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
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.

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

Fast, Easy Meals

It’s not easy being on a budget and enjoying a yummy, easy-to-make meal. The secret to eating well (and healthy) without spending much is eating at home. Once you start heading out for fast food, your costs (and waistline) can expand.

If you’re new to the cooking game you probably can’t get past the fact that you don’t have the time to cook something fantastic or you don’t have recipes that you can make cheaply.

Here are a few good resources for great (and cheap) recipes:

- FrugalRecipes.com
- 119 of Mama’s Fast and Frugal Recipes - www.food.com/cookbook/mamas-fast-and-frugal-recipes-59638

Here are a couple of quick and tasty recipes. You can make these with just a microwave and an oven or toaster oven.

- Easy Baked Potato – First, prep the potato by washing it well. Poke holes all over the outside so that it doesn’t explode while it bakes. Baked potatoes can be enjoyed with cheese, sour cream, salsa, BACON, and/or may other items.
  - Microwave directions – Cook on high for 2 ½ minutes. Flip it over and cook for an additional 2 ½ minutes. If you have an older microwave, you might need to repeat this process once more to achieve better results.
  - Oven/toaster oven directions – Bake at 425-degrees for about 40 minutes, then check to see if it is tender. If needed, cook for an additional 5-10 minutes until tender.

- Creamy Chili Dip – Add one can of chili, such as Wolf Brand, and one small package of light cream cheese to a microwave-safe dish and cover it with a paper towel. Microwave for two minutes. Stir. Continue to microwave in two minute intervals, stirring each time, until the dip is creamy. This can be eaten straight or enjoyed with Fritos or crackers.
5 Reasons Why You Should Go To Office Hours

Office hours—that little block of time during which your professor is actually available to talk to you, one-on-one, about (almost) anything you want. Dropping in for just a few minutes could be the best use of your time this week (and next week… and the week after…). Here’s why.

1. You Want an A. If you want to get an A in a course, attending your professor’s office hours can be one of the easiest ways to get there. Here you finally have the time (and smaller group or even one-on-one setting) to ask the professor questions. Discuss problems you are having in the class, get suggestions for how/where/what to study and hey, if you’re feeling brave, ask some questions about the upcoming test.

2. You’re Applying for a Scholarship… or Med School. Guess what scholarships and med schools both want? Letters of recommendation. How can you get a good one if you’re sitting in a lecture-hall-sea of faces? Well, you probably can’t. Spending one-on-one time getting to know your professor will make him or her more likely to be comfortable writing you one of these letters at the end of the semester. They’ll know what kind of student you are, what kind of person you are, and hopefully feel a friendship towards you that makes them want to help.

3. You Might Learn to Keep Your Eyes Open. If you’re having trouble staying awake in class, one sure-fire way to keep yourself alert is to make sure the professor knows your name. You’re not going to want to doze off if there’s potential that your grade could suffer—or you could get called out in the middle of class. Not the most fun way, maybe, but certainly effective!

4. You’ll Meet New People. You may be attending office hours for other reasons (like to get in the running for an internship, for example) but you could be surprised how enjoyable they can be. You may find yourself enjoying your newfound friendship (or mentee-ship) with your professor, and if his/her office hours are popular, you’ll meet other like-minded people from similar courses. The conversations that break out during these more casual meetings can be a lot of fun.

5. You… Um… Still Want an A. Let’s say you’ve been attending office hours for a few weeks, clearly making an effort in the class, and you mess up on a test. Office hours are the perfect opportunity to discuss this discrepancy with your professor—whether you’re hoping for a curved grade or just need help figuring out what went wrong, this is the time and place to discuss it. Oh, and if you did something stupid like sleeping through a test, you’re more likely to get some kind of forgiveness from a professor you know than from one who’s never even noticed you in class.

Adapted from http://www.survivingcollegelife.com/2008/09/22/5-reasons-why-office-hours-are-your-new-best-friend/
It’s easy to pass off Ferris Beuller (famed for his Day Off) as the ultimate slacker, however most of us have a lot to learn from dear Ferris.

Do Your Research.

Ferris was no dummy. When he decided to take on a big project (his day off, of course), he planned. He prepared. He researched. He chose the day, selected his accomplices, and even worked up a very believable illness (complete with clammy hands). And because of his preparation, his schemes were (mostly) successful. And that, my friends, is why you should study up before you write your midterm papers.

Take Risks.

Sure, Ferris planned carefully, but he also knew when to take a risk or two. (Like visiting Wrigley Field where he ended up on national TV, or dancing on that float at a parade near his dad’s office.) I’m not going to recommend you borrow a Ferrari without asking, but I do advocate taking risks that would improve your life—like trying out a daunting class, finally asking your crush out, or studying abroad in a foreign country. Ferris would do it.

Be Cultured.

A wise teacher once said, “The point of an education is to get the joke.” And oh, that is true. (Example: I can’t tell you HOW many jokes I catch on the Simpsons that I would have missed without paying attention in English class.) I believe Ferris would agree. He did not skip school simply to take in a movie. Oh no! He visited real, meaningful venues like the Art Institute of Chicago and the Chicago Board of Trade. He experienced lasting parts of our culture. So be like Ferris, and next time you’re trying to think of a way to spend a Thursday afternoon, hit a museum instead of a Starbucks. So you too may “get the joke.”

Network.

Networking will get you far, both in and out of school. Ferris was so tapped in to his high school’s web of students that no sooner did he show up “sick” than the whole school knew—they were doing a “Save Ferris” fundraiser by the end of his day off. So if you want to open up potential job opportunities early on, get to know your peers, your professors, and others in your industry.

Occasionally, Take a Day Off.

Work hard in school, at work, and at your relationships, but every now and then you need to give yourself a break. Take a Saturday to just enjoy the fresh air, see the sights, and do something you’ve always wanted to do.
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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## RSO Events

- **General Meeting:** November 2nd at 7pm
- **Camp-Out:** November 20th at 7pm
- **Service Opportunity:** To Be Determined