



AAPI THRIVE
UNIVERSITY of WASHINGTON | TACOMA

Scholars Newsletter



Fall 2024 Study Group Tables

Self-Care Tips and Tricks! By: Ambre Fontana

With the longer Thanksgiving weekend coming up, it's the perfect time for you to practice some self-care! Self-care is incredibly important to maintaining your wellbeing, and it can help you from getting burnt out or overwhelmed by everything happening in life. Being a student isn't easy, so making sure you implement self-care practices on a daily and/or weekly basis is crucial. Self-care looks different for every person. For one person it could be taking an everything shower, playing video games with friends, taking a walk or hike, spending time reading, spending time with friends and family, practicing gratitude or meditation, and so much more! The most important self-care? Sleep! Without sleep, your brain has a difficult time functioning, so remember to get your 8-10 hours!

The Truth of Thanksgiving?

Thanksgiving. It's a national holiday that's been around since November 1863, when President Lincoln created it during the Civil War to improve the relationships between the northern and south states, and between the US and tribal nations. However, this was just one year before Lincoln ordered the hanging of 38 Dakota men after the Dakota War of 1862. Nowadays, Thanksgiving is used as a time for family and friends to get together, but it's important to remember the origins of the holiday, and the effect of what the American government did to the Native Americans.

<https://www.potawatomi.org/blog/2020/11/25/the-true-dark-history-of-thanksgiving/>



What's Happening This Week?

Monday:

Tuesday:

- Criminal Justice League Meeting (12:30-1.15pm @BHS 107)
- Weekly Food Truck: Starvin' Marvin (11am - 2pm @Outside WPH)
- Sensory Friendly Space (2-4pm @TLB 115)

Wednesday:

- LSU Meeting (12:30-1:30pm @TPS 104)
- Makerspace Sewing Class Week 8 (3-4pm @SNO 170)
- Neurodivergent Study Group (1:30-3:30 @DRS office [MAT 117])
- Basketball Club General Meeting (6pm-9pm @University Y)
- Tai Chi (5.15-6.15pm @University Y)

Thursday:

- NO CLASSES AND CAMPUS CLOSED FOR THANKSGIVING WEEKEND
- Real Lit[erature] Book Club: These Fleeting Shadows (1:30-2:30pm @Online, see Dubnet for link)
- Nourish Mobile Food Truck (4:30 PM - 6:30 PM | Pinkerton Parking Lot)

Friday:

- NO CLASSES AND CAMPUS CLOSED FOR THANKSGIVING WEEKEND
- FISA General Meeting (1:15-2:15pm @Univeristy Y Student Center & Zoom)

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!

LATINX STUDENT UNION

LSU is a student-led club committed to building an inclusive, supportive, and empowering community for all Latinx students at UW Tacoma.

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

Instagram: @LSUUWT
DubNet: [Latinx Student Union](#)

AWESOME MENTIONS

Haina and Ambre will be holding a "Prep for Finals" event on Dec. 2nd, 7pm in the Court 17 MPR. There will be free pizza and plenty of study tips to learn!

Additional Resources

We recognize that with the end of the quarter coming, you still have exams, finals, projects and assignments left before you get a break. With that in mind, don't forget that the TLC has a page full of study resources that you can access, without even having to meet with a PSM/Wayfinder!

<https://www.tacoma.uw.edu/tlc/academic-success-strategies>

This link includes general academic strategies, including copies of our Time Schedule sheets and study or reading tips, online and remote learning resources, and helpful apps and websites. I highly encourage you to take some time to look through the resources listed there, as they may prove to be more helpful than you think. Even I go back to that webpage or use its resources at least once a month! Good luck with the rest of the quarter, and remember to make your PSM/Wayfinder appointments to get the requirement done!

Meet the Peer Success Mentor / Wayfinders!

**Ambre
Fontana**

Biomedical
Sciences
Senior



**AJ
Pioquinto**

Psychology
Senior



**Jalina
Sison**

Mathematics
Sophomore



**Gabbie
Quintinita**

Ethnic
Gender &
Labor Studies
Junior



T | L | C
Teaching and Learning Center
W UNIVERSITY of WASHINGTON | TACOMA

**Haina
Mataese**

Education
Junior

