GREETINGS
HOWDY AGS!

Who would have thought that November would get here this quickly? Mid-terms are over, pre-registration for spring classes has started, and final exams are just around the corner. Even though you have busy schedules, now is a great time to take a step back and put this semester into perspective. What are some of the things you have been doing this semester that are moving you closer to achieving your goals? What are some action items that you can focus on to better achieve these goals? Perhaps you will need to plan a study abroad program, apply for an internship, or are simply looking for ways to involve yourself more at Texas A&M and the Bryan/College Station community. Whatever your goals may be, there are a number of resources on campus that are here to assist you. Have a wonderful month!

Thanks and Gig ‘em!

The Regents’ Scholars Program staff
Each year, The University Scholarship Application is now open for current students. By completing the application, students will be considered for the continuing student scholarships and the Southerland Aggie Leader Scholarship through Scholarships & Financial Aid as well as scholarships within participating colleges and departments.

The application deadline is February 1, 2018. Students can access the application through uwide.tamu.edu.

The University Scholarship Application has a new look and will only show the types of scholarships for which you may be eligible.

Please note that there is no “submit” button on the application. You can save as you go and can access your application at any time from now until the February 1 deadline. This way, you can edit and update as needed. When all portions of the application have been completed, you should see a green checkmark by the sections on the leftside menu and your Application Status at the top of the leftside menu will say “complete.”

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**WHAT I WISH I KNEW BEFORE COLLEGE**

1. Stay open to new experiences.
2. It's okay not to like everything straight away.
3. You're definitely not the only one feeling out of your depth.
4. Everyone finds making friendships really hard.
5. But don't worry, you'll find your people with time.
6. Work first, party later. You'll thank yourself for it.
7. Productivity is key.
8. Actually go to class!
9. Your mental health is important.
10. Remember to take care of yourself as well as your grades.
11. Your expectations won't always match the reality.
12. There is no right or wrong way to have a uni experience.
13. Beginnings are always hard.
14. You don't have to have all the answers straight away.
15. Don't be afraid of taking a little responsibility.
16. It's not gonna be fun all the time – and that's okay.

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**COMPILRED BY: MARIAM ANSAR, BUZZFEED STAFF**

To see the entire article published on buzzfeed.com on October 5, 2017, visit: https://www.buzzfeed.com/mariamansar/16-graduates-told-us-what-they-wish-theyd-known-before?utm_term=.cnKA9yVf1&bfsourcing=bbf_enuk#rwb865Ovcl
In one semester I graduate. I've been fortunate enough to study abroad on three different occasions with Texas A&M staff and faculty. These study abroad opportunities have been some of the most rewarding experiences I've ever had. If I could implement a rule that every student is obligated to study abroad, I would.

I've been to Paris, France twice, each time for a full week. We met as a class once a week and spent half of the semester preparing for our trip. The other half included presenting what we learned through creative means. During the week abroad, every day was a full day of realization, awe, and appreciation. For many students, myself included, Paris was a taste of what else I could discover.

Upon my return, I searched for a program that would fit perfectly with my degree plan. A program for Spain fit into my minor at the time, Spanish which later became my double major. I had an option to take either two classes over a course of four weeks or four classes over a course of 10 weeks. Given my hunger for knowledge and new experiences, I decided 10 weeks in Spain was my best option.

To be honest my parents were a little apprehensive about letting me stay with someone they did not know. I don't blame them as it is pretty nerve wrecking to stay with an unknown person. They were nervous until they met her through Face Time. We stayed in a piso (i.e. an apartment). Our host mom was wonderful. She always wanted to feed us, treated us like we were her own kids, was hard working, and lived her life like she was 25-years-old. During the spring semester the students and faculty had a couple of meetings in preparation to our voyage. That was when I realized I recognized only two faces, both from a Spanish class we were taking at the time. One of them was my roommate and we created a life-long friendship along with our other roommate, we were the three musketeers.

Money is one of the biggest obstacles to study abroad, but it can be overcome. There are many ways to fund a trip abroad. Ideally, scholarships are the best way to be funded. Students should apply for the Texas A&M study abroad scholarship, as well as other scholarships through their academic departments. Students should begin to save money as soon as they know that they want to travel abroad. Student loans could be an option, as they an investment in a student's education.

There are many positive outcomes from these types of experiences. Studying abroad is rewarding because students actually have a main focus, which is to learn and broaden their horizons. It widens a student's perspective on life and are exposes them to something bigger than themselves, something beyond their daily lives.
BUTTING HEADS WITH YOUR ROOMMATE?

You certainly aren't alone. About this time of year, many students find themselves being even more aware of those annoying little habits of their roommate- i.e. not cleaning the microwave, snacking on your food, sleeping at strange intervals, etc.

So what should you do? Wait until the winter break and hope it's better in the spring? Get back at your roommate by switching their shampoo and conditioner (what a diabolical plan for unkempt hair)? Tell everyone you know (except your roommate, of course) all the things that your roommate does to drive you bonkers? Although these are all tempting alternatives, none will fix the situation and most will make it worse. Most experts will suggest confronting your roommate in a healthy, polite manner. Do not attack your roommate, but speak in a calm manner about setting down some policies to better suit you both. Follow the steps below to have a better result when coming up with a solution with your roomie:

Steps in Resolving Conflict

1. Get everyone together involved in the conflict.

2. Each roommate should take a turn describing his/her perception of the situation, how he or she feels about it and what he/she wants.

3. Make sure to keep it to all "I" statements. When "you" statements get thrown around, it turns into an attack.
   • DON'T- You never pick up your dirty clothes; you always hog the bathroom, etc.
   • DO- I don't feel comfortable in a messy space; I want to come up with a better bathroom schedule for both of us, etc.

4. Together, come to an agreement on what the conflict is.

5. Everyone should agree to be willing to compromise to come up with a solution.

6. Among yourselves, describe a situation that would be a compromise.

7. Come to an agreement on the described situation.

8. Talk about what changes will be needed to bring about the acceptable situation.

9. Together, make a plan of action which will help achieve the desired new situation and set a time frame for these changes. Make a commitment to make the necessary changes.

10. Set a future date to evaluate the situation and to re-negotiate any differences if necessary.

These steps sound very simple but to make them work you need to know how to fight fair. The key to successful dispute resolution is effective communication. To resolve conflict, communicate with each other on a one-to-one equal basis and avoid behavior that will break down communication. Don't feel comfortable confronting your roommate by yourself? Talk to your resident advisor (RA). They are there to help facilitate these meetings and can act as a mediator. Finally, always remember the platinum rule- treat others the way they wish to be treated. It takes the golden rule a step further, but it is important to recognize and celebrate the differences in relationships.
**November 2018**

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td><strong>All</strong></td>
<td><strong>The 4th Annual Texas Symposium on Women, Peace, and Security: Implementing the Vision of the Women, Peace, and Security Act of 2017</strong></td>
<td><strong>11:30am - 1:00pm Muslim American Students at Texas A&amp;M University</strong></td>
<td><strong>6:00pm Bipartisanship and Foreign Policy</strong></td>
<td><strong>Preregistration for Spring 2019 Begins</strong></td>
<td><strong>3:00pm - 4:00pm Preventing Sexual Harassment</strong></td>
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<td><strong>9:00am - 11:00am QPR Suicide Prevention Training</strong></td>
<td><strong>1:30pm - 2:30pm Getting Started with National Fellowships</strong></td>
<td><strong>5:00pm - 6:00pm Networking &amp; LinkedIn</strong></td>
<td><strong>Pass It Back Day 2018</strong></td>
<td><strong>Q-Drop Deadline (5 p.m.)</strong></td>
<td><strong>Texas A&amp;M Football vs Ole Miss</strong></td>
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<td><strong>2:00pm - 3:00pm Workplace Etiquette</strong></td>
<td><strong>2:30pm – 3:10pm Affording Study Abroad</strong></td>
<td><strong>5:00pm - 6:00pm University Closed Thanksgiving Holiday</strong></td>
<td><strong>Managing Anger and Conflict in the Workplace</strong></td>
<td><strong>Last Day to Change KINE 198/199 Grade Type for Fall 2018</strong></td>
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<td><strong>Bonfire 1999 Remembrance Day</strong></td>
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<td><strong>Reading Day, No Classes</strong></td>
<td><strong>University Closed Thanksgiving Holiday</strong></td>
<td><strong>University Closed Thanksgiving Holiday</strong></td>
<td><strong>Texas A&amp;M Football vs LSU</strong></td>
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<td><strong>2:45pm – 3:30pm Better Business Bureau Ethics &amp; Scams</strong></td>
<td><strong>9:00am Kolache Day</strong></td>
<td><strong>5:00pm - 6:40pm University Scholar Information Session</strong></td>
<td><strong>6:00pm - 9:00pm University Scholars Mocktail Event</strong></td>
<td><strong>For more information, visit calendar.tamu.edu</strong></td>
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<td><strong>3:40pm – 4:30pm Student Loan Repayment Workshop</strong></td>
<td><strong>10:00am - 11:00am Business Communication Skills</strong></td>
<td><strong>The 2019-2020 FAFSA IS NOW OPEN</strong></td>
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For more information, visit [calendar.tamu.edu](http://calendar.tamu.edu)

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**The 2019-2020 FAFSA IS NOW OPEN**

**IT'S TIME FOR THE FALL FAFSA SEASON OPENER**

File your application at [fafsa.gov](http://fafsa.gov)