Greetings from Erin...

Howdy Ags!

The fall semester is upon us! It feels like just yesterday you were winding down your first year at Texas A&M. Before the busyness of the semester sweeps over you, take the time to make note of your goals for the semester, both academic and personal. Then create an action plan to help you be successful in the accomplishment of these goals. Remember that there are a number of resources on campus, including the Regents’ Scholars staff, which is here to help you find the path to success. Best wishes to you for a great semester.

Thanks and Gig ‘em!

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Student Employment Workshops

The Student Employment Office will offer a number of workshops during the academic year for working college students. These workshops address a variety of workplace-related issues, including Business Communication Skills, Workplace Etiquette, Presentation Skills, and Controlling Anger and Angry People in the Workplace.

Interested students may find additional details and register for a workshop by clicking HERE.

2011 Fall Open House

Are you looking for a way to be a part of campus life? Over 670 student organizations will showcase ways in which to get involved on campus.

Saturday, September 3rd
2-6pm
Reed Arena
http://mscopenhouse.tamu.edu
Kick Start Your Study Habits!

So you have had three months of summer break and are now attempting to get back into the swing of things. One minute you are lounging by the pool or hanging out at the mall with friends. The next minute you have 50 pages to read, two lab reports to write, and your first exam is next week. You’ve realized that the study habits you tried to perfect during your first year have become a little fuzzy and that you need to brush up on them, and fast! The nice thing is that when it comes to studying, a little effort goes a long way. Here’s how to get ahead of the game this year.

Duly Noted

Get out your pen and paper—or your laptop—and pay attention during class. I know it’s tempting to email, chat, and surf the web when class gets slow, but none of those things will help you score well on a test.

Figure out your ideal note-taking style not for speed but for processing. Class should be your first “study time” so you shouldn’t settle for mindlessly copying down the notes. Try to really absorb what your professor is saying so that when you go to study later, it’s all review.

Some people process really well working on a laptop, but many of us are more visual and need to physically write notes and draw diagrams to keep the info stuck in our brains. Be honest with yourself about which type you are and you’ll find studying gets way easier.

Take Two

When you find yourself with free time during the day, skip the iPhone Wheel of Fortune and go over your notes from class that day. Just read through them once or twice, make notes about things you don’t understand, and plan what to go over in depth later.

Sometimes going over things right before bed is a good way to help them stick in your head—your brain keeps processing this information while you sleep at night (but you might start dreaming in calculus equations. You win some, you lose some.). If you’re feeling antsy about spending daylight studying, remember that studying in the day means you’re free to go out and be social at night.

Schedule some Alone Time (with your books)

Scheduling study time is crucial, especially as you start adding more activities and work hours to your day. Map out a couple weeks before your mid-terms and finals weeks start, planning when (and what) to study, when to work, and when to take breaks. Give yourself a couple extra days, too, because good studying usually takes longer than you expect it to.

The “alone” part is crucial, too. Spending time with a study group can be really helpful—especially if you’re still learning the material—but it is also really distracting. If you decide to go the group route, pencil in some private study time, too. This will give you a chance to go over the things you personally struggle with.


Adapted from http://www.survivingcollegelife.com/2009/09/09/kick-start-your-study-habits/
**STAY HEALTHY THIS SCHOOL YEAR**

You’ve heard of the college fifteen, that pesky extra 15lbs that lots of students put on in their first couple years of college. However there are more health issues than that for college students. (How can we forget h1n1?) Here are some guidelines on how you can keep yourself fit, even with limited time, space, and funds.

**The College-15 is Not a Goal—or a Curse**

Translation? You still have to eat right, even if Mom isn’t hovering over your dinner plate. Just remember that a pint of Ben & Jerry’s every night isn’t the key to good health.

So what should you be eating? The simple answer is to shoot for moderation in all things. Try to eat the right amount of servings for each food group, but don’t go overboard with one food group. Too much of a good thing, even too many veggies or too much meat, can be too much for your body. When in doubt, refer to the food pyramid.

Even if you do end up putting on (or dropping) a little weight accidentally, don’t feel like you’re doomed! Switching to a healthier diet and adding some exercise can help you wear away those pounds.

Consider these healthy eating tips:

- Eat a good breakfast. Studies show that skipping breakfast detracts from scholastic achievement. When there isn’t time to sit down and enjoy your morning meal, grab a bagel, piece of fruit, and some juice.
- If you must eat fast foods, choose wisely. Choose pizza with half the cheese, a regular size roast beef sandwich, baked potato, or green salad with reduced calorie dressing. Limit high fat offering like french fries, fried chicken or fish sandwiches and watch out for salad dressing.
- Keep healthful snacks on hand so if hunger strikes during a late night study session, you won’t be tempted by vending machine candy, chips, or ice cream. Possibilities include fresh or dried fruit, pretzels, unbuttered popcorn, rice cakes, or whole wheat cracker.
- Eat plenty of foods that are rich in calcium. People in their early twenties need to be build up stores of calcium in their bodies to prevent osteoporosis in later life. If you don’t like milk, try to include ample amounts of low-fat yogurt, low-fat cheese, and green leafy vegetables in your diet.
- If you need to lose weight, do it sensibly. Starvation and/or diets that offer a quick fix usually backfire and are harmful. There is no truth to the theories that suggest eating foods in any particular combination will promote weight loss. The only safe way to lose weight, feel good while doing it, and keep it off is to eat a balanced diet.
- Sugar provides calories in your diet but few other nutrients and it contributes significantly to tooth decay. Use it sparingly.
- The dining hall salad bar can be either an asset or a detriment to your diet depending on how you choose from it. Of course, leafy greens, raw vegetable and fresh fruit are beneficial. But if you choose a lot of creamy dressing, bacon bits, and mayonnaise based salads, the calories and fat may equal or even exceed those of a burger and fries.
- Drink lots of water. Your body needs at least eight glasses a day, and if you exercise vigorously, you may need more. To remind yourself, carry a water bottle along to class and keep it handy during late night study sessions.
- Remember, food is a lot more than nourishment for our bodies. Enjoy and savor it.

**Exercise (Even in a Small Space):**

Texas A&M offers free use of the Rec Center to students, so you should definitely take advantage of all the great stuff there. But if you find yourself feeling to sluggish to go outdoors (or it’s just too hot to bother jogging), here are a list of dorm room workouts you can do in that 8×8 floor space you call home:


Want to know the easiest way to get exercise without noticing? Walk to class instead of taking a shuttle. It really makes a difference.

**Prevent Brain Drain**

The pressure and competition of college courses, coupled with homesickness and increased personal responsibilities can be hard on you. It wears you down, tires you out, and sometimes overwhelms you. To help keep your mental and emotional health strong, ensure that you:

- Eat well & exercise (see above)
- Get enough sleep
- Learn how to relax & fall asleep when you’re stressed
- Stay away from depressants like alcohol, especially if you’re already feeling down
- Make use of free counseling services on campus (academic and psychological) through Student Counseling Services and the Student Learning Center
- Attend support groups (there are several available through SCS)
- Strike a balance between work and play
- Make at least a rough schedule and stick to it
- Keep within your budget

Adapted from [http://www.survivingcollegelife.com/2008/09/11/stay-healthy-this-school-year-reallyl](http://www.survivingcollegelife.com/2008/09/11/stay-healthy-this-school-year-reallyl) and [http://healthed.uoregon.edu/10tips.htm](http://healthed.uoregon.edu/10tips.htm)
Elisa Serrato is my friend. I asked her one day if I said her name correctly. She had never corrected me on it before so I assumed it was the way my niece’s name is pronounced: “uh-LEE-sah.” Though I always called her that, the tiny accent she sometimes has on the phone gave me a feeling that I was wrong; plus, she’s too sweet to correct me. So I asked her. She nodded and blinked once, looking quickly back at her computer screen. The corners of her mouth curled up. “You’re telling me that I’ve pronounced your name incorrectly this whole time?” Elisa laughed, “Yes. You have.” This is kind of what we do at work during our free time; we chit chat and joke around when we’re not doing the serious business that is Scholarships & Financial Aid. Though we have those moments, I’ve noticed that she is always thinking. She’s very serious and task-oriented, calm and happy. What I’ve learned from her is that you can have a million things on your mind but at the end of the day, you have to smile because that’s another day you’ve spent with your family and friends. It is my pleasure to introduce Elisa Serrato!

Name: Elisa E. Serrato
Age: 21 on August 24
Class: 2013
Hometown: Edinburg, TX

How have you been involved in the Regents’ Scholars Program and why?
Throughout my years here at Texas A&M I have been involved in the Regents’ Scholars Program in many ways. My freshman year, I became an Orientation Counselor (OC) where I was able to mentor a group of ten freshmen during the beginning of their college experience and I have also been a member of the Regents’ Scholars Organization (RSO). With the Regents’ Scholars Program I have also been and am currently involved in many leadership positions. I have been a Financial Aid Connections mentor, amongst being an Aggie Pal (AP) and being on the Orientation Planning Board for the Class of 2015. Another way that I have been involved with the Regents Scholars Program is by participating in REPS (Regents’ Encouraging Prospective Students) where I was able to talk to high school students one on one and answer any questions they might have had. The most recent way I have been involved in is by Older Wiser Leaders (OWL) where I will be a student mentor to some Regents’ Scholars.

What countries have you been to?

Traveling across the world is something that has always interested me. I have been fortunate enough to travel to foreign countries like France and Germany.

What did you do there? How did you immerse yourself in those cultures?
I studied abroad on a short term to Germany and France. While in Germany our class attended the celebration of the 20th Anniversary of the fall of the Berlin wall. We attended many museums and events, where we were able to learn in first hand so much about everything that country went through by being divided into East and West Germany. It was almost like going back in time every time we would read or hear about individual stories of how persons tried to escape from one side of the wall to the other. During my last day in Berlin a group of my classmates and I took a train to a surrounding city, where we visited a Concentration Camp. It was one of the most eye opening experiences I’ve had in my life and it made me extremely aware of the unfortunate events that country’s citizens had gone through. Aside from learning about all the history I was able to experience the German culture by enjoying their food, and adjusting to their life style.

When studying abroad to France I was actually there thanks to the Regents’ Program and my success program Financial Aid Connections. There we visited many cultural and historic places like, Notre Dame, Versailles, the Louvre, and Normandy amongst others. By visiting Normandy and many of other place I was immersed in the history and its tie to the United States. I was also able to immerse myself in the culture by visiting local place and trying their delicious food, walking inside the Jardins du Luxembourg were all the locals go. Traveling abroad has been such an eye opening experience that has led me to want to visit other countries and learn about their people and culture. It amazes me how we are all so different, but yet we have so many similarities regardless of what part of the world we live in.

What campus resources have you used in the past and how have they helped you?
There are plenty of campus resources available to us, but one that I have recently used was the Career Center. I needed help doing research on a major that I was interested. It was very easy to make an appointment with one of the career advisor and the appointment was very helpful. They talked to me about the major, the degree plan and what career paths I could take in the future. The Career Center also advised me on what other ways I could do research. Thanks to the Career Center I decided apply to Agricultural Leadership & Development, and now that I got accepted I am on my way to working to a great future. I would really recommend to anyone that has questions about their career choices make an appointment at the Career Center, they are extremely helpful.

What did you do over the summer?
This summer I have been in College Station mainly filming the videos and finalizing things for the Regents’ Scholars Orientation along with the other Orientation Board members. It has been a huge learning experience, not only because I have never filmed a video before, but because these past three months have been a period of growing as a person and a leader. Besides preparing to welcome the Class of 2015, I have also been taking summer courses, and working as an assistant at the Scholarships and Financial Aid Office. It has been a summer full of rewards, a few struggles and the making of great friendships, but I would not change any of it.

Fun question: Where do you sing?
I sing everywhere! If you were to ask any of my friends, they would all agree that I sing to almost every single song, weather it is in the car, walking across campus, when working, and like most people, I also sing in the shower. I don’t have a great voice, but I sure enjoy singing along to most songs.

Is there anything else you would like to tell your peers?
Yes, one thing I would like to tell them or advise them is to get involved and pay it forward. The Regents’ Scholars Program has given so much to all of us, and I feel like we sometimes take it for granted. I would advise them to join RSO, volunteer, or apply to be a part of many of the leadership positions available within the Regents’ Scholars Program. The coordinator and all the people that work with the Regents’ Scholars Program love to work with the students to help them develop to the best of their abilities. Not only does getting involve look great on a resume, but it gives you a sense of accomplishment and it is a rewarding feeling knowing that you are able to help out others and maybe even made an impact in their life.
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