Save the Date!

Regents’ Scholars Spring Banquet
Sunday, April 28, 2013
Attendance is REQUIRED for this event. Details TBA.

Important Dates

Feb. 16
Aggieland Saturday

Feb. 22
Deadline to renew or cancel on-campus housing

Feb. 25
“Money Talks” Informational for Study Abroad Programs

Housing Decision 2012
If you are currently living on campus, you need to participate in Housing Decision 2013. Go to http://reslife.tamu.edu/ to complete your renewal or cancellation no later than February 22, 2013.
Talk to your resident advisor or the Housing Assignments Office (979)845-4744 for more information.

March 15, 2013
Submit the FAFSA form by March 15, 2013 to receive priority in awarding.

February 18, 2013
3:00PM-4:00PM
February 19, 2013
1:30PM-2:30PM
February 20, 2013
9:30AM-10:30AM; 2:30PM-3:30PM
February 22, 2013
11:00AM-12:00PM
Held in the Pavilion Rm. 206
Registration is required. To register, students should visit: https://sfaid.tamu.edu/workshops/Workshop.aspx?View=Students

Information retrieved from: http://studentaid.ed.gov

RSO Spring Events

FEBRUARY 10  RSO Field Day, 1-5pm, Penberthy Fields
FEBRUARY 15  GLOW 5K, 9-11pm Rudder Fountain
FEBRUARY 16  Aggieland Saturday, 7:30am-3pm, TAMU Campus

Peer Academic Services—New Name, New Services
Formerly known as the Student Learning Center, Peer Academic Services (PAS) provides academic support free of charge to all Texas A&M students. It offers Supplemental Instruction (SI), tutoring, transfer student services, and Independent Study Labs for developmental education students. PAS also provides training for SI leaders, tutors, and peer mentors. PAS is located in room 200 of the YMCA building.

Undecided?
Are you undecided about your choice of major and/or career path? Take advantage of the workshop, sponsored by the Career Center:
Undecided: Choosing a Major and Career
Wednesday, February 18th
5:15pm in MSC 2401

FAFSA/ TASFA Renewal Workshops
In order for you to continue to receive financial aid, including the Regents’ Scholarship, during the 2013-2014 academic year, you 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 15, 2013 to receive priority in awarding. To expedite the process, we encourage you to file your tax return as early as possible.
In order to expedite this process for students, Scholarships & Financial Aid will be hosting several Renewal FAFSA/TASFA workshops for Regents’ Scholars during the Spring semester. We encourage you to attend these workshops if you need assistance filing your FAFSA.
These events are scheduled for:
February 18, 2013 3:00PM-4:00PM
February 19, 2013 1:30PM-2:30PM
February 20, 2013 9:30AM-10:30AM; 2:30PM-3:30PM
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Become a Regents’ Scholars Orientation Counselor for the Class of 2017!
Applications may be submitted to Casey Gros in-person to room 222 of the Pavilion or via email at casey_gros@tamu.edu. Applications must be submitted no later than February 8th. Questions may be directed to either mng495@tamu.edu or marlencornejo@tamu.edu.

Scan here for the Application!
Maximize Your Memory

Forget rote learning, one of the best ways to commit something to memory is to think of associated images – the more outlandish, the better. If you’re revising for an exam, learning a new language, or just keen on maximizing your memory for everyday life, here are some strategies that might help …

Rehearsal

The brain is often likened to a muscle, the suggestion being that if you exercise it, its function will improve. A bodybuilder can strengthen his biceps by repeatedly lifting weights and so, the argument goes, you can improve your memory by repeating over and over to yourself (either out loud or sub-vocally) the information you wish to remember.

‘Elaborative’ processing

Although many people imagine that actors memorize their lines using rote rehearsal, research conducted by the psychologist Helga Noice suggests that this is not always the case. Noice found that some actors learn their lines by focusing not on the words of the script, but on their underlying meaning and the motivations of the character who uses them. This is consistent with laboratory evidence – although rehearsing a list of words improves long-term memory for the material to some degree, a more effective strategy is so-called “elaborative” processing, which involves relating the information to associated facts and relevant knowledge. In one study, participants were asked to learn words using one of the following questions:

a) Is the word written in capital letters?
b) Does the word contain two or more syllables?
c) Does the word refer to an item of furniture?

Highest levels of recall were observed following question c, which involves deeper, more elaborate, meaning-based processing.

Mnemonics

A visit to any bookshop will reveal myriad self-help books promoting the use of mnemonics as a means of improving your memory. The Method of Loci, perhaps the most well-known mnemonic technique, involves thinking of images that link the information you are trying to learn with familiar locations. So, when trying to remember a list of words, you might imagine walking between the various rooms in your home and in each one commit a word to memory by forming an image that combines the word with a distinguishing feature of the room. For example, if trying to remember the word “apple”, you might imagine an apple bouncing on the sofa in your living room. Retrieving the list of words is achieved by mentally walking through the rooms of your house again. One study found that people using the Loci method could recall more than 90% of a list of 50 words after studying them just once.

Techniques such as Loci can be readily adapted to help us remember appointments, birthdays, errands we need to run, etc. As illustrated by Foer’s example, the key with mnemonics is creating the most striking visual images possible. The more ludicrous, creative and elaborate you can be, the greater the chance of success.

Retrieval practice

Evidence suggests that repeatedly testing yourself on the information you have learned can enhance retention considerably. The great memory researcher Endel Tulving was among the first to discover the merits of so-called “retrieval practice”. In a number of experiments, participants learned lists of words in three conditions: standard (study, test, study, test); repeated study (study, study, study, test); and repeated test (study, test, test, test). The repeated study group had three times as much exposure to the words as the repeated test group. If learning occurs only when studying, it follows that they should have had better memory. But Tulving found equivalent immediate learning across conditions. However, if retention is measured after a one-week delay, repeated retrieval testing can lead to markedly better recall than repeated studying, even if the studying involves an elaborate learning strategy.

If students do self-test, it is often to assess what they’ve learned, rather than to enhance their long-term retention of the material. Perhaps the fact that repeated study feels less demanding than repeatedly testing yourself leads people to prefer the first approach. However, the evidence suggests strongly that active approaches to learning such as repeated retrieval practice can reap dividends.

By Jon Simons and adapted from: http://www.guardian.co.uk/lifeandstyle/2012/jan/14/how-to-train-your-brain-to-remember
College Student Valentine’s Day Survival Guide

Valentine’s Day and college can make a fantastic -- or awkward -- mix. Make the most of your situation by enjoying yourself, enjoying the day, and -- if applicable -- enjoying the time with a significant other. Conversely, of course, you can find information on making the most of being single. Valentine’s Day doesn’t have to be a celebration only for those already coupled up!

If You’re Single

Being single on Valentine’s Day doesn’t have to mean being awkward or having a funky night. There are multiple ways to ensure you still have a great Valentine’s Day -- without a significant other.

Things to Do Off Campus If You’re Single on Valentine’s Day

1. Go out to dinner with friends. Everyone else in the restaurant may be having quiet, intimate conversations, but you and your friends may be screaming with laughter. Being single doesn’t have to mean you don’t get a fantastic dinner out of the night!
2. Head to a club. Some clubs may be having Valentine’s Day specials (no cover charge for women, for example), some may be having Anti-Valentine’s Day specials (singles only), some may not be having anything special at all. But why miss out on a great night with friends?
3. Head to the movies. You can bring your friends or head out by yourself to see that flick you’ve been meaning to catch. Treating yourself to a nice movie might be just the break your brain needs from all your academic work anyway. When’s the last time you let yourself relax and enjoy a night off? You don’t necessarily need a boyfriend or girlfriend to make it happen.
4. Volunteer. It may not be the first thing that comes to mind for Valentine’s Day, but it just may be what you’re looking for. You’ll help out your community and leave with a fantastic feeling in your heart. And what’s not to like about that?

Things to Do On Campus If You’re Single on Valentine’s Day

1. Plan a movie fest. Invite some friends over and plan a movie marathon. You can spend the entire night eating funky snacks, watching great (or even horrible) movies, and catching up with friends. Why not let yourself relax and enjoy a night off? You don’t necessarily need a boyfriend or girlfriend to make it happen.
2. Cook yourself a nice dinner. You can use the kitchen in your residence hall, the kitchen at a friend’s house, or any kitchen that you have access to. After spending an hour or so putting together a nice meal for yourself or friends, it’s practically impossible not to feel good afterward.
3. Throw an anti-Valentine’s Day party. Chances are, you aren’t the only person on campus to not be thrilled about the holiday. Plan an Anti-Valentine’s Day Party -- for just a few friends or the entire campus -- that shows that those without boyfriends or girlfriends can have a good (if not better) time, too.
4. Get yourself together. It may sound strange, but when was the last time you woke up feeling totally put together? Instead of moping about being single, use the free time you have Valentine’s Day evening to get yourself organized. Clean up your calendar, catch up on laundry, plan ahead for major papers and midterms, and get a head start on those assignments you’ve been avoiding. It may sound lame (okay, totally lame) at first, but you might be surprised at how good you feel after you’re done. Who needs a date to go to bed feeling like a rock star?

If You Have a Date

Have a date for Valentine’s? Thought that was the difficult part ... until you tried to plan something? Check out these easy (and affordable) date ideas to help make sure your night is all you want it to be.

Inexpensive College Date Ideas

1. Head to a small, family-owned restaurant instead of a large chain. Ask around campus to see if people know of smaller, delicious, and often cheaper places than some of the larger chain restaurants in town. The dinner will most likely be quieter, more intimate, and much more friendly.
2. Find something fun (and free) in the community. Is there a poetry slam this weekend? A reading by an author you both like? A band performing in a park? Check to see what’s available that won’t cost much and will allow you to get to know each other better while enjoying something new and fun.
3. Do something outside. Buy sandwiches at a local deli, go for a hike, and have a picnic somewhere nice.
4. Visit a cultural center. Many museums, art galleries, cultural centers, and libraries have reduced (if not free) admission for college students. Go see an exhibit and enjoy the time off campus.

### February 2013

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#### Class of 2016 Dr. Robert M. Gates Inspiration Award

During the Regents’ Scholars Spring Banquet on April 28, 2013, the Regents’ Scholars Program will recognize one outstanding Texas A&M University faculty, staff, advisor, or mentor for their participation and contributions to the program. Please take a few minutes to nominate and show your appreciation to someone who has inspired you during your first year at Texas A&M.

Nominations due: April 1, 2013 by email to regentsscholarship@tamu.edu

In the email include:
- Name of the person
- Department or college in which the nominee is employed
- Name of nominator
- Please share why you believe this person should be recognized. Include how this nominee inspired you to success at Texas A&M. Describe the guidance, availability, and dedication of the nominee.

#### February Opinion Poll

If you could go anywhere for Spring Break and money was not an issue, where would you go and why?

Send your answer to Erin Fisk at erinsfisk@tamu.edu with “Regents’ Review Opinion Poll” in the subject line for a chance to win Aggie gear.