Save the Date!

Tuesday, April 29th
Regents’ Scholars Freshmen Banquet
Attendance is REQUIRED for this event.
Details TBA

More Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 1</td>
<td>FAFSA opens for 2014-2015 academic year</td>
</tr>
<tr>
<td>Jan. 2 - 17</td>
<td>Open registration for spring classes</td>
</tr>
<tr>
<td>Jan. 9</td>
<td>Residence halls open</td>
</tr>
<tr>
<td>Jan. 13</td>
<td>First day of spring classes</td>
</tr>
<tr>
<td>Jan. 17</td>
<td>Add/Drop deadline</td>
</tr>
<tr>
<td>Jan. 19</td>
<td>MSC Open House</td>
</tr>
<tr>
<td>Jan. 20</td>
<td>Martin Luther King Jr. Day - University Holiday</td>
</tr>
<tr>
<td>Jan. 24</td>
<td>Spring bills due</td>
</tr>
</tbody>
</table>

Regents’ Scholars Organization

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan. 21</td>
<td>Social (7pm - midnight)</td>
</tr>
<tr>
<td>Jan. 24</td>
<td>Profit Share at Spoons (all day)</td>
</tr>
<tr>
<td>Jan. 25</td>
<td>Nursing Home Visit (2 - 4pm)</td>
</tr>
<tr>
<td>Jan. 30</td>
<td>RSO Family Reunion at Grand Station (5:30 - 9:30pm) - $10 fee</td>
</tr>
</tbody>
</table>

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

MSC Spring 2014 Open House

Sunday, January 19, 2014
2-5pm
Memorial Student Center

Now that you have a semester under your belt, do you feel like you want get 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!
The University Scholarship Application is now open for current students. By completing the application, students will be considered for the continuing student scholarships and the Southerland Aggie Leader Scholarship through Scholarships & Financial Aid as well as scholarships within participating colleges and departments (see below).

The application deadline is February 1, 2014.

Students can access the application through scholarships.tamu.edu. Please note that there is no “submit” button on the application. The student should save as they go and can access their application at any time from now until the February 1 deadline. This way, they can edit and update as needed.

List of participating colleges and departments:

- Scholarships & Financial Aid
- College of Agriculture & Life Sciences
  » Department of Agricultural Economics
  » Department of Entomology
  » Department of Nutrition and Food Science
  » Department of Wildlife and Fisheries Sciences
  » Department of Recreation, Parks and Tourism Sciences
- College of Education & Human Development
- 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
- College of Veterinary Medicine & Biomedical Sciences
  » Department of Biomedical Sciences
- Department of English
- Department of Construction Science
- International Student Services
- Study Abroad Programs Office
- Texas A&M Foundation
  » Foundation Excellence Awards

**FAFSA/TASFA Renewal Workshops**

In order to continue receiving financial aid, including the Regents’ Scholarship, during the 2014-2015 academic year, students must complete the Renewal Free Application for Federal Student Aid (FAFSA). The FAFSA becomes available on January 1, 2014. The Scholarships & Financial Aid Office encourages students to submit the FAFSA form by March 1, 2014 to receive priority in awarding. To expedite the process, students are encouraged to file their tax returns as early as possible.

In order to complete the FAFSA, students will need:

- Student and parent social security numbers
- 2013 W-2 Forms & any other records of money earned for both the student and parents
- Student’s 2013 federal income tax return
- Parents’ 2013 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:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 17th</td>
<td>11:00am-12:00pm</td>
<td>Pavilion 106</td>
</tr>
<tr>
<td>February 18th</td>
<td>3:00-4:00pm</td>
<td>Pavilion 106</td>
</tr>
<tr>
<td>February 19th</td>
<td>9:30-10:30pm</td>
<td>Pavilion 106</td>
</tr>
<tr>
<td>February 20th</td>
<td>4:00-5:00pm</td>
<td>Pavilion 106</td>
</tr>
</tbody>
</table>

Registration is required. To register, students should visit https://sfaid.tamu.edu/workshops/.

By now many of you are heading back to school, settling into your college homes, and if you’re like many students you’re feeling a little post-winter break slump. Sure it’s great to be back (well, minus the homework bit), but all that bonding with family and friends you did over the holidays might leave you feeling a little lonely.

**Make a Skype Date**

I have just gotten on the video-chatting bandwagon and it is so much better than talking on the phone. What is the coolest part? While many video phones cost upwards of $800, you can get a pretty good webcam for only $30. Then just hook up to a free service like Skype or Google Hangout and start talking face-to-face. (Don’t forget to make sure you get some face time with Rover if you’re missing your pup.) Moms and dads tend to be pretty excited about video chat too.

**Mail an Old Fashioned Snail Mail Letter**

I am a firm believer that a good piece of mail can turn a bad day into a good one, so give someone’s day a lift by sending off a bit of snail mail. Send mom a postcard, write a letter to your BFF, or pen a note to your grandparents. Then stamp it and send it off!

**Have a Long-Distance TV Party**

Lots of shows are just starting up after the holiday break, but being away from your friends and family doesn’t mean you can’t watch Grey’s Anatomy with your kid sister anymore. Make a phone date and watch together, or if you’re in a different time zone wait until the next day and log on to the web to watch the latest episodes together. Most TV stations air full episodes on their websites. Another option is to DVR your favorite shows.

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**Serving Aggieland**

*By Casey Gros*

“The best way to find yourself is to lose yourself in the service of others.” - Mohandas Gandhi

These immortal words of Mohandas Gandhi live on in the daily lives of many students on the Texas A&M University campus. In fact, Aggies boast that we host “the largest, one-day, student-run service project in the nation,” the Big Event. Selfless Service is even one of Texas A&M’s official core values.

The Regents’ Scholars Program encourages all students to “pay it forward” and serve the community in some sense. The Regents’ Scholars Student Organization (RSO) participates in several service activities throughout the year such as Replant, Big Event, going to a nursing home to visit with the residents, and many more. To find more service based organizations, please check out http://studentactivities.tamu.edu/online/search/index.

So what happens if you want to serve, but you aren’t sure where to go? Well Texas A&M has just the resource for you! AggieServe: Students Serving Aggieland 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.” On their website, http://studentactivities.tamu.edu/online/aggieserve/, you can search by keyword or date range so that you can find the project that suits you best.

There is no reason you can’t get involved and give back in the new year. So do something good for the community, build your resume, and have fun!

Information retrieved from:

http://bigevent.tamu.edu/
http://www.tamu.edu/home/aboutam/coreValues.html
http://aggeieserv.tamu.edu
http://brazosfoodbank.org/
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.


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**January Opinion Poll**

What is your New Year’s Resolution and how will you stay motivated?

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.
# January 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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</table>
| 1    | **University Holiday** (University closed)  
      FAFSA opens for 2014-2015  
      Aggie Women’s Basketball vs. UTEP |
| 2    | Open registration begins for spring classes  
      Aggie Women’s Basketball vs. UTEP |
| 3    | Aggie Men’s Basketball vs. UTPA |
| 4    | Aggie Men’s Basketball vs. UTEP |
| 5    | Aggie Women’s Basketball vs. Alabama |
| 6    | First day of spring classes  
      Texas A&M Singing Cadet Auditions begin |
| 7    | Aggie Men’s Basketball vs. Arkansas  
      Residence Halls open  
      Aggie Women’s Basketball at LSU |
| 8    | Spring bills due  
      Aggie Men’s & Women’s Swimming vs. Georgia  
      Aggie Men’s Basketball at Tennessee |
| 9    | Aggie Men’s Basketball vs. South Carolina  
      Southwestern Black Student Leadership Conference  
      Aggie Women’s Swimming vs. Georgia  
      Aggie Men’s Basketball at LSU |
| 10   | Add/Drop deadline  
      Southwestern Black Student Leadership Conference  
      Aggie Men’s Basketball vs. Mississippi State  
      Aggie Men’s & Women’s Swimming at LSU |
| 11   | MSC Open House  
      Southwestern Black Student Leadership Conference  
      Aggie Women’s Basketball vs. Mississippi State |
| 12   | MLK Jr. Day  
      University Holiday (University closed)  
      Last day of Texas A&M Singing Cadet Auditions |
| 13   | Aggie Men’s Basketball at Kentucky  
      RSO Social (7pm-12am) |
| 14   | Aggie Women’s Basketball at Missouri  
      RSO Profit Share at Spoons  
      RSO visits local nursing home (2-4pm) |
| 15   | MSC Abbott Family Leadership Conference  
      Aggie Men’s Basketball at South Carolina |
| 16   | MSC Abbott Family Leadership Conference  
      Black History Month Kick-Off  
      Aggie Men’s Swimming at Air Force Academy  
      RSO Family Reunion at Grand Station (5:30-9:30pm) $10 |
| 17   | MSC Abbott Family Leadership Conference  
      Aggie Men’s Swimming at Air Force Academy |
| 18   | MSC Abbott Family Leadership Conference |
| 19   | MSC Abbott Family Leadership Conference |
| 20   | MSC Abbott Family Leadership Conference |
| 21   | MSC Abbott Family Leadership Conference |
| 22   | MSC Abbott Family Leadership Conference |
| 23   | MSC Abbott Family Leadership Conference |
| 24   | MSC Abbott Family Leadership Conference |
| 25   | MSC Abbott Family Leadership Conference |
| 26   | MSC Abbott Family Leadership Conference |
| 27   | MSC Abbott Family Leadership Conference |
| 28   | MSC Abbott Family Leadership Conference |
| 29   | MSC Abbott Family Leadership Conference |
| 30   | MSC Abbott Family Leadership Conference |
| 31   | MSC Abbott Family Leadership Conference |