



**AAPI THRIVE**  
UNIVERSITY of WASHINGTON | TACOMA

# Scholars Newsletter



## How Are You Holding Up at UW Tacoma?

By: Haina Mataese

We have officially reached week four of the quarter, how are you feeling? The first few weeks are always exciting but also followed by a wave of realization that you are now in college, shocking right? The transition can be rough but I truly hope you're doing well. College is not as easy as the world makes it seem, there will be a lot of struggles and it will often feel extremely lonely but finding student organizations or activities, maybe even a group of friends from a class can really help you. College is exhausting, it is mentally challenging, physically draining, and emotionally void. (Well in some cases) However, despite all of that you learn and gain so much from the environment and people around you. This campus houses many great resources for our students and despite how empty and lonely it might feel we try our best to let you know that we are always here for you. Before, I end this segment I thought I'd ask you a question. How are you holding up? Mentally, emotionally, and physically, how are you doing?

## October is Filipino-American History Month!

In October of 1992, Filipino-American History Month (FAHM) was celebrated and introduced by the Filipino-American National Historical Society (FANHS), with the United States Congress formally recognizing and announcing October as FAHM in 2009 (FANHS, n.d.). Recently on October 1st, Filipinos from all over Tacoma came to Tacoma City Hall to accept an official proclamation of FAHM from Mayor Woodards! This FAHM, be sure to support local Filipino businesses, learn, celebrate, and share the histories of Filipino Americans.

FANHS. (n.d.). *About Filipino American history month*. FANHS. <http://fanhs-national.org/filam/about/>

Volume 2 - Issue 2  
10/15/2024



# What's Happening This Week?

## Monday:

- Indigenous Day Celebration (12:30 PM - 1:30 PM | TPS Patio)
- Textbook Swap (9/15 - 10/18 | All Day | SNO Lobby)

## Tuesday:

- Last day to add a course through MyUW - Autumn Quarter
- Take Care Tuesday (10:00 AM | MAT 107)
- Cookie Decoration w/ SSA & MAPS (12:20 PM - 1:20 PM | TPS 110)

## Wednesday:

- Engineering & Technology Career Fair (11:00 AM | WPH)
- FASA General Meeting (12:20 PM - 1:20 PM | JOY 113)
- LGBTQIA+ 101 Workshop (3:30 PM - 5:30 PM | SNO 150A)
- Basketball Club (6:00 PM - 9:00 PM | UWT YMCA)

## Thursday:

- All Industries Career Fair (11:00 AM | GWP)

## Friday:

- Volleyball Club (12:30 PM - 3:00 PM | UWT YMCA)
- Soccer Club (6:00 PM - 9:00 PM | UWT YMCA)

## 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

## RSO Spotlight!

### Pacific Islander Student Alliance (PISA)

The Pacific Islander Student Alliance or PISA was an RSO that was created by a group of friends back in 2019. The mission of PISA is to perpetuate Pacific Islander culture throughout our years here. We meet Biweekly, our second meeting will be on October 22nd in the Snoqualmie building in room 150 within the CEI. Please note you do not have to be Pacific Islander to join. We welcome everyone!

Be on the lookout for fun events happening later this quarter!

# Meet the Peer Success Mentor / Wayfinders!

## Mentor highlight: Jalina

Hello there, everyone! My name is Jalina (she/her) and am one of your Peer Success Mentor AAPI THRIVE Wayfinders. I am a second year student intending to major in Education (with a minor in mathematics) and an aspiring high school math teacher! Prior to my position as a Wayfinder, I was also on the other side of things as an AAPI THRIVE Scholar! As someone who has recently graduated from high school and is also navigating as a sophomore in university, I know a thing or two about academic and environmental challenges.

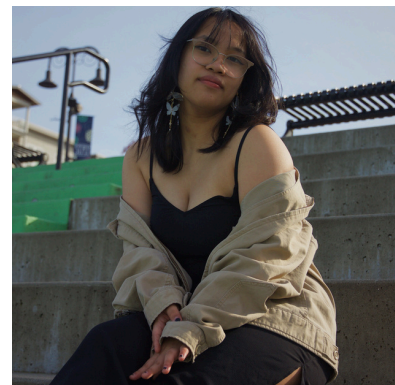
**Ambre  
Fontana**

Biomedical  
Sciences  
Senior



**AJ  
Pioquinto**

Psychology  
Senior



**Jalina  
Sison**

Education  
Sophomore



**Gabbie  
Quintinita**

Ethnic  
Gender &  
Labor Studies  
Junior



**Haina  
Mataese**

Education  
Junior



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