GREETINGS
FROM THE REGENTS' SCHOLARS STAFF

Howdy Ags!

The spring semester is in full swing! Hopefully you are taking advantage of this semester and aiming to make it the best one yet. As you may recall we put forth a challenge last month for you to pay forward good will that comes your way this year. We encourage you to keep up with this challenge and to encourage your friends to do the same. Spring Break is right around the corner and would provide a wonderful opportunity to give something back to your community. Now is a great time to start planning! I wish you continued success this semester.

Thanks and Gig ‘em!

Regents’ Scholars Program Staff // regentsscholarship@tamu.edu
CAREER CENTER SPOTLIGHT
CAREER CENTER LIBRARY

Did you know that the Career Center has a library? The Career Center Library offers a number of free services and resources, including career exploration and research assistance, computer lab, employer/recruiter information, and a number of career journals and reference books.

Library hours are Monday through Friday, from 8:00am-6:00pm during the fall and spring semesters. Summer hours are 8:00am-5:00pm Monday through Friday.

For additional information, please visit careercenter.tamu.edu.

CLASS OF 2021 DR. ROBERT M. GATES INSPIRATION AWARD

During the Regents' Scholars Spring Banquet on April 22, 2018, the Regents' Scholars Program will recognize one outstanding Texas A&M University faculty, staff, advisor, or professional mentor for their participation and contributions to the program. Please take a few minutes to nominate and show your appreciation to someone who has inspired you during your first year at Texas A&M.

Nominations due: April 1, 2018
Send nomination to: regentsscholarship@tamu.edu

In the email, please include:

Name of the person you are nominating
Department or college in which the nominee is employed
Email address of nominee
Name of nominator (your name)

Please share why you believe this person should be recognized. Include how this nominee inspired you to success at Texas A&M. Describe the guidance, availability, and dedication of the nominee. Your comments will be read at the banquet if the individual is selected.

“We will do all in our power to help you... because I believe your presence here, along with all of the Regents' Scholars who will follow you, is likely the best thing any of us have ever done.”

~ Dr. Robert Gates
President Emeritus Texas A&M University
During my first few years of college, I didn’t know how to stay awake in class. I took an early morning psychology course with three girls I’d met in the dorms. Just before class we rolled out of bed, stumbled to the lecture hall class with our eyes barely open, and settled into a row of squishy seats in the lecture hall. Then three out of four of us would fall asleep. Whoever stayed awake would take notes.

Obviously, I did not get an A in that class—I was catching Z’s instead. So…how can YOU stay awake in class?

As a college student I can almost guarantee that you need more sleep, so you should start there. You probably don’t want to go to bed earlier, but you should. Give yourself an extra hour every night, and see if that helps. You might need more. Even a nap can help!

If you live in the dorms, making the above changes still probably won’t get you to sleep enough. So just in case, here are some things that worked well for me when I wanted to stay awake through a lecture:

**TAKE NOTES BY HAND**
When you take notes on a laptop, you tend to be much less focused, because typing is much more automatic. You also finish faster and sometimes drift off (or start IM-ing people). Taking notes by hand is slower, so it makes you focus on keeping up with the lecture.

**EAT HEALTHY SNACKS**
Eating a snack—especially carbs and proteins—can help energize you. I liked taking a bag of healthy cereal to my very early or very late classes. I would eat the cereal one piece at a time—the carbs plus the act of making myself take one at a time really helped me stay awake. If you need a burst of energy, try eating fruit like sliced apples or grapes instead of a candy bar. Junk food, obviously, is not a good option.

**DRINK WATER**
Dehydration can really wipe you out, so bring a water bottle to class with you. Neither soda nor alcohol (both of which are very dehydrating) are good substitutes for water to keep your body hydrated.

**GET INTERESTED IN THE LECTURE**
A lot of your interest in a lecture is affected by your attitude. If you go in thinking it’s going to be boring, you’ll probably be bored. Even if you’re taking a required class, try to get interested in the lecture each day; it will help you stay alert. Try to learn at least three things you didn’t know, and tell someone about them after class. It might sound kind of lame, but it will help you stay awake and learn.

Adapted from “How to Stay Awake During Class” by “Jamie”, located at http://www.survivingcollegelife.com/2007/09/24/how-to-stay-awake-during-class/
SPRING SEMESTER TIMELINE FOR LANDING A SUMMER JOB OR INTERNSHIP

Want to land an extraordinary summer job? College career counselors have some blunt advice for you: Get going. Now.

“I emphasize with job searchers that it takes three to five months to find a summer job,” says Andrea Dine, associate director of the Career Development Center at Macalester College.

Becky Hall, Central Career Development Coordinator at the University of Minnesota and a consultant with the university’s Health Careers Center, concurs: “There are a lot of career fairs happening on campuses right now. If students don’t get on the ball, they’ll miss out on a lot of good opportunities.

A methodical approach will boost your odds of success, Dine says. By planning now, you won’t have to settle for “just a job” or suffer through a last-minute summer job search. Use this timeline as your guide:

**FEBRUARY & MARCH**

1. Determine the type of summer employment or internship you want. Develop a list of criteria, including:
   • Where you want or need to get a job/internship
   • How much money you’d like to make
   • Key skills to build upon
   • Areas of interest and/or organizations to explore
2. Assess your current skill set, either by yourself or with a counselor at the TAMU Career Center, to determine which key skills an employer might need this summer
3. With guidance from the Career Center, develop a basic resume and cover letter to apply for summer positions
4. Begin looking for specific job opportunities using online resources, city-specific resources, or friends/family/professionals who can direct you toward job opportunities
APRIL

1. Continue looking for job opportunities
2. Start applying for jobs, being sure to follow the employer's directions. Some companies require a resume and cover letter. Others want you to fill out a company application.
3. Ask professors, previous coworkers and supervisors, and other who know you professionally if they will service as references. If possible, have each person write you a one-page letter of recommendation to give to prospective employers.
4. Follow-up with companies you've applied to. Make sure your materials have been received and that each company has everything it needs to consider you.
5. If possible, schedule interviews with companies of interest.
6. Start researching housing options for the summer, if applicable.

MAY

1. Practice answering summer job interview questions, either with a friend or a Career Center counselor.
2. Research companies and jobs before the interview.
3. Schedule job interviews.
4. Go on job interviews, be on time, and follow up with thank-you notes.
5. If the right job is offered, accept it.
6. If you don't have a solid line on a job, get some help from the Career Center – preferable before the spring semester ends if your summer plans will take you away from campus. You can also step up your networking efforts. Ask your parents, friends, professors, and others if they know of available summer jobs.

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JUNE

1. Show up for your first day on time and prepared.
2. Talk to your new supervisor about the skills you'd like to further develop.
3. Go beyond the minimum to make a good, lasting impression on your supervisor and coworkers.
## FEBRUARY 2018

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<tr>
<td>Census Date</td>
<td>Resume reviews for Business Majors</td>
<td>9:00am - 10:00am</td>
<td>Doubt and Faith in Islam and Judaism</td>
<td>Until 5:00pm Hackathon contestants to diversify space and place</td>
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<td>5:00pm - 6:00pm AGLS Career Fair</td>
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<td>10:00am - 2:00pm Resume reviews for Business Majors</td>
<td>10:00am - 3:00pm Business Career Fair</td>
<td>10:00am - 3:00pm Business Career Fair</td>
<td>10:00am - 3:00pm Retailing Career Fair</td>
<td>10:00am - 3:00pm The Next Step: Choosing a Major and Career</td>
<td>9:00am - 3:00pm Free HIV and Syphilis Testing</td>
<td>5:00pm - 6:00pm LinkedIn and Networking</td>
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<td>11:30am - 12:20pm Affording Study Abroad</td>
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<td>Graduation Deadline</td>
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<td>10:00am - 2:00pm Mock Interview Day</td>
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<td>5:30pm - 6:30pm Strategies for Finding an Internship as a Liberal Arts Major</td>
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<td>5:30pm - 6:30pm Applying to the Non-Profit Sector</td>
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For more information, visit [calendar.tamu.edu](http://calendar.tamu.edu).