



AAPI THRIVE CONFERENCE
Photograph by AJ Pioquinto

Stress, One Day at a Time

By: AJ Pioquinto

As Week 7 passes, the workload gets a little heavier and it's easy to feel more and more overwhelmed by assignments or the additional topics you might have to study. Peer Success Mentors are here to help guide you in your academic journey during this stressful time, providing tips and tricks to get organized and be the best student you can be! However, if you are feeling extra down, the Psychological & Wellness Services are here for you, even providing a stress management workshop on 5/9 from 12:30-1:20. School is important, but taking care of your well-being is one of the best things you can do to improve your academics in the long run.

Last Week's Recap

This past Friday was FASA's Spring Benefit, an annual charity event that the organization does to help provide funds for disaster relief in the Philippines. FASA, in collaboration with AAPI THRIVE and other RSOs, provided a variety of carnival games and activities for students to enjoy, including AAPI local businesses and even a dunk tank! If you were able to attend, make sure to show off any pictures, prizes, and goods you received!

What's happening this week? It's Husky Mental Health Week!



- MONDAY: Free Korean Lessons (12:30-1:20 BB 104) & Volunteer Fair (11-2 Milgard 110)
- TUESDAY: Free Japanese Lessons (12:30-1:20 BB 104)
- WEDNESDAY: UWTea Time (12:30-1:20 CEI) & Access to Food is a Human Right w/ Dr. Christine Stevens (12-1 WPH)
- THURSDAY: Free Japanese Lessons (12:30-1:20 BB 104)
- FRIDAY: Free Korean Lessons (12:30-1:20 BB 104) & Gala Night (7-11pm WPH)

RSO Spotlight!

Vietnamese Student Association (VSA)

Campus Resources

- [Teaching and Learning Center \(TLC\)](#): Tutoring, Peer Success Mentors Wayfinders and Writing Consultants
- [Disability Learning Services \(DRS\)](#): Campus disability accommodations
- [Psychological and Wellness Services \(PAWS\)](#): FREE private and group therapy sessions
- [The Pantry](#): Run by CEI, provides FREE groceries
- [The Cupboard](#): FREE meals
- [Student Affairs](#): Student services for academic support and resources

Meet the Peer Success Mentor / Wayfinders!

Mentor highlight: Jannat

Hello everyone! My name is Jannat and I am a sophomore majoring in Psychology and planning to also double major in Social Welfare. I am a First Gen Fellows student as well as the secretary for MESAA here at UWT. In the future, I aim to become a social worker specializing in youth. In my free time, I like to read, spend time with my family, and explore new crystal shops, bookstores, and museums.

Komisi Petelo

Computer Science Senior



Jannat Musawi

Social Welfare and Psychology Junior



Jalina Sison

Education Freshman



Gabbie Quintinita

Ethnic Gender & Labor Studies Sophomore



Ambre Fontana

Biomedical Sciences Senior



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