April 1, 2012
Fall/Academic Year Study Abroad Scholarship Deadline

April 2, 2012
Last RSO General Meeting
Rudder 302
6:30 - 7:45pm

April 6, 2012
Good Friday

April 20, 2012
Aggie Relay for Life
6:00pm

April 21, 2012
Aggie Muster
7:00pm

For the full calendar of events, see page 5.
Email rso@rso.tamu.edu for event times.

SAVE THE DATE!
Regents’ Scholars Spring Banquet
May 1, 2012
Attendance is REQUIRED for this event. Details TBA.

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://slc.tamu.edu/supplemental-instruction/schedule/
- Department of Multicultural Services FREE tutoring: http://tutor.tamu.edu/
- University Writing Center: http://writingcenter.tamu.edu/
- Mathematics Department Help: http://www.math.tamu.edu/courses/helpsessions.html
- Study skills and time management workshops: http://scs.tamu.edu/academic/
- Student Learning Center Drop-In Tutoring: http://slc.tamu.edu/tutoring/
- Society for the Advancement of Hispanics/Chicanos and Native Americans in Science (SACNAS): http://sacnas.tamu.edu/

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

Aggie Muster, April 21, 2012

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.
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 want to learn how to work successfully with a variety of populations? Will you be a sophomore in the fall of 2012? 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 a one 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. I have attached the applications to this email and it can also be found on the website. The deadline to apply is Friday, April 13th at 5:00 pm to Koldus 227. Contact Theresa Survillion at tsurvillion@tamu.edu if you have any questions.

---

**Class of 2015 Dr. Robert M. Gates Inspiration Award**

During the Regents’ Scholars Spring Banquet on May 1st, 2012, 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 6, 2012
By email to regentsscholarship@tamu.edu

In the email, please include:
Name of the 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 success 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.

“We will do all in our power to help you succeed. I share your problems here along with all of the Regents Scholars who will follow you, in likely that at thing any of us has ever done.”

—Dr. Robert M. Gates
Former President
Texas A&M University
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?

The MSC is opening on April 21st! For those of you who have never been inside the MSC, it may just seem like another building on campus… that happens to be amazing, with its spacious meeting rooms, student life, and Aggie Nights. For those of us who have toured its secret passageways; or eaten at Rumors, 12th Man Café, and the Hullabaloo; or studied and met up with new friends in the flag room every night; it will be another experience.

Advantages I see for the upcoming school year? More rooms and more room. I joined the Regents’ Scholars Organization (RSO) my first year here (way back in August 2008) and we met up at the MSC rooms for almost every meeting. It was fun and easy to just walk up to the MSC and find the meeting room to hang out with my RSO buddies but then I joined the RSO Executive Board—we had to book rooms a semester in advance, only to realize that we were too late. We ended up with the latest time slots in the smallest rooms all because we didn’t book rooms within the first 3 hours that room reservation was available online; because the MSC was closed, we were in deep waters, drowning in the pool of sorrow that was made of polluted rain drops of the MSC room reservation service. Fortunately, RSO survived and will prosper even more with the MSC’s reopening because Regents’ Scholars all over campus will know that if RSO was amazing this year, it’ll be even more fantastic when they have rooms reserved at the renovated MSC, with its spacious rooms and brightly lit halls. Perhaps next year, RSO can hold a dance at the grand ballroom for all Regents’ Scholars to hang out with each other just because there happens to be a ballroom there. Though RSO didn’t use the MSC for a dance during my first year, we still had our fair share of fun; during reading days in the fall semester, RSO members quietly crept into the flag room to see a mini stage set up in front of the decorated Christmas tree… we took our pillows at 5:00pm and started pillow-fighting! Was it worth the bruises? Well, we discussed that over dinner at the 12th Man Café, and the Hullabaloo; or studied passageways; or eaten at Rumors, 12th Man Café, and the Hullabaloo; or studied and met up with new friends in the flag room. Other random musical performances occurred, like a local band called Strawberry Jam playing one of their songs and passing out their fliers to everyone who passed by, while Aggie Nights scheduled free karaoke, game nights, and Salsa competitions Friday nights, using the flag room as the raffle drawing room. I went with RSO a couple times and we were one number away from getting the raffle! We had so much fun, and now that the flag room will have more room in it, more people will be able to enjoy all that it has to offer.

Students help make the MSC what it is and one way is by submitting their artwork for display in the Stark Galleries. Every time I went in, I saw something different; there was toilet with garden growing out of it; a cook book that I had to handle with gloves they provided; and a display where I had to sit on a couch and watch colors on the white wall. It was strange. But I had fun going through all the displays and artwork and revisiting them with my friends. During the MSC Open House, student organizations would set up tables all around the MSC and people went to each table, picking up whatever goodies they had and stopping to listen to members talk about their experiences. I was hooked when RSO did that my first year; they answered all my questions and there was so much room in the MSC that they didn’t have to scream out their answers; people could even pass each other without constantly saying sorry for bumping into each other. I joined RSO and SWAMP (ScreenWriting, Acting and Movie Production Club) my first year; while RSO held meetings and socials at the MSC, SWAMP used the MSC hallways to shoot videos. I actually shot a video in a long, white hallway with several locked doors and when I was asked to describe my movie in one word, I said, “Psychological.” The MSC made my movie what it was because if it hadn’t been for those specific hallways, the movie would have been a disaster. Luckily, the MSC contributed to the success of my movie with SWAMP and my social life with RSO.

Why am I praising the MSC? The point of this whole article is that you should make your own memories. Some of these things happened because it was by chance whereas other memories happened because I took the initiative to go there or join something. I scheduled my friends into my calendar so we could catch up on each other’s lives while eating a burger downstairs or I chose the MSC as my relaxation spot so I could listen to people playing the Amelie theme song during prime piano playing time. The MSC has so much to offer and I took advantage of as much of it as I could and I will again once it reopens. I took off my hat whenever I walked in and I never stepped in a ballroom there. Though RSO didn’t use the MSC for a dance during my first year, we still had our fair share of fun; during reading days in the fall semester, RSO members quietly crept into the flag room to see a mini stage set up in front of the decorated Christmas tree… we took our pillows at 5:00pm and started pillow-fighting! Was it worth the bruises? Well, we discussed that over dinner at the 12th Man Café, which will now be called Rev’s Diner.

Furthermore, the MSC isn’t just for organizations; it can be used for the arts as well. I remember my first year was full of performances by the Singing Cadets in the flag room the Friday before football games and that’s where my friends and I hung out to watch some performances after class. Throughout the day though, students would play the piano in the flag room. During my 4-hour break between classes, I sat in the flag room, waiting for people to play the piano. Almost every day, Journey Guy came to play “Don’t Stop Believing.” As soon as he walked in, he sat at the piano and played the song while singing in his high voice, imitating the original song. Another time, one guy started playing One Republic’s “It’s Too Late to Apologize,” attracting another guy, who banged the piano top to play the drum portion of the song. When the singing part came… another guy stood there singing the whole song and they jammed together, entertaining everyone in the flag room.

Asiya Bhura
Aggie Pals are Regents’ Scholars who commit to handwriting letters to their fourth grade pen pals for one academic school year and meet their pal during the Spring semester during their annual visit to Texas A&M University.

If you are ready to share knowledge about higher education to students whose home environment most likely resembles a Regents’ Scholar’s, then please contact Asiya Bhura at asiyabhura@exchange.tamu.edu for an application.