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
Josè Antonio Silva ’17
Reyna Chavarri ’18

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.

Flu Shot Campaign

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!

October Opinion Poll

What is has been your favorite class assignment so far and why?

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

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
Professors love having students in their classes who are there to actively learn, participate, and demonstrate their commitment to learning...

And then there are certain behaviors best avoided by students in college. These behaviors drive faculty crazy and will lead to you being seen as less than the ideal student. Some of these activities are disrespectful to the professor, as well as to your fellow students.

Pet Peeves
What are some things to avoid? Here’s one list:

- Failing to come to class regularly
- Arriving to class late (and especially making a big entrance), and worse, making a habit of it
- Shuffling papers, putting books away, and other "end-of-class" behaviors before the professor has ended class
- Questioning whether some of the homework for the class is "just busy work"
- Asking if "we’re doing anything important in class" when informing the professor that you may have to miss a class session
- Asking about what is happening in class when it is clearly marked on the syllabus
- Allowing your cell phone to ring in class
- Text messaging while in class
- Holding a private discussion with someone during class
- Asking inane or off-topic questions
- Eating a meal in class
- Telling the professor you went to his/her office for help, but that he/she is never there—especially if office hours are clearly marked on the syllabus
- Claiming you did not know that an exercise was due, that there was a test, or any other class work that is clearly identified on the class calendar
- Telling the professor you deserve a break because of who you are
- Not completing the assigned reading before class
- Going to the restroom in the middle of class (unless it’s an emergency)
- Sleeping during class
- Complaining about the workload in class, stating "you know, this isn’t the only class I’m taking"
- Wearing inappropriate clothing (or lack thereof) to class
- Asking to “borrow” a stapler to staple a homework assignment for the class (Would you ask your boss for a stapler to staple a report?)
- Turning in assignments that do not follow the class procedure (and every professor has different guidelines; know them!)
- Making excuses for missed exams, class assignments. (Especially don’t use the time-worn dead grandparent excuse, or that you have to pick someone up at the airport)

Positive Behaviors:
Here are things that college professors love:

- Students who take responsibility for their education
- Students who have read the assigned work on time
- Students who complete all assigned work on time
- Students who sit toward the front of the class discussion
- Students who visit professors during office hours
- Students who do not make excuses
- Students who ask for help more than a day before a test or assignment is due
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.
You have probably heard someone mention this phrase in class or on campus. But, what does this really mean? Breaking the Aggie Code constitutes committing academic misconduct, can result in undesirable consequences, and may lead to expulsion from the university.

Before you start biting your nails and reflecting on your every academic behavior, we have identified and provided examples of what constitutes academic misconduct. Your job is to familiarize yourself with these examples and avoid situations that promote such actions.

According to the Texas A&M University Student Rules, academic misconduct may include, but is not limited to, the following acts: cheating, fabrication, falsification, multiple submissions, plagiarism, complicity, abuse and misuse of access and unauthorized access, violation of departmental or college rules, violation of university rules on research. However, if you have committed one of these acts in “honest error or honest differences in interpretations or judgments of data,” this does not constitute academic dishonesty (tamu.edu/aggiehonor/acadmisconduct.htm)

An example of cheating:
- During an examination, looking at another student’s examination or using external aids (for example, books, notes, calculators, conversation with others, or electronic devices) unless specifically allowed in advance by the instructor.

An example of fabrication:
- Using “invented” information in any laboratory experiment, report of results or academic exercise. It would be improper, for example, to analyze one sample in an experiment and then “invent” data based on that single experiment for several more required analyses.

An example of falsification:
- Changing the measurements in an experiment in a laboratory exercise so as to obtain results more closely conforming to theoretically expected values.

An example of multiple submissions:
- Submitting the same work for credit in more than one course without the instructor’s permission.

An example of plagiarism:
- Failing to credit sources used in a work product in an attempt to pass off the work as one’s own.

An example of complicity:
- Collaborating on academic work knowing that the collaboration will not be reported.

Abuse and Misuse of Access and Unauthorized Access
- Students may not abuse of misuse computer access or gain unauthorized access to information in any academic exercise. See student rule 22: student-rules.tamu.edu

Violation of Departmental or College Rules
- Students may not violate any announced departmental or college rule relating to academic matters.

University Rules on Research
- Students involved in conducting research and/or scholarly activities at Texas A&M University must also adhere to standards set forth in University Rule 15.99.03.M1 - Responsible Conduct in Research and Scholarship. For additional information please see: rules.tamu.edu/urules/100/159903m1.htm

The Aggie Honor Code website has a wealth of information and more examples of academic misconduct. All examples and information taken from: “Know the code”: tamu.edu/aggiehonor

...or tolerate those who do.”
Midterms can be a stressful time of the semester. There are often multiple exams in a week and, in some cases, it is the first major exam of the semester for a course. Furthermore, activities with various clubs and societies are in full swing, and, let’s face it; there is always Fightin’ Texas Aggie Football on the weekends. So, how do you survive this time of year and what exactly do your midterm grades mean?

First, look ahead at least a week to see what assignments and tests are coming up so that you can plan your school, work and leisure schedules accordingly.

Second, plan your schedules in that order. School comes first.

Third, do not wait until the last minute to study. Unlike high school, where an exam might cover one to two chapters, most major exams at Texas A&M will cover multiple chapters, homework assignments and laboratory sessions, perhaps even books. Therefore, begin studying early and continue to read and study a little each day for all of your courses. Last, get a good night’s rest. In most cases, pulling an “all-nighter” will only hinder your reasoning capabilities and usually does more harm than good. Furthermore, a good night’s rest will ensure that you stay healthy. Should you get sick on the day of a midterm, please contact the professor immediately to discern the type of documentation required to substantiate your absence. You will also want to inquire about a make-up exam. If you have questions about what constitutes a university excused absence, please see student-rules.tamu.edu/rule07 for further information.

Then, what happens after all those exams are complete? All students classified as U1 (freshmen) will receive midterm grades. These will be accessible on myrecord.tamu.edu and are an indication of how you are doing in a course. Please make sure that you check these. Some professors will enter an “I” (incomplete) or “X” (the professor did not turn in a grade.) Do not worry if you see these; you can ask the professor what your grade is. Also, look in the absence column. Some professors keep roll and will record how many absences you have along with your grades. If your absences seem excessive, meet with your professor about the discrepancy.

Don’t forget, it is imperative that you meet with your professor, as they care about how you perform in their course. Make sure that you take any tests or homework with you so that you can go over what you missed. Also, try asking how you can better study for the work you are misunderstanding. It indicates that you have been studying, but wish to improve. Also, remember that there are several points of help for you on campus. Your academic advisor is available to you! They are wonderful sources of help in that they can give you an indication of what the department expects of you thus far, point you towards the proper tutors, help desks, and supplemental instructors, or refer you to the Student Learning Center (979-845-2724) or Student Counseling Service (979-845-4427).

Bottom line: midterm grades are not your final grade! If you have been doing well, keep it up. If you are not performing up to your standards, get help. It is not too late to end the semester strong. Good luck and Gig ’em!

Elizabeth Crouch, ’91, ’96
What if I Get Sick?

If you are sick and need medical attention, you should contact Student Health Services (shs.tamu.edu/) where, depending on your condition, you may need to make an appointment to see a medical practitioner. Remember, most of the services at Student Health Services are free of charge, those with charges, such as prescription and over-the-counter drugs, are available to students for a minimal charge.

Review your course syllabi for each professor’s policy on missed classes. If you are able to attend class, you should do so, though not if getting to or attending class will cause you to be extremely uncomfortable. If you are unable to attend class, telephone or e-mail your professor as soon as possible to find out how to make up missed work. Make arrangements to get class notes from another student in the class.

If you will be out of class for three or more days due to illness or injury, you may contact the Office of the Dean of Student Life (979-845-3111) and request that an absence notification be sent to your professors. This notification does not excuse your absence, it merely explains the absence; your professor might ask for further documentation.

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October Calendar

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