Greetings from Erin...

Howdy Ags!

The New Year is upon us, meaning that it is time to once again look ahead to the coming year (and semester). Many of you have made resolutions related to your academics, diet, or exercise routine. Resolutions are a good way of reflecting upon the previous year and looking to make the future a little brighter. My challenge to you is this: Make a resolution to pay forward any good will bestowed upon you this year. Keep the Aggie Spirit alive and well! The Regents’ Scholars staff hopes that you enjoy the remainder of your break and we look forward to seeing you once spring classes have begun.

Thanks and Gig ‘em!

Erin Fisk
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Sophomore Programs
979.458.5345
erinsfisk@tamu.edu

FAFSA/TASFA Renewal Workshops

In order for your student to continue receiving financial aid, including the Regents’ Scholarship, during the 2012-2013 academic year, they must complete the Renewal Free Application for Federal Student Aid (FAFSA). The FAFSA becomes available on January 1, 2012. The Scholarships & Financial Aid Office encourages students to submit the FAFSA form by March 15, 2012 to receive priority in awarding. To expedite the process, we encourage you to file your tax return as early as possible.

In order to complete the FAFSA, your student will need:
- Student and parent social security numbers
- W-2 Forms & any other records of money earned for both the student and parents
- Student’s 2011 federal income tax return
- Parents’ 2011 federal income tax return
- If filing electronically, PIN for both the student and the parents

In order to expedite this process for the student, Scholarships & Financial Aid will be hosting several Renewal FAFSA/TASFA workshops for Regents’ Scholars during the Spring semester. Please encourage your students to attend these workshops if they need assistance filing their FAFSA. These events are scheduled for:

- February 15, 2012  9:30AM-10:30AM
- February 16, 2012  11:00AM-12:00PM
- February 17, 2012  12:30PM-1:30PM
- February 20, 2012  2:00PM-3:00PM

Registration is required. To register, students should visit http://financialaid.tamu.edu/workshops.


INFORMATIONALS:
January 25th @ 5:30pm in Rudder Tower 504
January 26th @ 6:45pm in Rudder Tower 402

Be an Orientation Counselor for the Regents' Scholars Class of 2016

Applications are available by emailing casey_gros@tamu.edu. Deadline to apply is January 30th. Turn in applications to Pavilion room 208.
Don’t use a “cute” or “inappropriate” email address for important emails

An email sent from “sweetiepie07” or “thuglife14” will come across as unprofessional. Even if you have to create a new email account, use a more business-like address, like “janesmith,” to be taken more seriously.

Make your email clear

Professors and campus staff receive a lot of emails. Make it easier for them to get your message by keeping a clear, concise format. Write short paragraphs and include a space between them so your reader can find the information they’re looking for quickly. Put your most important information in the first or second paragraph so your reader doesn’t have to scroll down to find it. Make your email as short and concise and possible; anything longer than half a page is too long.

Know when to pick up the phone or schedule a meeting

Email is convenient, but it shouldn’t completely replace phone calls or meetings. For important or complicated matters, pick up the phone.

Ask before sending a large attachment

Not only do attachments take up a lot of storage space in your recipient’s inbox, but many people won’t open attachments for fear of viruses. When possible, include all information in the body of your email. If you do need to send an attachment, ask the recipient if it’s okay.

Double check before hitting “send”

It only takes a few minutes to take another careful look at your email before you hit send but it could improve the impression your email makes. Use your computer’s spelling and grammar checks, but be aware that these don’t catch all mistakes.


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"Commitment leads to action. Action brings your dream closer."
~ Marcia Wieder
9 Secrets of Motivated People

Real-life strategies that will help you to actually accomplish the goals you’ve set for yourself this year.

by Lesley Alderman

New year, new you. It’s the perennial January catchphrase that holds such conquer-the-world promise. And then, well, you get sidetracked with conquering your to-do list. But even the loftiest resolutions (running a marathon, writing a book) don’t have to fall by the wayside come February. Staying motivated - and achieving what you set out to do on that bright New Year’s Day - is surprisingly possible. Just follow these nine mantras, provided by researchers who study motivation and backed up by women who have used them to realize their biggest ambitions.

1. When you make a plan, anticipate bumps. Before even trying to achieve a goal, target potential pitfalls and troubleshoot them. Peter Gollwitzer, a professor of psychology at New York University, in New York City, says that people who plan for obstacles are more likely to stick with projects than those who don’t.

2. Channel the little engine that could - really. A person’s drive is often based on what he/she believes about his/her abilities, not on how objectively talented he/she is, according to research by Albert Bandura, a professor of psychology at Stanford University. His work has shown that people who have perceived self-efficacy (that is, the belief that they can accomplish what they set out to do) perform better than those who don’t.

3. Don’t let your goals run wild... When your sights are too ambitious, they can backfire, burn you out, and actually become demotivating.

...But work on them everyday. Taking small steps every day will not only help hold your interest in what you’re trying to achieve but will also ensure that you move slowly, but surely, toward your goal. So, for example, set up a down-payment-fund jar and dump your change into it every night. You’ll get a sense of accomplishment each day, to boot.

4. Go public with it. Instead of keeping your intentions to yourself, make them known to many. “Other people can help reinforce your behavior,” says James Fowler, a political scientist who studies social networks at the University of California, San Diego. After all, it’s harder to abandon a dream when you know that people are tracking your progress.

5. Lean on a support crew when struggling. Think of the friends and family who truly want to see you succeed. Enlisting those with whom you have authentic relationships is key when your motivation begins to wane. Choose people who may have seen you fail in the past and who know how much success means to you.

6. Make yourself a priority. Put your needs first, even when it feels utterly selfish. You will derail your progress if you sacrifice yourself for others in order to please them (such as eating a cupcake that a friend baked even though you’re on a diet).

7. Challenge yourself - and change things up. It’s hard to remain enthusiastic when everything stays the same, says Frank Busch, who has coached three Olympic swimming teams. To keep his athletes motivated, he constantly challenges and surprises them - adding a new exercise to a weight routine or giving them a break from one practice so they can recharge.

8. Keep on learning. To refuel your efforts, focus on enjoying the process of getting to the goal, rather than just eyeing the finish line.

9. Remember the deeper meaning. You’re more likely to realize a goal when it has true personal significance to you, according to Deci. (For example, “I want to learn to speak French so I can communicate with my Canadian relatives” is a more powerful reason than “I should learn French so that I can be a more cultured person.”) And when the process isn’t a pleasant one, it helps to recall that personal meaning.


Career Center Spotlight: Orientations & Workshops

Job Search Strategies
- January 21st 4:00pm-5:00pm in Rudder 504
- January 27th 4:00pm-5:00pm in Rudder 504

Resume Reviews
- January 21st 1:00pm-4:00pm in Zachary Lobby
- January 22nd 9:00am-12:00pm in Zachary Lobby
- January 27th 9:00am-12:00pm outside of Wehner 113

http://hireaggies.tamu.edu/tamu/staffmaster3/workshopListing.cfm
Howdy!

I think we should start out this year by looking back at the important things from last year. For this project, I will use a famous social media website called Facebook and the way people utilized their status updates to talk about what they thought was important. Although some stories were the usual (I’m tired and/or bored! Registration begins, I better get my classes! Exams are the worst!), there were others that will go down in the popular culture history books. The stories are as follows…

**Harry Potter and the Deathly Hallows part II came out.** I knew quite a few people who didn’t want the last HP movie to come out. Why? Their childhoods have ended (oh yea, and they’re 20). Harry Potter was the first chapter book many of us read, the first time we thought of another world outside of our own little bubble, the first time we had intellectual conversations about censorship. This connection to HP goes back to elementary school and continued through college; my cousin read that scar-faced kid’s account to her daughter every night and now she asks to read Twilight. Have we finally moved onto vampires and werewolves? After all, they are people too.

**Osama bin Laden dead.** That was random. When I watched Jon Stewart that night, my brother and I saw the look on Obama’s face… he knew before all of us. He was planning it without telling anybody so he could surprise everyone on the globe. I was relieved that he was dead but what I didn’t like about the whole incident was that people rejoiced. Him being dead meant there might be some problems solved; it also meant more problems still going on and still to come. People just paid attention to the fact that he was dead, not to the fact that bad things are still happening. A death does not solve problems.

**Two Code Maroons within one week.** I had just arrived from work after taking the bus to school, and then I got the text. It was pretty scary knowing I could have been on a bus with a bad guy. It was even worse when my dad was picking me up at the Pavilion and I got the Code Maroon about a bomb threat. I called my dad to pick me up at some other place so he wouldn’t catch traffic. As I walked out of the Pavilion passed the cop cars, one thought went through my mind: they’ll think it’s me cuz I’m brown and walking away from the scene of the crime. Clearly, that 16-year-old was not thinking about the impact that statement had on others.

**The Royal Wedding starts at 4am.** Yes, I was awake but not for the Royal Wedding; I was cramming… I mean studying for exams. My mom was awake with me and since we were both in the living room, she turned on the TV and watched the Royal Wedding. Our favorite part was the hats. The dress was nice too. History repeats itself and a royal guy marries a common lady. Not the first time this has happened.

**Death of Steve Jobs.** My teacher told us that someone she knew was going to his memorial, which I found a bit strange considering Mr. Jobs didn’t know that person. We are developing relationships with people we don’t even know; let’s take my life for example. For the last 3.5 years, I have seen one specific person walking to class the same time as me—I know he’s not following me because sometimes I’m behind him or across the street from him walking the opposite direction but it seems we always cross paths. Does he know that we always cross paths? If he does, why didn’t he ever acknowledge it with a nod or smile? I never did. I knew I would have to nod or smile every time I passed him, which would be exhausting. So back to Steve Jobs: why does that woman feel the need to meet someone who never knew her in return?

**Casey Anthony not guilty.** Blasphemous! We all know this is a repeat of history; OJ got away with it and so did Casey Anthony. I guess the evidence just didn’t cut it, which is ridiculous on the prosecutor’s part. But then again… I wasn’t in the jury and I wasn’t the prosecutor. I was at home, watching TV. I can complain because this person’s life did not depend on my emotions. Being judged is hard but being the judge is harder; you never know who you’re impacting.

Let’s reflect: these stories are important to us. No event is less important than the other because they have all had approximately the same coverage in Facebook, the news, monologue jokes, etc. Therefore, the Royal Wedding is as important as bin Laden’s death. What does this tell us about ourselves? We need to be a more news-conscious society and decide what is important versus what is not. In my Communication and Popular Culture class with Dr. Jones Barbour last semester, we learned that media tells us what we want to know, not what we necessarily need to know.
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