Greetings from Erin...

Howdy Ags!

Although it’s a bit hard to believe, summer is drawing to a close. In a few short weeks, you will be making your way back to campus. As the summer break winds down, take time to reflect on what you learned during your first year as a college student and how you intend to use that knowledge to conquer your sophomore year. Remember that your college experience, academic and social, is what you make of it and that there are many people, including the Regents’ staff, who are here to assist you along the way. I hope you have had an amazing summer and I look forward to working with you throughout the coming year.

Thanks and Gig ‘em!

Erin Fisk
Regents’ Scholars Assistant Coordinator Sophomore Programs 979.458.5345 efisk@sfamail.tamu.edu

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Mark Your Calendars!

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/7</td>
<td>Bills generated by Student Business Services</td>
</tr>
<tr>
<td>8/21</td>
<td>Scholarships &amp; Financial Aid disbursed</td>
</tr>
<tr>
<td>8/22</td>
<td>Residence Halls open</td>
</tr>
<tr>
<td>8/23-8/27</td>
<td>Howdy Week</td>
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<tr>
<td>8/25</td>
<td>Payment due for fall semester classes</td>
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<tr>
<td>8/26-8/27</td>
<td>RS³ Retreat</td>
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<tr>
<td>8/30</td>
<td>First day of fall semester classes</td>
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<tr>
<td>9/3</td>
<td>Add/Drop deadline</td>
</tr>
<tr>
<td>9/5</td>
<td>MSC Open House</td>
</tr>
</tbody>
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Student Learning Center Courses

Do your student habits need more “umph”? Do you know where your path will lead you after graduation? The Student Learning Center offers courses that can guide you in the proper direction. Seats are still available for the following courses:

**STLC 101: Application of Learning Theories to College Students**

This is a two-credit hour course which is a study of critical theories of learning with application to academic performance. Eligible students may register online or students can be referred by an academic advisor.

**STLC 102: Career Awareness**

This is a two-credit hour course which introduces students to the concepts of career planning, employment trends, and methods of researching and preparing for the job market.

For more information, visit [http://slc.tamu.edu/courses/](http://slc.tamu.edu/courses/).
Volunteering isn’t all soup kitchens and senior living centers—in fact I’m almost daring enough to propose that there is probably a nearly-perfect volunteer opportunity for everyone—but clearly there are probably a few exceptions. :)

Obviously you’ve already been accepted to college, so why should you keep volunteering after high school? Well, if you think about it, it’s kind of a “Win-Win-Win” (to quote Michael Scott).

- Will it help me find my “niche” around here, and help me meet new people? Check.
- Will getting outside of myself and helping other people help me beat homesickness? Check.
- Will it look darn good on my résumé? Check.

See? Win-Win-Win. I’d actually like to throw some more “Win”s in there because there are many, many other benefits of volunteering. Want to give it a shot?

If You Like to Read…

- Reading is Fundamental: Help select books for local programs, organize book events, read books aloud and/or tell stories, fundraise, and raise awareness about children’s literacy. www.rif.org/get-involved/volunteer
- LibriVox: Volunteer to read for LibriVox, which provides free downloadable audiobooks of books in the public domain. You can even get a group of people together to read play-style with different voices for each character. http://librivox.org/volunteer-for-librivox
- Read This to Me: Spend an hour or so a week reading things sent in by blind or low-vision people to them over the phone (hey, you’re on your phone all the time anyway, right?). This can be anything from a magazine article to a phone bill. http://www.readhistome.org
- Recording for the Blind & Dyslexic®: Record books and/or text books for the blind and dyslexic at one of the many RFBD centers nationwide. http://www.rfbd.org/support_1.htm/
- Local Library: Local libraries are always on the lookout for volunteers to help stock shelves, read at story time, or man summer reading program tables. Contact yours and see if they need any help.

If You Like Working (or Making Art) With Your Hands…

- Habitat for Humanity: Volunteer to help build homes for the needy, either in your own community or in more exotic locales! http://www.habitat.org/getinv/
- Play Music at a Hospital or Hospice: Many hospitals or hospices offer volunteers the opportunity to play either in their lobby or for their patients. It’s an easy way to share your talent and brighten a few people’s days.
- Be an Arts & Crafts Volunteer: Community, children’s, and elderly programs are a great place to share your love of an art or craft. Search your local area for volunteer opportunities to teach art, sewing, knitting, crochet, or any other art to those around you—and if you can’t find an opportunity, make one!
- Make Baby Blankets: If you like to knit, quilt, sew, or crochet, check with local hospitals and children’s hospitals to see if they accept donations of baby blankets. Many provide blankets to low-income families who may not have much for their babies.

If You’re a People Person (or an Animal Lover):

- Ronald McDonald House: Ronald McDonald houses are a haven for families whose children are in the hospital. You can help out by volunteering in a number of ways: planning events, fundraising, cleaning, hosting game or movie night for the families, or even bringing in treats, snacks, or dinner. http://rmhc.org/how-you-can-help/volunteer/
- Holding Babies: Did you know that many hospitals actually have a spot for volunteers who want to hold babies? Many babies born prematurely or abandoned need physical contact during their developmental stages. Contact your local hospital (or children’s hospital) to see if they have a spot for you. (This does tend to have a waiting list… The hospital near my apartment has a wait of 2 years!)
- Big Brothers & Big Sisters: Make a big impact by doing little things—hiking, cooking, playing basketball, or even just hanging out with a kid who needs a friend. It can be as little as 4 hours a month. http://www.bbbs.org
- Animal Shelter/Veterinarian Office: Animal shelters and veterinarian offices are often glad of a helping hand washing and walking animals, cleaning, feeding, etc. Call around your area and see who needs you!

If You Want to Search for Yourself…

- Volunteer Match: Search out volunteer opportunities in your area from a HUGE list! http://www.volunteermatch.org/

Your First Apartment: Things You Should Remember, but Probably Won’t

When you live “on your own” in the dorms, there are a lot of things you take for granted. At most schools, living on campus means that toilet paper is provided, someone else takes out the trash, and you can borrow silverware from the cafeteria (though I can tell you they usually don’t want you to borrow that silverware).

Living on your own off-campus, in a real apartment, is totally different. Suddenly you look around at your Ikea furniture and otherwise empty apartment and realize how much stuff you don’t have (but need pretty badly). So I threw together a list of things you might not think of, but will definitely need within the first few weeks of apartment life.

Remember, this isn’t your all inclusive everything-you-need list—it’s the list of stuff you’ll probably overlook. Don’t forget to bring furniture.

<table>
<thead>
<tr>
<th>The Bare Necessities</th>
<th>Kitchen</th>
<th>Bedroom</th>
<th>Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>(a.k.a. If You Buy Nothing Else At Least Get These Things!)</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Toilet paper</td>
<td>Trashcan</td>
<td>Curtains</td>
<td>Tools (at the very least, nails, a hammer, and a screw driver)</td>
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<tr>
<td>Soap</td>
<td>Oven mitt</td>
<td></td>
<td>Power strip</td>
</tr>
<tr>
<td>Towel</td>
<td>Scrub brush</td>
<td></td>
<td>Extension cord</td>
</tr>
<tr>
<td>Shower curtain &amp; rings</td>
<td>Dish soap &amp; regular soap</td>
<td></td>
<td>Cleaning supplies</td>
</tr>
<tr>
<td>Trashcan</td>
<td>Towel(s)</td>
<td></td>
<td>Sewing kit (for buttons that pop off or other minor fixes)</td>
</tr>
<tr>
<td>Plunger</td>
<td>Plate, bowl, cup, silverware</td>
<td></td>
<td>Laundry basket</td>
</tr>
<tr>
<td>Curtains (or at least a sheet to cover the windows)</td>
<td>Can opener</td>
<td></td>
<td>...and last (but not least) a good sense of humor!</td>
</tr>
<tr>
<td>Lamp &amp; light bulb(s)</td>
<td>Pots &amp; pans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fan</td>
<td>Paper towels</td>
<td></td>
<td></td>
</tr>
<tr>
<td>First-aid kit</td>
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<td></td>
<td></td>
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<tr>
<td>Flashlight</td>
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<td></td>
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</tr>
<tr>
<td>Batteries</td>
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You may see these items repeated on other portions of the list in their respective categories. But just remember them!

Summer Internship with Caltrans

Jorge Guerra is a member of the Class of 2013 from El Paso, TX who endeavors to one day be a Civil Engineer. He will be the Vice President of the Regents’ Scholars Organization for the 2010-2011 academic year, and he was a member of the Orientation Planning Board for Regents’ Scholars as a freshman. While many college students spend their summers finding a job or taking classes at a community college, Jorge was offered a position as an intern for three weeks in San Diego, California with Caltrans. Caltrans is the California Department of Transportation. According to its website, Caltrans’ mission is to “[Improve] Mobility Across California.” During his internship, Jorge was able to observe all aspects of working with a large engineering firm, from being on the construction sites, to working with Auto CAD (a designing program), to the business and administrative side of the organization.

**How did you get your internship?**

My brother-in-law is an esteemed electrician and met Mr. Luis Medina a Civil Engineer for Caltrans over the years working on various projects. Last summer I was introduced to Mr. Medina and I wasted no time asking him questions about what he would recommend for me to do in order to achieve my career goal of becoming a Civil Engineer as well. So he gave me a few tips as well as offering me the internship for this summer.

**Why did you choose Civil Engineering as your field of study?**

Since I was a young boy, designing my own structures and kind of being the mastermind behind big projects have really caught my attention. Also Civil Engineering offers a wide range of employment opportunities.

**What have you learned during your internship?**

I have really been involved with a team in Caltrans called Local Assistance. Our function is to review and manage where state funds are sent and how they are being used. I have been privileged enough to also go out on the field and help inspect finished projects as well as attend board and employee meetings.

**Has your internship reinforced your desire to become a civil engineer?**

Definitely, this internship has shown me how I can truly explore various areas of Civil Engineering according to which one makes me happier and fits me best, which is ultimately what I want and expect in my future career.
I met Cathy when she first served as a Freshman Representative to the Regents’ Scholars Orientation Planning Board; however, I really got to know her through the Financial Aid Connection Learning Community, where we were both set to go to Paris, France in the Spring 2009 semester. What is there to say except that the dazzling City of Lights has a wonderful charm, and her southern accent only adds to it.

Passionate, enthusiastic, and intelligent, Cathy has true charm, and her southern accent only adds to it. Cathy is an incredibly creative person. Determined to become a pharmacist or a chemist who specializes in drug research, Cathy keeps busy with her studies. During her free time, she loves decorating and sewing and claims that ten years of being a Girl Scout has made those hobbies part of her genetic makeup. Running and reading are other favorite pasttimes that keep her body, soul, and mind refreshed. This welcoming lady has true charm, and her southern accent only adds to it.

What organizations are you a part of? I am currently the chair of the Regents’ Scholars Orientation Planning Board, an Aggie Pal, the former Service Chair, and a current proud member of the Regents’ Scholars Organization. I am an OWL or Older, Wiser Leader for RS2, a Financial Aid Connection Friendly FACE, and I am an 2010-2011 Aggie Star. I also traveled to Paris, France with the Financial Aid Connection group twice.

What made you decide to apply for the position of the Orientation Planning Board (OPB) Chair? I actually served on the OPB my freshman year as a member of the logistics team and loved it; so, I decided to reapply to the Board for the Chair position. As far as what inspired me to apply for the OPB the first time, I did it on a complete whim with no idea what an amazing journey it would take me on. It was a life changing decision.

What have you learned as Chair of the OPB, and how have you grown through this leadership opportunity? As I’m filling out this interview I am literally laughing out loud because the list of things I have learned is so long it would take days to write. Being the Chair of the OPB has opened up doors for me that I would have never imagined and has honestly changed my entire college experience. I’ve learned things about myself like which situations I handle well and which situations I don’t. I’ve done things I would never have imagined – like speaking in front of 700 smiling faces at one of the countries largest universities. I’ve had the opportunity to manage a truly successful board of people, and I’ve made friends who will be with me for the rest of my life. I am, without a doubt, a much better person for having done this. I can’t even begin to fathom what my life would be like without this program.

What advice would you give to those students who are interested in taking advantage of such leadership opportunities offered by the Regents’ Scholars Program? Put yourself out there and take a risk. Applying for a new position or joining a new program can be scary, but it is definitely worth it. You never know where a program or experience might lead you. Joining the Planning Board jump started my college career and opened me up to 7 other programs. It seems crazy that such a small decision has changed my A&M experience and my life infinitely. I had no idea at the time, but joining this program was one of the best and biggest decisions of my life.

You will be studying abroad during the Spring 2011 Semester. How did you make this important decision? I personally decided to do a study abroad because I want to get the most out of my college experience. I love to travel and experience other cultures and this seemed like the perfect opportunity for me. I believe that everyone should travel abroad at some point in their life. There is no better way to get to know other people and their cultures while you’re at home in a comfortable environment, it makes it much easier to do when you’re not as comfortable. I believe that good manners start by staying open minded and accepting. If you can accept other people and their cultures while you’re at home, how can I expect to be accepted when I travel to New Zealand if I wouldn’t do the same for someone who was traveling here? In addition, by staying open, I have the opportunity to show the rest of the world the amazing kindness that I’ve come to know here at A&M.

What are you most scared and most excited about regarding studying abroad? I am most scared about being so far away from my friends and family!! New Zealand is more than just a couple hours away, but a big part of studying abroad is really putting yourself out there and making it on your own.

I am most excited about making it on my own in a new place, I know that my life there will be completely different than here in America, but that’s what makes it so incredibly exciting! I can’t wait to start falling in love with a new culture and making myself a new home.

Is there anything else you would like to tell our audience? DO IT! Go for whatever it is that you day dream about or think is impossible. The first step to achieving a dream is attempting it. Wouldn’t it be sad if your dreams were possible, but you never reached them because you never tried? Don’t take this college experience for granted and make the most of what you are given. College is only the beginning of the rest of your life so start right. “The only thing that will stop you from fulfilling your dreams is you.” — Tom Bradley