“Know yourself, apply yourself, promote yourself.”
- John Madigan, CEO of Executive Talent Services

Regents’ Scholars Organization

10/7
Regents’ Scholars Organization (RSO) Meeting

10/8
Silver Taps

10/12
Stream Clean

10/31
Reverse Treat Yo’ Self

For additional information regarding RSO activities, students may email the RSO Board at rso@rso.tamu.edu.

Congratulations...

...to the 2013-2014 Orientation Planning Board!

These Regents’ Scholars will soon be making plans to help welcome the Regents’ Scholars Class of 2018 next August!

Chair
Antonio Rojas ‘15

Planning Board Members
Maria Elizalde ‘15
Aster Workineh ‘17
Pablo Vazquez ‘17
Keren Herrera ‘17
Jashari Samuel ‘17

Study Abroad Scholarship Application 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 sfaid.tamu.edu/uwideapp. The application deadline is October 12th for Winter Break and Spring Semester programs.

Study Abroad Funding Informationals

Every semester the Study Abroad Programs Office and the Scholarship & Financial Aid Office hosts multiple Q&A sessions to address students’ concerns about funding an international experience.

- Wednesday, October 9th from 2:00pm-3:00pm in room 236 of the Pavilion
- Thursday, October 31st from 4:00pm-5:00pm in room 236 of the Pavilion

For additional information regarding RSO activities, students may email the RSO Board at rso@rso.tamu.edu.
Need help with your resume but don’t know where to start?

The Career Center has templates available to get you started without you having to worry so much about format. Templates are available on the Career Center’s website (careercenter.tamu.edu).

The Career Center staff is available to review your resume on a walk-in or by-appointment basis.

- Walk-in Resume Review (Advising) Hours:
  - Monday-Friday, 8:30-11:00am or 1:30-4:00pm
- To schedule an appointment with an advisor, call 979.845.5139.

Resume Writing Tips

- Arrange categories/sections in order of relevance, presenting your most marketable information first.
- Use brief, descriptive phrases in a bulleted format instead of complete sentences.
- Select action verbs that effectively illustrate your skills and experience.
- Do not use personal pronouns such as I, me, my, their, we, our, us.
- Focus on results, accomplishments, and skills that demonstrate you have the qualifications to be successful at the job. Highlight higher order skills, such as planning, analysis, initiative and innovation, as opposed to just listing daily tasks, such as answering phones, filing, serving food, or faxing.
- Quantify whenever possible. Include the number of people on the teams you have lead, the amount of money your event may have raised, the profit generated from your project or sales, the percentage increase in membership under your directions, etc.
- Avoid repetitive phrases when describing your experience. Combine experiences that are very similar, such as those waiting tables, serving as a lifeguard, or serving as a tutor.
- Describe activities that employers may not be familiar with, especially those unique to Texas A&M University. Instead of using abbreviations or acronyms for organizations, write the entire name of the group. However, focus on what you do as part of those organizations, not what the organizations themselves do. For example, when describing Fish Camp, do not state that it is a 4-day orientation program to acclimate incoming freshman to the culture at Texas A&M. Rather, include details about your work to plan the logistics of the camp, develop programming for the incoming students, and maintain communication with the freshmen throughout their undergraduate career.
- Have several people review your resume to check for spelling, grammatical errors, and readability. Remember that spell check will not always find words misspelled to make other words. In addition, spell check does not review words in all capital letters.

Quick Tips: Cover Letter Don’ts

To ensure that your cover letters are well-written:

- Do not exceed one page.
- Do not handwrite your letter.
- Do not have grammatical, punctuation, or spelling errors.
- Do not repeat what is in the resume.
- Do not use pre-printed form letters.
- Do not type on paper other than resume bond paper.
- Do not have lengthy paragraphs with run-on sentences.
- Do not forget to sign the letter.
- Do not use overly-formal language.

Retrieved and adapted from careercenter.tamu.edu
Campus Announcements

Student Health Services Sponsored Events

Stretch your Dollar: Healthy Shopping on a Budget
October 16, 17, 23, 24

Have you ever wandered the aisles of the grocery store wondering what to pick? Are you trying to plan healthy meals and snacks, but don’t know what to choose? Come join Meghan Windham, MPH, RD, LD as she will walk you through the local HEB on Holleman Drive, and show you how to shop efficiently, healthy, and smart! A small fee of $5 gets you a reusable grocery tote, lots of coupons, and the opportunity to sample tasty recipes! Each month will have a different theme, so you may sign up for more than one tour, and learn something new each time.

Stress Awareness
October 15, 16

Visit the Aggie Health Hut in Rudder Plaza on Tuesday, October 15 and Wednesday, October 16! Learn about Stress Awareness and play a game for your chance to win a prize! See you on Tuesday from 10:45am-12:45pm or Wednesday from 12pm-2pm!

Additional information may be found at shs.tamu.edu/events.

Student Counseling Services Workshops

Student Counseling Services offers a number of student success workshops throughout the academic year. The following will occur during the months of October. Additional information may be found at scs.tamu.edu.

Assertiveness Workshop
Monday, 10/21, 3–3:50 p.m.

Do you find it challenging to clearly communicate what you want, express your feelings, needs, and opinions, and stand up for your rights when they are threatened or taken advantage of? If so, join us for this 50 minutes workshop to learn skills designed to help you be more assertive with others. Pre-registration is required two business days prior to the workshop.

Career Assessment Workshop: Using the Strong Interest Inventory to Help Identify Career Interests
Thursday, 10/10, 3:00-4:00 p.m.

Wednesday, 10/23, 1:00-2:00 p.m.

Learn how to match interests with academic majors and occupations. Registration and completion of the interest inventory are needed three business days prior to the workshop.

Journal Writing Workshop
Wednesday, 10/16, 1:50-2:40 p.m.

Would you like to engage in self-exploration, expand self-awareness, and learn writing tools designed to facilitate problem solving and decision making? Join us for this 75 minutes workshop designed to (1) increase your knowledge of keys to effective journal writing; and (2) introduce you to several types of personal growth focused writing. Pre-registration is required two business days prior to the workshop.

Understanding Worthiness Workshop
Thursday, 10/31, 2:30-3:20 p.m.

This 50 minutes workshop is designed to help participants begin to understand the concept of worthiness. We will explore this by looking at the areas of self-esteem, self-compassion and perfectionism. Pre-registration is required.

Career Assessment Workshop: Using the Myers-Briggs Type Indicator to Help Identify Personality Characteristics
Wednesday, 10/30, 2:00-3:00 p.m.

Learn how to incorporate your personality into career planning. Registration and completion of personality measure are needed three business days prior to the workshop.
<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
</tr>
</thead>
</table>
| 1   | Silent Witness Project begins  
GLBT History Month begins |
| 2   | Silver Taps  
**RSO Goes to Silver Taps**  
Navaratri (Hindu) |
| 3   | Silver Taps  
Navaratri (Hindu) |
| 4   | Aggie Volleyball at Florida  
Aggie Soccer at Auburn  
St. Francis Day (Catholic)  
Navaratri (Hindu) |
| 5   | Coming Out Week begins  
Aggie Volleyball at South Carolina  
Aggie Soccer at Missouri  
Navaratri (Hindu)  
RSO General Meeting  
Navaratri (Hindu) |
| 6   | Aggie Volleyball at South Carolina  
Aggie Soccer at Missouri  
Navaratri (Hindu) |
| 7   | **RSO Goes to Silver Taps**  
Navaratri (Hindu)  
**RSO General Meeting**  
Navaratri (Hindu) |
| 8   | Silver Taps  
Navaratri (Hindu) |
| 9   | Aggie Volleyball vs. LSU  
Navaratri (Hindu) |
| 10  | Navaratri (Hindu) |
| 11  | National Coming Out Day  
Aggie Equestrian vs. SMU  
Aggie Volleyball vs. Mississippi State  
Aggie Soccer vs. Arkansas  
Navaratri (Hindu)  
RSO takes part in Stream Clean |
| 12  | Aggie Football at Ole Miss  
Navaratri (Hindu) |
| 13  | Navaratri (Hindu)  
Waqf al Arafa-Hajj Day (Islam) |
| 14  | Dasara (Hindu) |
| 15  | Eid al Adha (Islam) |
| 16  | Eid al Adha (Islam) |
| 17  | Eid al Adha (Islam) |
| 18  | Midnight Yell Practice  
Aggie Soccer at Alabama  
Aggie Volleyball at Alabama  
Eid al Adha (Islam)  
St. Luke’s Day (Christian) |
| 19  | Corps March-In - Auburn  
Corps of Cadets - Rally to the Guidon  
Aggie Football vs. Auburn (Maroon Out game) |
| 20  | Aggie Soccer at Georgia  
Aggie Volleyball at Auburn  
Birth of the Báb (Baha’í)  
Installation of Scriptures as Guru Granth (Sikh) |
| 21  | National Collegiate Alcohol Awareness Week begins |
| 22  | New Family Welcome  
Aggie Volleyball vs. Arkansas  
Aggie Soccer vs. Ole Miss |
| 23  | Midnight Yell Practice  
Aggie Soccer at Alabama  
Aggie Volleyball at Alabama  
Eid al Adha (Islam)  
St. Luke’s Day (Christian) |
| 24  | Corps March-In - Auburn  
Corps of Cadets - Rally to the Guidon  
Aggie Football vs. Auburn (Maroon Out game) |
| 25  | Midnight Yell Practice  
Aggie Soccer at Alabama  
Aggie Volleyball at Alabama  
Eid al Adha (Islam)  
St. Luke’s Day (Christian) |
| 26  | Corps March-In - Vanderbilt  
Aggie Football vs. Vanderbilt |
| 27  | Aggie Volleyball vs. Missouri  
Aggie Soccer at Florida  
Reformation Day (Christian) |
| 28  | Aggie Men’s Basketball exhibition game vs. UTPB  
Aggie Softball vs. Blinn  
**RSO “Reverse Treat Yo’ Self” Event**  
Aggie Soccer vs. LSU  
Halloween / All Hallows Eve |
| 29  | National Collegiate Alcohol Awareness Week begins |
| 30  | Silver Taps  
Navaratri (Hindu) |
| 31  | Silver Taps  
Navaratri (Hindu) |