What do you think of employers using the internet (i.e., Facebook, blogs, MySpace, etc.) to check on the background of a potential employee?

Services like MySpace and Facebook enable users to post an overwhelming array of personal information on websites, creating a public record of things like one’s spring break photos, the video of a friend’s birthday, etc. This information then becomes potentially available to anyone, including employers. In short, employers want to find out all they can about who’s working for their company, and as the needed personal information is already publicly available, so much the better. It’s also legal, because on the Internet, you have a lower “expectation of privacy.” In other words, what one posts online is not as private as, say, a home telephone conversation. For an employer to view pictures on Facebook or MySpace of you at a spring break at the beach does not constitute an invasion of privacy since that information is available to the public. I will admit though it would suck to not get hired for a job because I cussed on my Facebook a lot or had some potential bad photos. --Crystal Haubert

OPINION POLL WINNER FOR MARCH:

Parents’ Weekend is a tradition that has existed at Texas A&M University since 1919. Texas A & M University prides itself on making its visitors feel welcome. The University has given parents and guests a special time to feel this warm greeting. Parents’ Weekend has become our official “HOWDY!” This year’s Parents’ Weekend will be held April 16-18th. Corps flower pinning, chapel services, military reviews, Parents of the Year receptions, campus tours and outfit award presentations have been part of the weekend since its beginning. New activities are continually being added to include a wider variety of students. Some of these new activities include a traditions program, concerts, Bevo Burn Barbecue, Maroon and White Football Game, All University Awards, and ‘Ol Army Yell Practice. Student Government sponsors the student committee which organizes every aspect of Parents’ Weekend. This special time is dedicated to Aggie parents and family, and gives Aggie students a chance to express their gratitude to those who have impacted their lives.

Event Calendar
- Midnight Yell: April 16, Midnight, Kyle Field
- MSC Variety Show: April 16, 7:30 pm, Rudder Auditorium
- Bevo Burn BBQ: April 17, 11 am-2 pm, Duncan Field
- Singing Cadets Concert: April 17, 7:30 pm, Rudder Auditorium
- Aggie Moms’ Boutique: April 16, 10 am- 4:30 pm, Reed Arena & April 17, 9 am- 5 pm, Reed Arena
- All University Awards Ceremony: April 18, 9:30 am, Rudder Auditorium

Retrieved from http://parentsweekend.tamu.edu
There’s a Spirit that can ne’er be told…”

Aggie Muster, April 21, 2010

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.

April showers bring May flowers....

DON’T FORGET...

There is plenty of FREE help on-campus as well as several individuals who are here to help you succeed.

Supplemental Instruction (S.I.) schedule:
http://www.tamu.edu/cae/silist.shtml

Department of Multicultural Services FREE tutoring:
http://tutor.tamu.edu

University Writing Center:
http://uwc.tamu.edu/

Mathematics Department Help:
http://www.math.tamu.edu/teaching/helpsession/

Study skills and time management workshops:
http://www.scs.tamu.edu/academic/

Student Learning Center Drop-In Tutoring:
http://slc.tamu.edu/TutorSchedule.pdf

Society for the Advancement of Hispanics/Chicanos and Native Americans in Science (SACNAS):
http://sacnas.tamu.edu/
On December 29, 2009, Kristin Cooper’s life changed dramatically when she and her husband, Chris, both graduates of Texas A&M, were in a horrific car accident. It was later determined that the other driver was texting at the time of the accident. Kristin has started a blog and a personal mission in memory of Chris. I ask all Regents’ Scholars to read the story which follows and make the pledge she writes about at kristinwcooper.blogspot.com.

Kristin lost the love of her life; their two-year old girl, Colleen, lost her dad. She writes:

In December 2009, my husband, Chris Cooper, and I were in a car accident that took his life. Through the grace of God, I survived the accident, but am having to learn to live my life without Chris - my partner, my love, my best friend. This blog is about my journey - as a young widow, a single mother to a beautiful 2 year old girl, and a true believer that God’s hand is directing my days.

Honor Chris today - Pledge to never drive distracted again.

Today is Chris’ birthday. He would have been 35. It would have been his first birthday that Colleen would actually remember. It would have been a day filled with joy, laughter, and Chris’ infectious, beaming smile. While every day is hard, today is especially heartbreaking.

I have not described the car accident that took his life in detail in these notes. Today I am ready. Today I want to tell you all about how you can honor Chris by helping to avoid the type of accident that caused two people to lose their lives on December 29, 2009.

On that day, Chris and I were driving from Corpus Christi to Dallas to be with his sister - who was in labor with her first baby. We were having a great time in the car. We were so happy about being able to be in Dallas for little Sophie’s birth. Chris had just won his fantasy football league championship. Colleen was safe at home in Corpus with my parents. Our weekend could not have been any better. We stopped for food in Seguin, and were continuing our trip on Highway 123 between Seguin and San Marcos. I remember being in the car with Chris, talking about Colleen and our great weekend...laughing and joking like we always did. The next thing I remember is hearing voices, and thinking to myself - “They are talking to me. I need to wake up”.

I don’t remember anything about the accident, but the officer who investigated our case was incredibly thorough. Here is what he found:

On that day, an 18 year old girl drove from Seguin to San Marcos to purchase a car - a 1990 Jeep Cherokee. She was driving home, following a car with a few of her family members. As she drove, she was using her iPhone.

On Highway 123, she got distracted by her phone, and didn’t anticipate a curve in the roadway. She was in the right hand lane, and started to veer towards a guardrail on her right. When she looked up from her iPhone, she overcorrected, and jerked her wheel to the left. She crossed three lanes of traffic on the undivided highway at over 70 miles an hour and slammed directly into our car. There were no skid marks - she was too distracted to try to stop or avoid our car.

The officers found an active text message on her iPhone after the accident. The police report officially states that she was “using her cell phone”. She was not wearing a seatbelt, and was ejected from the car. The ejection ripped off most of her clothes. She was not drunk - but she was under the influence. She was under the influence of the untrue belief that it is possible to drive and use a cell phone at the same time.

We all think that we can. We all think that we are good enough drivers to be able to text, read and write email, surf the internet, and make calls while we are driving. Chris did. I did. The 18 year old girl who hit us that day did. And I would bet that most of you reading do. The truth is: we can’t. There is never a distraction that is so great that you can focus. The focus you put on one thing will decrease your ability to focus on the other.

I know you are thinking - “There’s no way I can give it up. I am a good enough driver. I have years of experience. It will never happen to me.” I am here to tell you - it can.

Chris was not on his phone during the accident. He was not distracted, and his focus allowed him to see the oncoming car, and maneuver our car quickly to the right before the impact. That maneuver, the last thing that he did, saved my life.

Today, on his birthday, I ask you to honor Chris’ memory by pledging to never drive distracted again. Honor his memory by never riding in a car with someone who is driving distracted again. Every time someone texts you, or calls while you are driving, think to yourself, “Is sending this text worth risking my life? Is taking this call worth risking the life of another driver?” No call, no text, no email, was worth losing two lives on that day.

My heart aches for the family of the girl who also died that day. She didn’t think that she was doing anything wrong. She never had a chance to live her life. I mourn for her, just as I do for Chris.

I ask you today to pledge in memory of Chris to never let your phone distract you while you are driving again. For your own sake, and for the other drivers around you - do not take the chance that your actions could take another life or your own.

Chris was a wonderful husband, amazing father, loving son and brother, and fiercely loyal friend. There is not a minute in a day that I don’t think about him. I miss him desperately. But, Colleen and I are living our life. We laugh and smile and enjoy the blessed moments that we have together every day. We thank God for the time we had with Chris, and trust in God that he has not left us, and will never leave us alone.

Here are some links for more information on the dangers of distracted driving, and what you can do to help:

- Oprah’s “No Phone Zone” - http://www.oprah.com/questionaire/pledge.html?id=4
- FocusDriven: Advocacy group for victims of crashes caused by distracted driving (similar to MADD) - http://www.focusdriven.org/index.aspx


For more information on this story, please visit:
http://www.kbtx.com/home/headlines/87419332.html
http://www.seguingazette.com/story
lasso?ewcd=4f92d0f5010a6675.
Undergraduate students of all majors and disciplines who are eligible are encouraged to APPLY NOW to the Academy for Future International Leaders (AFIL)!

For information about the program, eligibility requirements, or how to apply, please visit the AFIL website: http://studyabroad.tamu.edu/Academy/.

➢ To access the online AFIL application, please visit: http://studyabroad.tamu.edu/?go=AFIL.

Applications for AFIL are due by 5:00 p.m. on Friday, 23 April 2010.

AFIL enables A&M students to gain a GLOBAL PERSPECTIVE and to prepare for LEADERSHIP ROLES in the increasingly international 21st century. There are four major components of the AFIL program:

- During the 2010 Fall semester, each AFIL participant will be paired with a member of Texas A&M University's International Board as part of the AFIL mentoring program.
- Also during the 2010 Fall semester, students will begin working on an international leadership challenge project, allowing them to apply their leadership skills to foster international awareness and/or exchange on campus.
- During the 2011 Spring semester, AFIL includes a 3-hour seminar, IBUS-460. Each week AFIL invites two guest speakers, one from Texas A&M University and the other a non-academic professional, to lecture on their area of expertise. Speaker presentations are followed by discussion and questions from the students.
- The final component of the Academy encourages students to have an international experience at some point following the 2011 Spring seminar. A stipend is provided, alleviating some financial responsibility. Experiences may include internships, volunteer programs, study abroad, research or intensive language programs.

Please contact Erin Hooper at ehooper@ipomail.tamu.edu with any questions about the Academy or the application process. We hope that you will consider applying for this prestigious international leadership program at Texas A&M University.
TOP 10 SCHOOL STRESS RELIEVERS FOR STUDENTS
By Elizabeth Scott, M.S., About.com Guide
Updated June 15, 2007

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?

# CLASS OF 2013 DR. ROBERT M. GATES INSPIRATION AWARD

During the Regents’ Scholars Spring Banquet on May 4, 2010, 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 9, 2010
By email to regentsscholarship@tamu.edu

In email, please include:
- Name of person you are nominating;
- Department or college nominee is employed by;
- Email address of nominee;
- Name of nominator;
- Please share why you believe this person should be recognized. Include how this nominee inspired you to succeed at Texas A&M. Describe the guidance, availability, and dedication of the nominee. Your comments will be read at the banquet if the individual is selected.

## APRIL 2010

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<thead>
<tr>
<th>Date</th>
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<tr>
<td>1</td>
<td>Good Friday (Christian) Reading day, no classes</td>
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<td>Good Friday (Christian) Reading day, no classes</td>
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<td>3</td>
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<td>Easter (Christian) GLBT Awareness Week (5-9)</td>
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<td>5</td>
<td>Easter (Christian) Honors Scheduling Open House</td>
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<td>6</td>
<td>Easter (Christian) Asian Heritage Week Opening Ceremony</td>
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<td>Easter (Christian) Parking Permit Registration Begins</td>
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<td>8</td>
<td>Easter (Christian) 8:00 PM - 12:00 AM Aggie Nights</td>
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<td>9</td>
<td>Easter (Christian) 7:00 PM - 12:00 AM Aggie Nights</td>
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<td>Easter (Christian) Midnight - 7:00 AM Aggie Relay For Life</td>
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<td>11</td>
<td>Easter (Christian) 8:00 AM - 6:00 PM Fish Camp DP 2 EIC Curbside Recycling</td>
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<td>12</td>
<td>Easter (Christian) 7:00 PM - 8:30 PM Leadership Speaker Series Shack-A-Thon (12-16)</td>
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<td>13</td>
<td>Easter (Christian) 9:00 AM - 5:00 PM Honors Fortnight (12-23)</td>
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<td>Easter (Christian) 5:30 PM Freshman Information with Honors</td>
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<td>15</td>
<td>Easter (Christian) 5:00 PM - 7:00 PM Study Abroad: Travel Wise</td>
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<td>Easter (Christian) 6:30 PM - 9:00 PM Reel Leadership</td>
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<td>Easter (Christian) Parents’ Weekend 2010 (16-18)</td>
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<td>18</td>
<td>Easter (Christian) 8:30 PM - 10:00 AM Eggies Abroad Parent’s Weekend Breakfast</td>
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<td>Easter (Christian) 7:30 PM - 9:30 PM Wind Symphony/ Symphonic Winds Concert</td>
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<td>Easter (Christian) 7:00 PM - 9:00 PM Women’s Chorus Concert</td>
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<td>Easter (Christian) 11:00 AM - 2:00 PM Mustier Camaraderie Barbeque</td>
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<td>Easter (Christian) 8:00 PM - 12:00 AM Aggie Nights</td>
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<td>23</td>
<td>Easter (Christian) 8:00 AM - 12:00 PM Corps 4H-FFA Program</td>
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<td>24</td>
<td>Easter (Christian) 4:00 PM - 11:30 PM Class of 2010 Ring Dance</td>
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<td>Easter (Christian) 4:00 PM - 6:00 PM Fish Camp DP 3 EIC Curbside Recycling</td>
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<td>26</td>
<td>Easter (Christian) 7:00 PM - 8:30 PM University Jazz Bands Concert</td>
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“We will do all in our power to help you...because I believe your presence here, along with all of the Regents’ Scholars who will follow you, is likely the best thing any of us have ever done.”

-Dr. Robert M. Gates
Former President
Texas A&M University

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“During the Regents’ Scholars Spring Banquet on May 4, 2010, 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.

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- Please share why you believe this person should be recognized. Include how this nominee inspired you to succeed at Texas A&M. Describe the guidance, availability, and dedication of the nominee. Your comments will be read at the banquet if the individual is selected.”

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“If you pay attention for the first year of college, you can succeed in college. If you pay attention for the first month of college, you can succeed in college.”

-Dr. Robert M. Gates
Former President
Texas A&M University