Greetings from the new Regents’ Scholars Assistant Coordinator...

Howdy Ags! My name is Erin Fisk and I am the new Assistant Coordinator for Regents’ Scholars. I came to Texas A&M University in August of 2008 from Austin as an Academic Scholarship Advisor for Honors Programs. As of June 2010, I have stepped into a new scholarship advising role with Scholarships and Financial Aid. My primary area of responsibility for Regents’ Scholars is the RS2 Learning Community; however I will be assisting with other Regents’ programs as needed. I also hold additional responsibilities with other scholarship programs, including Century Scholars and ASPIRE.

A little about me… I received a Bachelor of Arts degree in Sociology in 2001 from Grinnell College, a small liberal arts college in central Iowa. I am the first person on either side of my family to complete a bachelor’s degree. My intention is to pursue a master’s degree in Higher Education Administration here at Texas A&M. I am the proud “mom” of a seven-year-old cocker spaniel named Sebastian and I spend as much time with him at the park as I can manage. During my spare time I enjoy relaxing with family and friends at the lake. Because my hometown is the “Live Music Capital of the World,” I try to visit as many music venues as I can.

Congratulations on completing your first year at Texas A&M. Make sure that you make the most out of your well-deserved summer break. I look forward to working with all of you this fall. Should you have any questions, or would just like to chat, please let me know. Have a wonderful summer.

Thanks and Gig ‘em!

Erin Fisk
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Mark Your Calendars!

8/22 Residence Halls open
8/23-8/27 Howdy Week
8/25 Payment due for fall semester classes
8/26-8/27 RS2 Retreat
8/30 First day of fall semester classes
9/3 Add/Drop deadline

Student Employment Office - Student Workshops and Training

The Student Employment Office offers a variety of workshops for working college student. These workshops address a variety of workplace-related issues. Interested students may register for a workshop by clicking here.

Upcoming summer workshops:

7/14 Preventing Sexual Harassment, 1-2pm, Pavilion 236
This workshop discusses the definition of sexual harassment, types of sexual harassment, legal protection, and keys to preventing sexual harassment.

7/16 Workplace Etiquette, 2-3pm, Pavilion 236
This workshop covers topics such as work ethic, taking responsibility, and basic customer service. Workplace etiquette can have a great impact on the atmosphere of a workplace. A workplace where employees have poor etiquette can create a negative environment where employees are always in conflict with each other and productivity is low. A workplace where employees practice good etiquette can be a place where employees thrive professionally.

7/20 Controlling Anger and Angry People in the Workplace, 4-5pm, Pavilion 236
This workshop advises student employees on how to deal with your own anger and with dealing with angry people in the workplace.
Meet Your Regents’ Scholars Program Staff!

**Name: Suzanne Sealey**  
**Title:** Regents’ Scholars Coordinator  
**Email:** ssealey@tamu.edu  
**Phone Number:** 979.458.5378  
**Hometown/State:** San Antonio, TX  
Enjoys working with students because...of seeing the transition from scared fish to students who take ownership of Texas A&M and of their futures.

Biggest fear as a freshman: overall failure...from finding a solid group of friends to making the grades; being away from home for the first time.  
Favorite aspect of A&M: the friendliness…  
Best piece of advice received as a student: “Don’t hesitate to seek the answers to your questions!”

**Name: Casey Gros**  
**Title:** Regents’ Scholars Assistant Coordinator  
**Email:** casey_gros@tamu.edu  
**Phone Number:** 979.458.5379  
**Hometown/State:** Richardson, TX  
Enjoys working with students because… they all have unique personalities and strengths, and I love seeing them develop into the great Aggies they were meant to be!

Biggest fear as a freshman: That I would fail miserably- I would fail all my classes, not make friends, not get into any student organizations and end up being a burden to my parents forever.  
Favorite aspect of A&M: the “small college” atmosphere created here, even though it is one of largest campuses in the United States.  
Best piece of advice received as a student: Talk to your professors. They may be very intimidating, but they are generally great people, and can serve as a reference or resource in the future.

**Name: Erin Fisk**  
**Title:** Regents’ Scholars Assistant Coordinator  
**Email:** efisk@sfamail.tamu.edu  
**Phone Number:** 979.458.5345  
**Hometown/State:** Austin, TX  
Enjoys working with students because … they keep me on my toes!  
Biggest fear as a freshman: I was a first-generation student, went to school 15 hours from home, didn’t know anyone, and worried that I wouldn’t find a connection with the campus.  
Favorite aspect of A&M: the camaraderie that Aggies have with each other  
Best piece of advice received as a student: Take ownership of your college career and don’t allow others to determine your path.

**Name: Salma Abdullah Tejani**  
**Title:** Regents’ Scholars Intern  
**Email:** sabdullah@sfamail.tamu.edu  
**Phone Number:** 979.458.5319  
**Hometown/State:** Cypress, TX  
Enjoys working with students because...I love seeing them grow from the unique experiences they are exposed to in college. They have a thirst for knowledge and a desire to make a positive difference in the world.

Biggest fear as a freshman: I didn’t think I would be able to balance college level work, extracurricular activities, and my personal life, but once I got my schedule and study habits figured out, all was well.  
Favorite aspect of A&M: I love how friendly Aggies are, and I love getting random Howdy's!  
Best piece of advice received as a student: Read the materials you have been given thoroughly, whether they have to do with class or with anything else. You may find some useful information that’ll be beneficial to you. Also, ask questions! You never know what you may find out, and what doors you may open for yourself.
MSC Fall Leadership Conference
August 24-26, 2010
@ Camp Allen

At FLC, students will learn how to prepare for their organizations’ upcoming challenges, participate in team-building exercises, discuss leadership during focus group sessions, network with other student leaders, learn from guest speakers, meet and talk to top TAMU officials, and more!

$95 registration fee
Registration is open through July 14
http://flc.tamu.edu

Vaccination Reminders

Texas House Bill 4189 requires that incoming students who live on campus must provide either evidence of vaccination against bacterial meningitis or a signed affidavit declining the vaccination prior to living on campus. Students will not receive a housing assignment until one of these two documents is received by the Department of Residence Life. Additional information may be found at http://reslife.tamu.edu.

Additionally, while Texas A&M University no longer requires the submission of immunization records as a requirement for class registration, Student Health Services strongly recommends that every student reviews the updated list of immunizations most appropriate for college students. This list of recommended vaccines was compiled by the American College Health Association (ACHA) with assistance from the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention, Students may review this list at http://shs.tamu.edu/immunizations.htm.

Summer Productivity Tips for College Students

Most college students look forward to the summer for a myriad of reasons: they are looking forward to relaxing, spending time with their friends from home, shopping, playing sports, traveling, spending time with family, and many other activities. However, summer is also a food time to be productive by taking on a job, internship, or volunteer work. Likewise, many college students decide either to self-study a topic or take summer courses. In both cases, productivity is key. Good recommendations and good grades can depend on the amount and quality of work that a college student produces during the summer months. It can be difficult for one to remain motivated and productive in the summer, but there are some easy guidelines for enhancing summer productivity. Here are some tips for college students that want to remain productive during the summer months.

Tip #1 – Set Reasonable Summer Goals
A mistake that many college students make when setting summer goals is that the goals are not realistic. For example, setting a summer goal of “learn organic chemistry” is unlikely to happen. However, a summer goal of “learn naming rules and basic reactions of straight-chain carbon-based molecules” would be much more achievable. Resist the temptation to make grandiose summer goals in the things you do. You’ll be more likely to achieve the goals that you set and that will serve as a motivation to continue being productive in the summer months. If the summer goals that you set for yourself are too unreachable, your productivity will plummet, as you’ll feel overwhelmed.

Tip #2 – Have Summer Obligations
Make sure that there are at least one or two things that you have to do on a weekly basis. This will help you structure a schedule so that you can remain productive and not have irregular sleep and work habits. This could be a job, volunteering, or a chore such as mowing the lawn. A single task can help start the formation of a regular routine, which will almost always enhance productivity.

Tip #3 – Get Regular Sleep
Getting regular sleep during the summer means two things. First, you need to get enough sleep. Second, you need to have a regular sleep schedule. As a rule of thumb, people tend to be more productive when they wake up and do their morning routine before noon, instead of at 2PM. If you have trouble getting up in the summer, set an alarm and don’t stay up so late. This will help you achieve what you want to do and be more productive.

Tip #4 – Stay Active
If you have a lot on your plate during the summer, it may be tempting to focus on everything except taking care of yourself. However, eating healthy and working out will decrease your chances of getting sick, allowing you to remain more productive for the duration of summer. Productivity is not just about mental sharpness and work ethic – your physical conditioning can greatly affect your ability to learn and produce good work.

Tip #5 – Take Time to Relax
After all, summer is one time of the year when you get to do things like go on vacations and sleep in a little more than usual. Take time for yourself this summer as a reward for being productive. Make sure that things like sleeping in, shopping, and any pampering days are well-earned by being productive both before and after these treats.

Remaining productive in the summer can be difficult for most people, but if you follow the above tips, you are likely to achieve your goals and get things done.

Adapted from “Make the Most Out of Your Summer” by Sam Zolin on Associatedcontent.com
Five Cheap Summer Activities for College Students

Being a college student can be overwhelming and a lot of fun at the same time. Somewhere in between moving in and out of dorms and trying to catch up on finals, you need to find time to have some fun. Cheap summer activities for college students are great ways to unwind and enjoy some time with your friends, while staying under budget!

1. Jam on at local live concerts

Instead of saving up hundreds of dollars to go see that one band you have been dying to see, go local! Going to local coffee shops, pubs, and nightclubs offer a fun atmosphere and open your eyes and ears to great local talent. There are plenty of fresh and talented musicians out there in your city and it’s a cheap summer college activity every time. Tickets can range from $25, $10 or even free! Check out your local newspaper for a list of gigs. There are also some great websites that offer upcoming events for local live music:

- http://www.jambase.com
- http://thrillcall.com
- http://www.livemusicbaby.com
- http://www2.cstx.gov/pc/starlight

2. Raise eyebrows at art galleries and museums

Another great cheap summer activity is visiting art galleries and museums. They aren’t just for art nerds and history majors! Going to these events not only offer wonderful insight on the world around us, but the tickets are cheap and in most cases free! Most galleries and museums hold exhibits that are temporary. If you’re not into what the latest show is, check back later - you may be surprised. Doing something more “sophisticated” such as this can give you an increased sense of independence.

3. Stay active with summer leagues and camping

Being outside in the summer is a fun and cheap summer activity for college students. Everyone likes being out soaking up the sun! Check out the local resources and be adventurous. If you are more of the athletic type, see what leagues are open for basketball, softball, kickball etc. You will stay in shape and burn off all that dorm room food! For more of the nature types, go camping! You don’t need fancy camping gadgets to have a good time. Bring the basic camping gear and good company. Head to the woods for toasting marshmallows and sharing spooky stories!

4. Did someone say road trip?

A road trip is such an awesome cheap summer activity and creates memories for a lifetime! There are so many exciting places to drive to across America and of course you can always go above and beyond to Canada or Mexico. Having a group of three or four great friends makes for less driving time per person, more chip-in money for gas, and more fun! You can visit a friend, a cool landmark, a sporting event or even shopping! If you live in the country, travel into the city for a day! If you and your friends are always stuck in the city, take a road trip to a lake for canoeing or a drive through the mountains. Bring your iPod with all your favorite songs and get driving!

5. Give back by volunteering

If you want to do something different and unique, give back to the community either where you live or where you attend college. You could either volunteer your time in a specific interest, such as ushering at theater or sporting events or you could help out an organization that is associated with your career path or college courses. If you are a sociology or health-related major, you could volunteer at a senior nursing facility. If you enjoy being around children, volunteer at day camp or be a mentor. Giving back is rewarding, creates lifelong friends and can possibly help build life experience for your resume.

Adapted from “Top Five Cheap Summer Activities for College Students” by Emily Siler on Associatedcontent.com
Fondly known by her friends as “Spicy Curry,” and to me as “Sister of Mine,” I have known Asiya for all her life. As her older sister, I have seen Asiya grow through the years, and I am proud to have the opportunity to interview her about the many leadership opportunities in which she is partakes.

Creative, spunky, and authentic, Asiya has a truly unique and sunny spirit that radiates warmth and friendliness. Determined to become a teacher, principal, and then owner of her own school that has Laser Tag Mondays in the library, Asiya is motivated and focused. Currently the President of the Regents’ Scholars Organization, or RSO, and a Marketing Intern for the Office of the Associate Provost for Undergraduate Studies, she is taking advantage of every opportunity that comes her way to prepare for her bright future.

Name: Asiya Bhura
Age: I’m 20!
Class Year: 2012 (AAA Whoop)
Major: English
Hometown: College Station, TX

What are your hobbies and interests?
I like to relax, eat, and watch TV. I also like to write creatively, like when I wrote poems for my sisters’ weddings.

What organizations are you a part of?
I am the President of the Regents’ Scholars Organization, and I expect everyone who is reading this to join RSO--I’m holding you accountable to attend meetings and enjoy my company. Furthermore, I am the Co-Chair of the Regents’ Scholars Orientation Planning Board. I am a member of Screen Writing, Acting, and Movie Production Club (SWAMP); I am a 2009 LeaderShape Alumni, and a ’08 -’09 Regents’ Scholars Initiative (RSI) Former Student (I went to Italy with RSI; I know, I’m legit). I’m an Aggie Pal. I was an Orientation Counselor last year and will apply to be one next year. I’m an Older Wiser Leader (OWL) for RS2 2010. I obviously love Regents’!

What made you decide to apply for the position of RSO President?
I wanted to be part of the RSO legacy and to lead it into another, hopefully even better, year.

Before becoming President of RSO, what was the thing you were most excited about regarding this opportunity?
People calling me Ms. President. And creating events that members want to participate in.

Before becoming President of RSO, what was the thing you were most scared about regarding this opportunity?
RSO failing miserably, because I turned out to be an incompetent leader.

Now that you are President, how do you feel about the things you were excited about? What about the things you were scared about?
Well, someone called me Ms. President, so that was satisfying; my Board of Directors is amazing--we have come up with some really exciting events, such as a Camp-out, scavenger hunt, nursing home visit, study break, etc., so I hope all the members are as excited as my Board and I are. I am confident that my Board and I will work cohesively to make this year amazing.

How has your first summer as President of RSO been? What should we look forward to in RSO for the Fall 2010 semester?
My first summer has been good, thank you for asking. You should look forward to Midnight Yells, athletic games, a scavenger hunt, a gift exchange, Replant, and going to a nursing home with RSO, among other things. I don’t want you to grow pimples out of stressful anticipation, but you should get excited nonetheless.

Switching gears, you are currently doing an internship. Could you tell us more about it?
I am a Marketing Intern at the Office of the Associate Provost for Undergraduate Studies at the Administration Building. I am in charge of marketing Freshman Convocation and First Year Seminars to incoming freshmen and their parents. I found out about this opportunity through Suzanne Sealey; because of the leadership positions I’ve held, and the marketing techniques I used to recruit Orientation Counselors, she recommended me to my current boss, telling her about my work. I feel truly lucky to have this job because I don’t know any other way I would learn the things I’m learning, such as collaborating with other employees, marketing programs effectively to strangers, and writing professional articles for the Freshman Convocation booklet itself. I’m also in charge of providing the PowerPoint presentation that runs before Convocation begins, and I will also be in charge of the flag-bearers during Convocation.

Would you recommend others to pursue such opportunities?
Yes! Do something you think is hard because you’ll learn something valuable from it--do undergraduate research, an internship, be a student leader of some kind, or study abroad. It’s worth it.

Is there anything else you would like to tell our audience?
My name is pronounced “ah-SS-yah,” not “uh-SIGH-yuh.” Thanks, and have a great year, and remember -  join RSO!