Parents’ Weekend is a tradition that has existed at Texas A&M University since 1919. Texas A&M University prides itself on making its visitors feel welcome. The University has given parents and guests a special time to feel this warm greeting. Parents’ Weekend has become our official “HOWDY!” This year’s Parents’ Weekend will be held April 16-18th. Corps flower pinning, chapel services, military reviews, Parents of the Year receptions, campus tours and outfit award presentations have been part of the weekend since its beginning. New activities are continually being added to include a wider variety of students. Some of these new activities include a traditions program, concerts, Bevo Burn Barbecue, Maroon and White Football Game, All University Awards, and ‘Ol Army Yell Practice. Student Government sponsors the student committee which organizes every aspect of Parents’ Weekend. This special time is dedicated to Aggie parents and family, and gives Aggie students a chance to express their gratitude to those who have impacted their lives.

Event Calendar
• Midnight Yell: April 16, Midnight, Kyle Field
• MSC Variety Show: April 16, 7:30 pm, Rudder Auditorium
• Bevo Burn BBQ: April 17, 11 am-2 pm, Duncan Field
• Singing Cadets Concert: April 17, 7:30 pm, Rudder Auditorium
• Aggie Moms’ Boutique: April 16, 10 am- 4:30 pm, Reed Arena & April 17, 9 am- 5 pm, Reed Arena
• All University Awards Ceremony: April 18, 9:30 am, Rudder Auditorium

DON’T FORGET: There is plenty of FREE help on-campus as well as several individuals who are here to help you succeed.

Supplemental Instruction (S.I.) schedule:
http://www.tamu.edu/cae/silist.shtml

Department of Multicultural Services FREE tutoring:
http://tutor.tamu.edu

University Writing Center:
http://uwc.tamu.edu/

Mathematics Department Help:
http://www.math.tamu.edu/teaching/helpsession/

Study skills and time management workshops:
http://www.sc.tamu.edu/academic/

Student Learning Center Drop-In Tutoring:
http://slc.tamu.edu/TutorSchedule.pdf

Society for the Advancement of Hispanics/Chicanos and Native Americans in Science (SACNAS):
http://sacnas.tamu.edu/

April showers bring May flowers....
Looking for an Internship or Job for the Summer: Here are some helpful hints on interviewing from the Career Center

The Art of Interviewing

Market yourself.
You are the product, and you bring to the table knowledge, skills, energy, accomplishments, and personality. Be sure your potential employer fully understands your value.

Know your customer’s needs.
Research the employer’s organization and industry in order to determine needs, problems, and opportunities. Resources include the Career Center Library, employer presentations, career fairs, business and government publications, the Internet, and informational interviews. Don’t forget to utilize the on-line Former Student directory to find Former Students who are working in the industry, or even the company that you are interested in.

Demonstrate how you can meet those needs.
Highlight your skills and capabilities that can best serve the employer’s needs.

Tips for Interviews

1. Make a good first impression. Arrive at the interview early, allowing plenty of time for parking, walking, inclement weather, etc. Dress professionally, smile, make eye contact, and shake hands firmly. Maintain enthusiasm throughout the interview, and exit with courtesy and confidence.

2. Follow the interviewer’s lead. Take a seat when and where he or she asks you to sit. Sit comfortably but attentively, making sure not to slouch or appear too relaxed.

3. Prepare your portfolio. Carry an attractive portfolio (cordovan, black, or brown leather) with extra copies of your resume and references. Also bring written questions that you may want to refer to later in the interview. Do not, however, open your portfolio and take notes during the interview.

4. Listen carefully. Answer questions completely and concisely, and avoid rambling.

5. Make your point. Memorize the key points you would like to make, and be prepared for the appropriate time to communicate these.

6. Prepare mentally. Select situations that you have dealt with effectively, and be prepared to discuss these in detail.

7. Ask questions. Compose three to five intelligent, probing questions to ask the interviewer about the job or organization. This will help you to not only get the information you need to make a good decision but also prove to the interviewer that you are interested and informed. Develop good questions by researching the employer’s organization and industry. You will probably ask these questions from memory near the end of the interview, but write them down so that you can refer to them if necessary.

8. Wait for your cue.
Avoid discussing salary or benefits until it appears that an offer will be made, unless the interviewer initiates the discussion. Do not provide a salary expectation until you’ve researched the going rate for someone with your qualifications.

Sample Interview Questions:

- Describe the best/worst team of which you have been a member.
- Give me a specific example of a time when you sold someone on an idea or concept.
- Tell me about a time when you were creative in solving a problem.
- Describe a time when you helped co-workers who dislike each other to work together.
- Tell me about a time when you made a bad decision. What did you learn? What would you do differently?
- Tell me a little about yourself.
- Why did you select your career path?
- What would you like to be doing five years from now?
- What has been your greatest accomplishment so far?
- Describe your greatest strengths and weaknesses.
- Would you rather be in charge of a project or work as part of a team?
- What have you learned from the experience you have held?
- What kind of people do you find it difficult to work with?
- What are some of the things you find challenging to do?
- How would you evaluate me as an interviewer?
- What interests you least about this job?
- How do you handle rejection?
- What is the worst thing you have heard about our company?
- See this pen I’m holding? Sell it to me.

Retrieved from: http://careercenter.tamu.edu/guides/formerstudents/careertopics/interviewing.cfm?sn=former
I don’t remember anything about the accident, but the officer who investigated our case was incredibly thorough. Here is what he found:

On that day, an 18 year old girl drove from Seguin to San Marcos to purchase a car - a 1990 Jeep Cherokee. She was driving home, following a car with a few of her family members. As she drove, she was using her iPhone. On Highway 123, she got distracted by her phone, and didn’t anticipate a curve in the roadway. She was in the right hand lane, and started to veer towards a guardrail on her right. When she looked up from her iPhone, she overcorrected, and jerked her wheel to the left. She crossed three lanes of traffic on the undivided highway at over 70 miles an hour and slammed directly into our car. There were no skid marks - she was too distracted to try to stop or avoid our car.

The officers found an active text message on her iPhone after the accident. The police report officially states that she was “using her cell phone”. She was not wearing a seatbelt, and was ejected from the car. The ejection ripped off most of her clothes. She was not drunk - but she was under the influence. She was under the influence of the untrue belief that it is possible to drive and use a cell phone at the same time.

We all think that we can. We all think that we are good enough drivers to be able to text, read and write email, surf the internet, and make calls while we are driving. Chris did. I did. The 18 year old girl who hit us that day did. And I would bet that most of you reading do. The truth is: we can’t. No one can. It doesn’t matter if you are 16 or 45, using a cell phone, and don’t anticipate a curve in the roadway at over 70 mph. You can’t. No one is good enough to drive and text at the same time.

I know you are thinking - “There is no way I can give it up. I am a good enough driver.” I have years of experience. It will never happen to me.” I am here to tell you - it can.

Chris was on his phone during the accident. He was not distracted, and his focus allowed him to see the oncoming car, and maneuver our car quickly to the right before the impact. That maneuver, the last thing that he did, saved my life.

Today, on his birthday, I ask you to honor Chris’ memory by pledging to never drive distracted again. Honor his memory by never riding in a car with someone who is driving distracted again. Every time someone texts you, or calls while you are driving, think to yourself, “Is sending this text worth risking my life? Is taking this call worth risking the life of another driver?” No call, no text, no email, was worth losing two lives on that day.

My heart aches for the family of the girl who also died that day. She didn’t think that she was doing anything wrong. She never had a chance to live her life. I mourn for her, just as I do for Chris.

I ask you today to pledge in memory of Chris to never let your phone distract you while you are driving again. For your own sake, and for the other drivers around you - do not take the chance that your actions could take another life or your own.

Chris was a wonderful husband, amazing father, loving son and brother, and fiercely loyal friend. There is not a minute in a day that I don’t think about him. I miss him desperately. But, Colleen and I are living our life. We laugh and smile and enjoy the blessed moments that we have together every day. We thank God for the time we had with Chris, and trust in God that he has not left us, and will never leave us alone.

Here are some links for more information on the dangers of distracted driving, and what you can do to help:

• Oprah’s “No Phone Zone” - http://www.oprah.com/questionaire/ipledge.html?id=4
• FocusDriven: Advocacy group for victims of crashes caused by distracted driving (similar to MADD) - http://www.focusdriven.org/index.aspx


For more information on this story, please visit: http://www.kbtx.com/home/headlines/87419332.html
http://www.seguingazette.com/story.lasso?ewcd=4f92d0f5010a6675.
Top 10 School Stress Relievers for Students

By Elizabeth Scott, M.S., About.com Guide

Updated June 15, 2007

Most students experience significant amounts of stress, but with all of the activities and responsibilities that fill a student’s schedule, it’s sometimes difficult to find the time to try new stress relievers to help dissipate that stress. That’s why we’ve compiled the following list of stress relievers that are most appropriate for students: relatively easy, quick, and relevant to a student’s life and types of stress. They’ll help you to function at your best, and enjoy the journey.

1. Power Naps
Students, with their packed schedules, are notorious for missing sleep. Unfortunately, operating in a sleep-deprived state puts you at a distinct disadvantage. You’re less productive, you may find it more difficult to learn, and you may even be a hazard behind the wheel! Learn more about the effects of sleep deprivation and the value of the power nap; for busy students, it’s a must!

2. Visualizations
This one is easy, effective, and can help you to do better in school. Visualizations can help you calm down, detach from what’s stressing you, and turn off your body’s stress response. You can also use visualizations to prepare for presentations, to stress less and score higher on tests by vividly seeing yourself performing just as you’d like to. Learn more about how to use guided imagery and visualizations to reduce stress and prepare for success. (see yourself doing well)

3. Exercise
One of the healthiest ways to blow off steam is to get a regular exercise program going. Students can work exercise easily into their schedules by doing yoga in the morning, walking or biking to campus, or reviewing for tests with a friend while walking on a treadmill at the gym. Starting now and keeping a regular exercise practice throughout your lifetime can help you live longer and enjoy your life more.

4. Breathing Exercise
When your body is experiencing a stress response, you’re often not thinking as clearly as you could be. A quick way to calm down is to practice breathing exercises. These can be done virtually anywhere to relieve stress in minutes, and are especially effective for reducing anxiety before or even during tests, as well as during other times when stress feels overwhelming.

5. PMR
Another great stress reliever that can be used during tests as well as before bed (to prepare for sleep), or at other times when stress has you physically ‘wound up’, is something called Progressive Muscle Relaxation, or PMR. This technique involves tensing and relaxing all muscles until the body is completely relaxed. With practice, you can learn to release stress from your body in seconds.

6. Music
A convenient stress reliever that has also shown many cognitive benefits, music can help you to relieve stress and either calm yourself down or stimulate your mind as your situation warrants. Students can harness the benefits of music by playing classical music while studying, playing upbeat music to ‘wake up’ mentally, or relaxing with the help of their favorite slow melodies.

7. Staying Organized
It’s a fact that clutter causes stress, and can decrease productivity and even cost you money! Many students live in a cluttered place and even have cluttered study areas, and this can have negative effects on grades. One way to reduce the amount of stress that you experience as a student is to keep a minimalist, soothing study area that’s free of distractions and clutter. It’s worth the effort!

8. Eat Right
You may not realize it, but your diet can either boost your brain power or sap you of mental energy! While a healthy diet isn’t generally thought of as a stress management technique or a study aid, it can actually function as both! Read more on the consequences of a poor diet, and learn how to relieve stress with a healthy diet. It takes virtually no extra time, and can keep you from experiencing diet-related mood swings, light-headedness and more.

9. Self Hypnosis
Students often find themselves ‘getting very sleepy’ (like when they pull all-nighters), but—all kidding aside—self hypnosis can be an effective stress management tool and a power productivity tool as well. With it, you can help yourself release tension from your body and stress from your mind, and plant the seeds of success in your subconscious mind with the power of autosuggestion.

10. Positive Thinking and Affirmations
Did you know that optimists actually experience better circumstances, in part, because their way of thinking helps to create better circumstances in their lives? It’s true! The habit of optimism and positive thinking can bring better health, better relationships, and, yes, better grades. Learn how to train your brain for more positive self talk and a brighter future with affirmations and other tools for optimism. (Don’t know if you’re an optimist or a pessimist?)

“There’s a Spirit that can ne’er be told…”

Aggie Muster, April 21, 2010

On June 26, 1883, Aggies gathered together to live over again the victories and defeats of their college days. By April 21, 1903, this annual gathering evolved into a celebration of Texas’ Independence on San Jacinto Day. These early meetings included field games and banquets for Aggies to reflect and celebrate their memories of Aggieland. ‘Let every alumni answer a roll call’ wrote the former students. It was not until 1922, however, that April 21 became the official day of events for all Aggies. Thus, the annual tradition of Muster was born. The March 1923 Texas Aggie urged, ‘If there is an A&M man in one-hundred miles of you, you are expected to get together, eat a little, and live over the days you spent at the A&M College of Texas.’

Still remembering and honoring the time spent in Aggieland, the tradition of mustering has grown in strength, meaning, and spirit. By 1929, the meetings had grown worldwide, and in 1942 Aggie Muster gained international recognition. Twenty-five men, led by General George Moore ’08, mustered during the Japanese Siege of the Philippine Island of Corregidor. Knowing that Muster might soon be called for them, these Aggies embodied the essence of commitment, dedication, and friendship. That small group of Aggies on an outpost during World War II was an inspiration for one of our greatest traditions.

Muster is celebrated in more than four-hundred places world wide, with the largest ceremony on the campus of Texas A&M. The ceremony brings together more Aggies, worldwide, than any other single event.