



**AAPI THRIVE**  
UNIVERSITY of WASHINGTON | TACOMA

# Scholars Newsletter



AAPI THRIVE LUNCH

## The Importance of Catching 8 Hours of Z's

By: Jalina Sison

It's midterm season! For some of you, it may be your first ever midterms so I am here to remind you that you can do this! Everyone is different in their methods of studying, but I have a tip that is scientifically proven to be beneficial for everyone: Hit the hay. I learned recently in my psychology class about memory consolidation, which is the process that stores information into your long-term memory. This process, however, requires a sufficient amount of sleep. Sleep deprivation ultimately leads to an inability to retain and process information and makes it difficult to control your mood or make good decisions. Those 7-9 hours are vital to our mental, emotional, and physical well-beings. What I'm trying to say is: the sheep won't count themselves. Rest up before your exams and remember that you are not alone and will always have the support of the Peer Success Mentors.

Two Distinct Ways to Form Long-Term Object Recognition Memory During Sleep and Wakefulness:  
<https://www.pnas.org/doi/full/10.1073/pnas.2203165119>

## Happy Diwali!

Diwali is known as the Festival of Lights and is a 5 day celebration representative of the triumph of light over darkness, good over evil, knowledge over ignorance. Join our Middle Eastern South Asian Association (MESAA) this Wednesday, October 30th, at 5:00 PM - 9:00 PM in the Center of Equity and Inclusion located on the bottom floor of the Snoqualmie library for their celebration featuring delicious food, beautiful performances, and learn more about this tradition!



## What's Happening This Week?

### Monday:

- Halloween Polaroid Photoshoot (October 28 – November 1 | 9 AM – 6:30 PM | UWY 107)
- UWTeatime (12:30 PM – 1:30 PM | Every Monday | CEI Kitchen [SNO 150])
- Mend It! (12:30 PM – 1:30 PM | Makerspace [SNO 170])

### Tuesday:

- Take Care Tuesday (10:00 AM | MAT 107)
- Voter Registration Table (12:00 PM – 4:00 PM | Dawg House)
- Lunch and Learn – Office of First Gen (12:30 PM – 1:30 PM | MAT 214)
- Fiber Friends (12:30 PM – 1:30 PM | Makerspace [SNO 170])
- Diwali Celebration (5:00 PM – 9:00 PM | CEI [SNO 150])

### Wednesday:

- FASA General Meeting (12:30 PM – 1:30 PM | JOY 113)
- Neurodivergent Study Buddies (1:30 PM – 4:30 PM | MAT 107)

### Thursday:

- Math Club Halloween (12:30 PM – 1:30 PM | JOY 117)

### 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
- The WholeU: Nationwide UW student discounts

## RSO Spotlight!

### Middle Eastern South Asian Association (MESAA)

Our organization's primary objective is to facilitate a meaningful exchange of cultural perspectives, whereby members from various backgrounds can identify and appreciate both the similarities and differences that exist within their respective cultures. As the Middle Eastern South Asian Association at the University of Washington Tacoma, we are committed to promoting the rich cultural heritage of the Middle East and South Asia throughout the academic community. Our ultimate goal is to create a welcoming and inclusive environment that will help one another appreciate each other's cultures and create lifelong friendships.

# Meet the Peer Success Mentor / Wayfinders!

## Mentor highlight: Haina

Talofa! My name is Haina (pronounced hi-nuuh). I am currently a Junior majoring in Education. I am aiming to become a teacher after I graduate. I intend to teach 10th-11th grade but I want to start with elementary school and work my way up to high school. I am also the community coordinator for our PISA club at UWT. In my free time, I like listening to music, watching TV, and cooking/eating, and being outdoors (sometimes). I may look mean if you see me in person but I am nice, I promise :) Manuia le aso!

**Ambre  
Fontana**

Biomedical  
Sciences  
Senior



**AJ  
Pioquinto**

Psychology  
Senior



**Jalina  
Sison**

Education  
Sophomore



**Gabbie  
Quintinita**

Ethnic  
Gender &  
Labor Studies  
Junior



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Teaching and Learning Center  
W UNIVERSITY of WASHINGTON | TACOMA

**Haina  
Mataese**

Education  
Junior

