



AAPI THRIVE CONFERENCE
 Photograph by AJ Pioquinto

Peace Amidst Finals

By: Jannat Musawi

As we go through Week 9 and see our quarter wrapping up, it may bring feelings of relief, but often times it brings on feelings of stress. Although we may feel engulfed by the end of the quarter and finals coming up, we must remember to take care of ourselves. Please sleep well, eat well, and take moments to breathe. Reserve study rooms on campus using the library website or 25Live, so that you do not study in your bedroom, which is where you rest. Additionally, use The Cupboard (MAT 203) to eat food when you are on campus, to ensure that your body is constantly nourished. Lastly, use the meditation room in the CEI (SNO 150) and the Reflection Room in the UWY for moments of quiet and peace amidst the chaos of finals. Good luck!

Last Week's Recap

This past Wednesday, AAPI Thrive held our study tables during Husky Hour (12:30-1:30) in the Writing Center (TLB2). Many students attended to study together, build community, and seek support. Lunch was provided, so students were able to study while nourishing their bodies and bonding with their peers over food. If you missed it, don't worry! We will continue to have these weekly study tables every Wednesday during Husky Hour!

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



- MONDAY: Free Korean Lessons (12:30-1:20 BB 104) & Garden Pathway Project (3-5 Giving Garden)
- TUESDAY: Free Japanese Lessons (12:30-1:20 BB 104) & Escape Rooms by NEON Entertainment (3-5 UWY 103 & 105)
- WEDNESDAY: UWTea Time (12:30-1:20 CEI) &
- THURSDAY: Free Japanese Lessons (12:30-1:20 BB 104) & AAPI Trivia Night w/ Music and Film RSOs (6-8 UWY 303)
- FRIDAY: Free Korean Lessons (12:30-1:20 BB 104), PISA Luau (3-9 UWY) & VSA Culture Show "Mẹ Ơi, A Letter To My Mother" (6-8 WPH)

RSO Spotlight!

Middle Eastern South Asian Association (MESAA)

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: AJ

Hi everyone, I'm AJ (she/they) and I'm a Psychology major with a minor in Sociology and SSRM (Social Science Research Methods). In the future, I hope to work as a Community-Based Psychologist. I am an officer for FASA sa UWT and the Sisterhood of Pi Nu Iota, which are both Filipino-affiliated organizations. I find joy in going to concerts, reading and buying books, and playing video games when I have the time. I am always on campus at some point, so don't be afraid to say hi!

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