WELCOME CLASS OF 2021 TO THE REGENTS’ SCHOLARS ORIENTATION

Tuesday, August 22, 2017
7:00-9:00pm
Check-in opens at 6:00pm
Bethancourt Ballroom- MSC

Attendance is required for your Regents’ Scholarship. Latecomers will not be permitted. Dress is casual and please eat dinner before you arrive.

Take the pre-orientation survey for a chance to win a prize! goo.gl/forms/3PfW3dvq6mopXX3k2

TEXT REMINDERS

Want to receive text reminders for important Regents’ Scholars events?

A) If you have a smartphone, get push notifications.
   • On your iPhone or Android phone, open your web browser and go to the following link:
     • rmd.at/9f26d
   • Follow the instructions to sign up for Remind.

   You’ll be prompted to download the mobile app.

B) If you don’t have a smartphone, get text notifications.
   • Text the message @9f26d to the number 81010
   • If you’re having trouble with 81010, try texting @9f26d to (509) 740-3719

DATES TO REMEMBER

Residence Hall Move-In Day
Sunday, August 20, 2017
reslife.tamu.edu

Regents’ Scholars Orientation
Tuesday, August 22, 2017
Check-in opens at 6:00pm
Orientation will last from 7:00-9:00pm

Student Bills are Due
September 8, 2017
Tuition and fees due in full by 5:00pm
sbs.tamu.edu
10 WAYS TO MAKE YOUR ROOM FEEL LIKE HOME

We beg to differ with those who say a residence hall room isn't worth investing decorating time in. Even if you only plan on spending your first year in the space, an uncomfortable atmosphere isn't conducive to studying, working or sleeping. Below are 10 ways to make your room a little less sterile and a lot more inviting...

1. **Live Without:** It can be difficult when moving away from home, usually for the first time, to think about all the things you'll be living without. It can be easy to horde things and spend all your time thinking about all the “stuff and things” you want to bring with you to help ease the pains of separation. Small residence hall spaces can get bogged down with things you don’t really need. Try downsizing!

2. **Focus on Your Work Areas:** It doesn’t matter if you have an awesome couch, fine linens or a microwave, what matters most is making sure you can accomplish what you need to in the space. Sleeping comfortably, working comfortably and a space for study are all at the top of the list.

3. **Lighting! Lighting! Lighting!:** Residence hall lighting generally consists of a few florescent lights that aren’t good for much. This is the only time in your life you won’t have to pay for utilities, so make the most of it! Rope lights, floor lamps, desk lamps and pendant lamps are all a good idea. Just please be cautious to not burn the place down and follow all the rules in your Residence Hall Handbook for mounting all these items as unscheduled Fire, Life and Safety inspection will be conducted for each residence hall room to insure you followed all the rules for a safe and maintainable space.

4. **DIY With Restrain & Purpose:** DIY ideas for temporary spaces is a great way to jazz the place up. But a little goes a long way to make your room stand out from others. A room with clever DIY improvements makes for a great punch and a way to personalize your space, but a room with DIY overload can feel chaotic.

5. **Add a Rug or Carpet:** When seating is limited, the floor is an excellent option next time you’re hosting Wii night in your room without the aid of having chairs. Be sure to check to see if your room already has carpet. Some residence halls have carpet, while others have tile floors.

6. **Add Impromptu Seating:** Poufs, Mats and Floor cushions are all great ways to bring in seating without having to bring in a couch or extra chairs. Try stacking them in a corner or at the foot of your bed to keep them accessible but out of the way until needed. Even if you don’t plan on doing a great deal of entertaining, they can be a nice relief from lying in bed.

7. **Textiles:** Curtains (don’t forget you can easily make cool ones yourself), throws, pillows and bed linens are all great ways to add some color without having to paint or add diy treatments to the walls (which is your first reaction when you move into your new stark white space). Often times fabric will be less pricey than buying them pre-made.

8. **Frame It Up:** Although it can be easy to deck out your walls with large amounts of double sided tape and last week’s photos with your friends, try using your new found room as a more grown up space instead of something that looks like the expanded version of your high school locker. Rotate through your favorites or try grouping smaller shots together to make a bigger impact.

9. **Mattress Pad:** Try adding a mattress pad to make your bed closer to home depending on how cushy you like your bed. Have a foam topper? That will be a great addition. If you find a king size foam topper at a steal of a price, find a friend to share it with and cut it in half! Just remember they smell weird when you unroll them, so try airing it out before you get to campus if at all possible.

10. **Reflective Light:** Mirrors are your new best friend. They instantly make a room look larger and you aren't confined to using just a rectangular one on the back of your door. If you want to make a larger floor mirror without the cost, try gluing mirrored tiles (found at your local hardware store for usually $1-$2 a tile) to a board and prop it against a wall or use industrial Velcro, sticky tack, or double sided wall mounting tape to attach it.

Adapted from: http://www.apartmenttherapy.com/chicago/tips/10-ways-to-make-your-dorm-room-feel-like-home-091940
MONEY MINUTES: CONSIDERING CREDIT CARDS?

Credit cards are neither inherently good nor bad, but they can be DANGEROUS if used unwisely. Credit cards are nothing more than an easy way for the credit card company to loan money to students, usually at high interest rates if the balances are not paid off at the end of each month.

Credit cards are often issued to students who do not have large incomes. Some students can't resist the temptation of buying items on their credit card without a plan for how they will repay the amount. Such behavior can result in students going deep into debt and struggling to make even the minimum payments to the credit card companies. It is not unusual for credit card companies to raise interest rates up to 25%, 30% or more if there is a hint that a student is having problems repaying his/her credit card balance. Credit card lenders don’t even need a reason to raise interest rates. The “fixed” interest rate on your credit card can be increased at any time simply by the lender giving you 15 days notice of the increase.

Once a person gets into debt with a high interest rate, it is difficult to make large enough monthly payments to pay off the amount owed. Here are some tips to prevent credit card problems.

• Use a credit card sparingly, if at all
• Try to pay off the balance each month
• ALWAYS pay the minimum due each month
• Make all payments early enough to meet the due dates
• Buy what you need with a credit card if you don’t have cash, but save for the things you want
• If you can't pay the entire monthly balance due, develop a plan for paying it off

You’re invited to attend our free workshop on “Credit Cards and Credit Scores” to learn more about tactics credit card companies use to separate you from your money. If you are having credit card problems or have questions, you can email the Money Education Center at money@tamu.edu or call 979.845.7283.
THE GREAT BALANCING ACT

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 SOO 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 // Academic Advisor IV // Plant Pathology & Microbiology

HOWDY AGS!

You made a very important decision when you joined the Aggie family, a vibrant, exciting academic community that plays a large part in launching you into a successful future. This experience is like nothing you have experienced before. Learning how to manage your time, stress, relationships, finances and transitions are just a few of the college challenges you face as you learn to strive in this intense environment. To help you stay emotionally fit and increase your chances at success, the Student Counseling Service offers a variety of services and support resources.

Stress Reduction Center – Students often report stress as one of the biggest obstacles to their academic success. Signs of stress include tension, changes in sleep patterns and appetite, feeling irritable, isolation and anger. Stress can also increase test anxiety and lower the immune system. Relaxation techniques can help students learn to manage stress effectively.

Career Counseling and Assessment Services - Group and individual career counseling services can help students make informed vocational plans, choose a major, or plan for graduate study. Professional counselors can help you learn more about your interests, abilities, personality, values and various career options.

Personal Counseling - Personal counseling is a process that facilitates self-discovery and growth, and most students at one time or another can benefit from personal counseling. Counseling can help improve self-confidence, relationships, academic performance, and decision making for your overall well-being.

Group Counseling – Groups provide an opportunity for group members to learn from each other as concerns
are explored together. Group counseling consists of weekly hour and a half sessions with six to ten students whose concerns are similar. See scs.tamu.edu.

**Psychiatric Services** – psychiatric services are available through the recommendations of a Student Counseling Service counselor.

**Learning Disability and ADD/ADHD screening** – Learning disabilities are typically identified when a person's level of achievement is significantly below what would be expected for her/his age, schooling, and level of intelligence. Screening for learning disabilities is the first step in the evaluation process. It helps determine if formal evaluation, which can be expensive, is needed.

**Crisis Intervention** – Students may find themselves in a crisis situation and need to be seen quickly. Students may come to the SCS for crisis intervention anytime during business hours 8:00 AM to 5:00 PM Monday through Friday without a scheduled appointment.

**Helpline** – After 4 PM on weekdays or 24 hours on weekends, students may call the HelpLine at 979.845.2700 for after hours crisis intervention. The HELPLINE provides information, support, referrals, and crisis intervention by phone.

**Alcohol & Drug Abuse Assessment and Treatment** – The SCS offers a variety of assessment, therapy, and support for those who may be facing alcohol or drug issues.

**Workshops** – Each semester the SCS offers a variety of workshops that aim to enhance students understanding of self, others and their own personal success. Topics range from self esteem to assertive communication, career exploration and personal growth. To receive services and/or register for your initial appointment, go online to http://scs.tamu.edu/ and click on “Register for Services.” After you complete the information requested, you will have the option of scheduling your initial appointment online. If you have trouble logging in, call 845-4427 to request help.

Confidentiality is respected to the limits allowed by law. The SCS makes no records of your visits on your academic transcripts or in a placement file. The SCS is funded by the University Advancement fee, and there are no additional user fees for services used.
## High School Versus College

<table>
<thead>
<tr>
<th>High School</th>
<th>College</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>High school is mandatory and usually free</strong></td>
<td><strong>College is voluntary and expensive.</strong></td>
</tr>
<tr>
<td>You do most of your studying in class, with homework as a backup.</td>
<td>You do most your studying outside of class (at least 2-3 hours outside of class for each hour of class) with lectures and other class work as a guide.</td>
</tr>
<tr>
<td>You seldom need to read anything more than once and sometimes listening in class is enough.</td>
<td>You need to review class notes and text material regularly.</td>
</tr>
<tr>
<td>You are provided textbooks at no expense.</td>
<td>You need to budget substantial funds for textbooks.</td>
</tr>
<tr>
<td>You will usually be told in class what you need to learn from assigned readings.</td>
<td>It's up to you to read and understand the assigned material; lectures and assignments proceed from the assumption that you've already done so.</td>
</tr>
<tr>
<td>Teachers check your completed homework.</td>
<td>Professors may not always check completed homework, but they will assume you can perform the same tasks on tests.</td>
</tr>
<tr>
<td>Teachers bear much of the responsibility for your learning.</td>
<td>You bear the responsibility for your learning while your professors serve as guides, mentors, and resources.</td>
</tr>
<tr>
<td>Teachers present material to help you understand the material in the textbook.</td>
<td>Professors may not follow the textbook. Instead, to amplify the text, they may give illustrations, provide background information, or discuss research about the topic you are studying, or they may expect you to relate the classes to textbook readings.</td>
</tr>
<tr>
<td>Teachers often write information on the board to be copied in your notes.</td>
<td>Professors may lecture nonstop, expecting you to identify the important points in your notes. When writing on the board, it may be to amplify the lecture, not summarize it. Good notes are a must.</td>
</tr>
<tr>
<td>Teachers often take time to remind you of assignments and due dates.</td>
<td>Professors expect you to read, save, and consult the course syllabus; the syllabus spells out exactly what is expected of you, when assignments are due, and how you will be graded.</td>
</tr>
<tr>
<td>Mastery is usually seen as the ability to reproduce what you were taught in the form in which it was presented to you, or to solve the kinds of problems you were shown how to solve.</td>
<td>Professors expect you to read, save, and consult the course syllabus; the syllabus spells out exactly what is expected of you, when assignments are due, and how you will be graded.</td>
</tr>
<tr>
<td>Initial test grades, especially when they are low, may not have an adverse effect on your final grade.</td>
<td>Watch out for your first test. These are usually “wake-up calls” to let you know what is expected—but they may account for a substantial part of your course grade. You may be shocked when you get your grades.</td>
</tr>
<tr>
<td>“Effort counts.” Courses are usually structured to reward a “good-faith effort.”</td>
<td>“Results count.” Though a “good-faith effort” is important in regard to the professor’s willingness to help you achieve good results, it will not substitute for results in the grading process.</td>
</tr>
<tr>
<td>SUNDAY</td>
<td>MONDAY</td>
</tr>
<tr>
<td>--------</td>
<td>--------</td>
</tr>
<tr>
<td>30</td>
<td>31</td>
</tr>
<tr>
<td></td>
<td>Transit Break Service (Until August 25)</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>Texas A&amp;M University Soccer vs Sam Houston State</td>
<td>Fish Camp Session D (Until August 10) Last Day of Classes - Summer II &amp; 10-Week Semester</td>
</tr>
<tr>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td>Fish Camp Session F (Until August 16)</td>
<td>Summer II &amp; 10-Week - Final Grades Due</td>
</tr>
<tr>
<td>20</td>
<td>21</td>
</tr>
<tr>
<td>Move-in Day on Campus LAUNCH Learning Communities Welcome 7:00pm - 9:00pm</td>
<td>ATC</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
</tr>
<tr>
<td>First Day of Fall Classes</td>
<td></td>
</tr>
</tbody>
</table>