Howdy from Casey!

Welcome to the August issue of the Regents’ Review. You will receive this important monthly newsletter monthly during your time in Aggieland.

As you begin your career as a Regents’ Scholar at Texas A&M University, I would like to encourage you to take advantage of the valuable information we provide to you by reading the Regents’ Review and checking your TAMU email on a daily basis. This is how our office will communicate with you.

As we prepare for your arrival on campus, I would like to remind you of the requirements of the Regents’ Scholarship:

- Live on-campus
- Attend the Regents’ Scholars Orientation on Tuesday, August 23rd, 2016.
- Participate in an Academic Success Program. (Your program is determined by your college.)
- Attend the Regents’ Scholars Spring Banquet.
- Have financial need.

Should you have any questions, please feel free to contact me at regentsscholarship@tamu.edu.

Thanks and Gig ‘em!
Casey Gros
Assistant Director

Regents’ Scholars Orientation

Tuesday, August 23rd, 2016
7:00 - 9:00 pm
check-in opens at 6:00 pm
Bethancourt Ballroom,
Memorial Student Center (MSC)

Late-comers will not be permitted.
Students need to eat dinner before they arrive.

Important Events

August 21st
Move-In Day

August 21st-28th
Gig ‘Em Week
gigemweek.tamu.edu

August 28th
Undergraduate Convocation
2:00-3:30pm
MSC Fall Open House 2016

Sunday, September 4th, 2016 • 1:00pm - 5:00pm • Memorial Student Center

Are you looking to get involved in a student organization, but don’t know what’s available, and don’t know where to start? The 2015 MSC Open House will take place on Sunday, September 4th, from 1:00-5:00 p.m. in the MSC. 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 800 organizations so there is something for everyone. Most of the organizations will set up a table 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! Additional information may be found at mscopenhouse.tamu.edu.

Gig ‘Em Week 2016

Sunday, August 21st through Sunday, August 28th

Gig ‘Em Week is Aggieland’s official Week of Welcome. Gig ‘Em Week provides students an opportunity to learn more about the campus, each other, and college life in general through a series of educational and social events sponsored by university departments, colleges, student organizations, residence halls, and community members.

Events include: Ice Cream Carnival, GatheRing & Yell Practice, Movie and Party at the Plaza, Rec-A-Palooza, Undergraduate Convocation, etc. For a full list of events, please visit: gigemweek.tamu.edu. You will receive a stamp-card at your Regents’ Scholars Orientation. Collect all of the stamps for the chance to win a prize!

Reminder!

If you change colleges you must notify the Regents’ Scholars Program by emailing regentsscholarship@tamu.edu. Failure to do so could result in the cancellation of your Regents’ Scholarship.

Meet your Regents’ Scholar Program Staff

Casey Gros
Regents’ Scholars Coordinator, Assistant Director
casey_gros@tamu.edu
Hometown: Richardson, TX

Enjoy working with students because: Students have unique personalities and strengths. I love seeing them develop into the great Aggies they were meant to be!

Biggest fear as a freshman: I thought I would fail miserably – that I would fail all my classes, not make friends, not get into any student organizations, and end up going home. Luckily through finding a great support network on campus I was able to succeed in college and you can, too!

Favorite aspect of A&M: The “small college” atmosphere created here, even though it is one of the largest campuses in the United States. As you meet more people, your Aggie Network continues to grow. A friendly howdy walking across campus, riding the bus, or while playing Pokémon Go could make you a new great connection.

Best piece of advice received as a student: Talk to your professors. They may seem very intimidating, but they are generally great people and can serve as a references or resources in the future. They can be the difference academically as well. After all, they create the exams, so they will know how to help you “ace” your exams!
HOWDY AGS!
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. This experience is like nothing you have experienced before. 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. Signs of stress include tension, changes in sleep patterns and appetite, feeling irritable, isolation and anger. Stress can also increase test anxiety and lower the immune system. Relaxation techniques can help students learn to manage stress effectively.

Career Counseling and Assessment Services - Group and individual career counseling services can help students make informed vocational plans, choose a major, or plan for graduate study. Professional counselors can help you learn more about your interests, abilities, personality, values and various career options.

Personal Counseling - Personal counseling is a process that facilitates self-discovery and growth, and most students at one time or another can benefit from personal counseling. Counseling can help improve self-confidence, relationships, academic performance, and decision making for your overall well-being.

Group Counseling – Groups provide an opportunity for group members to learn from each other as concerns are explored together. Group counseling consists of weekly hour and a half sessions with six to ten students whose concerns are similar. See scs.tamu.edu for a list of groups and details.

Psychiatric Services – psychiatric services are available through the recommendations of a Student Counseling Service counselor.

Learning Disability and ADD/ADHD screening – Learning disabilities are typically identified when a person’s level of achievement is significantly below what would be expected for her/his age, schooling, and level of intelligence. Screening for learning disabilities is the first step in the evaluation process. It helps determine if formal evaluation, which can be expensive, is needed.

Crisis Intervention - Students may find themselves in a crisis situation and need to be seen quickly. Students may come to the SCS for crisis intervention anytime during business hours 8:00 AM to 5:00 PM Monday through Friday to be seen by a counselor without a previously scheduled appointment.

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

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.

Workshops - Each semester the SCS offers a variety of workshops that aim to enhance students understanding of self, others and their own personal success. Topics may range from self esteem, assertive communication, career exploration and personal growth.

To receive services and/or register for your initial appointment, go online to 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 979.845.4427 to request help.

Confidentiality is respected to the limits allowed by law. The SCS makes no records of your visits on your academic transcripts or in a placement file. The SCS is funded by the University Advancement fee, and there are no additional user fees for services used.
Regents’ Scholars Organization (RSO)

Why should you become a member?

• Make lifelong friends
• Gain valuable experience
• Pay it forward
• Participate in social and community service events
• Begin to establish your network
• Learn about college from students like you!

Sneak Peek of Upcoming RSO Events

• Movie Night
• Aggie Replant
• Franklin Safari
• and many more!

Contact info
Zelinda Lombrana, President
rso@rso.tamu.edu

The Great Balancing Act

As the Aggie school year begins once again, it’s a good time to take a close look at what we like to call “the great balancing act!” Success at Texas A&M begins with balance. It could be balancing class with your social life, balancing fun with responsibility, or just balancing those courses across all FIVE days of the week, but once you lose your balance, you can easily fall...HARD.

But hey, don’t worry! Just like learning to ride a bike, you’ll find your balance once you get moving. As you begin to experience the “college life,” you’ll notice that there are countless distractions and activities, all pulling you in a hundred different directions. Every year, students end up in an Academic Advisor’s office, and all experiencing “freedom-overload.” When you look at your schedule for the first time, you think, “Wow! I have SOO much time during the day I don’t know what to do!” Unfortunately, the “what” you should be doing is STUDYING. The transition between high school and college is tough, and it takes getting used to, but you need to be ready to put in a lot of time outside of class studying and preparing for your next class.

Be ready to be surprised by your coursework! You can handle it...but don’t go in thinking it will be a breeze! Use the first few days of class to find the balance of your courses...if you need to make changes to your schedule to lighten the load, contact your Academic Advisor before the end of the first week of class and you can still make changes to your course load. Once you get into the swing of things, make sure you don’t get OVER-involved. Aggies are always wanting to do more, learn more, and experience more...but you have to know what you can handle, and you can’t forget why you’re here in the first place: to get a world-class education!

It may seem a little shaky in the beginning, but balance is always hard to find at first. Luckily, it’s easier to keep your balance once you’ve found it! And as always, you have a great group of advisors and counselors to help you to avoid falling...or failing!

Sam Murdock
Senior Academic Advisor I
Bioenvironmental Sciences
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**Dates to Remember**

- **August 21st** • Residence Hall Move-In 8:00 am, reslife.tamu.edu/movein
- **August 23rd** • Regents’ Scholar Orientation
- **August 28th** • Undergraduate Convocation
- **August 29th** • Billing statements available; First day of class
- **September 9th** • Tuition and fees due unless enrolled in installment plan