By now you should know your Midterm grades. If not, you can look them up on your Howdy Portal at howdy.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 Scholarships & 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 2012 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 scs.tamu.edu.

Planning on changing colleges?

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, the Coordinator of the Regents’ Scholars Program, 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

> 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 on your Howdy Portal at howdy.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.

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

Continuing Student Scholarship Application is Up!

https://scholarships.tamu.edu

Below is a listing of all the dept/colleges that participate with our one application:

- Scholarships & Financial Aid
- College of Agriculture & Life Sciences
  - Department of Agricultural Economics
  - Department of Entomology
  - Department of Wildlife & Fisheries Sciences
- College of Education & Human Development
- College of Engineering
- Department of Aerospace Engineering
- Department of Chemical Engineering
- Department of Electrical and Computer Engineering
- Department of Engineering Technology & Industrial Distribution
- Department of Mechanical Engineering
- Engineering Study Abroad
- College of Geosciences
- College of Science
- Mays Business School
- Department of Biomedical Sciences
- Department of English
- International Student Services
- Study Abroad Programs Office
- Texas A&M Foundation
Butting heads with your roommate?

You certainly aren’t alone. About this time of year, many students find themselves being even more aware of those annoying little habits of their roommate—i.e. not cleaning the microwave, snacking on your food, sleeping at strange intervals, etc.

So what should you do? Wait until the winter break and hope it’s better in the Spring? Get back at your roommate by switching their shampoo and conditioner (what a diabolical plan for unkempt hair)? Tell everyone you’re roommates with a better bathroom schedule for both of us, etc.

Steps in Resolving Conflict

1. Get everyone together involved in the conflict.
2. Each roommate should take a turn describing his/her perception of the situation, how he or she feels about it and what he/she wants.
3. Make sure to keep it to all “I” statements. When “you” statements get thrown around, it turns into an attack.
   - DON’T- You never pick up your dirty clothes; you always hog the bathroom, etc.
4. Together, come to an agreement on what the conflict is.
5. Everyone should agree to be willing to compromise to come up with a solution.
6. Among yourselves, describe a situation that would be a compromise.
7. Come to an agreement on the described situation.
8. Talk about what changes will be needed to bring about the acceptable situation.
9. Together, make a plan of action which will help achieve the desired new situation and set a time frame for these changes. Make a commitment to make the necessary changes.
10. Set a future date to evaluate the situation and to re-negotiate any differences if necessary.

These steps sound very simple but to make them work you need to know how to fight fair. The key to successful dispute resolution is effective communication. To resolve conflict, communicate with each other on a one-to-one equal basis and avoid behavior that will break down communication. Don’t feel comfortable confronting your roommate by yourself? Talk to your resident advisor (RA). They are there to help facilitate these meetings and can act as a mediator. Finally, always remember the golden rule—treat others the way you wish to be treated. It may seem childish but it is a life long lesson.

Maroon Out

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 24, 2011 Texas A&M vs. t.u.

How much do the Maroon Out shirts cost?
The shirts are sold for $8 to make them accessible for students.

Where can I get one?
Maroon Out shirts are sold on campus during the weeks of home games: Tuesday - Friday from 10 AM to 3 PM. Please consult our schedule below for dates and locations.

Maroon Out shirts are also sold the day of home games beginning 4 hours prior to kickoff. Please consult our schedule below for dates and location.

Unless otherwise notified, we are normally located in front of the Koldus Building, across from Rudder Tower.

Maroon Out Daily Sales Schedule 10:00am-3:00pm (traditionally in front of Koldus)
- Oct 15-28
- Nov 22-24

Maroon Out Game Day Sales Schedule (4 hours before kickoff in front of Koldus)
- October 15
- October 29
- November 19
- November 24

To purchase shirts online, go to http://maroonout.tamu.edu/.

Maroon Out Game Day Sales Schedule (4 hours before kickoff in front of Koldus)
- Oct 29
- November 24

Game day sales schedule for dates and locations.
After completing your first round of college midterms, how will you be preparing differently for your final exams?

Send your answers to Ms. Casey Gros at casey_gros@tamu.edu with “Regents’ Review Opinion Poll” in the subject line for a chance to win Aggie gear

What is Burnout?

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.


Opinion Poll Winner for October

My favorite class, so far, would have to be Geography 202. Although it is an 8:00am MWF class, it is still very interesting. I love learning about the different aspects of each country around the world. Even though my major is BIMS, I am still very interested about learning about different languages, cultures, and regions. The professor makes it intriguing to learn about each country because she tells us about the culture, the economy, the geopolitical framework, and the major issues keeping it from becoming developed or helping it be a world power. It has showed me the history of a place or the hardships they had to go through to be independent or keep their culture from disappearing. All in all, it is a very interesting to class to take for your POLS credit.

Inshal Syeda

Congratulations Inshal! Please contact Casey Gros to collect your prize.
HOWDY!
I hope not everyone has had as stressful days as I did; too much reading, tests and papers. I was sleepy all the time and couldn’t concentrate in class. Only when I reflected on what was causing me to feel that way did I realize I needed to change something. Below is part of a list of life lessons that I would like to share with everyone so read on, my fellow colleagues.

Life lesson #259: Don’t let stress bully you around
I’m applying for graduate school and it’s a pain in the neck—literally. I stare at the screen so long my neck starts hurting and then I don’t get enough sleep at night; then at school, I become drowsy and in order to wake up, I eat too much candy, which gives me a sugar rush, which leads to a stressful day where I can’t concentrate on studying. Sound familiar? That happened a couple times but then I realized that I have to change something; my ways weren’t working. I consulted my mom and she told me to stare at the screen only as long as I could think straight. Taking that to another level, I thought straight on other subjects: spinach or Cheetos? Facebook or textbook? Office hours or hours of The Office? Part of the reason I made bad decisions was because I didn’t talk to anyone about the tyrant called Stress so I had no way of knowing I had something slowly brainwashing me to negativity. Once I spoke with my mom, she gave me the advice I needed and helped me make healthy decisions to deal with stress.

Life lesson #36: Take chances! Make mistakes! Get messy! –The Friz
In the TV show Parks and Recreation, Leslie’s department will be shut down if she doesn’t make the Harvest Festival the best it can be. Instead of quitting, she asks her co-workers for help and along the way builds stronger friendships with those who believe in her vision. Though she hits a road bump with the festival being cursed, she overcomes that too. Likewise, we should take chances on ourselves. Don’t believe in yourself? Surround yourself with those who do. Afraid to make mistakes? Well don’t be because you have to in order to learn from them. Instead of beating yourself up about mistakes, do what I do and ask yourself, “What did I learn?”

Life lesson #107: Information + Application = Transformation
If the notes you’re taking aren’t helping you with the test, then realize that you aren’t learning and change the way you take notes; this will result in better test results. Recently (many Aggie Pals can relate), I have been sending emails that were not clear because it stated the wrong due date or the instructions were contradictory. I even forgot a couple attachments. At first, I thought they were reading my emails incorrectly, but then I realized that I’m the only one who thought I was right. Clearly, I had to enhance my email-sending abilities, which included writing it in advance and asking others to read them. Since I knew I had a problem and that it could be fixed with a simple step-by-step master plan (information), I implemented it (application) and got results (transformation)! No emails about me being wrong, which I consider quite a success.

Life lesson #85: Compliment yourself
I laugh at my jokes all the time. You can ask the people who know me—I constantly say, “I’m so funny!” to calm myself down after a good pun. Sometimes when I dress up for special occasions or when my skin looks clearer than usual, I say to myself, “Lookin’ good.” Keeping a positive atmosphere is good for your well-being because it gives you the confidence to improve your talents and skills. A bird doesn’t fly just because it has wings; it flies because it has the talent and confidence to fly.

I hope these life lessons help you like they have helped me. Good luck with midterms, finals and life!

Asiya Bhura
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