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, and professional development. Resolutions are a good way of reflecting upon the previous year and looking to make the future a little brighter, but keep it reasonable. Set yourself up for a little bit of a challenge that will still allow you to be successful. We can't wait to see what you accomplish in the new year!

Thanks and Gig 'Em!
The Regents’ Scholars Program staff
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.
CONTINUING SCHOLARSHIP APP NOW OPEN! APPLY TODAY!

The University Scholarship Application is now open for current students. By completing the application, you 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 scholarships.tamu.edu.

The University Scholarship Application has a new look and will only show scholarships eligible for you.

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 left side menu and your Application Status at the top of the left side menu will say "complete."

GRADUATING?

Complete the graduation application online at graduation.tamu.edu by February 5, 2019. If you enroll in less than 12 hours for spring, you may still be eligible for the Regents' Scholarship.
BUMP THE POST-BREAK BLUES:

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


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.
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.

Retrieved from apa.org/helpcenter/resolution.aspx

THIS YEAR I WILL BE...AWESOME!
The MSC Carter G. Woodson Black Awareness Committee presents My Persistence is My Resistance: The Effectiveness of Civil Disobedience, the 12th Annual Reverend Dr. Martin Luther King, Jr. Breakfast on Thursday, January 17, 2019. MSC Bethancourt Ballroom, 9:30 a.m.

The MLK Breakfast serves as a formal way to reflect on the life, legacy, and 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, and administration.

Tickets are available for purchase from the MSC Box Office.

FRESHMEN REGENTS’ SCHOLARS SPRING RECEPTION

Friday, February 8, 2019
5:30-6:30pm
Bethancourt Ballroom, Memorial Student Center

Attendance is REQUIRED for this event for the Class of 2022 at the College Station campus ONLY.
## January 2019

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<td>Faculty and Staff Holiday</td>
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<td>Aggie Ring Orders Opens</td>
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<td>First Day of Classes</td>
<td>FAFSA Priority Deadline</td>
<td>1:30pm – 2:30pm University Scholars Information Session</td>
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<td>FREE WEEK of Group RecXercise!</td>
<td>Adult Learn-to-Swim Getting Started with National Fellowships</td>
<td>University Scholars Information Session</td>
<td>12th Annual Reverend Dr. Martin Luther King, Jr. Breakfast</td>
<td>Quality Customer Service</td>
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<td>Martin Luther King, Jr. Day, Faculty and Staff Holiday</td>
<td>12:30pm - 1:30pm Gilman Scholarship Information Session</td>
<td>5:30pm - 6:40pm University Scholars Information Session</td>
<td>2:00pm - 3:00pm Workplace Etiquette</td>
<td>4:00pm – 5:00pm University Scholars Information Session</td>
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<td>University Scholarship Application Deadline</td>
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For more information, visit calendar.tamu.edu

### Freshman Regents’ Scholars

Regents’ Scholars Spring Reception
Friday, February 8, 2019
5:30-6:30pm
Bethancourt Ballroom, Memorial Student Center

Attendance is REQUIRED for this event for the Class of 2022 at the College Station campus ONLY.

### The 2019-2020 FAFSA is Now Open

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