Are you looking to get involved in a student organization, but don’t know what’s available, and don’t know where to start? The 2014 MSC Open House will take place on Sunday, September 7th, from 1-5pm in the MSC. 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 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!

For more information visit mscopenhouse.tamu.edu.
Casey Gros
Regents’ Scholars Coordinator
Email: casey_gros@tamu.edu
Phone Number: 979.458.5379
Hometown: Richardson, TX
Enjoys working with students because: They all have unique personalities and strengths. I love seeing them develop into the great Aggies they were meant to be!

Biggest fear as a freshman: I thought I would fail miserably – that I would fail all my classes, not make friends, not get into any student organizations, and end up being a burden on my parents and on society.

Favorite aspect of A&M: The “small college” atmosphere created here, even though it is one of the largest campuses in the United States.

Best piece of advice received as a student: Talk to your professors. They may seem very intimidating, but they are generally great people and can serve as a references or resources in the future. They can really be the difference academically as well. After all, they create the exams, so they will know how to help you “ace” your exams!

Erin Fisk
Regents’ Scholars Assistant Coordinator
Email: erinsfisk@tamu.edu
Phone Number: 979.458.5345
Hometown: Austin, TX
Enjoys working with students because: They keep me on my toes!

Biggest fear as a freshman: I was a first-generation student, went to school 15 hours from home, didn’t know anyone, and was worried that I wouldn’t find a connection with the campus.

Favorite aspect of A&M: The camaraderie that Aggies have with each other.

Best piece of advice received as a student: Take ownership of your college career and don’t allow others to determine your path.

Planning for the Future

College juniors need to put some thought into the future, whether that be career aspirations, graduate school, or some other venue. Just like freshman year was the time to start exploring academic possibilities, junior year is the time to start exploring future career possibilities.

A great place to get started is the TAMU Career Center. Find out what resources are available and use them. Be sure to check out the Career Center’s online career resources as well at careercenter.tamu.edu. You may also make an appointment to talk to a career counselor to explore possibilities. For many students, a good place to start is a career aptitude test, which gives students some insight into their strengths and how these might translate into a career path. Another great resource is DISCOVER, an online career assessment available through Student Counseling Services (scs.tamu.edu/career).

Junior year is an outstanding time to get a college internship, either during the semester or over the summer. An internship is an opportunity to gain first-hand work experience at a company, usually on a part-time basis. Internships usually don’t pay well, but they are an outstanding opportunity to “try out” career paths and to gain valuable experience for a resume.

Thinking about graduate or professional school? This is the time to start doing research. Investigate graduate and professional school websites and talk to professors in your discipline about what to expect from grad school and what the requirements are for admission. The Office of Professional School Advising (OPSA) is a great resource to use if you are interested in medical school, law school, dental school, and many other professional school options. The OPSA advisors are located in Henderson Hall. Additional information may be found at opsa.tamu.edu.

In addition, whatever a student plans to do in the future, junior year is a great time to bunker down and pull up the GPR. It’s harder to do this during your senior year, so be proactive with your career plans.

Retrieved and adapted from “How to Have a Great College Junior Year” by Naomi Rockler-Gladen at www.suite101.com
In each edition of the junior Regents’ Review newsletter a different program offered through the Career Center will be spotlighted. This month’s Career Center Spotlight will focus on an overview of resources as well as career myths.

How can the Career Center help me?

The Career Center can help every Aggie. If you are in your junior or senior year and are beginning to think about what you will do after graduation, we have a variety of services for you to choose from. You may need to start with topics such as Who Hires My Major? and Resume Writing. You may be ready for more advanced topics like Behavioral Interviewing and Salary Evaluation/Negotiation.

The Career Center will assist you with your resume. During appointments or walk-in advising hours, we help to refine and polish your resume so that it effectively illustrates your transferable skills and abilities.

The Career Center helps you to develop strong interviewing skills. Through mock interviews and appointments with your career advisor, you can learn what is expected of you in an interview, how best to answer even the toughest interview questions, what to wear and how to prepare for the day of your interview so that are successful in this process.

Regardless of what you want to do after graduation, the Career Center helps you identify the resources you need to successfully achieve your goals after college.

If you are seeking a job, the Career Center will help you:
Connect to employers who are recruiting on campus through online system HireAggies.com. Find a company that you are interested in but the recruiter is not seeking your major? HireAggies.com has contact information for almost every company in the system. Contact the recruiter and ask whom he or she would recommend that you speak in your area of interest.

Connect to Former Students who may have insight regarding your job search. The Career Center works in partnership with The Association and can assist you as you create a network of people who can help you find the job you want.
Connect to companies that do not typically recruit on college campuses. Through national resources and databases in our online system, professional associations in which we participate, and the network of recruiters with which we are well acquainted, we can help you find the contacts you need to effectively search for your ideal job.

The Career Center will help you determine your value in the market place and how to evaluate a compensation package.

The Career Center provides comprehensive career education and offers one of the largest campus recruiting programs in the country. Students are strongly encouraged to make use of all of these resources that are easily accessible to them while on campus.

Top Career Myths

- I don’t need to start worrying about my career until I’m a senior.
- The job search only takes a month or so.
- You have to pay for all Career Center services.
- As long as I have a degree, grades are not important.
- The Career Center does not have jobs for students with a low GPA.
- I can’t get a good job if I don’t have a 3.0 GPA.
- I don’t need work experience before I graduate.
- My parents can help negotiate my job offer.
- My resume will get me the job.
- My activities on social networking sites are private.
- The Career Center is just for business and engineering majors.
- Career Center services are only available in 209 Koldus.
- I have to have a career plan before I meet with the Career Center.
- My Aggie ring will get me the job.
- There is only one perfect job for me.
- It’s too late to change my career plans.
- You have to get a graduate degree if you want to do anything with your psychology major.
- From a liberal arts student’s perspective, all jobs in business are boring and/or you have to sell your soul.

Retrieved and adapted from the Career Center’s website: careercenter.tamu.edu
HOWDY AGS!

You made a very important decision when you joined the Aggie family, a vibrant, exciting academic community that plays a large part in launching you into a successful future. This experience is like nothing you have experienced before. Learning how to manage your time, stress, relationships, finances and transitions are just a few of the college challenges you face as you learn to strive in this intense environment. To help you stay emotionally fit and increase your chances at success, the Student Counseling Service offers a variety of services and support resources.

Stress Reduction Center
Students often report stress as one of the biggest obstacles to their academic success. Signs of stress include tension, changes in sleep patterns and appetite, feeling irritable, isolation and anger. Stress can also increase test anxiety and lower the immune system. Relaxation techniques can help students learn to manage stress effectively.

Career Counseling and Assessment Services
Group and individual career counseling services can help students make informed vocational plans, choose a major, or plan for graduate study. Professional counselors can help you learn more about your interests, abilities, personality, values and various career options.

Personal Counseling
Personal counseling is a process that facilitates self-discovery and growth, and most students at one time or another can benefit from personal counseling. Counseling can help improve self-confidence, relationships, academic performance, and decision making for your overall well-being.

Group Counseling
Groups provide an opportunity for group members to learn from each other as concerns are explored together. Group counseling consists of weekly hour and a half sessions with six to ten students whose concerns are similar. See scs.tamu.edu for a list of groups and details.

Psychiatric Services
Psychiatric services are available through the recommendations of a Student Counseling Service counselor.

Learning Disability and ADD/ADHD screening
Learning disabilities are typically identified when a person’s level of achievement is significantly below what would be expected for her/his age, schooling, and level of intelligence. Screening for learning disabilities is the first step in the evaluation process. It helps determine if formal evaluation, which can be expensive, is needed.

Crisis Intervention
Students may find themselves in a crisis situation and need to be seen quickly. Students may come to the SCS for crisis intervention anytime during business hours 8:00 AM to 5:00 PM Monday through Friday to be seen by a counselor without a previously scheduled appointment.

HELPLINE
After 4 PM on weekdays or 24 hours on weekends, students may call the HelpLine at 979.845.2700 for after hours crisis intervention. The HELPLINE provides information, support, referrals, and crisis intervention by phone.

Alcohol & Drug Abuse Assessment and Treatment
The SCS offers a variety of assessment, therapy, and support for those who may be facing alcohol or drug issues.

Workshops
Each semester the SCS offers a variety of workshops that aim to enhance students understanding of self, others and their own personal success. Topics may range from self esteem, assertive communication, career exploration and personal growth.

To receive services and/or register for your initial appointment, go online to hscs.tamu.edu/ and click on “Register for Services.” After you complete the information requested, you will have the option of scheduling your initial appointment online. If you have trouble logging in, call 845-4427 to request help.

Confidentiality is respected to the limits allowed by law. The SCS makes no records of your visits on your academic transcripts or in a placement file. The SCS is funded by the University Advancement fee, and there are no additional user fees for services used.
## Calendar of Events August 2014

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**Words of Wisdom**

Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it, begin it now.

- Johann Wolfgang von Goethe