As the Aggie school year begins once again, it’s a good time to take a close look at what we like to call “the great balancing act!” Success at Texas A&M begins with balance. It could be balancing class with your social life, balancing fun with responsibility, or just balancing those courses across all five days of the week, but once you lose your balance, you can easily fall...HARD.

But hey, don’t worry! Just like learning to ride a bike, you’ll find your balance once you get moving. As you begin to experience the “college life,” you’ll notice that there are countless distractions and activities, all pulling you in a hundred different directions. Every year, students end up in an Academic Advisor’s office, and all experiencing “freedom-overload.” When you look at your schedule for the first time, you think, “Wow! I have 500 much time during the day I don’t know what to do!” Unfortunately, the “what” you should be doing is STUDYING. The transition between high school and college is tough, and it takes getting used to, but you need to be ready to put in a lot of time outside of class studying and preparing for your next class.

Be ready to be surprised by your coursework! You can handle it...but don’t go in thinking it will be a breeze! Use the first few days of class to find the balance of your courses...if you need to make changes to your schedule to lighten the load, contact your Academic Advisor before the end of the first week of class and you can still make changes to your course load.

Once you get into the swing of things, make sure you don’t get OVER-involved. Aggies are always wanting to do more, learn more, and experience more...but you have to know what you can handle, and you can’t forget why you’re here in the first place: to get a world-class education!

It may seem a little shaky in the beginning, but balance is always hard to find at first. Luckily, it’s easier to keep your balance once you’ve found it! And as always, you have a great group of advisors and counselors to help you to avoid falling...or failing!

Sam Murdock
Senior Academic Advisor I
Bioenvironmental Sciences
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**REPORTING AWARDS FROM OUTSIDE SOURCES**

If you are the recipient of scholarships, corporate sponsorships, or other resources (from a source other than Texas A&M University) you must report it to Scholarships & Financial Aid as soon as possible. An adjustment in your financial aid offer may be necessary dependent upon aid programs offered to you. You may be required to repay financial aid you have already received if you are no longer eligible for those aid programs as a result of these additional resources. To report an award from an outside source, please complete the **Student Data Form** at myfinancialaid.tamu.edu. It is located under the **My Resources** tab in “Online Forms and Documents.”

All scholarship checks should be sent to:

Texas A&M University
Scholarships & Financial Aid
P.O. Box 30016
College Station, TX 77842-3016

You may also drop off scholarship checks in the drop box in our main lobby on the second floor of the Pavilion.

Once we receive the check, as long as the disbursement period has begun for the semester for which the check was intended, we will process it and credit it to your student account within 3-5 business days.

Unless accompanied by specific instructions from the donor, it is the policy of Scholarships & Financial Aid to divide all scholarships of $1,000 or more.

**SCS WORKSHOPS**

**First Generation College Students Group**

Do you sometimes feel that no one back home understands what you are going through? Do you feel lost trying to figure out how to be in college? This group is for students who are the first in their immediate family to attend college. It provides support, understanding, and suggestions to help students deal with the family and academic challenges unique to first generation college students. To participate in this group, please contact the SCS at 845-4427.

Tuesdays, 2:00-3:30pm

**Insider’s Guide: Navigating Your First Year Aggie Experience**

Start off on the right foot with this 9-week group designed specifically for incoming freshman students. You will learn successful time-management skills, efficient ways to study, and how to manage the various demands of university life so that college can be as rewarding as you want it to be.

Mondays, Sept. 15-Nov. 10, 3:00-4:30pm

To discuss participation in this group with a counselor, register online at http://scs.tamu.edu before Sept. 5, 2008. Call 979.845.4427 for more information.

**Now You’re Speaking My Language: Talking with Professors**

This workshop will dispel myths and stereotypes about professors, offer suggestions for working with professors, and providing additional academic resources and strategies for success in the classroom. Pre-registration necessary; register online at http://scs.tamu.edu.

September 2, 10, 16, 24 at 5:30pm

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**GIG’EM WEEK 2008**

Gig ‘em Week 2008 starts Sunday August 17th and lasts through Sunday August 24th.

Gig ‘Em Week is Aggieland’s official Week of Welcome. Gig ‘Em Week provides students an opportunity to learn more about the campus, each other, and college life in general through a series of educational and social events sponsored by university departments, colleges, student organizations, residence halls, and community members.

Events include: Ice Cream Social, Pizza Taste-Off, Aggiefest, Freshmen Convocation, etc.

**You will receive a stamp-card at your Regents’ Scholars Orientation. Collect all of the stamps and win a prize!**
HEALTH INSURANCE

General Information

Health insurance coverage is important while a student is in college. Student Health Services is an ambulatory clinic and does not provide major hospitalization or treatment outside of the clinic.

Please visit http://shs.tamu.edu/hlthservices.htm for more information about services that are provided. Different sources provide health insurance to students. Sources of health insurance are:

- Group insurance
- Parent’s health insurance
- Student’s individual policy
- A Student Health Policy

Insurance Policies Available

The University has endorsed a Student Health Policy and Graduate Student Policy. This insurance is available to all students. You may want to review this policy and compare your current coverage when considering health insurance. This policy may be useful when:

- The student reaches the age of attainment on a parent’s policy, meaning they are no longer covered or
- The student gets married or
- The student becomes legally independent or
- The student is studying abroad.

Any Texas A&M University student can purchase the policy.

This policy can be purchased locally through:

Dunlap Financial Services
111 East University Suite 110
College Station, TX 77841
(979) 260-9632

Policy information is available on the Internet for undergraduate students at http://www.tamuinsurance.com.

Please visit http://shs.tamu.edu/index.html for more information.
REGENTS' SCHOLARS PEER MENTORS:

WORDs OF WISDOM

One piece of advice you would give every Regents’ Scholar...

Taharka McCleave: “Do homework daily!”

Denise Alex: “Keep a planner...and live by it!”

Cristal Yun: “Find out where you can get tutoring.”

Jonathan Aguilar: “Don’t be afraid to approach your professors.”

Malcolm Wilson: “STUDY!”

Christina Small: “Budget your time but definitely be flexible for fun.”

Krystella Bynum: “Learn time management...”

Ana Garcia: “Go to class.”

Page Morris: “Bring rain boots and an umbrella!”

Kaytlin Huseman: “Find someplace quiet and peaceful to study; your room will be completely too distracting!”

Rebecca Ordaz: “Meet your professors.”

Ahmad Zayed: “Don’t fall behind!”

Yvette Aguinaga: “STUDY STUDY STUDY! This is not high school anymore and you are not the smartest kid in your class.”

JULY OPINION POLL WINNERS:

What are you most excited about being here at Texas A&M?

“The one thing that excites me about being at Texas A&M is how this will be my next chapter in my life. New encounters and new challenges will come my way and I hope I’m ready for them. If not, I guess I will learn from them! Starting this grand adventure outside my normal routine is the thing that excites me.” -Johnny Reyes, ’12

“I am most excited about learning and being with people who also want to learn. I know that the work is going to be super tough and that scares me!! However, I also know that I am going to be surrounded by other people who want to learn and have the same goals and desires that I do. I can’t wait to be there!” -Catherine Ruth Watkins, ’12

“To me, the most exciting aspect of being part of Texas A&M is having an outstanding chance to start fulfilling my dreams and goals. Being able to go through college independently without a parent, I feel like it is my turn to take control of my life. Because of this situation, being in A&M will be the ultimate boost to become who I want to be.” -Tommy Nguyen, ’12

Congratulations Johnny, Catherine & Tommy!

Did You Know???

College Station’s record high for the month of August is 108°F...

The record low is 61°F.