



THE CATALYST



Updates

The general meetings hosted by AIChE provide a lot of great and fun learning opportunities, and this spring semester has started off strong. One example was on February 22, Dr. Sentmanat gave a presentation during our general meeting to AIChE members on the chemical engineering profession and it was a great opportunity to learn more about it. To buy a membership or to renew a current one, visit the 'Become a Member' page on our website.

Additionally, general meetings can also offer an opportunity to get to know other chemical engineering majors better. At the general meeting on February 8, there was a game night that was hosted where activities such as Kahoot, skit making, and more took place.

Some of the socials that took place during this month, included the Big Shots Social and the IHOP Pancake Social. These events allowed members to take a break from the stress and rigor of chemical engineering and relax and hang with other members.

Additionally, the first mentorship event of the spring semester took place on February 21. This program allows underclassmen to learn from upperclassmen about school, chemical engineering, etc. and builds a sense of community between students in chemical engineering.

Upcoming Events

General Meeting

February 8 7:30 pm

Game Night
JEB 106

Big Shots Social

February 9 7:00 pm

Big Shots

Mentorship Event

February 21 7:00 pm

JEB 106

General Meeting

February 22 7:30 pm

Presentation by Dr. Sentmanat
JEB 106

Enterprise Plant Tour

February 24

Enterprise Products

IHOP Pancake Social

February 28 5:00 pm

IHOP

Southwestern Regional Conference

The AIChE Southwestern Regional Conference will be one of the biggest events for AIChE that are taking place this semester and this year, it will be taking place right in College Station at Texas A&M. It will take place on March 31 to April 1. Chemical Engineering students from schools across the Southwest will be in attendance at this conference and take part in the many activities and events that will be hosted there. Some of the competitions that will take place at the Regional Conference include ChemE Jeopardy, ChemE Car, a Technical Paper competition, and a Poster competition. In addition to this, several corporate workshops and talks will be a part of the conference and there will be multiple opportunities for students to network with industry leaders and other chemical engineers. This year, the conference will take place in person and to register, visit the AIChE website for Texas A&M and look for the conference page to find the registration link. Early registration will end on March 8 so it is best to register as soon as possible.



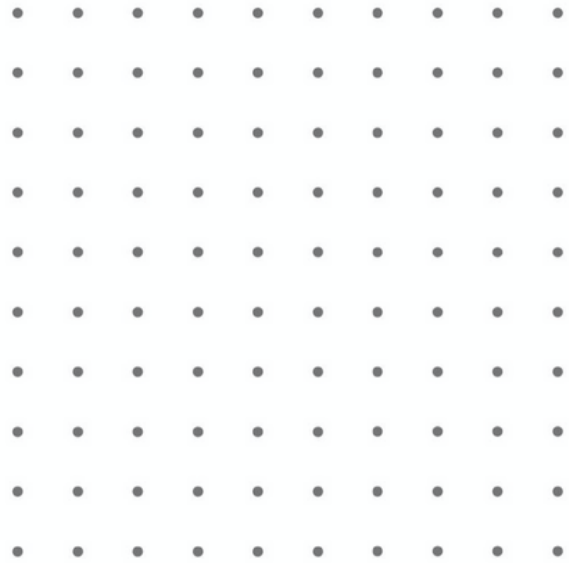
The Importance of Mental Health

Since it is Mental Health and Suicide Awareness Week, it is important to be aware of how important mental health is in our day-to-day lives. As with any demanding academic program, chemical engineering can be stressful and challenging for students. It is important for students to prioritize their mental health and well-being while pursuing their degree. This can involve developing healthy coping mechanisms for stress, maintaining a balanced lifestyle, seeking support from friends, family, or mental health professionals if needed, and practicing self-care. Chemical engineering departments may also offer resources such as counseling services, mental health workshops, or peer support groups to help students maintain their mental health and academic success. At Texas A&M, Counseling and Psychological Services are provided and include services such as individual counseling, crisis counseling, etc. By prioritizing mental health and wellness, chemical engineering students can ensure they are set up for success both in and outside the classroom.

Sudoku

			7					
2	5		6			7	1	
							3	2
4		2	9	8				
	3		2	5		1		
5		8						
6	9							
7				6	2			
8	2							

Dots

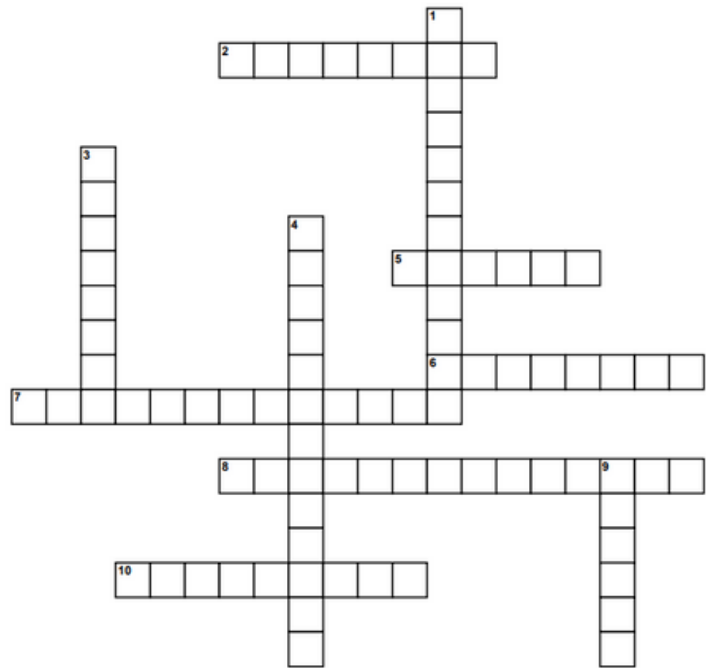


Word Search

- | | | |
|-----------|----------|---------------|
| Valentine | Heart | Birthstone |
| Chocolate | Snow | Amethyst |
| Cupid | Winter | Mardi Gras |
| President | Aquarius | Groundhog |
| Love | Pisces | Ash Wednesday |

Y X E J J C S R S D U R L V W
 E N I T N E L A V I H M M I V
 S L C L A P S T O P R E N T E
 H E H S A L S Z G U L T A X N
 S N C L G Y O R F C E T A R O
 N R O S H R O C Y R N H V Z T
 O D D T I U A A O E L O V E S
 W Q E N N P D S D H N M X S H
 X M L D J S Y I L P C F D J T
 A F H S E R S U I R A U Q A R
 R O X N Y E D S X W U G T F I
 G P D H R Q B A V F H B U M B
 Y E V P E J M M J F L A Z Y L
 W F F S S M A R D I W Q Y T X
 R M Z A K J B R K B G I C B S

Cross Word



Across

- [2] This is the birthstone for February.
- [5] February is the ___ month of the year.
- [6] This is the zodiac sign that covers most of February.
- [7] This US national holiday falls on the third Monday of February.
- [8] This famous winter event takes place annually in Quebec.
- [10] This rodent has a holiday named after it in February.

Down

- [1] This is the Christian observance that marks the beginning of Lent.
- [3] This is the traditional food associated with Mardi Gras.
- [4] This holiday falls on February 14th.
- [9] This is the traditional flower associated with February.