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. You can serve by becoming a Regents’ Scholars Orientation Counselor for the Class of 2023, joining a service organization, or just lending a helping hand to a friend or classmate in need. I wish you continued success this semester.

Thanks and Gig ‘Em!

The Regents’ Scholars Program staff
regentsscholarship@tamu.edu
CHANGE OF MAJOR

If you need to change majors, it is imperative that you let us 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. To see the requirements to change majors, visit: http://tap.tamu.edu/. 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 as soon as possible as a change in major may mean changing your class schedule:

Name:
UIN:
Fall 18 College:
Fall 18 Major:
Spring 19 College:
Spring 19 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 by email 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.

REGENTS’ SCHOLARS FREQUENTLY ASKED QUESTIONS

Have any more questions regarding keeping your Regents’ Scholarship? Visit the Regents’ Scholarship Program FAQ page for a quick reference on how to renew and maintain your eligibility.
WHY YOU SHOULD BE AN OC!
APPLY TO BE AN ORIENTATION COUNSELOR

Are you looking for a way to pay it forward to the next group of Regents' Scholars and get involved on campus?

Becoming a Regents' Scholars Orientation Counselor (OC), will allow you to:

• Meet other Regents' Scholars and grow your Aggie Network
• Cultivate your social circle during the spring 2019 semester
• Develop your leadership skills
• Help successfully transition a group of 7-10 freshmen Regents' Scholars to TAMU
• Impact the success of first-generation college students like you

Apply by Monday, February 11th at tx.ag/RegentsOC2023

ARE YOUR ELIGIBLE?
ORDER YOUR AGGIE RING

First, check your eligibility at Aggie Network.com/Ring

If approved, schedule an appointment to visit the Aggie Ring Program to get sized, select and pay for your Aggie Ring. Don't forget to take your picture under the Haynes Aggie Ring sculpture. Whoop!

Spring 2019 Ring Day is April 12 and April 13.

For information on paying for your Aggie Ring, visit our website.
MAXIMIZE YOUR MEMORY

Forget rote learning, one of the best ways to commit something to memory is to think of associated images – the more outlandish, the better. If you’re revising for an exam, learning a new language, or just keen on maximizing your memory for everyday life, here are some strategies that might help ...

Rehearsal
The brain is often likened to a muscle, the suggestion being that if you exercise it, its function will improve. A bodybuilder can strengthen his biceps by repeatedly lifting weights and so, the argument goes, you can improve your memory by repeating over and over to yourself (either out loud or sub-vocally) the information you wish to remember.

‘Elaborative’ processing
Although many people imagine that actors memorize their lines using rote rehearsal, research conducted by the psychologist Helga Noice suggests that this is not always the case. Noice found that some actors learn their lines by focusing not on the words of the script, but on their underlying meaning and the motivations of the character who uses them. This is consistent with laboratory evidence – although rehearsing a list of words improves long-term memory for the material to some degree, a more effective strategy is so-called “elaborative” processing, which involves relating the information to associated facts and relevant knowledge. In one study, participants were asked to learn words using one of the following questions:

- a) Is the word written in capital letters?
- b) Does the word contain two or more syllables?
- c) Does the word refer to an item of furniture?

Highest levels of recall were observed following question c, which involves deeper, more elaborative, meaning-based processing.

Mnemonics
A visit to any bookshop will reveal myriad self-help books promoting the use of mnemonics as a means of improving your memory. The Method of Loci, perhaps the most well-known mnemonic technique, involves thinking of images that link the information you are trying to learn with familiar locations. So, when trying to remember a list of words, you might imagine walking between the various rooms in your home and in each one commit a word to memory by forming an image that combines the word with a distinguishing feature of the room.

For example, if trying to remember the word “apple”, you might imagine an apple bouncing on the sofa in your living room. Retrieving the list of words is achieved by mentally walking through the rooms of your house again. One study found that people using the Loci method could recall more than 90% of a list of 50 words after studying them just once.

Techniques such as Loci can be readily adapted to help us remember appointments, birthdays, errands we need to run, etc. As illustrated by Foer’s example, the key with mnemonics is creating the most striking visual images possible. The more ludicrous, creative and elaborative you can be, the greater the chance of success.

Retrieval practice
Evidence suggests that repeatedly testing yourself on the information you have learned can enhance retention considerably. The great memory researcher Endel Tulving was among the first to discover the merits of so-called “retrieval practice”. In a number of experiments, participants learned lists of words in three conditions: standard (study, test, study, test); repeated study (study, study, study, test); and repeated test (study, test, test, test). The repeated study group had three times as much exposure to the words as the repeated test group. If learning occurs only when studying, it follows that they should have had better memory. But Tulving found equivalent immediate learning across conditions. However, if retention is measured after a one-week delay, repeated retrieval testing can lead to markedly better recall than repeated studying, even if the studying involves an elaborative learning strategy.

If students do self-test, it is often to assess what they’ve learned, rather than to enhance their long-term retention of the material. Perhaps the fact that repeated study feels less demanding than repeatedly testing yourself leads people to prefer the first approach. However, the evidence suggests strongly that active approaches to learning such as repeated retrieval practice can reap dividends.

By Jon Simons

Adapted from: http://www.guardian.co.uk/lifeandstyle/2012/jan/14/how-to-train-your-brain-to-remember
BLACK HISTORY MONTH

Americans have recognized black history annually since 1926, first as “Negro History Week” and later as “Black History Month.” Although Blacks have been in America at least as far back as colonial times, it was not until the 20th century that the population gained a respectable presence in the history books. The celebration of Black History Month, and more importantly, the study of Black history, is owed to Dr. Carter G. Woodson. Dr. Woodson decided to take on the challenge of writing Black Americans into the nation’s history when he learned history was void of representation. He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of Black people throughout American history. Dr. Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the Black American population, Frederick Douglass and Abraham Lincoln. Black History Month is now recognized and widely celebrated nationally on both a scholarly and commercial level. The Association for the Study of African American Life and History continues to promote, preserve and research Black history and culture year-round.

Say Her Name:
The Life and Death of Sandra Bland
Film Screening and Dialogue

Wednesday, February 20th • 4:00pm • MSC 2300A
BLACK HISTORY MONTH AT TEXAS A&M UNIVERSITY

The Black Student Alliance Council (BSAC) along with several other campus and community entities host events for the annual campus recognition and celebration of Black History Month. Campus and community attendees experience the importance and impact of Black history and leave with the contention that Black history is American history.

Click here to visit the Texas A&M Black History Month Official Website.

HONORING SENATOR MATTHEW GAINES

Did you know that the Texas A&M is raising funds to celebrate Senator Matthew Gaines? Sen. Matthew Gaines was born a slave in 1840. After his emancipation, he became a Texas State Senator during the post-Civil War era. During his time in the state senate, he passionately supported public education and was instrumental in the 12th Texas Legislature’s passage of Senate Bill 276, which created the Agricultural and Mechanical College of Texas under the Land-Grant College Act of 1862, also known as the Morrill Act.

In 2017, the Texas A&M University Student Government Association, Graduate & Professional Student Council, and Residential Housing Association each passed legislation in support of commemorating Gaines and the 12th Texas Legislature on the Texas A&M campus. The goal is to raise the funds by May of 2019 and unveil the Matthew Gaines statue in the fall of 2020.

“The legacy of Matthew Gaines is intertwined with the founding of Texas A&M University. To myself and other members of my community, this initiative to recognize him on campus is an acknowledgement of the tenacity of a man who personified the Aggie core values. It is these core values that bind us together, even in the face of a world of differences.” - Gentill Abdulla ’19 Black Student Alliance Council

FEBRUARY 2019

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For more information, visit calendar.tamu.edu

THE 2019-2020 FAFSA IS NOW OPEN

For more information, visit calendar.tamu.edu

File your application at fafsa.gov