Who would have thought that November would get here this quickly? Mid-terms are over, pre-registration for spring classes begins soon, 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
Words of Wisdom

“I’m not telling you it’s going to be easy.
I’m telling you it’s going to be worth it.”

Art Williams

Q-Drop Reminder

The last day to Q-drop a class for the fall 2015 semester is Friday, November 20th at 5pm.

Undergraduate students will normally be permitted four Q-drops during their undergraduate studies; however: State law prohibits students from having more than six dropped courses from all state institutions attended during their undergraduate career if they entered higher education as a first-time enrolled freshman beginning the 2007 fall semester or after. Q-drops in one-hour courses will not count in the Texas A&M limit of four but will be included in the State-mandated limit of six dropped courses. If a lecture and companion lab are dropped at the same time, this will count as one Q-drop rather than two. (Texas A&M University Student Rule 1.16.4)

Students are encouraged to work with their academic advisors to determine whether or not they wish to utilize a Q-drop and to prepare and submit appropriate paperwork prior to the November 20th deadline.
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 golden rule - treat others the way you wish to be treated. It may seem childish but it is a life long lesson.

November Opinion Poll

After completing your first round of college midterms, how will you be preparing differently for your final exams?

Send your answers to Ms. Ana Davila at a.davila_3@tamu.edu with “Regents’ Review Opinion Poll” in the subject line for a chance to win some cool Aggie gear!
Howdy Regents’ Scholars!

If you are planning on changing colleges at the end of the fall semester, it is imperative that you let Casey Gros, the Coordinator of the Regents’ Scholars Program, 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 15, 2015 if you are planning on changing majors:

Name:
UIN:
Fall ‘15 College:
Fall ‘15 Major:
Spring ‘16 College:
Spring ‘16 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.
What is Burnout?

Retrieved on 10/22/2009 from: helpguide.org/mental/burnout_signs_symptoms.htm

Burnout is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation that led you to take on a certain role in the first place.

Burnout reduces your productivity and saps your energy, leaving you feeling increasingly helpless, hopeless, cynical, and resentful. Eventually, you may feel like you have nothing more to give.

Most of us have days when we feel bored, overloaded, or unappreciated; when the dozen balls we keep in the air aren’t noticed, let alone rewarded; when dragging ourselves out of bed requires the determination of Hercules. If you feel like this most of the time, however, you may be flirting with burnout.

**You may be on the road to burnout if:**

- Every day is a bad day.
- Caring about your school, work or home life seems like a total waste of energy.
- You’re exhausted all the time.
- The majority of your day is spent on tasks you find either mind-numbingly dull or overwhelming.
- You feel like nothing you do makes a difference or is appreciated.

The negative effects of burnout spill over into every area of life — including your home and social life. Burnout can also cause long-term changes to your body that make you vulnerable to illnesses like colds and flu. Because of its many consequences, it’s important to deal with burnout right away.

**Dealing with Burnout: The “Three R” Approach**

- **Recognize** – Watch for the warning signs of burnout
- **Reverse** – Undo the damage by managing stress and seeking support
- **Resilience** – Build your resilience to stress by taking care of your physical and emotional health

**The Difference Between Stress and Burnout**

Burnout may be the result of unrelenting stress, but it isn’t the same as too much stress. Stress, by and large, involves too much: too many pressures that demand too much of you physically and psychologically. Stressed people can still imagine, though, that if they can just get everything under control, they’ll feel better.

Burnout, on the other hand, is about not enough. Being burned out means feeling empty, devoid of motivation, and beyond caring. People experiencing burnout often don’t see any hope of positive change in their situations. If excessive stress is like drowning in responsibilities, burnout is being all dried up. One other difference between stress and burnout: While you’re usually aware of being under a lot of stress, you don’t always notice burnout when it happens.
Continuing Scholarship Application

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
# November Calendar

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<td>Preregistration for 2016 spring semester begins</td>
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