**Stick the Summer Slump - GET HAPPY!**

Sure, we’d all like to run off and find valance in some exotic foreign country à la Elizabeth Gilbert, heroine of Eat, Pray, Love – but most of us don’t have the time (or funds) to drop everything and adventure into the wide world. I’ve been reading Gretchen Rubin’s The Happiness Project – a book about how one woman took simple steps to make her life happier. Her steps are basic, but they really work!

**Tackle a Nagging Task**

You know that thing in the back of your mind – that little project you’ve been putting off for weeks (or months)? Get it done. Whether it’s your annual checkup or cleaning out the chaos under your bed, get it done. It will take a little weight off your shoulders.

**Remember Birthdays**

You know how good it feels when someone remembers your birthday? Pass on that good feeling (with more than a wall post on Facebook). All you have to do is shoot out an email to your friends asking for their birthdays and add them to your calendar (you can even have the Google calendar email you if you’re worried about forgetting). Making other people feel good can give you a nice mood boost too.

**Take Time for Projects**

Don’t skip this idea if you’re not into arts and crafts. All this means is to choose a goal and make the time to do it. Always wanted to learn about photography? Skip some TV time and check out some library books, peruse photography blogs, or just play around with your camera. Trying to get a little healthier? Take a nutrition class, round up a running group, and make yourself a calendar to help chart your progress.

**Laugh Out Loud**

Too often we feel too self-conscious to really let loose and laugh, but you know what? It feels good. Why not?

Want more ways to get happy? Pick up Rubin’s book at the library, or check out her blog, http://happiness-project.com.

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**Words of Wisdom**

“It is not enough to take steps which may someday lead to a goal; each step must be itself a goal and a step likewise.”

Johan Wolfgang von Goethe

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**Dates to Remember!**

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>7/6</td>
<td>First Day of Summer II Classes</td>
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<td>8/21</td>
<td>Residence Halls open</td>
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<td>8/22-8/26</td>
<td>Gig’em Week</td>
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<td>8/26</td>
<td>Fall Payment Due</td>
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<td>8/29</td>
<td>First Day of Fall Semester Classes</td>
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<td>9/2</td>
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**MSC Fall Leadership Conference**

**August 23-25, 2011**

At FLC, students will learn how to prepare for their organizations’ upcoming challenges, participate in team-building exercises, discuss leadership during focus group sessions, network with other student leaders, learn from guest speakers, meet and talk to top TAMU officials, and more!

$95 registration fee

Registration is open through July 15

http://flc.tamu.edu
Meet Your Regents’ Scholars Program Staff!

Name: Suzanne Sealey  
Title: Regents’ Scholars Coordinator  
Email: ssealey@tamu.edu  
Phone Number: 979.458.5378  
Hometown/State: San Antonio, TX  
Degrees: M.S. in Higher Education Administration from Texas A&M, B.A. in Psychology from Texas Lutheran University  

Enjoys working with Regents’ Scholars because: I enjoy working with students who appreciate the financial and non-financial support.

Favorite Aggie Tradition: Howdy!  
Biggest fear as a student: Not making it in general...and not knowing where to turn for help.

Best piece of advice received for upperclassmen: Go away! Go study abroad or work out of state while in college. Also - pay it forward!

Name: Salma Tejani  
Title: Regents’ Scholars Graduate Assistant  
Email: sabdullah@sfamail.tamu.edu  
Phone Number: 979.458.5423  
Hometown/State: Cypress, TX  
Degree: B.A. in English from Texas A&M University  

Enjoys working with Regents’ Scholars because: I love seeing them grow from the unique experiences they are exposed to in college. They have a thirst for knowledge and a desire to make a positive difference in the world.

Favorite Aggie Tradition: I love how friendly Aggies are and I love getting random Howdy’s!

Biggest fear as a student: I didn’t think I would be able to balance college-level work, extracurricular activities, and my personal life. But once I got my schedule and study habits figured out, all was well.

Best piece of advice received for upperclassmen: Ask questions! You never know what you may find out and what doors you may open for yourself.

Name: Erin Fisk  
Title: Regents’ Scholars Assistant Coordinator - Sophomore Programming  
Email: efisk@sfamail.tamu.edu  
Phone Number: 979.458.5345  
Hometown/State: Austin, TX  
Degree: B.A. in Sociology from Grinnell College  

Enjoys working with Regents’ Scholars because: I had many opportunities given to me as a first-generation college student. This program is my way of passing along similar opportunities to other students.

Favorite Aggie Tradition: The Aggie community has become my family away from home. It is this network that has become my favorite Aggie tradition.

Biggest fear as a student: Being so far away from home - I went to school 15 (yes, 15) hours from home and didn’t have a car. I had to learn how to put aside the homesickness and focus on what mattered most, my academics.

Best piece of advice received for upperclassmen: Take ownership of your college career and don’t allow others to determine your path.

Name: Casey Gros  
Title: Regents’ Scholars Assistant Coordinator  
Email: casey_gros@tamu.edu  
Phone Number: 979.458.5379  
Hometown/State: Richardson, TX  
Degree: B.S. University Studies – Architecture from Texas A&M (c/o 2008)  

Enjoys working with Regents’ Scholars because: They all have unique personalities and strengths, and I love seeing them develop into the great Aggies they were meant to be!

Favorite Aggie Tradition: Muster! I love the fact that we remember the Aggies we lost in the last year, while gathering to reminisce about all the great times we had in Aggieland.

Biggest fear as a student: Failing in general. I was worried that I wouldn’t do well in my classes, I wouldn’t be able to join any organizations, I’d get fired from my on-campus job, and not make any new friends.

Best piece of advice received for upperclassmen: Talk to your professors. They may be very intimidating, but they are generally great people and can serve as a reference or resource in the future.

Name: Casey Gros  
Title: Regents’ Scholars Assistant Coordinator  
Email: casey_gros@tamu.edu  
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5 Ways to Make a Jobless Summer Productive

Summer’s here. After months of papers, all-nighters, and seemingly endless study sessions, 12 gloriously free weeks stretch ahead of college students.

But once the allure of three months without homework and tests wears off and boredom inevitably takes hold, you’ll likely want to focus on making this summer as productive as possible. And using the time to boost your résumé is vitally important; though the job outlook brightened for college graduates this year, subsequent job reports show the economy is still struggling. The most recent Bureau of Labor Statistics jobs report indicated just 54,000 jobs were added in May—far less than the predicted 170,000 positions—and a recent government study showed that there are fewer jobs for teens as old as 19.

If you haven’t landed a summer job or internship, it may not be too late to find a position, notes Heather Huhman, career author and founder of PR firm Come Recommended. Approaching a local organization with a proposal for how taking you on as an intern will benefit the company may prompt them to create a new position, Huhman says. But for those who still don’t have an internship or job, there are ways to use the next three months to strengthen the chances you’ll succeed in school and get hired in the future.

1. **Work on your personal brand:** In a job market that’s both increasingly tough and increasingly virtual, establishing a personal brand is key to standing out from the horde of other college students with similar GPAs and glossy résumés. Creating a personal blog is an easy and free way to showcase your accomplishments and perspective, notes Jason Matthew Murphy, who launched his personal brand right after graduating from Bowling Green State University in 2004, and is now an account executive with the deal website Groupon. Though personal branding and blogging may not be immediately rewarding, “you have got to keep adding content,” Murphy recommends. “It’s like exercise; you just have got to keep doing it, and one day it will pay off for you.”

   Branding also involves understanding social media: Find ways to use Twitter as a job tool, Murphy says, and consider restricting Facebook to more of a “backyard patio” atmosphere of updates for friends and family members, rather than a virtual résumé left open to judgment from employers. “Perception is everything,” he notes.

2. **Consider community college:** For students at four-year universities, attending community college during the summer is often viewed as a less expensive way to satisfy general education requirements—provided the credits you earn transfer to your home institution. Taking a summer course at your local community college can also serve as a trial run in a subject you suspect you’ll struggle with, such as an advanced math course or organic chemistry, notes Bob Roth, author of College Success: Advice for Parents of High School and College Students. That way, students “have at least gone through it before they actually need it,” Roth says. “It’s another way to boost your proficiency, your capabilities, and to make sure you do a better job in the class.” You’ll also likely be more focused on the material if it’s the only course demanding your attention.

3. **Tap into your local network:** You’re at home for the next 10 to 12 weeks; use the time to make some connections. “If you’re a student, it’s really important to dial into local networks,” Murphy says. You never know who you’ll meet at a community event—where attendees are likely “just as gregarious” as outgoing college students, Murphy notes—and where that connection may one day lead. Look to local chapters of national organizations, he recommends, and use the meetups to develop your own networking skills, too.

4. **Turn a weakness into a strength:** Struggle with public speaking? Wish you were a better writer? In the coming years, you’ll likely be asked to explain your weaknesses in job interviews—and the next three months offer a great chance to tackle what challenges you now. Consider volunteering at a local camp to work on your leadership ability and people skills, or sign up for a letter writing campaign to U.S. soldiers or for another cause you support. “If it’s over-the-summer work, it has to be somewhat exciting or building on a student’s innate interest,” says Dan Lichterman, a writing coach at prowritingtutor.com. “Bringing creative writing exercises into your summer routine can help you feel more comfortable and fluent with your prose.”

5. **Find a mentor:** Many students are ill equipped to navigate the job market after they graduate, claims Come Recommended’s Huhman. “Colleges definitely don’t do a good enough job of teaching young professionals how to job search,” she says, and students often go to the wrong sources for advice. While your parents may not be familiar with hiring processes, Huhman says there’s likely someone in your circle who is. Reach out to a professor you’re close with or a faculty member who advises a student organization on campus, she recommends.

Be upfront with a potential mentor about what you’re seeking: career advice and a learning opportunity that needn’t make much extra work for them. With expert advice, you may have a better chance of finding a job during the summer that really counts—after graduation.

4 Tips for a Successful Summer Internship

**Earn a Rockin’ Performance Evaluation**

Perhaps the most important thing you can do as a summer intern is make sure you get a superior performance appraisal from your supervisor. When it comes to applying for your first “real job”, you can play up your outstanding performance evaluation. So the question remains, how do you get an excellent performance evaluation?

First, During your first week on the job, ask around for a copy of the organization’s performance appraisal form and study it hard. Learn some of the key traits the organization measures and come up with a few ideas on how you can excel in a few of these traits. For instance, if the company measures employees on their “initiative”, do yourself a favor and volunteer for a tough project or identify a problem within the organization and try to find a solution.

Second, learn the roles and responsibilities of the person assigned to mentor you. More than likely they will be the ones who will eventually fill out your evaluation. Look for ways that you am make their job easier and volunteer to take some of the workload. Not only will they appreciate your efforts, it will also shoe that you have initiative, drive, and that you are taking the opportunity the organization has given you seriously. If available, get a copy of your supervisor’s “job description” and learn as much as you can about his or her various responsibilities. Work hard enough, and your supervisor might be coming to you for advice (it’s happened before)!

**Learn as Much as You Can About the Industry You’re Working In**

If you’re going to commit to an internship during your summer break while all your other friends are hanging out at the beach all day, you might as well learn everything you can about the industry. Learn not only the scope of your company’s operations, but the operations of their competitors as well. If you decide not to pursue a career in this field upon graduation, you’ll be light years ahead of your counterparts when it comes to applying for and interviewing with the companies in your field.

**Take Experience Over Money**

Money isn’t everything when it comes to choosing a summer internship program. Yes, you might made $15 an hour chipping paint on storage tanks at an oil refinery, but if you’re a chemical engineer, you’d be much better off in the long run (professionally speaking) if you pursued a lower paying lab research assistant position.

**Network, Network, Network**

For many people, networking is the name of the game! Be nice to everyone you work with and treat everyone, regardless of their position, with the same up-most respect you would if they were the CEP of the company. You don’t necessarily need to make friends with everybody, but make it a point to remember peoples’ names and write down their contact information in the event you might want to use them as a reference or point of contact in the future. Social media sites such as Linkedin and Facebook make this process even easier. You never know where one of the supervisors of your summer internship may end up. In some cases, you may find that your internship mentor has been hired by a new company, thus giving you the inside track on not just one company, but two!

Adapted from [http://www.treesfullofmoney.com/?p=1875](http://www.treesfullofmoney.com/?p=1875)
Asiya’s Nook...

Howdy! My name is Asiya Bhura and I am the Regents’ Scholars Intern, working at the Scholarships and Financial Aid Office.

As a very involved person in the Regents’ Scholars Program, I am very involved this summer. I am the intern. What does that mean? It means I am in charge of, and thus very busy with, one of the programs I coordinate called Aggie Pals: Go Write to College.

This program is where Regents’ Scholars handwritten letters to fourth and fifth grade pen pals in a different city, encouraging them to pursue their higher education goals. The little ones eventually meet their Aggie Pals during the spring semester on their annual Trip to Campus. Though the letter-exchanging happens in throughout the fall and spring semesters, I have to plan—recruitment (applications are still open!), proposals, budget proposals, newsletters, training, booking rooms, making training guides, matching students to their Aggie Pals, etc. It’s complicated, but I love it. After my experience as an Aggie Pal, I was very proud to hear that my pen pal was thinking about her future and planning it out, so when I see Regents’ Scholars encouraging students to do what they have accomplished, it makes me feel warm and fuzzy inside.

Conquering the creative is easy but the logical, like math, is hard for me. Math was my favorite subject in high school, even though I had some trouble with it in geometry and pre-cal. When I skipped a year and took MATH 141 in college, I felt completely unprepared for it because I hadn’t plotted a line or multiplied two-digit numbers during that math-vacation. However, this summer will change my ignorance. I am studying my high school math online at khanacademy.org for free. When I was adding 4-digit numbers without paper, my dad was beaming with pride because I could do math in my head; even the multiplication was easy. Then I got to the least common divisor—I forgot what that was! To review, I watched the instructional video on what they were and it was a cinch. I’m still on Pre-Algebra, but I’ll eventually get to Calculus and move onto Chemistry.

I am the creative type, so my mind wanders but to focus that into something useful, I do creative things. As an Orientation Counselor (OC) for the upcoming freshmen Regents’ Scholars Orientation during Gig ‘Em Week, I act in videos during the summer. These videos are themed so the Orientation is fun, and the theme is “Game Shows,” which makes me the host of the 12th Man is Right. I have to memorize lines and go to shoots with my friends. Though we film scenes that are about one-minute in length, we spend at least two hours on them, which isn’t so bad considering I get to hang out with my buddies on the weekend. The worst part of a shoot is when you make a mistake. I said my entire 1-minute speech and ended with, “And now a quick word from our audience… no! I meant to say ‘sponsor.’” I was deceived on my speech because we were to film the audience next. It didn’t matter too much because I conquered it in the next take!

I remember those summers when I would just sit around and watch TV at home. I would literally get depressed with doing nothing and I wanted school to start because I would at least have a reason to go out. Revisiting those summers are not easy and I found out that I like to be busy because it keeps my mind active instead of letting it turn to mush. Of course, I watch TV every day but I also keep up with my friends and develop my mind with small but satisfying activities. I hope you all use your summers wisely because we’re young and our minds are waiting to learn new things, so pick up an instrument or take a biology course. You are as happy and productive as you choose to be.