Meet the New Regents’ Scholars Program Staff

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Enjoys working with students because… of their enthusiasm for discovering the world and what it has to offer them!

Biggest fear as a freshman: failure! I was afraid that I would fail class, not make any new friends, not get into any organizations, and be home within a year, but I put a smile on my face, and I loved almost every minute of my time in college. (I didn’t quite enjoy the couple of nights I pulled all-nighters.)

Favorite aspect of A&M: The fact that there is something for everyone, if you look hard enough. There are so many student groups and organizations, everybody can find a group that they have something in common with, or can join a group that they are interested in, but know nothing about!

Best Piece of advice received as a student: Stay balanced! By that I mean do not just focus on school, or just focus on a social life, because either way, you are missing out on the point of college. Although college is about schoolwork first, it is also about coming to a sense of self, and finding out who you really are and who you really want to be.

>2.0=you?

WHAT IF MY MIDTERM GPR (GRADE POINT RATIO) IS BELOW A 2.0?

By now you should know your Midterm grades. If not, you can look them up at myrecord.tamu.edu If you have D’s and/or F’s in any of your courses there are several people you need to speak with.

- Talk to your professor. They can help you determine what you will need to do to make better grades on the remainder of your assignments. Be sure to ask if there are any help sessions available for the course. If you and your professor determine that it is impossible for you to earn a passing grade you should strongly consider Q-Dropping or grade excluding the course. Students are permitted 3 Q-Drops and 3 grade exclusions during their undergraduate studies. The Q-Drop deadline is Friday, November 3.

- Speak with Student Financial Aid in order to determine the consequences of Q-Dropping or grade excluding a course as financial aid can be affected.

- Speak with your Academic Advisor regarding dropping the course. S/he can discuss other consequences of Q-Dropping as well as tutoring opportunities. Now is also a great time to speak with your Academic Advisor regarding pre-registration for the Spring 2007 semester. If your midterm grades were less than you expected, don’t panic! Your Professors and Academic Advisors are here to help you succeed!

- Make an appointment with Student Counseling Services to speak with an Academic Counselor. You can do so at http://scs.tamu.edu.

Answer the opinion poll on the top of page 3 to win A&M goodies!
Did you remember...to turn your clock back?
November 1, 2009
Daylight Saving Time Ends
"Spring forward; Fall back"
In the U.S., clocks change at 2:00 a.m. local time; in fall, clocks fall back from 1:59 a.m. to 1:00 a.m.

**SALMA’S CORNER**

Howdy, Regents’ Scholars!

I hope ya’ll have had an amazing October, because this semester is flying right before my eyes and November is already here! There are so many things to look forward to – Thanksgiving Break (Whoop!), our football games against t.u. and Texas Tech (we’re going to BTHO ‘Em!), the third RSO meeting on November 10th, and so much more. Just don’t forget about your academics while all this fun stuff is going on – ya’ll are almost to the finish line of ya’lls first semester as college students!

This past month, I’ve had a lot of things to keep me busy – midterms, projects, meetings, etc. The thing that has kept me most busy (and the thing that I am most excited about) is something I am working on as the Regents’ Scholars Intern – a new program called Aggie Pals: Go Write to College. This is an amazing Pen Pal Program in which highly involved sophomore and junior Regents’ Scholars exchange letters with elementary school students until May 2010 to encourage the elementary students’ higher education aspirations. I trained our Aggie Pals earlier in October, and a few weeks later I sent out all the letters and a box full of A&M goodies; I could just imagine the kids opening the box with bright, wide eyes. Maybe you could all participate in this next year!

Other than that, I have one more thing to tell you. I know that the MSC closed down this past summer and as freshmen it might be hard to find a place where all the goings-on happen. Well, I’m here to rescue you – the Aggie Spirit is alive as ever, you just have to know what places to go. Rudder Tower is filled with activity all day and night. You can find oodles of your fellow Aggies there doing all sorts of stuff. I would definitely recommend that you go here. On a random trip up the elevator in Rudder Tower, my sister and I not only ran into a bunch of our friends and fellow Regents’ Scholars, but also Dr. Loftin (Interim President) and Dr. Kemos (Chief of Staff). We had a wonderful conversation in which they invited us to come see them and wished us luck with our year. Koldus is another great hang-out place. Outside you can find students handing out flyers and telling you about the awesome events that their organizations are holding and listen to mini-concerts. I also ran into Dr. McClendon (Acting Vice President and CEO of Texas A&M at Galveston – he gave an amazing speech at the Freshman Spring Banquet last year) here. Other than these two places, I would highly recommend going to the Commons (there are always people bustling in and out of here) and to Poor Yorick’s (the food is tasty, and friends come here to study and relax).

Well, that’s all the news I have for you now.

Until next time,
Salma Abdullah ‘10
Regents’ Scholars Intern

**CHANGE OF MAJOR**

Howdy Regents’ Scholars!

If you are planning on changing colleges at the end of the fall semester, it is imperative that you let Suzanne Sealey know. This will enable us to ensure that you are in the correct Academic Success Program in the Spring. Should you fail to notify the Regents’ Scholars Program staff of your college change, you will no longer be meeting the requirements of the Regents’ Scholarship.

Responding to this email does not act as an official change of college. **YOU MUST VISIT WITH YOUR ACADEMIC ADVISOR TO OFFICIALLY CHANGE COLLEGES!** Please only submit actual college changes. If you are only thinking about changing colleges, speak with your advisor first to determine if you can.

Please submit the following information to me by December 12, 2009 if you are planning on changing:

Name: Fall 09 Major:
UIN: Spring 10 College:
Fall 09 College: Spring 10 Major:

Upon receipt of this email, the Regents’ Scholars Program staff will assign you to a new Academic Success Program which you must continue to participate in the spring in order to receive funds.

If you have further questions, please feel free to contact Suzanne by email at ssealey@tamu.edu.
Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place.

Burnout reduces your productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give.

Most of us have days when we feel bored, overloaded, or unappreciated; when the dozen balls we keep in the air aren’t noticed, let alone rewarded; when dragging ourselves out of bed requires the determination of Hercules. If you feel like this most of the time, however, you may be flirting with burnout.

You may be on the road to burnout if:

- Every day is a bad day.
- Caring about your school, work or home life seems like a total waste of energy.
- You’re exhausted all the time.
- The majority of your day is spent on tasks you find either mind-numbingly dull or overwhelming.
- You feel like nothing you do makes a difference or is appreciated.

The negative effects of burnout spill over into every area of life – including your home and social life. Burnout can also cause long-term changes to your body that make you vulnerable to illnesses like colds and flu. Because of its many consequences, it’s important to deal with burnout right away.

Dealing with Burnout: The “Three R” Approach

- Recognize – Watch for the warning signs of burnout
- Reverse – Undo the damage by managing stress and seeking support
- Resilience – Build your resilience to stress by taking care of your physical and emotional health

The Difference Between Stress and Burnout

Burnout may be the result of unrelenting stress, but it isn’t the same as too much stress. Stress, by and large, involves too much: too many pressures that demand too much of you physically and psychologically. Stressed people can still imagine, though, that if they can just get everything under control, they’ll feel better.

Burnout, on the other hand, is about not enough. Being burned out means feeling empty, devoid of motivation, and beyond caring. People experiencing burnout often don’t see any hope of positive change in their situations. If excessive stress is like drowning in responsibilities, burnout is being all dried up. One other difference between stress and burnout: While you’re usually aware of being under a lot of stress, you don’t always notice burnout when it happens.

Sometimes, roommate conflicts are inevitable. They can span the topics of differing study and sleep schedules, cleanliness, disagreements about overnight guests, use of each other’s personal belongings, and different preferences about room temperature. As minute as some of these disagreements may seem, they can cause major problems between residents. Thankfully, I have not had to deal with a situation that has spiraled helplessly out of control, and it is my goal to keep it that way.

How can this be possible?

At the beginning of the school year, I hold a floor meeting, in which I address typical roommate conflicts and encourage the necessity of communication. One of the main points I always stress to my residents is respect. Each resident believing that s/he is respected is essential to minimizing roommate conflicts. That is why I inform my residents of the importance of laying the ground rules early and abiding by them. I have witnessed this being much easier to do at the beginning of the year when the roommates hardly know each other. Each resident is able to communicate what they do and do not want as it pertains to their room without the added pressure of hurting the other’s feelings. In essence, because the roommates do not really know each other, there is not much to lose by engaging in open and honest communication.

The method I have used to get my residents to communicate about room rules is the roommate contract. It is a standard form consisting of questions that get roommates to talk about the mainstream conflicts of sharing a room. The roommates are required to work on the form together, each signing off to show that they are in agreement and promise to uphold their individual ends of the deal. It is a fun, comprehensive way to encourage discussion, and if problems later arise, the Resident Advisor can easily pull out the form and remind roommates of their agreement. The R.A. is not there to solve problems for the roommates, but s/he is there to mediate the situation and strategically help the residents come to a conclusion. It is about empowering the residents and helping them to see the benefits of ironing out the conflict themselves in the most mature way possible.

Though roommate conflicts can be suddenly inevitable, they are not impossible to deal with. Communication and the willingness to compromise are the keys to keeping conflict at bay and ensuring peaceful room sharing.

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**What is it?**

Maroon Out is a tradition that was started in 1998 as “a way to build unity among the Aggie community,” and also to boost spirit for the Texas A&M Nebraska football game. The very first year 31,000 shirts were sold. Now there is one football game per season chosen as the Maroon Out Game.

**When is the Maroon Out game?**

November 26, 2009  
Texas A&M vs. Texas at 7:00pm

**How much do the Maroon Out shirts cost?**

The shirts are sold for $5 to make them accessible for students.

**Where can I get one?**

The shirts are sold on weeks before home games Tuesday- Friday outside of the John J. Koldus building from 10am- 3pm. On home game Saturdays they are sold in the lobby of the John J. Koldus building 4 hours prior to kickoff. Payment in person can be made by cash or check only!

To purchase shirts online, go to www.maroonout.tamu.edu

**Why is this year special?**

This year, Maroon Out and Texas A&M Student Council have applied for the world record for the most people wearing the same shirt. So go out and be a part of something for the history books and support your Aggies at the same time!

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<td>MSC Bookstore deadline for cap &amp; gown orders</td>
<td>10:00 PM to 11:30 PM Silver Taps</td>
<td>12:00 PM to 1:00 PM &quot;Architecture for Health&quot; Visiting Lecture Series ELLC Seminar Industry Presentation/ Decision Making</td>
<td>4:00 PM to 7:00 PM Leading With Your Strengths 7:00 PM Texas A&amp;M Men's Basketball vs. Texas A&amp;M-Commerce 7:00 PM to 8:00 PM Yell Practice</td>
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