Howdy Ags!

The spring semester is in full swing! Hopefully you are taking advantage of this semester and aiming to make it the best one yet. As you may recall we put forth a challenge last month for you to pay forward good will that comes your way this year. We encourage you to keep up with this challenge and to encourage your friends to do the same. Spring Break is right around the corner and would provide a wonderful opportunity to give something back to your community. Now is a great time to start planning! I wish you continued success this semester.

Thanks and Gig ‘em!

Regents’ Scholars Program Staff
regentsscholarship@tamu.edu
CLASS OF 2020 DR. ROBERT M. GATES INSPIRATION AWARD

During the Regents’ Scholars Spring Banquet on April 23, 2017, the Regents’ Scholars Program will recognize one outstanding Texas A&M University faculty, staff, advisor, or professional mentor for their participation and contributions to the program. Please take a few minutes to nominate and show your appreciation to someone who has inspired you during your first year at Texas A&M.

Nominations due: April 1, 2017
Send nomination to: regentsscholarship@tamu.edu

In the email, please include:

Name of the person you are nominating
Department or college in which the nominee is employed
Email address of nominee
Name of nominator (your name)

Please share why you believe this person should be recognized. Include how this nominee inspired you to success at Texas A&M. Describe the guidance, availability, and dedication of the nominee. Your comments will be read at the banquet if the individual is selected.

“American history is a series of responses to the question: ‘What should we do today?’”

~ Dr. Robert Gates
President Emeritus Texas A&M University

MONEY EDUCATION CENTER

Looking for a way to learn more or understand your finances? Visit the Money Education (ME) Center on the first floor of the Pavilion. Students can get entered into a weekly $100 scholarship drawing for attending an appointment with a ME Center advisor, or for getting walk-in advising. Students will get entered into a weekly drawing for a free giveaway bag with free goodies for attending a presentation. And yes, students can win more than once!

- Eating on a Budget – Feb. 6 1:50–2:40 PM
- Money Management – Feb. 6 3:00–3:50 PM
- Credit Cards & Credit Scores – Feb. 13 1:50–2:40 PM
- Love & Money – Feb. 13 3:00–3:50 PM
- Love & Money – Feb. 20 1:50–2:40 PM
- Credit Cards & Credit Scores – Feb. 20 3:00–3:50 PM
- Saving & Investing – Feb. 27 1:50–2:40 PM
- Identity Theft – Feb. 27 3:00–3:50 PM

Texas A&M University has dedicated the Money Education (ME) Center to providing Aggie students with the education and resources they need to make smarter personal finance decisions during college and lay a foundation of financial success for a lifetime. money.tamu.edu

“We will do all in our power to help you… because I believe your presence here, along with all of the Regents’ Scholars who will follow you, is likely the best thing any of us have ever done.”

~ Dr. Robert Gates
President Emeritus Texas A&M University
Want to land an extraordinary summer job? College career counselors have an advice: **Get going. Now.**

“I emphasize with job searchers that it takes three to five months to find a summer job,” says Andrea Dine, associate director of the Career Development Center at Macalester College.

Becky Hall, Central Career Development Coordinator at the University of Minnesota and a consultant with the university’s Health Careers Center, concurs: “There are a lot of career fairs happening on campuses right now. If students don’t get on the ball, they’ll miss out on a lot of good opportunities.

A methodical approach will boost your odds of success, Dine says. By planning now, you won’t have to settle for “just a job” or suffer through a last-minute summer job search. Use this timeline as your guide:

**February & March**
- Determine the type of summer employment or internship you want. Develop a list of criteria, including:
  - Where you want or need to get a job/internship
  - How much money you’d like to make
  - Key skills to build upon
  - Areas of interest and/or organizations to explore
- Assess your current skill set, either by yourself or with a counselor at the TAMU Career Center, to determine which key skills an employer might need this summer
- With guidance from the Career Center, develop a basic resume and cover letter to apply for summer positions
- Begin looking for specific job opportunities using online resources, city-specific resources, or friends/family/professionals who can direct you toward job opportunities

**April**
- Continue looking for job opportunities
- Start applying for jobs, being sure to follow the employer’s directions.
- Ask professors, previous coworkers and supervisors, and other who know you professionally if they will service as references. If possible, have each person write you a one-page letter of recommendation to give to prospective employers.
- Follow-up with companies you’ve applied to. Make sure your materials have been received and that each company has everything it needs to consider you.
- Schedule interviews with companies of interest.
- Start researching housing options for the summer.

**May**
- Practice answering summer job interview questions, either with a friend or a Career Center counselor.
- Research companies and jobs before the interview.
- Finalize summer living arrangements.
- Schedule job interviews.
- Go on job interviews, be on time.
- If the right job is offered, accept it.
- If you don’t have a solid line on a job, get some help from the Career Center – preferable before the spring semester ends if your summer plans will take you away from campus. You can also step up your networking efforts. Ask you parents, friends, professors, and others if they know of available summer jobs.

**June**
- Show up for your first day on time and prepared.
- Talk to your new supervisor about the skills you’d like to further develop.
- Go beyond the minimum to make a good, lasting impression on your supervisor and coworkers.

SUPPORT IS A CALL AWAY

You made a very important decision when you joined the Aggie family, a vibrant, exciting academic community that plays a large part in launching you into a successful future. Learning how to manage your time, stress, relationships, finances and transitions are just a few of the college challenges you face as you learn to strive in this intense environment. To help you stay emotionally fit and increase your chances at success, the Student Counseling Service offers a variety of services and support resources.

STRESS REDUCTION CENTER - Students often report stress as one of the biggest obstacles to their academic success. Learn relaxation techniques that can help manage stress effectively.

CRISIS INTERVENTION - Students may come to the SCS for crisis intervention anytime during 8:00 AM to 5:00 PM Monday through Friday to be seen by a counselor without a previously scheduled appointment.

WORKSHOPS - Each semester the SCS offers a variety of workshops, topics range from self esteem, assertive communication, career exploration, personal growth.

PSYCHIATRIC SERVICES - Psychiatric services are available through the recommendations of a Student Counseling Service counselor.

GROUP COUNSELING - Groups provide an opportunity for group members to learn from each other as concerns are explored together. See scs.tamu.edu for a list of groups and details.
  - “Success through Resilience: Support Group for First Generation College Students” - Monday’s 2:30 – 4:00.
  - “The Freshmen Transition Group” - Wednesdays, time TBA.

CAREER COUNSELING AND ASSESSMENT SERVICES - Professional counselors can help you learn more about your interests, abilities, personality, values and explore various career options.

HELP LINE - After 4 PM on weekdays or 24 hours on weekends, students may call the Help Line at 979.845.2700 for after hours crisis intervention. The Help Line provides information, support, referrals, and crisis intervention by phone.

PERSONAL COUNSELING - Personal counseling is a process that facilitates self-discovery and growth. Counseling can help improve self-confidence, relationships, academic performance, and decision making for your overall well-being.

ALCOHOL & DRUG ABUSE ASSESSMENT AND TREATMENT - The SCS offers a variety of assessment, therapy, and support for those who may be facing alcohol or drug issues.

LEARNING DISABILITY AND ADD/ADHD SCREENING - Screening for learning disabilities is the first step in the evaluation process, it helps determine if formal evaluation, which can be expensive, is needed.

To receive services and/or register for your initial appointment, go online to http://scs.tamu.edu/ and click on “Register for Services.” After you complete the information requested, you will have the option of scheduling your initial appointment online. If you have trouble logging in, call 845-4427 to request help.
HOW TO STAY AWAKE DURING CLASS

During my first few years of college, I didn't know how to stay awake in class. I took an early morning psychology course with three girls I'd met in the dorms. Just before class we rolled out of bed, stumbled to the lecture hall class with our eyes barely open, and settled into a row of squishy seats in the lecture hall. Then three out of four of us would fall asleep. Whoever stayed awake would take notes.

Obviously, I did not get an A in that class—I was catching Z's instead. So...how can YOU stay awake in class? As a college student I can almost guarantee that you need more sleep, so you should start there. You probably don't want to go to bed earlier, but you should. Give yourself an extra hour every night, and see if that helps. You might need more. Even a nap can help!

If you live in the dorms, making the above changes still probably won't get you to sleep enough. So just in case, here are some things that worked well for me when I wanted to stay awake through a lecture:

TAKE NOTES BY HAND
When you take notes on a laptop, you tend to be much less focused, because typing is much more automatic. You also finish faster and sometimes drift off (or start IM-ing people). Taking notes by hand is slower, so it makes you focus on keeping up with the lecture.

EAT HEALTHY SNACKS
Eating a snack—especially carbs and proteins—can help energize you. I liked taking a bag of healthy cereal to my very early or very late classes. I would eat the cereal one piece at a time—the carbs plus the act of making myself take one at a time really helped me stay awake. If you need a burst of energy, try eating fruit like sliced apples or grapes instead of a candy bar. Junk food, obviously, is not a good option.

DRINK WATER
Dehydration can really wipe you out, so bring a water bottle to class with you. Neither soda nor alcohol (both of which are very dehydrating) are good substitutes for water to keep your body hydrated.

GET INTERESTED IN THE LECTURE
A lot of your interest in a lecture is affected by your attitude. If you go in thinking it's going to be boring, you'll probably be bored. Even if you're taking a required class, try to get interested in the lecture each day; it will help you stay alert. Try to learn at least three things you didn't know, and tell someone about them after class. It might sound kind of lame, but it will help you stay awake and learn.

Adapted from "How to Stay Awake During Class" by "Jamie", located at http://www.survivingcollegelife.com/2007/09/24/how-to-stay-awake-during-class/.
MAXIMIZE YOUR MEMORY

Forget rote learning, one of the best ways to commit something to memory is to think of associated images – the more outlandish, the better. If you’re revising for an exam, learning a new language, or just keen on maximizing your memory for everyday life, here are some strategies that might help:

REHEARSAL
The brain is often likened to a muscle, the suggestion being that if you exercise it, its function will improve. A bodybuilder can strengthen his biceps by repeatedly lifting weights and so, you can improve your memory by repeating over and over to yourself (either out loud or sub-vocally) the information you wish to remember.

MNEMONICS
A visit to any bookshop will reveal myriad self-help books promoting the use of mnemonics as a means of improving your memory. The Method of Loci, the most well-known mnemonic technique, involves thinking of images that link new information with familiar locations. So, when trying to remember a list of words, you imagine walking between the various rooms in your home and commit a word to memory by forming an image that combines the word with a distinguishing feature of the room. For example, if trying to remember the word “apple”, you imagine an apple bouncing on the sofa in your living room. Retrieving the list of words is achieved by mentally walking through the rooms of your house again. One study found that people using the Loci method could recall more than 90% of a list of 50 words after studying them just once.

Techniques such as Loci can be readily adapted to help us remember appointments, birthdays, errands we need to run, etc. As illustrated by Foer’s example, the key with mnemonics is creating the most striking visual images possible. The more ludicrous and elaborate you can be, the greater the chance of success.

RETRIEVAL PRACTICE
Evidence suggests that repeatedly testing yourself on the information you have learned can enhance retention considerably. The great memory researcher Endel Tulving was among the first to discover the merits of so-called “retrieval practice”. In a number of experiments, participants learned lists of words in three conditions: standard (study, test, study, test); repeated study (study, study, study, test); and repeated test (study, test, test, test). The repeated test group had three times as much exposure to the words as the repeated test group. If learning occurs only when studying, it follows that they should have had better memory. But Tulving found equivalent immediate learning across conditions. However, if retention is measured after a one-week delay, repeated retrieval testing can lead to markedly better recall than repeated studying, even if the studying involves an elaborative learning strategy.

‘ELABORATIVE’ PROCESSING
Although many people imagine that actors memorize their lines through repetition, research by psychologist Helga Noice suggests that this is not always the case. Noice found that some actors learn their lines by focusing not on the words, but on their underlying meaning and the motivations of the character who uses them. This is consistent with laboratory evidence – although repeating a list of words improves short-term memory to some degree, a more effective strategy is so-called “elaborative” processing, which involves relating the information to associated facts and relevant knowledge. In one study, participants were asked to learn words using one of the following questions:

a) Does the word contain two or more syllables?
b) Does the word refer to an item of furniture?

Highest levels of recall were observed following question b, which involves deeper, more elaborative, meaning-based processing.

If students do self-test, it is often to assess what they’ve learned, rather than to enhance their long-term retention of the material. Perhaps the fact that repeated study feels less demanding than repeatedly testing yourself leads people to prefer the first approach. However, the evidence suggests strongly that active approaches to learning such as repeated retrieval practice can reap dividends.

By Jon Simons and adapted from: http://www.guardian.co.uk/lifeandstyle/2012/jan/14/how-to-train-your-brain-to-remember
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