HOWDY!

Welcome to the first issue of the Regents’ Review--Sophomore Edition! As you continue your career as a Regents’ Scholar at Texas A&M, I would like to encourage you to continue to take advantage of the valuable information the Regents’ Scholars Program staff provides to you through the Regents’ Review. In each issue, we will provide information on academic advising, careers, free tutoring, study abroad, and events for Regents’ Scholars!

Also, don’t forget, both myself and Drew Smith (Assistant Regents’ Scholars Coordinator) are here to assist you in any way we can!

Suzanne Sealey
Regents’ Scholars Coordinator

Join the Group

Another school year is well underway in Aggieland! This year in connection with the Regents’ Scholars Program we are kicking off a brand new student organization, the Regents’ Scholars Organization. We currently have a Facebook group (http://tamu.facebook.com/group.php?gid=18544552184) which you are invited to join!

I encourage you to join and if you have questions, contact me!

Gig’ Em!
Omar Venzor ’08
President - Regents’ Scholars Organization
venzor@tamu.edu

Apply Today!
Deadline is
February 1, 2008

scholarships.tamu.edu

Hundreds of Scholarships
ONE APPLICATION

Your Regents’ Scholar Program Staff is Here to Help!

Name: Suzanne Sealey
Title: Regents’ Scholar Coordinator
Email: ssealey@tamu.edu
Phone Number: 979.845.3978
Office Location: Pavilion 210

Hometown/State: San Antonio, TX
Education: Texas Lutheran University, Bachelor of Arts in Psychology; Texas A&M University, Master of Science in Educational Administration

• Biggest fear as a freshmen: overall failure... from finding a solid group of friends to making the grades; being away from home for the first time.
• Best piece of advice received as a student: “Don’t hesitate to seek the answers to your questions!”
• Favorite aspect of Aggieland: The fact that if you open a map on campus, people will flock to you to help you find your way!
• Favorite aspect of working with Regents’ Scholars: Seeing students succeed and earning their Aggie ring!

Name: Drew Smith
Title: Regents’ Scholars Asst. Coordinator
Email: drew.smith@tamu.edu
Phone Number: 979.845.6875
Office Location: Pavilion 221

Hometown/State: Detroit, MI
Education: Wayne State University, Bachelors of Arts in English and Anthropology

• Biggest fear as a freshmen: not getting all A’s.
• Best piece of advice received as a student: “Get to know your professors: sit in the front of the class (unless they spit); introduce yourself; take advantage of office hours... make yourself stand out to them!
• Favorite aspect of Aggieland: The “friendliness” of Aggieland is not exaggerated!
• Favorite aspect of working with Regents’ Scholars: Helping students fulfill their dreams of going to college feels amazing!
Take Time to Reflect

The mid-point of the semester is a great opportunity to reflect on your progress towards your academic and personal goals for the semester. It is a time to think about what you want to achieve by the end of the semester and evaluate what, if any, changes you need to make to attain those goals. There are several important steps in making this evaluation and increasing your opportunity for success.

1. **Be honest with yourself.** Any good evaluation begins with an honest assessment of your current situation. Anything less than being realistic will result in an unfair evaluation and will not lead you to make necessary changes to meet your goals.

2. **Assess your goals.** Make sure the goals you have set for yourself are what you really want to achieve. Goals that are not in line with your values and your true desires can lead to low motivation and behaviors that are likely not in keeping with those goals, which can result in feeling like a failure. Goals that are true to who you are and what you want can generate greater energy, focus and a sense of purpose. Goal setting should be done in a S.M.A.R.T. manner.
   a. Specific goals – your goals should be well defined.
   b. Measurable goals – set goals so it is clear when you have achieved them.
   c. Action goals – set goals that involve taking action.
   d. Realistic goals – goals should be attainable.
   e. Time specific – set a specific time frame in which to achieve your goals.

3. **Evaluate your behaviors.** When you have defined your goals, evaluate whether your behaviors are consistent with those goals. If you have a goal to wake up at 7 a.m. each day, but set your alarm for 10 a.m., your behavior (setting your alarm) is not congruent with your goal (waking up at 7:00 a.m.). When behaviors do not lead you towards your goals, you can begin to feel like a failure for not meeting your goals. Give yourself the best opportunity to achieve your goals by making sure your behaviors support goal attainment.

4. **Evaluate barriers to your goals.** If your goals are still not being met, you may need to reflect on what is getting in the way. Look at internal and external barriers. Internal barriers may include personal concerns that distract you while external barriers may include too many commitments or conflicts in relationships.

The staff at the Student Counseling Service can help with any and all of these steps. We have academic, career, personal and psychiatric services. We work with students in groups and individually and have workshops and other resources readily available to help you. Give us a call (979-845-4427), register for services on-line (http://scs.tamu.edu), or come by Cain Hall to see what we have to offer. It is never too late to make changes. Some change, even taking steps towards making change, can help you realize that you have control in your life and the opportunity to determine your own goals and choices. If you want to get that process started, we can help.

Still not sure you are in the right major?

**DISCOVER** is an online, interactive, comprehensive, developmental career guidance and information system designed to help students make important career and educational decisions. DISCOVER is available to all eligible students of Texas A&M through the Student Counseling Services. For more information, visit scs.tamu.edu.

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**ConocoPhillips SPIRIT SCHOLARS PROGRAM**

**Application Deadline**

**October 31, 2007**

For more information download the **SPIRIT Scholars brochure**.
If you are a typical sophomore, you are probably wondering why you need to take advantage of Career Center services so early in your academic career. This is a common question with an uncommonly GREAT answer.

Career Center advisors can work with you as you begin to figure out what you want to study and the types of employers who are hiring in these areas. Starting early in developing job search skills will prepare you to obtain internships or cooperative education experiences that will make you more marketable and give you more options as you look for your first job after college.

How can the Career Center help me choose a Major?

If you are really uncertain about what major to choose, there are numerous aptitude tests that are available to help you. The Career Center offers the Sigi 3 online career assessment and Student Counseling Services has a series of tests you can take that will recommend specific majors where your natural abilities and interests would make a good fit. You can then bring your list of potential majors to the Career Center where we can show you for each major how many companies have job postings (Full-time, Co-op and Intern), what kind of job positions/titles they are interviewing for, and what kind of average salary to expect. This will help you make a more informed and reasoned decision when you choose your major.

So, don’t wait, start early! Come by 209 Koldus or call 979-845-5139 to visit with your career advisor.

Retrieved from careercenter.tamu.edu on October 4, 2007
You have the opportunity to visit a company in your field of study for one day! Students are given an opportunity to explore a specific career path, make professional connections, and see first-hand the work done by professionals in their chosen field.

This year, AggieExternship will be January 4, 8, 9, 10, and 11, 2008. You must register in November 2007. Requirements include:

- Students must be pursuing an undergraduate or graduate degree in a major that the Employer wants to host.
- You should live within close proximity to or be willing to travel on your own to Austin, Bryan/College Station, Dallas, Ft. Worth, Houston, or San Antonio.
- You are encouraged to attend an AggiExternship Information Session
- Students are responsible for all of their own expenses including travel, meals, accommodations, etc.
- Students sign-up for a specific company on a first come, first served basis until the maximum number of Students for that Company is reached.
- Students can visit as many as 5 AggiExternship Host Companies.

If you are interested, you are encouraged to attend an information session and learn more:

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For more information, visit careercenter.tamu.edu or call 979-845-7725.

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**SOPHOMORE INFORMATIONAL**

The Office of Professional School Advising would like to invite all sophomores to our Sophomore Informational on November 7th at 5:30 pm in the MSC 224.

Make sure you are on target for professional school by attending the Sophomore Informational!

Date: 11/07/2007

MSC 224
Time: 5:30 pm

Call or email to register. Please include your name, class year, phone number, and preferred email address.

Phone: 979-847-6938
E-mail ops@tamu.edu

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**HELP! I'm a Sophomore!**

Are you experiencing the Sophomore Slump? Here are a few words of wisdom from the Class of 2008 and Class of 2009 Regents’ Scholars’ Peer Mentors:

On staying motivated:
- I was pledging during my sophomore year so I HAD to be motivated in my academics because one of the requirements to continue pledging for the sorority was staying on top of your grades. I did this by scheduling mandatory study hours for myself (with some other fellow pledges) and that helped a lot.
- Continual support from family, friends, advisors, mentors, and professors

On fighting burnout:
- Definitely rewarding myself during the weekends whether that be going to watch a movie or partying
- With better time management and prioritizing what’s most important, basically I took it one day at a time and planned my schedule around one week

On what they did differently from their first year:
- I did NOT schedule myself for 8:00am classes because unlike my freshman year I fell asleep at all those classes scheduled so early. Also, doing extra credit assignments when/if they were offered and not just blowing them off was one as well as studying a lot more for every exam.
- Getting more involved with the organizations that I joined and developing leadership skills, also building a bigger network of the Aggie Family