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, diet, or exercise routine. 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 Program staff
MSC Open House

Sunday, January 24th, 2016 | 1:00pm - 4:00pm | 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 800 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!

Serving Aggieland

“The best way to find yourself is to lose yourself in the service of others.” - Mohandas Gandhi

These immortal words of Mohandas Gandhi live on in the daily lives of many students on the Texas A&M University campus. In fact, Aggies boast that we host “the largest, one-day, student-run service project in the nation,” the Big Event. Selfless Service is even one of Texas A&M’s official core values.

The Regents’ Scholars Program encourages all students to “pay it forward” and serve the community in some sense. The Regents’ Scholars Student Organization (RSO) participates in several service activities throughout the year such as Replant, Big Event, going to a nursing home to visit with the residents, and many more. To find more service based organizations, please check out studentactivities.tamu.edu/online/search/index.

So what happens if you want to serve, but you aren’t sure where to go? Well Texas A&M has just the resource for you! AggieServe: Students Serving Aggieland is “a volunteer opportunity directory that connects Texas A&M University students, faculty, and staff to agencies and opportunities in the Bryan/College Station area.” On their website, studentactivities.tamu.edu/online/aggieserve, you can search by keyword or date range so that you can find the project that suits you best.

There is no reason you can’t get involved and give back in the new year. So do something good for the community, build your resume, and have fun!

January Opinion Poll

What is your New Year’s Resolution and how will you stay motivated? Send your answer to Ana Davila at regentsscholarship@tamu.edu with “Regents’ Review Opinion Poll” in the subject line for a chance to win Aggie gear.
In order for your student to continue receiving financial aid, including the Regents’ Scholarship, during the 2016-2017 academic year, they must complete the Renewal Free Application for Federal Student Aid (FAFSA). The FAFSA becomes available on January 1, 2016. Scholarships & Financial Aid encourages students to submit the FAFSA by March 1, 2016 to receive priority in awarding. To expedite the process, we encourage you to file your tax return as early as possible.

In order to complete the FAFSA, your student will need:

- Student and parent social security numbers
- 2015 W-2 Forms & any other records of money earned for both the student and parents
- Student’s 2015 federal income tax return
- Parents’ 2015 federal income tax return
- FSAID and password to log in

In order to expedite this process for the student, Scholarships & Financial Aid will be hosting several FAFSA/TASFA Renewal workshops for Regents’ Scholars during the spring semester. Please encourage your students to attend these workshops if they need assistance filing their FAFSA. These events are scheduled for:

- February 22nd 10:00am- 11:00am Pavilion 106
- February 23rd 11:00am - 12:00pm Pavilion 106
- February 24th 2:00pm - 3:00pm Pavilion 106
- February 25th 3:15pm - 4:15pm Pavilion 106

Registration is required. Students should visit sfaid.tamu.edu/workshops to register for a workshop.

Information retrieved from: studentaid.ed.gov.

Save the Date!

Sunday, May 1st, 2016

Regents’ Scholar Freshman Banquet

Attendance is required for this event.

Details TBA

Words of Wisdom

“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

— Helen Keller
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 (see below).

The application deadline is February 1, 2016. Students can access the application through scholarships.tamu.edu.

Please note that there is no “submit” button on the application. The student should save as they go and can access their application at any time from now until the February 1 deadline. This way, they can edit and update as needed.

**List of participating colleges and departments:**
- Scholarships & Financial Aid
- College of Agriculture & Life Sciences
  » Department of Agricultural Economics
  » Department of Agricultural Leadership, Education, & Communications
  » Department of Entomology
  » Department of Horticultural Sciences
  » Department of Nutrition & Food Science
  » Department of Poultry Science
  » Department of Wildlife & Fisheries Sciences
  » College of Agriculture & Life Sciences Study Abroad Scholarships
- College of Architecture
  » Department of Construction Science
  » Mays Business School
  » Department of Information & Operations Management
- College of Education & Human Development
  » Department of Health & Kinesiology
  » College of Engineering
  » Department of Aerospace Engineering
  » Department of Chemical Engineering
  » Department of Electrical & Computer Engineering
  » Department of Engineering Technology & Industrial Distribution
  » Department of Mechanical Engineering
  » Engineering International Programs (Engineering Study Abroad)
- College of Geosciences
- College of Liberal Arts
  » Department of English
  » College of Liberal Arts Study Abroad Scholarships
- College of Science
  » Department of Biology
  » Department of Chemistry
  » Department of Mathematics
  » Department of Physics and Astronomy
  » Department of Statistics
- College of Veterinary Medicine & Biomedical Sciences
  » Department of Biomedical Sciences
- International Student Services
- Corps of Cadets
- Residence Life
- Study Abroad Programs Office
- Texas A&M Foundation
New year, new you. It’s the perennial January catchphrase that holds such conquer-the-world promise. And then, well, you get sidetracked with conquering your to-do list. But even the loftiest resolutions (running a marathon, writing a book) don’t have to fall by the wayside come February. Staying motivated and achieving what you set out to do on that bright New Year’s Day is surprisingly possible. Just follow these nine mantras, provided by researchers who study motivation and backed up by women who have used them to realize their biggest ambitions.

1. **When you make a plan, anticipate bumps.** Before even trying to achieve a goal, target potential pitfalls and troubleshoot them. Peter Gollwitzer, a professor of psychology at New York University, in New York City, says that people who plan for obstacles are more likely to stick with projects than those who don’t.

2. **Channel the little engine that could.** A person’s drive is often based on what he/she believes about his/her abilities, not on how objectively talented he/she is, according to research by Albert Bandura, a professor of psychology at Stanford University. His work has shown that people who have perceived self-efficacy (that is, the belief that they can accomplish what they set out to do) perform better than those who don’t.

3. **Don’t let your goals run wild...** When your sights are too ambitious, they can backfire, burn you out, and actually become demotivating. **...But work on them everyday.** Taking small steps every day will not only help hold your interest in what you’re trying to achieve but will also ensure that you move slowly, but surely, toward your goal. So, for example, set up a down-payment-fund jar and dump your change into it every night. You’ll get a sense of accomplishment each day, to boot.

4. **Go public with it.** Instead of keeping your intentions to yourself, make them known to many. “Other people can help reinforce your behavior,” says James Fowler, a political scientist who studies social networks at the University of California, San Diego. After all, it’s harder to abandon a dream when you know that people are tracking your progress.

5. **Lean on a support crew when struggling.** Think of the friends and family who truly want to see you succeed. Enlisting those with whom you have authentic relationships is key when your motivation begins to wane. Choose people who may have seen you fail in the past and who know how much success means to you.

6. **Make yourself a priority.** Put your needs first, even when it feels utterly selfish. You will derail your progress if you sacrifice yourself for others in order to please them (such as eating a cupcake that a friend baked even though you’re on a diet).

7. **Challenge yourself and change things up.** It’s hard to remain enthusiastic when everything stays the same, says Frank Busch, who has coached three Olympic swimming teams. To keep his athletes motivated, he constantly challenges and surprises them adding a new exercise to a weight routine or giving them a break from one practice so they can recharge.

8. **Keep on learning.** To refuel your efforts, focus on enjoying the process of getting to the goal, rather than just eyeing the finish line.

9. **Remember the deeper meaning.** You’re more likely to realize a goal when it has true personal significance to you, according to Deci. (For example, “I want to learn to speak French so I can communicate with my Canadian relatives” is a more powerful reason than “I should learn French so that I can be a more cultured person.”) And when the process isn’t a pleasant one, it helps to recall that personal meaning.

Adapted from realsimple.com/work-life/life-strategies/inspiration-motivation/secrets-of-motivated-people
## January Calendar

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>4th</td>
<td>Fees assessed</td>
</tr>
<tr>
<td>9th</td>
<td>Financial aid disbursed</td>
</tr>
<tr>
<td>18th</td>
<td>University Holiday (MLK Day)</td>
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<tr>
<td>19th</td>
<td>First day of Spring classes</td>
</tr>
<tr>
<td>25th</td>
<td>Add / Drop deadline</td>
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## Dates to Remember

- **January 4th**: Fees assessed
- **January 9th**: Financial aid disbursed
- **January 18th**: University Holiday (MLK Day)
- **January 19th**: First day of Spring classes
- **January 25th**: Add / Drop deadline
- **February 1st**: University Scholarship Deadline
- **February 2nd**: Spring payment deadline
- **February 3rd**: Orientation Counselors (OC) applications are open!