Important Dates

April 5, 2011
RSO General Meeting

April 8, 2011
Relay for Life

April 14, 2011
Preregistration for Summer 2011 terms

April 15-17, 2011
Parents’ Weekend

April 21, 2011
Aggie Muster

For the full calendar of events, see page 5.

SAVE THE DATE!
Regents’ Scholars Banquet
May 3, 2011
Attendance is REQUIRED for this event.
Please look for the invitation in your TAMU email.

Aggie Traditions
“There’s a Spirit that can ne’er be told…”

Aggie Muster, April 21, 2011
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.

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
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://afil.tamu.edu](http://afil.tamu.edu).

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

**Application Deadline: 5:00 p.m. on Friday, 22 April 2011.**

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 2011 fall semester, each AFIL participant will be paired with a member of Texas A&M University’s [International Board](http://afil.tamu.edu) as part of the AFIL **mentoring program**.
- Also during the 2011 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 2012 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 2012 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 the AFIL at [afil@tamu.edu](mailto:afil@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.
Interested in learning more about who you are and why that is important in leadership? Wondering how you can develop concrete leadership skills? Excited about participating in cultural activities (attending plays, museums, and festivals)? Do you want to learn how to work successfully with a variety of populations? Will you be a sophomore in the fall of 2011? If you answered yes to any of the questions above C.L.U.E.S is for you!

The Cultural Leadership, Understanding, and Exploration for Sophomores (C.L.U.E.S) learning community is a one year course-credited program for sophomore focused on leadership and multiculturalism. 20 selected sophomore students will have the privilege to participate in various experiences that will challenge their thoughts, actions, and behaviors while having the time of their lives!

The course is broken down into two three-hour courses, one in the Fall and one in the Spring. Also, the classroom curriculum experience will be brought to life through co-curricular activities such as interacting with major Texas A&M University administrators, attending football games, tasting food for all over the world, and going to see world renowned performing artists.

If you would like to learn more about this program or hear what our students have to say check out the video we have on the website http://clues.tamu.edu. The applications can be found on the website.

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 15-17th.

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

- Aggie Ring Day, April 15, All Day, Association of Former Students
- Midnight Yell: April 15, Midnight, Kyle Field
- MSC Variety Show: April 15, 7:30 pm, Rudder Auditorium
- Brunch With The Deans: April 16th 10:00 am - 12:00 pm, Sbisa Dining Hall
- Maroon and White Game, April 16, Time TBA, Kyle Field
- Singing Cadets Concert: April 16, 7:30 pm, Rudder Auditorium
- Aggie Moms' Boutique: April 15, 10:30 am - 5:30 pm, Duncan Dining Hall & April 16, 9:00 am - 5:00 pm, Duncan Dining Hall
- All University Awards Ceremony: April 17, 9:30 am, Rudder Auditorium

There are many other events that take place during Parents’ Weekend. Please see each individual college or organizations website for more information on those events, as Parents’ Weekend Committee does not specifically have information on each event.

Retrieved from http://parentsweekend.tamu.edu
“Brunch With The Deans”

Saturday, April 16th
10:00 AM - 12:00 PM*
Sbisa Dining Hall

Tickets will be sold the morning of inside of Sbisa

Adults: $10
Children ages 4-10: $5
Children ages 3 and under: Free

*Students may use their meal plan or dining dollars*
*Please see below for information on when your Dean will be in attendance*

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<thead>
<tr>
<th>College</th>
<th>Dean Attending</th>
<th>Time Attending</th>
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<tbody>
<tr>
<td>Agriculture and Life Sciences</td>
<td>Dr. Mark Hussey</td>
<td>10:00 AM - 10:45 AM</td>
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<tr>
<td>Architecture</td>
<td>Jorge Vanegas</td>
<td>10:00 AM - 11:00 AM</td>
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<td>The Bush School of Government and Public Service</td>
<td>Not Attending</td>
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<td>Mays Business School</td>
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<td>Education and Human Development</td>
<td>Dr. James Kracht</td>
<td>10:00 AM - 11:30 AM</td>
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<td>Dwight Look College of Engineering</td>
<td>Dr. N.K. Anand</td>
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<td>Geosciences</td>
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<tr>
<td>Liberal Arts</td>
<td>Jose Luis Bermudez</td>
<td>10:00 AM - 11:00 AM</td>
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<td>Science</td>
<td>Dr. Timothy Scott</td>
<td>10:00 AM - 11:00 AM</td>
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<tr>
<td>Veterinary Medicine and Biomedical Science</td>
<td>Dr. Evelyn Tiffany-Castiglion</td>
<td>Time Pending</td>
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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?)

Howdy!

Oh what can I say about dear Kristy? She’s perky, nice, task-oriented and has the southern twang. From Ennis, Texas “podunk town outside of Dallas,” she has come all the way to Texas A&M to pursue her Bachelor’s degree in Sociology with perhaps a minor in Business or Psychology. Born and raised in Texas with a huge Czech family, she learned to stand out with her extra-curricular activities, participating in 4-H and FFA by showing goats and playing the trumpet in band for 6.5 years. Since her admission to Texas A&M, she has been very busy balancing her academics and leisure time by studying for classes and participating in organizations such as the Regents’ Scholars Organization (RSO), Aggie Orientation Leader Program (AOLP), Get Involved Ambassadors, and OPAS. Kristy also dedicates her free time to volunteer for the university, with Regents’ Encouraging Prospective Students (REPS) with RSO, Replant, Student Research Week, Big Event and other things around campus. After smiling for group pictures while wearing her free T-shirt, Kristy proves that staying busy can keep you going.

Name: Kristina Pechal
Age: 19
Class: U1
Major: Sociology

Why did you decide to apply for the Regents’ Scholars Orientation Planning Board (OPB)?
I applied because I remembered how much fun I had at my orientation and I wanted to be a part of the organization of next years orientation.

What have you learned from your experience on the OPB?
I have really learned how to view things from other people’s perspectives. Working within a group of fellow students who all come from different backgrounds and cultures has helped show me how to come together, work as a team and all shoot for the same goals though we all are so uniquely different.

I heard you went to France… How did you prepare for the trip?
Along with the hour class that I attended each week I did my own research of Paris. I also talked to other students who had gone on previous trips and to family members who had traveled there.

What did you do there? How did you immerse yourself in that culture?
A ton of stuff! We went to almost every possibly tourist attraction. When we had free time while in Paris, my group and I would venture off to places that most other tourists don’t even know about. One evening we went to this beautiful castle on the outskirts of Paris. It has not been renovated so all the writings on the walls and paintings are original. We would also go to little rinky-dink restaurants and cafes and that is where we found all the best foods and desserts. We also would ask directions from whoever happened to be passing by and they would always start up conversations with us by asking where we’re from and how we are liking Paris so far, and just simple stuff like that. We learned early on in the trip that most of them really do enjoy talking to tourists and learning more about us. Whenever we asked someone to take a picture for us, we would also ask if they wanted to join in on a picture and “Gig’em” with us. I think that is what started most of the conversations cause they were always curious as to why we did that.

What other organizations are you part of and how did you hear about them?
Aggie Orientation Leader Program (AOLP)-I saw a flyer up in my dorm and it looked interesting. I am also a Get Involved Ambassador because someone personally selected me and suggested they pick me.

Fun question: How do you pronounce envelope?
In-va-lope...if that makes sense!?

Is there anything else you would like to tell your peers?
Well if you mean my Regents’ Peers then I would tell them that they are all awesome people and I have had some of the funnest times of my life with them. If you mean all my peers in general then I would tell them that they too are also awesome but also that being a part of the Aggie family is the best choice I have ever made in my life because of them all!

Thanks & Gig ‘Em Aggies!
Asiya Bhura
Regents’ Scholars Intern
Regents' Scholars Program Blogger. Wanted.

Regents' Scholars Program bloggers will increase the visibility of the Regents' Scholars Program through the creation and expansion of the Regents' Scholars Program blogs.

Qualifications?
Regents' Scholarship recipients preferred.
Undergraduate students preferred.
Ability to effectively manage time;
Ability to work independently;
Minimum GPA of 2.5.

For more information, visit jobsforaggies.tamu.edu

Got Blog?
## April 2011

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<td>Holi- Hindu</td>
<td>Last day for all students to drop courses (Q-drop)</td>
<td><strong>Regents' Scholars Organization General Meeting</strong></td>
<td><strong>11:00 AM - 2:00 PM Health and Wellness Fair</strong></td>
<td><strong>11:00 AM - 1:00 PM University Libraries' World Health Day Events</strong></td>
<td><strong>8:00 PM - 10:00 PM MSC Wiley Lecture Series</strong></td>
<td>Vet School Open House</td>
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<td>2:00 PM - 4:00 PM EIC Curbside Recycling</td>
<td>Last day to change Kinesiology 198/199 grade</td>
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<td>Holi- Hindu</td>
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<td>6:00 PM - 7:00 PM Study Abroad Informational - Student Panel</td>
<td>Baisakhi (Sikh)</td>
<td><strong>Aggie Ring Day</strong> Parents' Weekend 2011</td>
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<td>10:00 AM - 1:00 PM Parsons Mounted Cavalry Review 7:30 PM Singing Cadet Parent's Weekend Concert</td>
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<td>Holi- Hindu Easter (Christian)</td>
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<td>Pesach (Passover) Jewish Good Friday (christian) Reading Day Earth Day</td>
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<td>Mahavir Jayanti (Jain) Palm Sunday (Christian) Parents' Weekend 12:15 PM - 12:45 PM Ross Volunteer Performance 12:45 PM - 1:15 PM Fish Drill Team Performance 1:30 PM - 4:30 PM Parents Weekend Review</td>
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<td>Easter (Christian)</td>
<td>Holi- Hindu</td>
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<td>9:00 PM - 11:30 PM Ring Dance 2011 6:30 AM - 5:30 PM March to the Brazos 12:00 PM - 5:00 PM Fiesta 505</td>
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</table>

For more information on these and other events, please visit the following websites:

http://rso.tamu.edu/events
http://calendar.tamu.edu/?&y=2011&m=4&
http://allucalendar.tamu.edu/MasterCalendar/MasterCalendar.aspx