HOWDY AGS!

The New Year is upon us, meaning that it is time to once again look ahead to the coming year (and semester). Many of you have made resolutions related to your academics, personal, or professional development. Resolutions are a good way of reflecting upon the previous year and looking to make the future a little brighter. Our challenge to you is this: Make a resolution to pay forward any good will bestowed upon you this year. Keep the Aggie Spirit alive and well! We hope that you enjoy the remainder of your break and we look forward to seeing you once spring classes have begun.

Thanks and Gig ‘em!

-The Regents’ Scholars Program Staff

Freshmen Regents’ Scholars, Save the Date!

Regent’s Scholars Freshmen Banquet

Sunday, April 23, 2017

Attendance is REQUIRED for this event. Event is for Class of 2020 ONLY.

Details TBA
MSC OPEN HOUSE

Sunday, January 22, 2017 // 1 - 5 PM

Memorial Student Center

Now that you have a semester under your belt, do you feel like you want get more involved on campus? The MSC Open House is “a chance to see the best student involvement opportunities the Division of Student Affairs and Texas A&M have to offer.” Texas A&M University has over 1,000 organizations so there is something for everyone. Most of the organizations will set up a table in the MSC for MSC Open House to help you learn more about their organization with flyers, representatives, demonstrations, or giveaways. Come out to make new friends and find your niche in Aggieland!

BUMP THE POST-BREAK BLUES!

By now many of you are heading back to school, settling into your college homes, and if you’re like many students you’re feeling a little post–winter break slump. Sure it’s great to be back (well, minus the homework bit), but all that bonding with family and friends you did over the holidays might leave you feeling a little lonely.

MAKE A FACETIME DATE

Whether it is through your phone or computer, use this video-chat program to hang out with your friends and family. With a simple tap you can connect from anywhere and include a friendly face in your phone calls.

MAIL AN OLD FASHIONED SNAIL MAIL LETTER

I am a firm believer that a good piece of mail can turn a bad day into a good one, so give someone’s day a lift by sending off a bit of snail mail. Send mom a postcard, write a letter to your BFF, or pen a note to your grandparents. Then stamp it and send it off!

HAVE A LONG-DISTANCE TV PARTY

Lots of shows are just starting up after the holiday break, but being away from your friends and family doesn’t mean you can’t watch Grey’s Anatomy with your kid sister anymore. Make a phone or texting date and watch together, or if you’re in a different time zone wait until the next day and log on to the web to watch the latest episodes together. Most TV stations air full episodes on their websites. Another option is to DVR your favorite shows.

New year, new you. It’s the perennial January catchphrase that holds such world-conquering promise. And then, well, you get sidetracked with conquering your to-do list. But even the loftiest resolutions don’t have to fall by the wayside come February. Staying motivated and achieving what you set out to do on that bright New Year’s Day is surprisingly possible. Just follow these nine mantras, provided by researchers who study motivation and backed up by women who have used them to realize their biggest ambitions.

1. When you make a plan, anticipate bumps. Before even trying to achieve a goal, target potential pitfalls and troubleshoot them. Peter Gollwitzer, a professor of psychology at New York University, in New York City, says that people who plan for obstacles are more likely to stick with projects than those who don’t.

2. Channel the little engine that could really. A person’s drive is often based on what he/she believes about his/her abilities, not on how objectively talented he/she is, according to research by Albert Bandura, a professor of psychology at Stanford University. His work has shown that people who have perceived self-efficacy (that is, the belief that they can accomplish what they set out to do) perform better than those who don’t.

3. Don’t let your goals run wild... When your sights are too ambitious, they can backfire, burn you out, and actually become demotivating. But work on them everyday. Taking small steps every day will not only help hold your interest in what you’re trying to achieve but will also ensure that you move slowly, but surely, toward your goal. So, for example, set up a down-payment-fund jar and dump your change into it every night. You’ll get a sense of accomplishment each day, to boot.

4. Go public with it. Instead of keeping your intentions to yourself, make them known to many. “Other people can help reinforce your behavior,” says James Fowler, a political scientist who studies social networks at the University of California, San Diego. After all, it’s harder to abandon a dream when you know that people are tracking your progress.

5. Lean on a support crew when struggling. Think of the friends and family who truly want to see you succeed. Enlisting those with whom you have authentic relationships is key when your motivation begins to wane. Choose people who may have seen you fail in the past and who know how much success means.

6. Make yourself a priority. Put your needs first, even when it feels utterly selfish. You will derail your progress if you sacrifice yourself for others in order to please them (such as eating a cupcake that a friend baked even though you’re on a diet).

7. Challenge yourself and change things up. It’s hard to remain enthusiastic when everything stays the same, says Frank Busch, who has coached three Olympic swimming teams. To keep his athletes motivated, he constantly challenges and surprises them adding a new exercise to a weight routine or giving them a break from one practice so they can recharge.

8. Keep on learning. To refuel your efforts, focus on enjoying the process of getting to the goal, rather than just eyeing the finish line.

9. Remember the deeper meaning. You’re more likely to realize a goal when it has true personal significance to you, according to Deci. (For example, “I want to learn to speak French so I can communicate with my Canadian relatives” is a more powerful reason than “I should learn French so that I can be a more cultured person.”) And when the process isn’t a pleasant one, it helps to recall that personal meaning.
CHANGE OF MAJOR

Howdy Class of 2020 Regents' Scholars!

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 AS SOON AS POSSIBLE if you are planning on changing majors:

Name:  
UIN:  
Fall 16 College:  
Fall 16 Major:  
Spring 17 College:  
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.

SERVING AGGIELAND

By Casey Gros

“The best way to find yourself is to lose yourself in the service of others.” - Mohandas Gandhi

These immortal words of Mohandas Gandhi live on in the daily lives of many students on the Texas A&M University campus. In fact, Aggies boast that we host “the largest, one-day, student-run service project in the nation,” the Big Event. Selfless Service is even one of Texas A&M’s official core values.

The Regents’ Scholars Program encourages all students to “pay it forward” and serve the community in some sense. The Regents’ Scholars Student Organization (RSO) participates in several service activities throughout the year such as Replant, Big Event, going to a nursing home to visit with the residents, and many more. You can even serve as an Orientation Counselor for the Regents’ Scholars Class of 2021! To find more service based organizations, please check out studentactivities.tamu.edu/online/search/index.

So what happens if you want to serve, but you aren't sure where to go? Well Texas A&M has just the resource for you! AggieServe: Students Serving Aggieland 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.” On their website, aggieserve.tamu.edu/, you can search by keyword or date range so that you can find the project that suits you best. There is no reason you can’t get involved and give back in the new year. So do something good for the community, build your resume, and have fun!

Information retrieved from:
www.bigevent.tamu.edu  
www.tamu.edu/home/aboutam/coreValues.html  
www.aggieerve.tamu.edu  
www.brazosfoodbank.org


CONTINUING SCHOLARSHIP APPLICATION

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. Students can access the application on www.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 Entomology
• Department of Horticultural Sciences
• Department of Nutrition & Food Science
• Department of Poultry Science
• Department of Wildlife & Fisheries Sciences
College of Agriculture & Life Sciences
Study Abroad Scholarships
College of Architecture
• Department of Construction Science
Mays Business School
• Department of Information & Operations Management
College of Education & Human Development
• Department of Health & Kinesiology
College of Geosciences
Corps of Cadets
Texas A&M Foundation

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
• Engineering International Programs (Engineering Study Abroad)
College of Liberal Arts
• Department of English
• College of Liberal Arts Study Abroad Scholarships
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
Residence Life
International Student Services
Study Abroad Programs Office
TOP 11 INTERVIEW ETIQUETTE TIPS

1. SIT UP STRAIGHT – Your momma was right. People who stand with erect shoulders make a better impression.

2. DO NOT BE OVERLY CHATTY – When you get nervous, there is a tendency to verbally rush in and fill the silence. Don’t do it. The key to being a good conversationalist is to listen and ask thoughtful questions. Do your research on the company and the position beforehand.

3. REMEMBER PROPER ETIQUETTE DURING INTERVIEWS INVOLVING MEALS – You are being tested on more than your table manners; this is an opportunity for the interviewer to observe your public behavior. Meal interviews are standard operating procedures for many sales positions. Remember the importance of treating the wait staff with respect. Do not order alcohol unless your host does so first, however even then it is best to refrain. Business should not be discussed directly until the host brings it up, typically after the meal.

4. LEAVE ANY SENSE OF ENTITLEMENT AT HOME – If you don’t want the job, the next 100 applicants do. Be gracious if offered the position, even if it means sharing a cubicle with two other people.

5. MAINTAIN PROFESSIONAL DECORUM WITH THE INTERVIEWER – Don’t act too familiar with the interviewer. That individual is not there to be your new BFF. Avoid nosy questions and don’t offer too much information regarding your own social endeavors.

6. PAY ATTENTION TO YOUR BODY LANGUAGE – You show a lot about yourself in how you sit. You should refrain from foot tapping, hair twirling, and nail biting. Crossed limbs signal that you are on the defensive and are uncomfortable. Practice some relaxation techniques prior to the interview. Hand gestures are okay, but should be kept in proportion; never flail about.

7. USE A FIRM HANDSHAKE – There is an art to handshaking: Extend your right hand in a vertical position with the thumb upright and fingers extended, then shake web to web firmly for two pumps. It is just as important to not squeeze too firmly.

8. SMILE! – Be happy! Don’t avoid smiling to convey your seriousness. There is nothing worse than a bad attitude. Even if you are feeling discouraged, put on a happy face and “fake it until you make it”.

9. SNAIL MAIL IS YOUR FRIEND – Hand-written thank-you notes did not go the way of VHS tapes. Writing a thank-you demonstrates professionalism. You will stand out from the others that chose to only send an email. Additionally, writing a thank you note gives you another opportunity to restate your interest in the position. Saying “thank you” leaves a strong and positive impression.

10. TURN OFF YOUR CELL PHONE – Leaving your cell phone on during an interview does not give the impression that you are important. Turn it completely off before you enter the door of the office (don’t leave it on vibrate). As you only have a brief window of time with your interviewer, you want to ensure that you have no interruptions that might break the interviewer’s concentration. It also pays respect to the interviewer and demonstrates that the interview is important to you.

11. ARRIVE ON-TIME – You should anticipate scenarios such as getting lost, getting stuck in traffic, and spending 10 minutes looking for parking. Remember that time is money and that the person interviewing you has set aside time from their own schedule for you. By being late you have wasted their time. You have also left the impression that you are someone who does not plan for contingencies and are likely to be repeatedly late for work.

Retrieved and adapted from Job Interview Etiquette – 11 Mistakes to Avoid by Ann Brenoff, located at www.hdailyfinance.com/2010/05/14/job-interview-etiquette-11-mistakes-to-avoid/
Howdy Regents' Scholars!

My name is Reyna Chavarri and I am this year's Orientation Planning Board Chair for the Class of 2021! If you are looking for a leadership opportunity and a way to meet other Regents' Scholars then you should apply to be an Orientation Counselor. As an orientation counselor you will be one of the first students to welcome the Class of 2021 to Texas A&M! You will also get to interact with other Orientation Counselors and awesome Regents' advisors. If you are interested in applying follow this link: www.hgoo.gl/forms/tS3tduNpKwGgrwOQ2

I hope your spring semester goes well and I look forward to meeting you!

ORIENTATION COUNSELOR INFORMATION

Do you want to get involved with the Regents’ Scholars Program?
Be an Orientation Counselor for the Class of 2021!
Want more information?
Tuesday, Jan. 24th 5:40-6:40 p.m. Rudder 504
Friday, Jan. 27th 6:00-7:00 p.m. Rudder 510

Apply by Jan. 27th at:
https://goo.gl/forms/tS3tduNpKwGgrwOQ2

JANUARY 2017 CALENDAR

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>1 No Transit Service</td>
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<td>9 Transit Break Service</td>
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<td>11 Transit Break Service</td>
<td>12 Transit Break Service</td>
<td>13 Last Day to Register for Classes (5 p.m.) Transit Break Service</td>
<td>14 No Transit Service</td>
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<td>15 No Transit Service</td>
<td>16 Martin Luther King, Jr. Day TAMU Closed No Transit Service</td>
<td>17 First Day of Classes Spring Transit Service Starts</td>
<td>18</td>
<td>19 9:30am 10th Annual Reverend Martin Luther King, Jr. Breakfast 3:00pm – 4:00pm Funding Study Abroad</td>
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<td>21</td>
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<td>22</td>
<td>23 Last Day to Add/Drop Courses</td>
<td>24 5:40-6:40pm Regents’ Orientation Counselor Informational Rudder Tower 504</td>
<td>25 9:00am – 4:00pm Study Abroad Mini Fair</td>
<td>26</td>
<td>27 3:00pm – 4:00pm Funding Study Abroad 6:00–7:00pm Regents’ Orientation Counselor Informational Rudder Tower 510</td>
<td>28</td>
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<td>29 9:30am - 5:30pm Elect Her: Aggie Women Win</td>
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<td>31 1 Official Census Date</td>
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