Orientation Planning Board

Congratulations are in order to the newly-selected members of the 2015-2016 Orientation Planning Board! These Regents’ Scholars will soon be making plans to help welcome the Regents’ Scholars Class of 2020 next August!

Chair: Cesiah Jimenez-Maldanado ’18
Co-Chair: José Jimenez ’18
Myles Rosenbaum ’19
Elizet Gomez ’19
Ricardo Barrientos ’19
José Antonio Silva ’17
Reyna Chavarri ’18

Flu Shot Campaign

If you are interested in participating in a Winter Break or Spring Semester study abroad program, the scholarship application is now available at sfaid.tamu.edu/uwideapp/.

The application deadline is October 12th for Winter Break and Spring Semester programs.

Aggieserve - Students Serving Aggieland!

Aggieserve 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. Currently there are opportunities to volunteer with the Handwriting without Tears Program, the Mentoring Lunch Buddy Program, reading & math tutoring for elementary school students.

Please visit aggieserve.tamu.edu for additional details.

Student Health Services

Sponsored Events

Grocery Store Tour: “Healthy Bites: Eating Healthy on the Go” – October 15, 16, 29, and 30

Have you ever wandered the aisles of the grocery store wondering what to pick? Are you trying to plan healthy meals and snacks, but don’t know what to choose? Come join Meghan Windham, MPH, RD, LD as she will walk you through the local HEB on Holleman Drive, and show you how to shop efficiently, healthy, and smart! A small fee of $5 gets you a reusable grocery tote, lots of coupons, and the opportunity to sample tasty recipes! Each month will have a different theme, so you may sign up for more than one tour, and learn something new each time.

Aggie Health Nut: National Collegiate Alcohol Awareness– October 21 and 22

Visit the Aggie Health Hut in Rudder Plaza this October to learn about Alcohol Awareness! Join Student Health Services and Health Promotion for some fun activities and free SWAG!

Additional information regarding Student Health Services, including times, may be found at shs.tamu.edu/events.
Career Center Spotlight: Resume Review

Need help with your resume but don’t know where to start? The Career Center has templates available to get you started without you having to worry so much about format. Templates are available on the Career Center’s website: careercenter.tamu.edu.

The Career Center staff is available to review your resume on a walk-in or by-appointment basis:
- Walk-in Resume Review (Advising) Hours:
  - Monday-Friday, 8:30-11:00am or 1:30-4:00pm
- To schedule an appointment with an advisor, call 979.845.5139.

Resume Writing Tips:
- Arrange categories/sections in order of relevance, presenting your most marketable information first.
- Use brief, descriptive phrases in a bulleted format instead of complete sentences.
- Select action verbs that effectively illustrate your skills and experience.
- Do not use personal pronouns such as I, me, my, their, we, our, us.
- Focus on results, accomplishments, and skills that demonstrate you have the qualifications to be successful at the job. Highlight higher order skills, such as planning, analysis, initiative and innovation, as opposed to just listing daily tasks, such as answering phones, filling, serving food, or faxing.
- Quantify whenever possible. Include the number of people on the teams you have lead, the amount of money your event may have raised, the profit generated from your project or sales, the percentage increase in membership under your directions, etc.
- Avoid repetitive phrases when describing your experience. Combine experiences that are very similar, such as those waiting tables, serving as a lifeguard, or serving as a tutor.
- Describe activities that employers may not be familiar with, especially those unique to Texas A&M University. Instead of using abbreviations or acronyms for organizations, write the entire name of the group. However, focus on what you do as part of those organizations, not what the organizations themselves do. For example, when describing Fish Camp, do not state that it is a 4-day orientation program to acclimate incoming freshman to the culture at Texas A&M. Rather, include details about your work to plan the logistics of the camp, develop programming for the incoming students, and maintain communication with the freshmen throughout their undergraduate career.
- Have several people review your resume to check for spelling, grammatical errors, and readability. Remember that spell check will not always find words misspelled to make other words. In addition, spell check does not review words in all capital letters.

Cover Letter Don’ts

To ensure that your cover letters are well-written:
- Do not exceed one page.
- Do not have lengthy paragraphs with run-on sentences.
- Do not forget to sign the letter.
- Do not use overly-formal language.

Retrieved and adapted from careercenter.tamu.edu
Embracing Your Self-Worth Group
Day & Time: TBD
This 8-week semi-structured process group is designed for those who struggle with feeling worthy, accepting themselves, and understanding what it means to care for themselves. Topics that will be explored include self-esteem, self-compassion, shame/vulnerability and authenticity. Members will be asked to participate in structured exercises such as journaling and mindfulness. Screening is required to participate in this group.

Understanding Self and Others
Day & Time: TDB
In this group, through interactions with other group members, you will better understand yourself and your relationship patterns, and develop ways of changing these patterns to improve your relationships. You will have opportunities to observe your own and others’ emotions, thoughts, behaviors, and reactions as they occur. Screening is required to participate in this group.

Managing Anxiety
Fridays, 10:15 - 11:45 a.m.
Is anxiety and stress adversely affecting areas of your life such as your academic performance and social interactions? If so, join us for a weekly group designed to help you increase awareness of your personal reactions to stressors, learn anxiety management techniques, practice breathing and relaxation exercises, and gain support from others. Screening is required to participate in this group.

Women of Color
Day & Time: TBD
This group provides a safe and supportive environment for female students from U.S. ethnic groups (e.g., Latina/Hispanic, Asian American, African American, Native American, etc.) and other countries to explore issues of concern. Presenting concerns vary, but may include issues related to race/ethnicity/culture, family of origin, relationships, trauma, and academics. This group also helps members consider the impact of race/ethnicity/culture on developmental, identity (e.g., sexual orientation, gender, religion, class, citizenship status, etc.), and transnational (e.g., migration, documentation, acculturation) concerns. A screening with co-leaders is required to participate in the group.

Words of Wisdom
“The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.”

- Confucius
Student Counseling Services offers a number of student success workshops throughout the academic year. The following will occur during the months of October. Additional information may be found at scs.tamu.edu.

### Assertiveness Workshop

Thursday, October 16th, from 1:30-2:30pm  
Wednesday, October 22th, from 3:30-4:30pm  
Do you find it challenging to clearly communicate what you want, express your feelings, needs, and opinions, and stand up for your rights when they are threatened or taken advantage of? If so, join us for this 50 minutes workshop to learn skills designed to help you be more assertive with others. Pre-registration is required two business days prior to the workshop.

### Career Assessment Workshop: Using the Myers-Briggs Type Indicator to Help Identify Personality Characteristics

Tuesday, October 28th, from 3:00-4:00 p.m.  
Learn how to incorporate your personality into career planning. Registration and completion of personality measure are needed three business days prior to the workshop.

### Understanding Worthiness Workshop

Specific dates are TBD – contact SCS at 979.845.4427  
This 50 minutes workshop is designed to help participants begin to understand the concept of worthiness. We will explore this by looking at the areas of self-esteem, self-compassion and perfectionism. Pre-registration is required.