

COMPOSITION BOOK

Aggie Survival Guide ***to the First Year of College***

Shared with love by the Baytown Aggie Moms

100 Sheets

9.75 x 7.5 in / 24.76 x 19.0 cm

Howdy Week:

Every college has some kind of welcome back festivities to kick off the fall semester. This is the week that you may find the opportunity to get out and meet people and even sign up to join organizations. The best way to know what is going on is to follow it on social media. The university and groups will post flyers and share info ahead of the event. There are often lots of freebies and food given away, so take advantage of that too.

Getting Involved:

TAMU has many organizations and clubs that offer opportunities to be involved. There are clubs for EVERYTHING. Find something that fits your personality. Consider the requirements that the groups ask before you commit. It is common for groups to require you to apply and go through an interview process, but not all will. Sign up or apply for several organizations, clubs, or groups to ensure you get to join at least one. You will find friends much easier if you are involved and make an effort to get out of your dorm or apartment. This also helps keep conflict to a minimum when you have friends outside of your roommates.



<https://studentactivities.tamu.edu/get-involved/join-an-organization/>

Learning Your Way Around:

Once you have a schedule, take an afternoon BEFORE classes begin to find the buildings and rooms where you will need to go.



Take the opportunity to test out the Aggie Spirit Bus. It is important that you know the routes. TAMU has a transportation app to help you navigate. The buses will be VERY busy the first week or two. Be patient. It gets better. If you decide to drive to campus, make sure to scope out the parking lot you are assigned to (make sure you have a permit).

During week one, find your study spot. Checkout the library, student center, study spaces in class buildings, or even outdoor spaces. Find the student center and know where the bookstore is located. Know what food places are on campus or near campus. If any of your classes require blue books or scantrons for tests, pick up a few early in the semester from the bookstore and keep them in a neat place in your backpack. Also, make sure you have an umbrella or other rain gear. When it rains in College Station, it pours. **<https://www.tamu.edu/maps/index.html>**

Creating Your Schedule:

Each semester, before you choose your courses, you will need to do quite a bit of research. Here are a few thing you need to do:

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00AM	History Mrs. Longman 8:00AM-8:40AM HIST 1	History Mrs. Longman 8:00AM-8:40AM	Latin Mrs. Price 8:00AM-8:40AM		Math Mrs. Bailey 8:00AM-8:40AM
8:50AM					
9:00AM	Latin Mrs. Price 8:40AM-9:20AM	Bible Mrs. Jackson 8:40AM-9:20AM		Math Mrs. Bailey 8:40AM-9:20AM	History Mrs. Longman 8:40AM-9:20AM
9:10AM					
10:00AM					
10:10AM			Math Mrs. Bailey 10:00AM-10:40AM	History Mrs. Longman 10:00AM-10:40AM	Bible Mrs. Jackson 10:00AM-10:40AM
11:00AM	Math Mrs. Bailey 10:40AM-11:20AM				
11:10AM					
12:00PM	Science Mrs. Jackson 12:00PM-12:40PM	Science Mrs. Jackson 12:00PM-12:40PM	Literature Mrs. Longman 12:00PM-12:40PM	English Mrs. Stevens 12:00PM-12:40PM	Writing Mrs. Stevens 12:00PM-12:40PM
12:10PM					
1:00PM	Literature Mrs. Longman 12:40PM-1:20PM	English Mrs. Stevens 12:40PM-1:20PM	Writing Mrs. Stevens 12:40PM-1:20PM	Science Mrs. Jackson 12:40PM-1:20PM	
1:10PM					
2:00PM	Writing Mrs. Stevens 1:20PM-2:00PM	English Mrs. Stevens 1:20PM-2:00PM	Writing Mrs. Stevens 1:20PM-2:00PM	Science Mrs. Jackson 1:20PM-2:00PM	Literature Mrs. Longman 1:20PM-2:00PM
2:10PM					
3:00PM					
3:10PM					
4:00PM					
4:10PM					
5:00PM					

- You will get an assigned time to register. **PLAN AHEAD OF THIS DATE.** It will take some time to work out the details and have backups in the case that your first choice isn't available.
- You need to have an official degree plan. You will do this with an advisor. Take time to find the right advisor for you. Make an appointment **EARLY** and meet them to ask questions and set your degree plan. This person will become your best friend. They can help you in **MANY** ways you don't even know right now.
- Know the sequence of the classes you need to take. Once you know which classes you want to take, you will look through the course listing. Write down the courses/section numbers for all

classes offered that reasonably fit your schedule. Next, list the names of professors for the classes you're considering. Take a look at the syllabus for professors you consider: [https://](https://howdy.tamu.edu/uPortal/p/public-class-search-ui.ctf1/max/rend)

howdy.tamu.edu/uPortal/p/public-class-search-ui.ctf1/max/rend

- Go to www.ratemyprofessors.com and search each professor by college and name. If you don't find your professor through your college name, search without college name and see if they have a record at another college such as Blinn. Read the info about each professor and take notes in your spiral on each. Rank them in order in case you have to choose a back up. Look for the following:
 1. Look at the course number you will be taking. Some profs teach more than one thing. Look at the reviews for the class you plan to take. Other classes may not be a good measure of what to expect.
 2. How do they grade?
 3. How many grades do they take?
 4. What is their main teaching style?
 5. Will there be group projects?
 6. Are they easily available to help?
 7. Do students feel comfortable with the professor?
 8. Do they require a textbook?



Academic Help

When you need help, go to your professor's office hours. You should do this early in the semester anyway. Build a relationship with them and show them you are willing to go the extra mile. Every school provides some kind of resources for students who need help with academics. You will be paying good prices for tuition and fees that provide the services the school offers, so take advantage of what they have.

Academic Services:



Sometimes Aggies need a little helping hand getting through some of the challenging coursework at TAMU. The university offers help through the ACADEMIC SUCCESS CENTER. Students can receive academic coaching, attend regular tutoring sessions, attend Supplemental Instruction, and more. This is a service provided by the university of which all students should take advantage. ASC also offers

Supplemental Instruction, Academic Coaching, Tutoring Hub, and more. These are all accessible through the website and on campus. For more information, go to <http://successcenter.tamu.edu> . There are also many local paid tutoring services that students can look into such as TutorJohn, 4.0-To-Go, Aggieland Tutoring, etc... These services vary in price and availability. Do your research on these services before spending time or money on them. Make sure they will offer the course you need and at a time you can attend. TAMU Writing Center: <https://writingcenter.tamu.edu/>

Other Services:

CAPS - Counseling & Psychological Services: <https://caps.tamu.edu>

Career Center - for help with jobs, resumes, career fairs, interviews: <https://careercenter.tamu.edu/>

Student Assistance Services: - emergencies, absences, & more: <https://studentlife.tamu.edu/sas/>

Studying:

Your room can be a good place to study, but it isn't the only place to go. The library, student center, classroom buildings, and coffee houses all offer free wifi or other perks for students.

Make sure you have the right materials. Some majors require specific technology specs. BEFORE you buy a laptop, make sure you get the right kind with the right software.

You will need to you have:

- laptop, iPad, stylus, flash drive
- Note-taking materials
- Printing access
- Study apps (Quizlet, Socrative, etc)

Roommates & Friends:

Living with others is always an interesting thing. Few things are certain except one thing...you WILL have a conflict sooner or later. The best thing to do is communicate with each other up front about your limits, likes, dislikes, etc. When issues arise, talk it out. Ignoring little things is ok at times, but never ignore big issues. It isn't fun to have these adult conversations, but they are necessary. Try your best to be fair and be willing to compromise. Consider how you differ. Are they an only child? Do they have lots of siblings? What is their background? It can take time to build a good relationship with others you live with...especially if you haven't had to share a space before, so be patient.

Adulthood Isn't All You Think It Will Be:

FAMILY: After you move in, try to give yourself time to adjust. Don't go home right away. Stay at school and allow yourself find a way to make your new home a place you can enjoy. Going home too soon makes it easy to flee the challenge of making yourself at home in your new surroundings.



With that said, call home regularly. You don't have to call every day if you don't want to, but don't forget that your family will worry about you at first. Ease their minds by keeping them up to date on how you are doing. Call, FaceTime, and text often. You will find that they won't pester you too much because they know you will be in touch. Remember that you aren't the only one going through a big life change. Your family is too. They are used to you being there and now you aren't. It takes time for everyone to adjust. When you go home things

will be different too. You will want independence. Most parents don't mind giving you space to be independent, but take it easy. Try to communicate with them and respect their boundaries. Show them that you are mature and responsible and it makes it A LOT easier for them to see you become more and more independent. [Speaking from experience as a mom...be patient with them. It is hard to let your child go.]

FRIENDS: Many of you will be separated from your hometown friends for the first time ever. They will be in one place and you will be in another. You will try your best to stay in touch and with today's world of social media, it isn't that hard to do if you want to. However, don't forget that it is ok to make new friends too.

Important Things To Know & Timelines to Follow:

FINANCIAL AID: Make sure you know where the financial aid office is. There are times each semester that this office will be VERY busy. Do your best to stay ahead on your financial aid documents and details. It is better too call or go by in the slow time than need to get help when the lines are LONG.



FAFSA money gets posted late in the summer. Try not to panic. Again, stay on top of it and get help early if you are concerned. Know where to look in your portal and check regularly. Remember, you will get half now and half in January. In October, FAFSA opens again and you have to reapply EVERY YEAR. Do not put it off.

If you will have extra money left after your tuition is paid, put the extra funds in an account separate from your main banking account. [Some Aggies keep a savings account where they deposit their extra college funds. They can access it, but not with an ATM card. They transfer or withdraw the funds as needed to their regular account.]

DISABILITIES SERVICES: If you have documented disabilities, you can receive services in college to help much like you probably did in high school. This can include extended time on tests or other services. You can start the process by sharing your paperwork from high school with the disability services at your college. Be sure you collect your important documentation from your high school before you leave for TAMU. <https://disability.tamu.edu/>

ADVISORS: About halfway through each semester, you should make an appointment with your advisor to plan for your courses the next semester. Don't wait until the end of the semester. You will be busy preparing for finals and appointments are often hard to get.

DROPPING CLASSES: If you are considering Q-dropping a class, you will likely need to meet with your advisor, but you should see your professor first. Talk to them about what you are struggling with and see what your options are. After you assess your options, then you can choose whether to Q-drop or not. Remember, you only get FOUR Q-drops at A&M. They are like gold...not to be wasted. [Remember that Texas college students are allowed 6 Q-drops, but A&M only allows 4. Your other two can be used at other institutions, if needed.]

**KEEP
CALM**
AND SEE YOUR
**ACADEMIC
ADVISOR**

Aggie Mom Advice for our Aggies:

1. The Aggie Honor Code: "An **Aggie** does not lie, cheat or steal or tolerate those who do." Be aware of the issues with group texting, online apps, group work, and communications and more.
2. Receiving a "B" is not the end of the world. Most of you are accustomed to making A's and it would be awesome if it happens throughout your time at A&M, but don't panic if it doesn't.
3. Talk to your professors. Ask questions. Ask what resources are available to you in all of your classes. Go to office hours BEFORE you are in a panic about your grade.
4. Get the phone number of at least one person in each class you have. Find some study partners. Don't try to do it all alone.
5. Being a student is your job, so you should dedicate around 40 hours per week doing it. If you are enrolled in 15 course hours, you should spend close to 25 hours studying and working on your assignments. Divide the hours how you must, but get them in.
6. Research shows that students who hand write their notes the first time around have been proven to remember significantly more info for longer periods than those who only type notes. Students who write them in class and then revisit and revise them after class retain even more.

AGGIES IN NEED



The Brazos Valley Aggie Moms' Club has moms who are available to help Aggies in need. It may be for something small like bringing chicken soup to a sick Aggie or for something big like sitting with you at the ER. These moms can help.

Marcille Barnett
713-826-1538

Sue Boyette
214-621-2102

Sandra Micklitz '84
979-218-8679

Cynthia Funderburk
214-695-3656

Laurie Perkins '89
479-264-5772

Healthcare Info to Know:

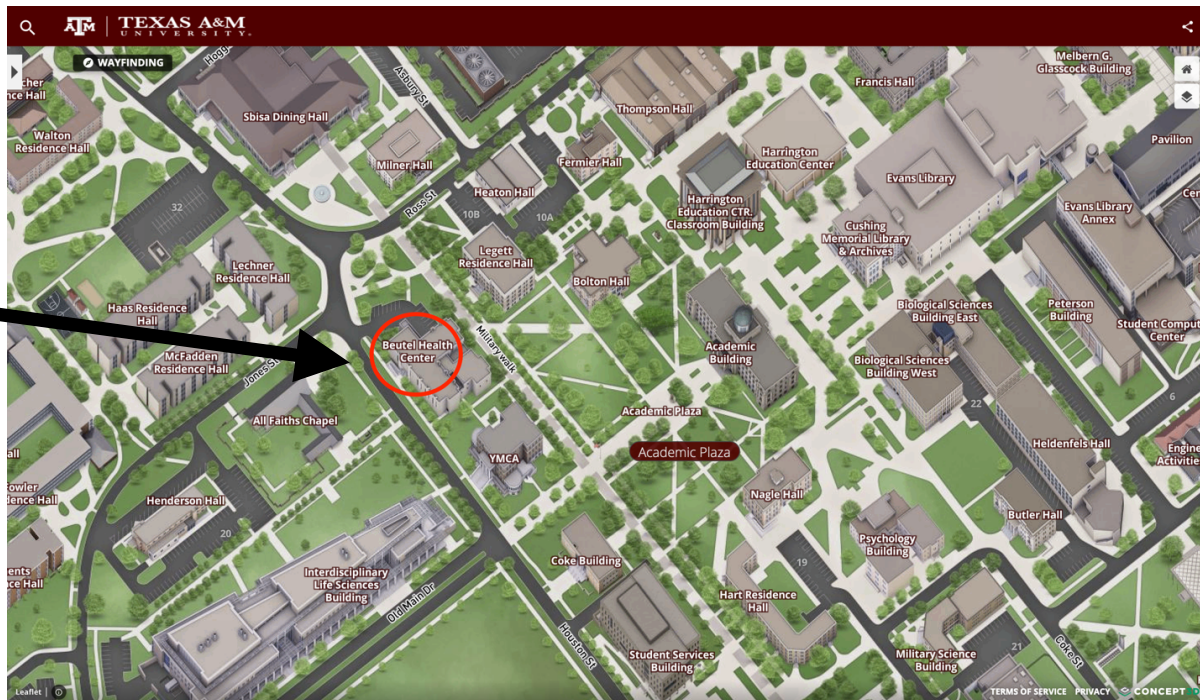
DOC ~ 979-571-1967 - www.docishere.com

Years ago Dr. Joel Richards served the BCS area making house calls for Aggies who were sick and had no primary care doctor in town. Since then, he has expanded to an on demand physician service that is 100% mobile. Check their site for details about their services.

A.P. Beutel Health Center ~ 979-458-8310 ~ <https://shs.tamu.edu/>

This is the clinic on campus provided by TAMU Student Health Services. They offer many different services for students. It is lovingly called the “Quack Shack” by Aggies. Look at the website for details about services, appointments, and fees.

Beutel is located near Military Walk off of Academic Plaza.



***There are a variety of clinics, ERs, and urgent cares in the BCS area. Most will provide wonderful care, but the bills can be quite shocking afterward if you aren't vigilant about coverage. We suggest you do the research on the ones that accept your insurance AHEAD of your Aggie being sick. This applies to dentists/specialists for Aggies who need care in Aggieland rather than using their hometown doctors. ***

Other things to consider:

- *Keep a digital copy of an insurance card on your phone. A picture saved in your favorites or an “emergency info” album in your camera roll might make it easier when checking in.*
- *If you have a doctor in town, put the phone numbers in phone contacts.*
- *Have names/dosage of meds you already take saved in your phone. Take a picture of bottles.*
- *Make sure your roommates/friends know your parents' contact info, so they can reach out to them in the event you can't.*
- *Consider a HIPAA release/waiver form. Once you turn 18, there are limitations to what doctors and nurses are allowed to share with your parents in the event you are under their care. Take the time to learn facts about what HIPAA covers and how to get one set up. This could be very important at a very difficult or trying time. Take steps BEFORE you have a crisis.*

Helpful Household Hints:

Washing clothes:

- Try to sort clothes into categories such as by color or whether they can go in the dryer or they need to hang to dry. For example, put all of your towels, underwear, and socks (as long as they are similar colors) into one load because they can all be tossed in the dryer without having to pull anything out to hang up.
- Maroons/reds should go together in one wash.
- Buy "Color Catchers" by Shout. Put a 1/2 sheet in every load of laundry. This keeps colors from fading or bleeding if you forget to sort colors from whites/lights.
- The hotter the water, the more chance you have of things shrinking. Pay attention to the temperature settings for the cycle you choose.
- Never leave clothing in the washer for too long. Things will mildew and begin to stink.
- After drying, always remove the lint from the trap. This can cause a fire hazard.
- Leave the washing machine lid open when not in use. This way air can circulate.
- If the washer tub starts to smell yucky, there are products you can pick up on the same aisle as your detergent that are designed to cleanse washing machine tubs. Use according to the instructions. You might need to do this more often since the machine is being used more often due to the number of people in your apartment.
- Be careful with clothing that is new and not been washed yet. If it is a dark color, be sure to wash it with like colors or even by itself at least once. Sometimes blue jeans, towels, and items that have been dyed will fade the first few times you wash them.
- Ink stains can often be removed or minimized with aerosol hairspray. Test it on a less obvious place on your garment first. Spray it directly to the stain and scrub lightly with a toothbrush.
- Gum stuck to fabric can often be removed with creamy peanut butter.

General Cleaning:

- Make a point to use a disinfecting agent to wipe down door knobs, handles, counters, door frames where hands often touch, and any surfaces where people may put their hands.
- After preparing chicken or any raw meat, anything you touch should be cleaned to prevent the spread of bacteria.
- Vinegar, baking soda, and lemons in general can be easy cleaning agents you may have around the house that are not toxic.
- Be careful when using store-bought products, if you have pets around.

Smelly garbage disposal:

- Garbage disposal - Mix baking soda and vinegar. The mixture will fizz and bubble. Be sure to scrub what you can and rinse thoroughly. You can also cut up lemons or limes and toss along with a few cubes of ice in the garbage disposal. Run for about a minute.
- Carpet - You can buy scented carpet powder that you can shake on the carpet, leave for a few hours to absorb odors, and then vacuum up. If you don't prefer the fragrant options, regular baking soda will work too.

Living Room:

- Be sure to vacuum the floors regularly. Sweep the baseboards too. Don't forget the stairs.
- Periodically, move the big furniture and clean underneath and between the cushions.
- Spray Febreeze on the cushions of couches and chairs regularly. Placing scented dryer sheets between the cushions can help with any light odors. This also works in your sock drawer or towel cabinet if you want to prolong the "fresh from the dryer" scent.
- Shake out small door rugs regularly. They will bring in more dirt than prevent it if you don't clean them occasionally.

Bathroom:

- Clean outside of the toilet as well as the inside. Clorox wipes work very well.
- Keep your toothbrushes on the side of the counter farthest from the toilet. There is moisture that can spray up to a few feet from the toilet when flushed.

Jot down your Aggie Mom's helpful tips:

PLACES TO GO AND ENJOY WHILE IN AGGIELAND

Off Campus:

- The Warehouse & Maroon U - t-shirts and TAMU gear
- Aggieland Outfitters - TAMU gear and gifts
- The Dixie Chicken - bar and restaurant ay Northgate
- Downtown Bryan
- Messina Hof Winery
- Museum of the American GI
- Santa's Wonderland (late fall and winter season)

On Campus:

- The Association of Former Students (The big ring)
- George H. W. Bush Presidential Library & Museum
- Howdy Garden
- Bonfire Memorial
- Cushing Library
- Sanders Corps of Cadets Center

Events that are Memorable:

- Any Aggie sporting event
- Midnight Yell Practice - midnight before every football game
- Bonfire Remembrance - November 18th 2:42am
- The BIG Event - community-wide service day held each spring
- Muster - April 21st
- Silver Taps - first Tuesday of the month at 10:30pm at Academic Plaza
- Pull Out Day (end of sophomore year)
- Elephant Walk (end of senior year)
- Ring Day - 4 times per year



TRY THE BRYAN/COLLEGE STATION CUISINE!

- The Dixie Chicken
- Hullabaloo Diner
- Layne's
- C & J BBQ
- Koppe Bridge Bar and Grill
- Yummi Yummi Sushi
- Napa Flats
- Blue Baker
- Torchy's Tacos
- Gringo's
- Chimy's
- Fuego Tortilla Grill
- Harvey Washbangers
- Mo's Irish Bar
- Hop Daddy
- Sodolaks Beefmasters

**GIG 'EM
&
GOD BLESS**



BOOKLET CREATED BY A BAYTOWN AGGIE MOM, COMPOSED FROM REAL AGGIE MOM EXPERIENCES, AND INFO FROM TEXAS A&M'S WEBSITE: WWW.TAMU.EDU.

