Greetings From Erin...

Howdy Ags! My name is Erin Fisk and I am the Regents’ Scholars Assistant Coordinator for Sophomore Programming. I came to Texas A&M University in August 2008 from Austin as an Academic Scholarship Advisor for Honors Programs. In June 2010 I stepped into a new scholarship advising role with Scholarships & Financial Aid. My primary areas of responsibility for the Regents’ Scholars Program is the Regents’ Scholars Sophomores (RS2) Learning Community and the Aggie Bound Program; however I assist with other Regents’ Scholars programming as needed. I also hold additional responsibilities with other scholarship programs, including Century Scholars.

A little about me…I received a B.A. 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 an eight-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
979.458.5345
efisk@sfmail.tamu.edu

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Dates to Remember!

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<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>7/6</td>
<td>First Day of Summer II Classes</td>
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<td>8/21</td>
<td>Residence Halls open</td>
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<td>8/22-8/26</td>
<td>Gig’em Week</td>
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<td>8/26</td>
<td>Fall Payment Due</td>
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<tr>
<td>8/29</td>
<td>First Day of Fall Semester Classes</td>
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<td>9/2</td>
<td>Add/Drop deadline</td>
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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.

7/11 Presentation Skills, 9-10am, Pavilion 236
This workshop offers presentation skills training to improve communication and Power Point formatting. A presentation carries the speakers personality better and allows immediate interaction between all the participants.

7/13 Finding a Balance, 3-4pm, Pavilion 236
This workshop combines Time Management and Combating Procrastination. This workshop assists student employees in understanding the nature and value of time management (and redefining it) as well as explaining the problems with procrastination and reasons why people procrastinate. It also offers student employees a chance to become aware of whether or not they are procrastinators and discusses the benefits of overcoming procrastination.

7/14 Preventing Sexual Harassment, 9-10am, Pavilion 236
This workshop discusses the definition of sexual harassment, types of sexual harassment, legal protection, and keys to preventing sexual harassment.
**Meet Your Regents’ Scholars Program Staff!**

**Name:** Salma Tejani  
**Title:** Regents’ Scholars Graduate Assistant  
**Email:** sabdullah@sfamail.tamu.edu  
**Phone Number:** 979.458.5423  
**Hometown/State:** Cypress, TX  
**Degree:** B.A. in English from Texas A&M University  

**Enjoy working with Regents’ Scholars because:** I enjoy working with students who appreciate the financial and non-financial support.  
**Favorite Aggie Tradition:** Howdy!  
**Biggest fear as a student:** Not making it in general...and not knowing where to turn for help.  
**Best piece of advice received for upperclassmen:** Go away! Go study abroad or work out of state while in college. Also - pay it forward!  

**Name:** Suzan Sealey  
**Title:** Regents’ Scholars Coordinator  
**Email:** ssealey@tamu.edu  
**Phone Number:** 979.458.5378  
**Hometown/State:** San Antonio, TX  
**Degrees:** M.S. in Higher Education Administration from Texas A&M, B.A. in Psychology from Texas Lutheran University  

**Enjoys working with Regents’ Scholars because:** I enjoy working with students who appreciate the financial and non-financial support.  
**Favorite Aggie Tradition:** Muster! I love the fact that we remember the Aggies we lost in the last year, while gathering to reminisce about all the great times we had in Aggieland.  
**Biggest fear as a student:** Failing in general. I was worried that I wouldn’t do well in my classes, I wouldn’t be able to join any organizations, I’d get fired from my on-campus job, and not make any new friends.  
**Best piece of advice received for upperclassmen:** 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 - Sophomore Programming  
**Email:** efisk@sfamail.tamu.edu  
**Phone Number:** 979.458.5345  
**Hometown/State:** Austin, TX  
**Degree:** B.A. in Sociology from Grinnell College  

**Enjoy working with Regents’ Scholars because:** I had many opportunities given to me as a first-generation college student. This program is my way of passing along similar opportunities to other students.  
**Favorite Aggie Tradition:** The Aggie community has become my family away from home. It is this network that has become my favorite Aggie tradition.  
**Biggest fear as a student:** Being so far away from home - I went to school 15 (yes, 15) hours from home and didn’t have a car. I had to learn how to put aside the homesickness and focus on what mattered most, my academics.  
**Best piece of advice received for upperclassmen:** Take ownership of your college career and don’t allow others to determine your path.  

**Name:** Casey Gros  
**Title:** Regents’ Scholars Assistant Coordinator  
**Email:** casey_gros@tamu.edu  
**Phone Number:** 979.458.5379  
**Hometown/State:** Richardson, TX  
**Degree:** B.S. University Studies – Architecture from Texas A&M (c/o 2008)  

**Enjoy working with Regents’ Scholars because:** They all have unique personalities and strengths, and I love seeing them develop into the great Aggies they were meant to be!
Stick the Summer Slump – GET HAPPY!

Sure, we’d all like to run off and find valance in some exotic foreign country à la Elizabeth Gilbert, heroine of Eat, Pray, Love – but most of us don’t have the time (or funds) to drop everything and adventure into the wide world. I’ve been [reading] Gretchen Rubin’s The Happiness Project – a book about how one woman took simple steps to make her life happier. Her steps are basic, but they really work!

Tackle a Nagging Task
You know that thing in the back of your mind – that little project you’ve been putting off for weeks (or months)? Get it done. Whether it’s your annual checkup or cleaning out the chaos under your bed, get it done. It will take a little weight off your shoulders.

Remember Birthdays
You know how good it feels when someone remembers your birthday? Pass on that good feeling (with more than a wall post on Facebook). All you have to do is shoot out an email to your friends asking for their birthdays and add them to your calendar (you can even have the Google calendar email you if you’re worried about forgetting). Making other people feel good can give you a nice mood boost too.

Take Time for Projects
Don’t skip this idea if you’re not into arts and crafts. All this means is to choose a goal and make the time to do it. Always wanted to learn about photography? Skip some TV time and check out some library books, peruse photography blogs, or just play around with your camera. Trying to get a little healthier? Take a nutrition class, round up a running group, and make yourself a calendar to help chart your progress.

Laugh Out Loud
Too often we feel too self-conscious to really let loose and laugh, but you know what? It feels good. Why not?

Want more ways to get happy? Pick up Rubin’s book at the library, or check out her blog, http://happiness-project.com.

Adapted from http://survivingcollegelife.com

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 two or to 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

Words of Wisdom

“It is not enough to take steps which may someday lead to a goal; each step must be itself a goal and a step likewise.”

-Johan Wolfgang von Goethe
Howdy! My name is Asiya Bhura and I am the Regents’ Scholars Intern, working at the Scholarships and Financial Aid Office.

As a very involved person in the Regents’ Scholars Program, I am very involved this summer. I am the intern. What does that mean? It means I am in charge of, and thus very busy with, one of the programs I coordinate called Aggie Pals: Go Write to College. This program is where Regents’ Scholars handwrite letters to fourth and fifth grade pen pals in a different city, encouraging them to pursue their higher education goals. The little ones eventually meet their Aggie Pals during the spring semester on their annual Trip to Campus. Though the letter-exchanging happens in throughout the fall and spring semesters, I have to plan—recruitment (applications are still open!), proposals, budget proposals, newsletters, training, booking rooms, making training guides, matching students to their Aggie Pals, etc. It’s complicated, but I love it. After my experience as an Aggie Pal, I was very proud to hear that my pen pal was thinking about her future and planning it out, so when I see Regents’ Scholars encouraging students to do what they have accomplished, it makes me feel warm and fuzzy inside.

I am the creative type, so my mind wanders but to focus that into something useful, I do creative things. As an Orientation Counselor (OC) for the upcoming freshmen Regents’ Scholars Orientation during Gig ‘Em Week, I act in videos during the summer. These videos are themed so the Orientation is fun, and the theme is “Game Shows,” which makes me the host of the 12th Man is Right. I have to memorize lines and go to shoots with my friends. Though we film scenes that are about one-minute in length, we spend at least two hours on them, which isn’t so bad considering I get to hang out with my buddies on the weekend. The worst part of a shoot is when you make a mistake. I said my entire 1-minute speech and ended with, “And now a quick word from our audience… no!” I meant to say ‘sponsor.’” I was deceived on my speech because we were to film the audience next. It didn’t matter too much because I conquered it in the next take!

Conquering the creative is easy but the logical, like math, is hard for me. Math was my favorite subject in high school, even though I had some trouble with it in geometry and pre-cal. When I skipped a year and took MATH 141 in college, I felt completely unprepared for it because I hadn’t plotted a line or multiplied two-digit numbers during that math-vacation. However, this summer will change my ignorance. I am studying my high school math online at khanacademy.org for free. When I was adding 4-digit numbers without paper, my dad was beaming with pride because I could do math in my head; even the multiplication was easy. Then I got to the least common divisor—I forgot what that was! To review, I watched the instructional video on what they were and it was a cinch. I’m still on Pre-Algebra, but I’ll eventually get to Calculus and move onto Chemistry.

I remember those summers when I would just sit around and watch TV at home. I would literally get depressed with doing nothing and I wanted school to start because I would at least have a reason to go out. Revisiting those summers are not easy and I found out that I like to be busy because it keeps my mind active instead of letting it turn to mush. Of course, I watch TV every day but I also keep up with my friends and develop my mind with small but satisfying activities. I hope you all use your summers wisely because we’re young and our minds are waiting to learn new things, so pick up an instrument or take a biology course. You are as happy and productive as you choose to be.

**MSC Fall Leadership Conference**

**August 23-25, 2011**

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 15
http://flc.tamu.edu