such conquer-the-world promise. And then, well, you get sidetracked with conquering your to-do list. But even the loftiest resolutions (running a marathon, writing a book) don’t have to fall by the wayside come February. Staying motivated—and achieving what you set out to do on that bright New Year’s Day—is surprisingly possible. Just follow these nine mantras, provided by researchers who study motivation and backed up by women who have used them to realize their biggest ambitions.

1. When you make a plan, anticipate bumps. Before even trying to achieve a goal, target potential pitfalls and troubleshoot them. Peter Gollwitzer, a professor of psychology at New York University, in New York City, says that people who plan for obstacles are more likely to stick with projects than those who don’t.

2. Channel the little engine that could—really. A person’s drive is often based on what he/she believes about his/her abilities, not on how objectively talented he/she is, according to research by Albert Bandura, a professor of psychology at Stanford University. His work has shown that people who have perceived self-efficacy (that is, the belief that they can accomplish what they set out to do) perform better than those who don’t.

3. Don’t let your goals run wild... When your sights are too ambitious, they can backfire, burn you out, and actually become demotivating.

...But work on them everyday. Taking small steps every day will not only help hold your interest in what you’re trying to achieve but will also ensure that you move slowly, but surely, toward your goal. So, for example, set up a down-payment-fund jar and dump your change into it every night. You’ll get a sense of accomplishment each day, to boot.

4. Go public with it. Instead of keeping your intentions to yourself, make them known to many. “Other people can help reinforce your behavior,” says James Fowler, a political scientist who studies social networks at the University of California, San Diego. After all, it’s harder to abandon a dream when you know that people are tracking your progress.

5. Lean on a support crew when struggling. Think of the friends and family who truly want to see you succeed. Enlisting those with whom you have authentic relationships is key when your motivation begins to wane. Choose people who may have seen you fail in the past and who know how much success means to you.

6. Make yourself a priority. Put your needs first, even when it feels utterly selfish. You will derail your progress if you sacrifice yourself for others in order to please them (such as eating a cupcake that a friend baked even though you’re on a diet).

7. Challenge yourself—and change things up. It’s hard to remain enthusiastic when everything stays the same, says Frank Busch, who has coached three Olympic swimming teams. To keep his athletes motivated, he constantly challenges and surprises them—adding a new exercise to a weight routine or giving them a break from one practice so they can recharge.

8. Keep on learning. To refuel your efforts, focus on enjoying the process of getting to the goal, rather than just eyeing the finish line.

9. Remember the deeper meaning. You’re more likely to realize a goal when it has true personal significance to you, according to Deci. (For example, “I want to learn to speak French so I can communicate with my Canadian relatives” is a more powerful reason than “I should learn French so that I can be a more cultured person.”) And when the process isn’t a pleasant one, it helps to recall that personal meaning.


MSC Open House
Sunday, January 20, 2013
@ Memorial Student Center

Do you still feel like you want more involved on campus? The MSC Open House is “a chance to see the best student involvement opportunities the Division of Student Affairs and Texas A&M have to offer.” Texas A&M University has over 800 organizations so there is something for everyone. Most of the organizations will set up a table in the MSC for MSC Open House to help you learn more about their organization with flyers, representatives, demonstrations, or giveaways. Come out to make new friends and find your niche in Aggieland!
#11 Stand up straight – Your momma was right. Don’t slouch. People who stand with erect shoulders make a better impression.

#10 Do not be overly chatty – When you get nervous, there is a tendency to verbally rush in and fill the silence. Don’t do it. The key to being a good conversationalist is to listen and ask thoughtful questions. Do your research on the company and the position beforehand.

#9 Remember proper etiquette during interviews involving meals – You are being tested on more than your table manners; this is an opportunity for the interviewer to observe your public behavior. Meal interviews are standard operating procedures for many sales positions. Remember the importance of treating the wait staff with respect. Do not order alcohol unless your host does so first, however even then it is best to refrain. Business should not be discussed directly until the host brings it up, typically after the meal.

#8 Leave any sense of entitlement at home – If you don’t want the job, the next 100 applicants do. Be gracious if offered the position, even if it means sharing a cubicle with two other people.

#7 Maintain professional decorum with the interviewer – Don’t act too familiar with the interviewer. That individual is not there to be your new BFF. Avoid nosy questions and don’t offer too much information regarding your own social endeavors.

#6 Pay attention to your body language – You show a lot about yourself in how you sit. You should refrain from foot tapping, hair twirling, and nail biting. Crossed limbs signal that you are on the defensive and are uncomfortable. Practice some relaxation techniques prior to the interview. Hand gestures are okay, but should be kept in proportion; never flail about.

#5 Use a firm handshake – There is an art to handshaking: Extend your right hand in a vertical position with the thumb upright and fingers extended, then shake web to web firmly for two pumps. It is just as important to not squeeze too firmly.

#4 Smile! – Be happy! Don’t avoid smiling to convey your seriousness. There is nothing worse than a bad attitude. Even if you are feeling discouraged, put on a happy face and “fake it until you make it”.

#3 Snail mail is your friend – Hand-written thank-you notes did not go the way of VHS tapes. Writing a thank-you demonstrates professionalism. You will stand out from the others that chose to only send an email. Additionally, writing a thank you note gives you another opportunity to restate your interest in the position. Saying “thank you” leaves a strong and positive impression.

#2 Turn off your cell phone – Leaving your cell phone on during an interview does not give the impression that you are important. Turn it completely off before you enter the door of the office (don’t leave it on vibrate). As you only have a brief window of time with your interviewer, you want to ensure that you have no interruptions that might break the interviewer’s concentration. It also pays respect to the interviewer and demonstrates that the interview is important to you.

#1 Arrive on-time – You should anticipate scenarios such as getting lost, getting stuck in traffic, and spending 10 minutes looking for parking. Remember that time is money and that the person interviewing you has set aside time from their own schedule for you. By being late you have wasted their time. You have also left the impression that you are someone who does not plan for contingencies and are likely to be repeatedly late for work.

Retrieved and adapted from Job Interview Etiquette – 11 Mistakes to Avoid by Ann Brenoff, located at http://www.dailyfinance.com/2010/05/14/job-interview-etiquette-11-mistakes-to-avoid/

Words of Wisdom

“Commitment leads to action. Action brings your dream closer.”

~ Marcia Wieder
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<th>Date</th>
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<td>FAFSA opens for 2013-2014 academic year</td>
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<td>Women’s Basketball vs. Rice</td>
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<td>Women’s Basketball vs. Alabama</td>
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<td>3</td>
<td>Spring Orientation Week (SOW) begins</td>
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<td>Spring bills due 5pm</td>
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<td>Men’s Basketball vs. Arkansas</td>
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<td>6</td>
<td>Residence Halls Open for Spring ’13</td>
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<td>5 p.m. Last day to add/drop spring semester classes</td>
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<td>Track 12-Team Invitational</td>
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<td>Women’s &amp; Men’s Swimming vs. Auburn</td>
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<td>Singing Cadet Auditions begin</td>
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<td>First day of spring semester classes</td>
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<td>Southwestern Black Student Leadership Conference</td>
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<td>6th Annual MLK Breakfast</td>
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<td>Men’s Basketball vs. Florida</td>
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<td>5 p.m. Last day for adding/dropping courses for the spring semester</td>
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<td>12</td>
<td>Southwestern Black Student Leadership Conference</td>
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<td>Women’s &amp; Men’s Swimming vs. LSU</td>
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<td>13</td>
<td>Martin Luther King, Jr. Day. Faculty and Staff holiday (no classes)</td>
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<td>Final Day of Singing Cadet Auditions</td>
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<td>Women’s Tennis vs. UNT</td>
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