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
Cesiah Jimenez-Maldonado ‘18

SHS will host its annual Flu Shot Campaign on Wednesday, September 30 and Thursday, October 1 from 8am-5pm. The first 5,000 flu shots are FREE for currently enrolled TAMU students. Visit the MSC, Evans, Wehner, or the Emerging Tech Building (ETB) to receive your FREE vaccine during our campaign. BTHO the flu, Ags!

“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

Minors and Double Majors

It’s hard enough choosing a major yourself, and now people are talking to you about a minor or worse—a double major! As if one major isn’t hard enough work! But do you need a double major—or even a minor—to be competitive? Is it going to affect your future, your career, or your chances?

Double Majors

Double majors are a good fit for a select few students, but you are definitely not expected to take on two majors. It will not look “bad” if you only have one major!

Clearly doubling up on majors means a lot of extra work. My personal feelings on this - knowing people who have both double-majored and who have stuck with just one major - is that you should major in something you are passionate about, and focus your energy there.

You’re going to spend the majority of your college career focused on whatever field you choose to major in, so if you feel equally, deeply passionate about two things, then a double major might be a good fit for you. If not, don’t double major!

Minors

Minors are, again, not really a requirement. Here are a few basic rules about when you might logically choose to minor in a field:

1. If your minor would strengthen your capability at your major. (i.e. if you’re a physics major, a math minor could really help you to do better in your physics studies)
2. If required classes for your minor overlap solidly with those for your major. (If you already have to do the work, why not add on a few extra classes to get the minor?)
3. If you feel passionately interested in another field, but not enough to double-major. (If you’re studying art but really enjoy psychology classes, you may as well work that in as a minor!)

Bottom line? A minor is not required, and most employers won’t care if you do or don’t have one. I minored in psychology simply because (a) I found it interesting and (b) I had already taken some classes that filled part of the requirement—so it wasn’t hard to finish up the minor.

Hope that takes the pressure off—remember, study what you like!

For a list of Texas A&M University’s approved minors, visit registrar.tamu.edu/forms/universityapprovedminors.pdf
How to Avoid the Sophomore Slump

adapted from www.associatedcontent.com/article/2121957/college_sophomores_how_to_avoid_the.html?singlepage=true&cat=4

Many returning college sophomores find that the novelty and excitement of college has been replaced by massive amounts of stress. Many college sophomores find themselves disenchanted with their majors, college friends, or even their choice of university. If you are a college sophomore, you aren’t the only one feeling down in the dumps. Welcome to the sophomore slump.

You made it through your freshman year without dropping out or going crazy. You arrived at college as nervous as can be but managed quite nicely during that difficult first year. After making it through spring semester finals, you even survived that first summer at home with the parents - not easy for a college student who has had a taste of independence. So, given all the challenges you’ve made it through up until sophomore year, you’d think being a college sophomore would be a breeze. So why the sophomore slump?

Turns out, sophomore year is harder than you’ve been lead to believe. As college sophomores return to campus after the first summer away, they find themselves barraged with stress from every angle. The main stressors for college sophomores either deal with academics, personal life or relationships. While personal life and relationships can make sophomore year tough, academics tends to be the main roadblock for college sophomores.

Academically, many a college sophomore feels the pressure to declare a major. After following the advisor’s advice and sampling a variety of generals, the college sophomore may still have not found the right major and begins to despair of ever shaking the label of “undeclared student.”

Even if you are declared in a major and minor by sophomore year, you may share another common college sophomore problem: wondering if you chose the right major. Sophomore year is the time when many students switch majors, sometimes several times. These college sophomores are also feeling the pressure to declare and actually stick with a major, especially now that they have accumulated a ton of credits that they might not necessarily need. For example, I began my sophomore year of college as a music major and found that it was not the appropriate course of study for me. Faced with this academic sophomore slump, I took the typical path of college sophomores-I switched majors, eventually settling on Elementary Education. While relieved to be a college sophomore with a major that felt “right” I was newly stressed by my lack of Education credits, and by the growing certainty that I would be a five year student - a “super senior.”

The only solution I have found from this college sophomore problem is to continue to follow that dreaded advice from the freshman advisor: keep taking generals and trust that the right major will come along. If sophomore year is drawing to a close, meet with your advisor, who will help you make a last minute decision you won’t regret. Many college sophomores end up choosing the subject that they’ve accumulated the most credits in. My best friend, for example, had no idea which major to choose, even as she was preparing for her spring semester finals during sophomore year. She went over her transcript and discovered that she had taken more credits in psychology, as well as several courses (such as statistics) that fulfilled psychology requirements, so she decided to declare a major in psychology.

In the end, your choice of major doesn’t always matter that much, especially if you are a college sophomore who has enjoyed taking a variety of majors. Look at what you’ve been taking and what classes you enjoyed the most and what subject they fit into—that is your best choice of a major. If you’re afraid it won’t get you a good job, remember that many professions only require a bachelor’s degree, and that you’ll have a better chance of getting into grad school if you enjoy your major enough to study hard and do well in school.

The other academic concern of college sophomores is worry over taking upper level courses. These can be more interesting and applicable to your major than freshman classes, but they will certainly add stress to your sophomore year. The amount of study time increases substantially, as does the necessity to earn a decent grade in your classes; college sophomores are no longer able to make excuses about how their classes “don’t matter,” especially if those classes are prerequisites for other upper level courses or even internships.

The first thing to do before taking harder classes during sophomore year is to renew your commitment to excelling. As a college sophomore, just getting by in generals will no longer cut it. Figure out the areas in which you struggled as a freshman and resolve to make the necessary changes as a college sophomore so you escape the academic sophomore slump. If this means taking a class in study skills in order to improve your study habits, do it. Many college sophomores find that simply shifting their time from partying to studying is enough to ensure a higher grade point average. Others may need to study less and schedule a little relaxation time.

Many college sophomores find that some level of an academic “sophomore slump” is unavoidable, but with the proper preparation, they can make the impact of the sophomore slump less devastating by planning and getting help from advisors. If you are serious about turning things around, there is no reason why you shouldn’t have a successful sophomore year.
10 Ways to Avoid the Sophomore Slump

1. **Take a class for fun.** You might be feeling “slumpish” because you have to take tons of pre-requisites before you can get into the nice, meaty courses required for your major. Or you may not even be sure what to major in. Either way, add a little spice to your routine by taking a class just for fun. It can be yoga, ballet, an art class, or anything that’s out of the ordinary for you.

2. **Join a new club or organization.** During your first year in school you were probably so busy adjusting to life as a college student that your time management skills were - shall we say - less than stellar. But now that you know the ropes, join a new club or organization that will provide you with a creative outlet and something enjoyable to do each week.

3. **Get involved in student government.** Even if you’ve never done student government before, see if you can represent your residence hall, your academic class, or even a constituency you belong to. It can be a great way to keep you motivated to talk to other students, stay on top of current issues, and develop leadership skills. (Not to mention that it looks good on your resume.)

4. **Volunteer on campus.** No matter where you go to school, chances are that there is some kind of volunteer program you can join. See who needs volunteers this year and you just might end up motivating yourself along with others.

5. **Volunteer in the local community.** Maybe a change of scene is more what’s needed. If so, see what volunteer options are available in your local community.

6. **Mentor first-year students.** You just might be in the sophomore slump because you are doing well in college - which means that perhaps you can be a good role model for incoming first-year students who need some guidance about adjusting to college life. See if your school has a mentoring program you can join - and if not, see about starting one yourself!

7. **Get a fun job on campus.** True, most students work in college for the money. But if you need to mix things up a little, this can be a great way to still get income while also enjoying yourself. Work in the campus coffee shop, at the theater, or in any other avenue that offers a fun, engaging environment.

8. **Get a fun job off campus.** Perhaps you do need a change of scene from your campus but don’t have the time to volunteer. Try to combine both your financial needs and your need for change into an off-campus job that is interesting and something new.

9. **Get involved politically.** What are local politics like near your school? Can you volunteer on someone’s campaign? Join a national campaign for a person or an issue you care about? Become involved in a movement for a cause that is near and dear to your heart?

10. **Start planning a great trip.** Sophomore year can be a little challenging because there often isn’t one big “thing” to look forward to. So why not create your own highlight of the year? See what your options are for planning a fun trip over Thanksgiving break, winter break, spring break, or even a long weekend coming up. It just might do the trick of getting you out of your sophomore slump and back into your normal groove.

Adapted from http://collegelife.about.com/od/healthwellness/a/10WaysToGetOutOfTheSophomoreSlump.htm by Kelci Lynn
Student Counseling Services offers a number of student support groups throughout the academic year. Additional information may be found at scs.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.

**LGBTQ+**  
**Day & Time:** TBD

This informal, unstructured support group provides a therapeutic ‘safe place’ for lesbian, gay, bisexual, and transgender students to explore issues of concern. Discussion topics will include issues related to identity development, coming out to family and friends, relationships and dating, gender transitioning, social stigma, religion, and queer life in College Station. Screening is required to participate in this group.

**Managing Anxiety**  
**Day & Time:** TBD

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.

**Understanding Self and Others**  
**Day & Time:** TBD

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.

**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.
**Assertiveness Workshop**

Thursday, October 16th, 1:30-2:30pm or Wednesday, October 22nd, 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, 3:00-4:00pm

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 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.

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**Student Counseling Services Workshops**

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

**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.
**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 [http://aggieserve.tamu.edu](http://aggieserve.tamu.edu) for additional details.

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**October Calendar**

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