Howdy Ags!

The New Year is upon us, meaning that it is time to once again look ahead to the coming year (and semester). Many of you have made resolutions related to your academics, personal, or professional development. Resolutions are a good way of reflecting upon the previous year and looking to make the future a little brighter. Our challenge to you is this: Make a resolution to pay forward any good will bestowed upon you this year. Keep the Aggie Spirit alive and well! We hope that you enjoy the remainder of your break and we look forward to seeing you once spring classes have begun.

Thanks and Gig ‘em! ~The Regents’ Scholars Staff
MSC OPEN HOUSE

Sunday, January 21, 2018
1-5 pm
Memorial Student Center

Now that you have a semester under your belt, do you feel like you want get more involved on campus? The MSC Open House is “a chance to see the best student involvement opportunities the Division of Student Affairs and Texas A&M have to offer.” Texas A&M University has over 1,000 organizations so there is something for everyone. Most of the organizations will set up a table in the MSC for MSC Open House to help you learn more about their organization with flyers, representatives, demonstrations, or giveaways. Come out to make new friends and find your niche in Aggieland!

FRESHMEN REGENTS’ SCHOLARS

SAVE THE DATE!

REGENTS’ SCHOLARS FRESHMAN RECEPTION

Sunday, April 22, 2018
7:00 - 8:00 PM

Attendance is REQUIRED for this event for the Class of 2021 ONLY.
The Regents’ Scholars Orientation Planning Board encourages you to apply to be an Orientation Counselor (OC) for the incoming Class of 2022! You should apply to be an OC because by doing so, you’ll be paying it forward to the Regents’ Scholars Program while developing your leadership skills and playing a role in helping welcome incoming freshman to Texas A&M.

1. WHAT TO OCS DO?
OCs act as mentors for the freshmen class. The role of an OC includes providing answers to questions regarding the Regents’ Scholarship and campus life, leading icebreaker activities, and providing a positive support system for the entering Regents’ Scholars.

2. WHAT IS THE TIME COMMITMENT LIKE AS AN OC?
After attending a training session facilitated by the planning board, your duties as an OC are only for the night of the orientation, although we encourage you to keep in contact with your assigned freshmen throughout their first semester at TAMU.

3. HOW DO I APPLY?
Go to the following link and submit the application: https://goo.gl/forms/wV2xlpHXUbTp9gw63.
Applications are due by Friday, January 26 at 11:59 PM.

Are You Wild About Aggieland?

Apply to be a Regents’ Scholars Orientation Counselor
• Help welcome first-generation college students to TAMU

Informationals
• Friday, Jan. 19th 7-8pm @ Rudder 402
• Thursday, Jan. 25th 7-8pm @ Rudder 402

Apply online by Friday, January 26th at 11:59 pm: tx.ag/RegentsOC2022
Questions? Email regentsscholarsopb@gmail.com

Welcome to Aggieland
CHANGE OF MAJORS

If you are planning on changing colleges at the end of the fall semester, it is imperative that you let the Regents’ Scholars staff know. This will enable us to ensure that you are in the correct Academic Success Program in the spring. Should you fail to notify the Regents’ Scholars Program staff of your college change, you will no longer be meeting the requirements of the Regents’ Scholarship. Responding to this email does not act as an official change of college. YOU MUST VISIT WITH YOUR ACADEMIC ADVISOR TO OFFICIALLY CHANGE COLLEGES! Please only submit actual college changes.

If you are only thinking about changing colleges, speak with your advisor first to determine if you can.

Please submit the following information by December 20, 2017 if you are planning on changing majors:

Name:
UIN:
Fall 17 College:
Fall 17 Major:
Spring 18 College:
Spring 18 Major:

Upon receipt of this email, the Regents’ Scholars Program staff will assign you to a new Academic Success Program which you must continue to participate in the spring in order to receive funds. If you have further questions, please feel free to contact us at regentsscholarship@tamu.edu.

*If you are in the Blinn Engineering Academy and switch to Blinn TEAM, you will no longer be eligible for the Regents’ Scholarship.
MOVING FORWARD, THE 11TH ANNUAL REVEREND DR. MARTIN LUTHER KING, JR. BREAKFAST

January 18, 2018 @ 9:30 am
MSC Bethancourt Ballroom
COST: $10

The MLK Breakfast serves as a formal way to reflect on the life, legacy, & accomplishments of Dr. King. At Texas A&M, our hope is to not only honor King, but to also make his legacy relevant for the university and its students, faculty, & administration. We hope to utilize the passion & spirit associated with King, the Civil Rights Movement, & other leaders of the past to inspire & foster a spirit of action in the leaders of today & tomorrow. Join us for this special event as we welcome our special guest, Kevin Powell.

A native of Jersey City raised by a single mother in extreme poverty, Powell exemplifies Moving Forward from a difficult past into a greater future. After graduating Rutgers University, thanks to New Jersey’s Educational Opportunity Fund, Kevin has made positively affecting the lives of others part of his mission.

On behalf of the U.S. State Department, he toured Japan lecturing on the importance & relevance of Dr. King & his famous “I Have a Dream” speech in the 21st century. Kevin Powell aims to make Dr. King’s message applicable to students in the 21st century & discusses the Civil Rights movement of today.

As a pop culture curator, Kevin produced the first exhibit on the history of hip-hop in America at the Rock & Roll Hall of Fame, which toured America & overseas. As a humanitarian, Kevin’s work includes local, national & international initiatives to end violence against women & girls (including a very well regarded appearance on The Oprah Winfrey Show highlighting domestic violence); & he has done extensive philanthropic & relief work, ranging from Hurricane Katrina to earthquakes in Haiti & Japan, to Superstorm Sandy in New York, to his annual holiday party & clothing drive for the homeless every December since 9/11.

wbac.tamu.edu/mlk/
By now many of you are heading back to school, settling into your college homes, and if you’re like many students you’re feeling a little post-winter break slump. Sure it’s great to be back (well, minus the homework bit), but all that bonding with family and friends you did over the holidays might leave you feeling a little lonely.

MAKE A FACETIME DATE

Whether it is through your phone or computer, use this video-chat program to hang out with your friends and family. With a simple tap you can connect from anywhere and include a friendly face in your phone calls.

MAIL AN OLD FASHIONED SNAIL MAIL LETTER

I am a firm believer that a good piece of mail can turn a bad day into a good one, so give someone’s day a lift by sending off a bit of snail mail. Send mom a postcard, write a letter to your BFF, or pen a note to your grandparents. Then stamp it and send it off!

HAVE A LONG-DISTANCE TV PARTY

Lots of shows are just starting up after the holiday break, but being away from your friends and family doesn’t mean you can’t watch Grey’s Anatomy with your kid sister anymore. Make a phone or texting date and watch together, or if you’re in a different time zone wait until the next day and log on to the web to watch the latest episodes together. Most TV stations air full episodes on their websites. Another option is to DVR your favorite shows.

MAKING YOUR NEW YEAR’S RESOLUTION STICK

It can be daunting when your list of New Year’s Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year’s behavior and promise to make positive lifestyle changes. “Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for,” says psychologist Lynn Bufka, PhD. “Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time.”

By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year’s resolution:

START SMALL

Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

CHANGE ONE BEHAVIOR AT A TIME

Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don’t get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

TALK ABOUT IT

Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

DON’T BEAT YOURSELF UP

Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don’t give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

ASK FOR SUPPORT

Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

### JANUARY 2018

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<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>31</td>
<td>Faculty and Staff Holiday</td>
<td>1 Faculty and Staff Holiday</td>
<td>2 Incoming Freshman Scholarship Application Closes</td>
<td>3 Graduation Application Opens</td>
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<td>Martin Luther King, Jr. Day</td>
<td>First Day of Classes</td>
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<td>9:30am Moving Forward, the 11th Annual Reverend Dr. Martin Luther King, Jr. Breakfast</td>
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<td>7:00pm - 8:00pm Regents’ OC Informational</td>
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<td></td>
<td>Faculty and Staff Holiday</td>
<td>No Transit Service</td>
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<td>7:00pm - 8:00pm Regents’ OC Informational</td>
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<td>1:00pm - 5:00pm MSC Open House</td>
<td>Last Day to Add/Drop Courses</td>
<td>Money Mondays - Eating on a Budget</td>
<td>1:00pm - 2:00pm Funding Study Abroad</td>
<td>11:59pm Regents’ OC Applications Due</td>
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For more information, visit: [http://calendar.tamu.edu/](http://calendar.tamu.edu/)