Greetings from Erin

Howdy Ags!

Can you believe that we have passed the mid-point of the semester already? Pre-registration for spring classes begins in a couple of weeks and finals (yes, finals) will begin shortly after that. As the crunch time begins, take a moment to reflect on the impact you have made on the campus community this year. If you haven’t had the opportunity to give something back yet, there are plenty of opportunities to do so. Log on to studentactivities.tamu.edu/online/aggieserve for ideas.

Thanks and Gig ‘em!
Erin Fisk
Regents’ Scholars Assistant Coordinator

Academic Success Center Workshops

Registration for the ASC Workshops is required!

Students can register at SuccessCenter.tamu.edu.

“My Mind is Blank”
(Test Anxiety, test taking skills)
April 11th from 1:50-2:40pm in Blocker 106

“Memory Matters”
(Information processing, types of knowledge, self-regulated learning, understanding retention)
April 4th from 1:50pm-2:40pm in Blocker 106

“Do or Die: Finals Preparation”
(Prioritizing study tasks for finals; 5 Day Study Plan)
April 18th from 1:50-2:40pm in Blocker 106
April 23rd from 1:50-2:40pm in Blocker 106
April 23rd from 3:00-3:50pm in Blocker 107

AGGIE PALS

Aggie Pals are Regents’ Scholars who commit to hand writing letters to fourth grade pen pals for one academic year. Aggie Pals will write two letters each month and serve as a mentor for this future generation of Aggies.

If you are interested in sharing some insight with elementary students about what it’s like to be a first-generation college student, please contact the Regents’ Scholars Program at regentssscholarship@tamu.edu.

Save the Date!

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

Dates to Remember

April 10-25th
Pre-registration for summer 2014 and fall 2014 courses

April 25-26th
Aggie Relay for Life

April 4th
Reading Day
No classes

April 11th
“My Mind is Blank”

April 12-13th
Parents’ Weekend

April 14th
Q-Drop Deadline

April 18th
Reading Day
No classes

April 21st
Aggie Muster

April 29th
Spring Banquet (required for freshmen), Redefined Day - Friday Classes meet, Last day of spring classes
Hey! It’s Spring!

Do you know what that means? It means there are only weeks—and, okay, some really gnarly tests—between you and summer break. And do you know what that means? It means it’s time to get your summer plans going so you can optimize those three months and make them fully productive (and fun!).

Fifty-fifty?

I know that right now a summer of pools, sleeping in, and TV marathons sounds amazing, but too many pajamas-only days and your sense of accomplishment (and, uh, your social life) will start to wear thin. You may have forgotten in the heat of midterm exams and all-night cramming sessions, but summer can actually be pretty boring if you don’t get yourself in gear. While you should definitely indulge in some relaxation time (you’ve earned it, right?), try to build a healthy balance of work and play into your summer schedule.

Work It, Baby

So, what qualifies as “work”? Aside from the typical part-time or full-time job, which is a wonderful way to earn the cash you need to enjoy summertime and stay afloat during school, there are tons of other productive things you can do:

- Volunteer. Choose something you’re interested in, and offer to lend a hand free of charge. Whether you’re dog-walking at your local vet or learning the ins and outs of construction with Habitat for Humanity, volunteering is a great way to meet new people, have unique experiences, and build your resume.

- Scholarships. If you quit applying for scholarships after you graduated high school, you are really missing out—there are tons of local and nationwide scholarships available for students in both undergrad and graduate programs. Up your odds of winning by searching out and applying for scholarships with a limited applicant pool—search for those targeted to your major, personal interests, or other unique characteristics.

- Tutor or Teach. If you’re not looking for a full time job but still want to bank a little something, tutoring might be a great option for you. Sylvan and Kaplan routinely hire college students to teach and tutor high school or younger aged students. If you’ve got a different kind of skill to share, check with your local community college or community center. They often allow people to provide one-day seminars on things like computer literacy or other useful skills. A heads up, though—you’ll want to be prepared with a syllabus and behave professionally.

Play Days

Okay, you’ve scheduled your work hours, lined up some volunteer time, and even planned a day to placate your mom by cleaning out your closet. Now the good stuff! Since your play days aren’t as easy to nail down (your parents might let you ditch Aunt Betty’s dinner party for work, but probably not for a trip to the beach), I suggest you make yourself a Summer To-Do List. Write down everything you want to do—from big road trips to little things like stopping at your favorite local pizza place—and squeeze them in whenever you can!

Why Now?

Yes, summer is coming, but there are tons of things standing in your way—the calendar and your professors, for example. So why am I telling you to start getting ready now? Well, I hate to say it, but the early bird gets the worm. The majority of colleges get out within a few weeks of each other, so if you want to snag a summer job, you’ll be in competition with a flood of other college students going home. That means early planning could be the difference between someone who has money for a movie ticket and someone who has to settle for watching a DVD with your date while Mom and Dad are in the next room.

Fun stuff deserves planning, too. It not only gives you something to look forward to (which you’ll need during finals week!), but also allows you to do some money-saving research so you don’t go back to school sans-cash. If you’re traveling, start checking out travel sites to compare hotel and flight costs. If you’re staying home, find out which nights are free-popcorn night at the theater, or if your student ID can get you a discount at the burrito place downtown.

Get the dirty work done now, and you can really make the most of those three luxurious months to come.

Retrieved, adapted from survivingcollegelife.com/2010/04/05/summerwise-get-in-gear-early
“Softly call the Muster, let comrade answer ‘Here’…”

Reflections Display
April 15th through April 21st – MSC Flag Room

Camaraderie Barbeque
April 21st from 11:00am to 2:00pm – Corps Center Lawn

Campus Muster Ceremony
April 21st at 7:00pm – Reed Arena

On June 26, 1883, Aggies gathered together to live over again the victories and defeats of their college days. By April 21, 1903, this annual gathering evolved into a celebration of Texas’ Independence on San Jacinto Day. These early meetings included field games and banquets for Aggies to reflect and celebrate their memories of Aggieland. ‘Let every alumni answer a roll call’ wrote the former students. It was not until 1922, however, that April 21 became the official day of events for all Aggies. Thus, the annual tradition of Muster was born. The March 1923 Texas Aggie urged, ‘If there is an A&M man in one-hundred miles of you, you are expected to get together, eat a little, and live over the days you spent at the A&M College of Texas.’

Still remembering and honoring the time spent in Aggieland, the tradition of mustering has grown in strength, meaning, and spirit. By 1929, the meetings had grown worldwide, and in 1942 Aggie Muster gained international recognition. Twenty-five men, led by General George Moore ‘08, mustered during the Japanese Siege of the Philippine Island of Corregidor. Knowing that Muster might soon be called for them, these Aggies embodied the essence of commitment, dedication, and friendship. That small group of Aggies on an outpost during World War II was an inspiration for one of our greatest traditions.

Muster is celebrated in more than four-hundred places worldwide, with the largest ceremony on the campus of Texas A&M. The ceremony brings together more Aggies, worldwide, than any other single event.

muster.tamu.edu
Top 10 School Stress Relievers for Students

By Elizabeth Scott, M.S., About.com Guide

Most students experience significant amounts of stress, but with all of the activities and responsibilities that fill a student’s schedule, it’s sometimes difficult to find the time to try new stress relievers to help dissipate that stress. That’s why we’ve compiled the following list of stress relievers that are most appropriate for students: relatively easy, quick, and relevant to a student’s life and types of stress. They’ll help you to function at your best, and enjoy the journey.

1. Power Naps
Students, with their packed schedules, are notorious for missing sleep. Unfortunately, operating in a sleep-deprived state puts you at a distinct disadvantage. You’re less productive, you may find it more difficult to learn, and you may even be a hazard behind the wheel! Learn more about the effects of sleep deprivation and the value of the power nap; for busy students, it’s a must!

2. Visualizations
This one is easy, effective, and can help you to do better in school. Visualizations can help you calm down, detach from what’s stressing you, and turn off your body’s stress response. You can also use visualizations to prepare for presentations, to stress less and score higher on tests by vividly seeing yourself performing just as you’d like to. Learn more about how to use guided imagery and visualizations to reduce stress and prepare for success. (see yourself doing well)

3. Exercise
One of the healthiest ways to blow off steam is to get a regular exercise program going. Students can work exercise easily into their schedules by doing yoga in the morning, walking or biking to campus, or reviewing for tests with a friend while walking on a treadmill at the gym. Starting now and keeping a regular exercise practice throughout your lifetime can help you live longer and enjoy your life more.

4. Breathing Exercise
When your body is experiencing a stress response, you’re often not thinking as clearly as you could be. A quick way to calm down is to practice breathing exercises. These can be done virtually anywhere to relieve stress in minutes, and are especially effective for reducing anxiety before or even during tests, as well as during other times when stress feels overwhelming.

5. PMR
Another great stress reliever that can be used during tests as well as before bed (to prepare for sleep), or at other times when stress has you physically ‘wound up’, is something called Progressive Muscle Relaxation, or PMR. This technique involves tensing and relaxing all muscles until the body is completely relaxed. With practice, you can learn to release stress from your body in seconds.

6. Music
A convenient stress reliever that has also shown many cognitive benefits, music can help you to relieve stress and either calm yourself down or stimulate your mind as your situation warrants. Students can harness the benefits of music by playing classical music while studying, playing upbeat music to ‘wake up’ mentally, or relaxing with the help of their favorite slow melodies.

7. Staying Organized
It’s a fact that clutter causes stress, and can decrease productivity and even cost you money! Many students live in a cluttered place and even have cluttered study areas, and this can have negative effects on grades. One way to reduce the amount of stress that you experience as a student is to keep a minimalist, soothing study area that’s free of distractions and clutter. It’s worth the effort!

8. Eat Right
You may not realize it, but your diet can either boost your brain power or sap you of mental energy! While a healthy diet isn’t generally thought of as a stress management technique or a study aid, it can actually function as both! Read more on the consequences of a poor diet, and learn how to relieve stress with a healthy diet. It takes virtually no extra time, and can keep you from experiencing diet-related mood swings, light-headedness and more.

9. Self Hypnosis
Students often find themselves ‘getting very sleepy’ (like when they pull all-nighters), but—all kidding aside—self hypnosis can be an effective stress management tool and a power productivity tool as well. With it, you can help yourself release tension from your body and stress from your mind, and plant the seeds of success in your subconscious mind with the power of autosuggestion.

10. Positive Thinking and Affirmations
Did you know that optimists actually experience better circumstances, in part, because their way of thinking helps to create better circumstances in their lives? It’s true! The habit of optimism and positive thinking can bring better health, better relationships, and, yes, better grades. Learn how to train your brain for more positive self talk and a brighter future with affirmations and other tools for optimism. (Don’t know if you’re an optimist or a pessimist?)

Retrieved and adapted from: stress.about.com/od/studentstress/tp/school_stress.htm
Earth Day Footprint Calculator

Take the quiz to see the impact you are having on the planet! earthday.org/footprint-calculator

The Ecological Footprint is a resource accounting tool that measures how much biologically productive land and sea is used by a given population or activity, and compares this to how much land and sea is available. Productive land and sea areas support human demands for food, fiber, timber, energy, and space for infrastructure. These areas also absorb the waste products from the human economy. The Ecological Footprint measures the sum of these areas, wherever they physically occur on the planet. The Ecological Footprint is used widely as a management and communication tool by governments, businesses, educational institutions, and non-governmental organizations.

Retrieved and adapted from earthday.org/footprintfaq

2014 Brazos Valley Earth Day Event

April 5, 2014 at Wolf Pen Creek
11:00am-4:00pm
FUN FREE EVENT!
Environmental Education Displays/Demonstrations
Free snacks, refreshments, and more!
brazosvalleyearthday.com

Free Academic Resources

Don’t forget! There are plenty of FREE on-campus resources that are here to help you succeed.

- Peer Academic Services (PAS) – includes tutoring and supplemental instruction
  - Located in the YMCA building
  - slc.tamu.edu
- Academic Success Center (ASC) – includes one-on-one academic counseling and workshops
  - Located in the YMCA building
  - successcenter.tamu.edu
- Department of Multicultural Services – includes tutoring
  - Located in the MSC
  - tutor.tamu.edu
- Society for the Advancement of Hispanics/Chicanos and Native Americans in Science (SACNAS) – includes tutoring
  - sacnas.tamu.edu
- University Writing Center
  - Located in Evans and West Campus libraries
  - writingcenter.tamu.edu
- Student Counseling Services – includes study skills strategy interpretation and career exploration workshops
  - Located in Cain Hall
  - scs.tamu.edu
- Math Department – includes week-in-review sessions
  - math.tamu.edu/courses/helpsessions.html
| April & May 2014 | 1 | Asian Heritage Month Kick-Off  
Aggie Baseball vs. Houston

2 | 12th Can Open  
Aggie Softball vs. Houston

3 | 12th Can Open

4 | Aggie Softball at Kentucky
Aggie Baseball vs. Alabama

5 | Aggie Softball at Kentucky
Aggie Baseball vs. Alabama

6 | Aggie Softball at Kentucky
Aggie Baseball vs. Alabama

7 | Pre-Registration Begins for Summer/Fall 2014
Parent’s Weekend

8 | Kappa Alpha Theta’s 29th Annual Rock the CASA 5k
Texas A&M Singing Cadets Spring Concert

9 | Aggie Baseball vs. Prairie View A&M

10 | Diversity Awards Ceremony
Aggie Softball vs. Sam Houston State
Aggie Baseball vs. Abilene Christian

11 | Corps Reflections Display
Aggie Baseball at Vanderbilt

12 | Aggie Softball vs. Tennessee

13 | Corps Individual Awards
Aggie Baseball at Vanderbilt
Aggie Softball vs. Tennessee

14 | Q-Drop Deadline

15 | Muster Reflections Display
Walk a Mile in Her Shoes

16 | Muster Reflections Display

17 | Diversity Awards Ceremony
Aggie Softball vs. Sam Houston State
Aggie Baseball vs. Abilene Christian

18 | Muster Reflections Display
Aggie Baseball vs. Kentucky
Aggie Softball vs. Florida

19 | Aggie Softball vs. Florida

20 | Muster Reflections Display
Aggie Baseball at Kentucky
Aggie Softball vs. Florida

21 | Muster Reflections Display
Muster Camaraderie BBQ

22 | Aggie Softball vs. A&M Corpus Christi
Aggie Baseball at Rice

23 | Aggie Baseball vs. Ole Miss

24 | Aggie Softball at Auburn

25 | Texas A&M Century Singers Spring Concert
Aggie Relay for Life

26 | Aggie Softball at Auburn

27 | Aggie Softball at Auburn

28 | Redefined Day (Friday classes meet)

29 | Last Day of Spring Classes
Aggie Baseball vs. Texas State

30 | Reading Day
Aggie Softball vs. Lamar

1 | Reading Day

2 | Final Exams
Aggie Baseball vs. LSU

3 | Final Exams
Aggie Softball vs. Oklahoma State

4 | Aggie Baseball vs. LSU

5 | Final Exams

6 | Final Exams

7 | Final Exams

8 | Graduation
ROTTC Commissionings
Aggie Baseball at Arkansas

9 | Graduation
Aggie Baseball at Arkansas

10 | Graduation

11 | Aggie Baseball at Arkansas

12 | Aggie Baseball vs. Sam Houston State

13 | Aggie Baseball vs. Sam Houston State

14 | Aggie Baseball vs. Ole Miss

15 | Aggie Baseball vs. Ole Miss

16 | Aggie Baseball vs. Ole Miss

17 | Aggie Baseball vs. Ole Miss