CAREER COUNSELING AND HOW IT CAN HELP YOU!
By: Jenny Kenley, M.S., LPC
Student Counseling Service
Texas A&M University

Do you remember the day when you were filling out the application for Texas A&M University? You had made the campus visits, talked with other students, and decided to apply. There was only one more thing to do – declare a major. The list was long and it seemed to go on forever. After a few minutes of serious contemplation, you narrowed your choices down to two and flipped a coin. Aerospace engineering it was…that wouldn’t be too hard, right?

Choosing a major can be difficult. Perhaps you love your major, but have no idea what you will do as a career. At Student Counseling Service we help students with the career exploration process. Career Counseling is one of the multiple services provided by Student Counseling Service at Texas A&M University. Counselors meet with students for individual appointments and through groups to help them explore their options. When choosing a major it is important to take into consideration your personality, interests, skills and values. Often students find that talking about these areas of self with a counselor helps them clearly identify what major might be the best choice. Students report that after going through career counseling they have greater confidence with their chosen majors.

Are you ready to start exploring your career options? Students can schedule an appointment with a career counselor by going to the SCS home page at http://www.scs.tamu.edu or by calling the front desk at 845-4427. Remember, SCS is funded in part by the student service fee and counseling is provided to students FREE of additional charge. We hope to see you at SCS soon!

Regents’ Scholars Academic Success Program events:

College of Science
- Oct 6  Fall Barbecue
  Saturday- 3 hours before kickoff (TBA)-
  Academic Plaza

RSVP Encouraged; For more information, contact Ms. Jennifer Holle at jholle@science.tamu.edu

Mays Business School
- Oct 9  Survival Workshop
  4:00-5:00  Calculating your GPR - Wehner 115
- Oct 16 Survival Workshop
  4:00-5:00  Transitioning form HS to College
           – Wehner 115
- Oct 23 Pizza Social (ALL)
  4:00-5:00  Cocanougher Special Events Center
- Oct 30 Survival Workshop
  4:00-5:00  Time Management – Wehner 115

For more information contact Dr. Sonia Garcia at sgarcia@mays.tamu.edu.

Student Financial Aid Mentoring Program
(for students participating in FAC Mentoring Academic Success Program only)
Workshop
October 12, 2006
4:00 PM
Pavilion Room 229

For more information contact Ms. Drew Smith @
drew.smith@tamu.edu.

REPLANT DAY IS OCTOBER 20, 2007!

Replant Day is a one-day environmental service project which strives to improve the Bryan/College Station Community, bring students together through tradition, and provide an avenue for environmental service and action through a yearly tree planting event.

For more information, visit http://replant.tamu.edu.
SHS FLU SHOT CAMPAIGN

SHS Flu Shot Campaign - October 3rd & 4th, 2007

The 5th Annual Flu Shot Campaign has been scheduled for October 3rd and 4th (Wednesday & Thursday) at multiple locations across campus. Student Health Services is funding the first 4500 flu shots for currently enrolled students.

The first 4500 currently enrolled students are eligible for a free flu shot courtesy of Student Health Services. Once the 4500 shots have been given, flu shots will cost $22. Flu shots will be offered to faculty and staff for $22.

Meningitis shots will be offered to students, faculty, and staff for $135. Payment can be made by CASH, CHECK, VISA, MASTERCARD, DISCOVER and AMERICAN EXPRESS.

Locations for the Flu Shot Campaign include:
- MSC Rooms 228 & 229: 9am - 5pm
- Rec Center Lobby: 11am - 7pm
- Wehner Lobby: 9am - 5pm
- Evans Library Room 106 (The Whitley Suite): 9am - 5pm

Students choosing to get their flu shot before that time can do so by calling (979) 458-8250 and scheduling an appointment at SHS. Flu shots will be available at SHS beginning October 1st - cost will be $19.50.

Students that are under age 18 that wish to receive a flu or meningitis shot at the Flu Shot Campaign will need to complete a consent form and have it signed by their legal guardian.

For information on Pandemic Flu, go to http://flu.tamu.edu/ ....

ETIQUETTE 101

It is important to know the basics in etiquette. You correspond with your professors today and potential employers tomorrow, therefore proper communication and etiquette skills are essential. All communication and interaction with others is a representation of yourself. So represent yourself well.

Telephone Etiquette:
- If you must leave a message, always identify yourself and leave a number where you can be reached.
- If you are returning a call and the caller left you a message, listen to the message FIRST, then return the phone call.
- When calling someone, always identify yourself.

Email Etiquette:
- Properly address the person you are sending the email.
- Use Dr. when emailing your professor
- Write in proper sentences and use punctuation and proper grammar
- Do not send an email in all caps or all lower case with no punctuation.
- Writing in all caps is the same as SHOUTING at someone.
- Don’t over use punctuation!!!!!
- Sign your email with your first and last name to ensure the recipient knows who sent the email.

Networking and Event Etiquette:
- Turn your cell phone off during presentations, class, receptions, banquets or any event where important people are in attendance.

Appointments:
- Always arrive on time.
- The person you are meeting with has set aside time out of his/her schedule to meet with you.
- If for some reason you cannot make it or will be late, notify the person you are meeting with as soon as possible.
- Always dress appropriate to the situation.

Facebook and MySpace:
- Be careful what information you are sharing to the world on these sites. Potential employers have access to the sites and check them on all applicants. You do not want any shady or improper pictures or information for them to see.
In order to provide students, student employees and employment supervisors with skills for improving effectiveness, efficiency and quality of life, the Student Employment and Scholarships & Counseling Offices are currently offering the following workshops:

- Finding a Balance
- Presentation Skills
- Understanding Credit Cards and Credit Scores    NEW!
- Creating a Budget that Will Work for You    NEW!

Visit http://jobsforaggies.tamu.edu for workshop schedule and to reserve your seat.

GENTLE REMINDER OF HOW YOU ARE PERFORMING IN YOUR COURSES...OR MAJOR WAKE UP CALL?

Elizabeth Crouch, Associate Director Biomedical Science Program

Midterms can be a stressful time of the semester. There are often multiple exams in a week and, in some cases, it is the first major exam of the semester for a course. Furthermore, activities with various clubs and societies are in full swing, and, let’s face it; there is always Fightin’ Texas Aggie Football on the weekends. So, how do you survive this time of year and what exactly do your midterm grades mean?

First, look ahead at least a week to see what assignments and tests are coming up so that you can plan your school, work and leisure schedules accordingly.

Second, plan your schedules in that order. School comes first.

Third, do not wait until the last minute to study. Unlike high school, where an exam might cover one to two chapters, most major exams at Texas A&M will cover multiple chapters, homework assignments and laboratory sessions, perhaps even books. Therefore, begin studying early and continue to read and study a little each day for all of your courses. Last, get a good night’s rest. In most cases, pulling an “all-nighter” will only hinder your reasoning capabilities and usually does more harm than good. Furthermore, a good night’s rest will ensure that you stay healthy. Should you get sick on the day of a midterm, please contact the professor immediately to discern the type of documentation required to substantiate your absence. You will also want to inquire about a make-up exam. If you have questions about what constitutes a university excused absence, please see http://student-rules.tamu.edu/rule7.htm for further information.

Then, what happens after all those exams are complete? All students classified as U1 (freshmen) will receive midterm grades. These will be accessible on http://myrecord.tamu.edu and are an indication of how you are doing in a course. Please make sure that you check these. Some professors will enter an “I” (incomplete) or “X” (the professor did not turn in a grade.) Do not worry if you see these; you can ask the professor what your grade is. Also, look in the absence column. Some professors keep roll and will record how many absences you have along with your grades. If your absences seem excessive, meet with your professor about the discrepancy.

Don’t forget, it is imperative that you meet with your professor, as they care about how you perform in their course. Make sure that you take any tests or homework with you so that you can go over what you missed. Also, try asking how you can better study for the work you are misunderstanding. It indicates that you have been studying, but wish to improve. Also, remember that there are several points of help for you on campus. Your academic advisor is available to you! They are wonderful sources of help in that they can give you an indication of what the department expects of you thus far, point you towards the proper tutors, help desks, and supplemental instructors, or refer you to the Student Learning Center (845-2724) or Student Counseling Service (845-4427).

Bottom line: midterm grades are not your final grade! If you have been doing well, keep it up. If you are not performing up to your standards, get help. It is not too late to end the semester strong.

REGENTS’ SCHOLARS PEER MENTORS:

What do you feel is the greatest campus resource available?

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<thead>
<tr>
<th>Name</th>
<th>Department</th>
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<tbody>
<tr>
<td>Salma Abdullah</td>
<td>Writing Center</td>
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<td>Irasema Aguilar</td>
<td>Computer Lab Centers</td>
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<td>Virginia Baker</td>
<td>Beutal Health Center</td>
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<td>Tiffany Camp</td>
<td>Supplemental Instruction</td>
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<td>Anita Castillo</td>
<td>Evans Library</td>
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<td>Karina Castillo</td>
<td>Professors</td>
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<td>Alex DeLuna</td>
<td>Rec Center</td>
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<td>Roderick Green</td>
<td>Professor Office Hours</td>
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<td>Sara Herrera</td>
<td>Student Computing Center</td>
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