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
WHAT IF MY MIDTERM GPR IS BELOW A 2.0?

By now you should know your Midterm grades. If not, you can look them up on your Howdy Portal at howdy.tamu.edu. If you have D's and/or F's in any of your courses there are several people you need to speak with.

- Talk to your professor. They can help you determine what you will need to do to make better grades on the remainder of your assignments. Be sure to ask if there are any help sessions available for the course. If you and your professor determine that it is impossible for you to earn a passing grade you should consider Q-dropping the course. Students are permitted four (4) Q-drops during their undergraduate studies. The Q-drop deadline is Friday, November 18.

- Speak with Scholarships & Financial Aid in order to determine the consequences of Q-Dropping or grade excluding a course as financial aid can be affected.

- Speak with your Academic Advisor regarding dropping the course. S/he can discuss other consequences of Q-dropping as well as tutoring opportunities. Now is also a great time to speak with your academic advisor regarding pre-registration for the spring 2017 semester. If your midterm grades were less than you expected, don't panic! Your professors and academic advisors are here to help you succeed!

- Make an appointment with the Academic Success Center to speak with an Academic Coach. You can find details at successcenter.tamu.edu.

Q-DROP REMINDER

The last day to Q-drop a class for the fall 2016 semester is Friday, November 18th, 2016.

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 18 deadline.

CHANGING YOUR MAJOR

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, 2016 if you are planning on changing majors:
Name, UIN, Fall 16 College, Fall 16 Major, Spring 17 College and Spring 17 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.
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.

DO YOU KNOW WHAT YOUR STRENGTHS ARE?

FIND OUT!

StrengthsQuest

Free Intro to Strengths Workshop
Tuesday, November 8th
Koldus 144, 12:30-2:30pm
Register at: strengths.tamu.edu
Free Snacks Provided
During the fall of my junior year I got the opportunity to travel to the land of the Ticos, Costa Rica. This semester long study abroad trip was an experience of a lifetime. The trip gave me the opportunity to become immersed in the Costa Rican culture and learn from the Ticos what it means to live a “pura vida” (pure life). This study abroad trip was a great learning experience for me because I was able to see how the animal and human healthcare differs from the healthcare provided in the United States. I got to see the benefits and flaws of both the Costa Rica’s and United States’ healthcare. I am hoping that I will be able to make a difference in the future when I become a veterinarian since I have seen the benefits and flaws of two different animal healthcare systems.

“My amazing trip abroad wouldn’t have been possible had it not been for the financial aid I received.”

“The trip gave me the opportunity to become immersed in the Costa Rican culture and learn from the Ticos what it means to live a “pura vida” (pure life).”

The trip to Costa Rica also taught me that a person’s culture has a huge influence on what they value in life. Something that I might think of as important might not matter at all to people from a different culture. The difference in cultures means that we as humans will never be able to agree 100% of the time. However, this isn’t necessarily a bad thing. This allows there to be a number of different opinions, which will always lead to new developments in this constantly evolving world. As a result, I have learned that I need to be mindful of everyone’s opinion because my opinion isn’t the “correct” opinion. My openness to different opinions will only make me a better citizen of the world.

My amazing trip abroad wouldn’t have been possible had it not been for the financial aid I received. A good amount of financial aid came from my existing academic scholarships, but I was still short on money until I received the Gilman Scholarship. The Benjamin A. Gilman International Scholarship Program gives underrepresented students, such as myself, the opportunity to study abroad with their aid. Their goal is to get as many undergraduate students to travel the world and have an international experience, which is an important part in the career and educational development of students. I wouldn’t have been able to travel abroad were it not for the Gilman Scholarship.
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, 2017. Apply at 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 Animal Science
  - Department of Entomology
  - Department of Horticultural Sciences
  - Department of Nutrition & Food Science
  - Department of Poultry Science
  - Department of Wildlife & Fisheries Sciences
- College of Architecture
  - Department of Construction Science
  - Department of Visualization
- Mays Business School
  - Department of Marketing
- College of Education & Human Development
- 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
  - Department of Petroleum 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 Nursing
- 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
- Residence Life
- Study Abroad Programs Office
- Texas A&M Foundation
**NOVEMBER CALENDAR**

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>1:30 pm - 4:30 pm Volleyball vs Tennessee</td>
<td>7:00pm Holocaust Survivor Talk with Mr. Max Glauben</td>
<td>6:00-9:00pm Volleyball vs Alabama</td>
<td>7:30-10:00pm Brazos Valley Worldfest Concert and Dance</td>
<td>10:00am-6:00pm Brazos Valley Worldfest</td>
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<td>1:30 - 4:30pm Volleyball vs Tennessee</td>
<td>9:00pm Education Career Fair</td>
<td>7:00pm Regents' Scholars Organization General Meeting</td>
<td>11-11 Day: Honoring Veterans</td>
<td>Midnight Yell Practice vs. Ole Miss</td>
<td>Football vs Ole Miss</td>
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<td>1:00 pm - 4:00pm Volleyball vs Georgia</td>
<td>Reading Day, No Classes</td>
<td>6:30 - 9:30pm Volleyball vs LSU</td>
<td>Bonfire 1999 Remembrance Day</td>
<td>Fall 2016 - Q-Drop and Withdrawal Deadline (5 p.m.)</td>
<td>Midnight Yell Practice vs. Ole Miss</td>
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<td>Franklin Safari with RSO</td>
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<td>Thanksgiving Holiday Football vs. LSU</td>
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<td>Thanksgiving Holiday Football vs. LSU</td>
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Since opening its doors in January 2016, the Texas A&M Career Closet has been dedicated to enhancing the professionalism of Aggies by providing suit rentals at a minimal cost. Now, we are now determined to take it to the next level through the Adopt a Suit program. Over past months, several donors have generously provided us with like-new suit sets for men and women in the hope that it goes to a deserving Aggie. The Adopt a Suit program is a result of their generosity. Through the program any student in need of a suit, may apply to get one. The program is currently open only to Regents’ Scholars and will slowly be expanded to other student groups over time.

Through this organization, all students at A&M have the opportunity to rent quality professional attire or apply to receive a donated suit. The goal of Career Closet’s Adopt a Suit program is to provide as many students as possible with professional attire to keep in perpetuity. Recipients of our suits will add an invaluable new tool to their professional repertoire and continuously carry on the Closet’s mission. Ideally, each student applying for a suit will be a recipient; however, when suits are limited they will be awarded based on application strength. The essay portion of this application represents the best method of conveying your goals, and how a Career Closet suit will aid your accomplishments.

Our mission is to enhance the professionalism of Texas A&M students while alleviating the financial burden that is inherently associated with launching a career.