



AAPI THRIVE
UNIVERSITY of WASHINGTON | TACOMA

Scholars Newsletter



AAPI THRIVE ORIENTATION

You've Reached the Middle of the Quarter!

By: Ambre Fontana

Congratulations Freshman! You've made it halfway through your first quarter of college (unless you did Running Start of course). You should feel very proud of yourself, even if you're currently struggling with classes. Taking classes at a big, fancy (4-year) university like UW Tacoma is not a small feat, and it is especially difficult to achieve if you have to deal with stuff happening at home, work, on and off campus. With the second half of the quarter coming up, I want you guys to remember everything that you've learned, and to not forget to use your resources if you're struggling. Even if you aren't currently struggling, I highly recommend using your campus resources to your advantage! Whether it be DRS accommodations, using the TLC, meeting with advisors from the Career Counseling Center, your own academic or faculty advisor, using PAWS and so much more! If you aren't sure what resource you need, I highly encourage you to meet with a PSM/Wayfinder as it is part of our job to know about the various campus resources or if you're struggling in your classes (or just in life in general) we also know tons of information and tips to help you succeed at UW Tacoma!

Halloween History

The origins of Halloween date back 2,000 years to an ancient Celtic festival called Samhain. It was used as a way to mark the end of summer and the beginning of the dark, cold winter months. It was believed that the barrier between the living and the dead became blurred on Halloween night, allowing ghosts to return to Earth. To celebrate the event, the Celtic priests, called Druids, would build huge sacred bonfires where people could burn crops and animal sacrifices to Celtic deities in hopes of protection from the cold winter months.

Halloween: Origins, Meaning & Traditions. (2024, October 7). HISTORY. <https://www.history.com/topics/halloween/history-of-halloween>

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What's Happening This Week?

Monday:

- Voter Registration Table (9 AM - 11 AM | Dawg House)
- UWTeatime (12:30 PM - 1:30 PM | Every Monday | CEI Kitchen [SNO 150])
- Tabletop Games Club - Game Night (3 PM - 7 PM | Dawg House)

Tuesday:

- Fiber Friends (12:30 PM - 1:30 PM | SNO 170)
- Take Care Tuesday (10:00 AM | MAT 107)
- Flu Shot & Covid-19 Booster Clinic (10:00 AM - 2 PM | WPH)
- Interview Strategies Workshop (12:30 PM - 1:30 PM | MAT 214)

Wednesday:

- Voter Registration Table (9 AM - 11 AM | Dawg House)
- Budgeting Workshop (12:30 PM - 1:30 PM | MAT 214)
- Neurodivergent Study Buddies (1:30 PM - 3:30 PM | MAT 107)

Thursday:

- Math Club (12:40 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)
- Haunted House with ISSS (6 PM - 8 PM | Meet at University Y)

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!

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: 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!

**Ambre
Fontana**

Biomedical
Sciences
Senior



**AJ
Pioquinto**

Psychology
Senior



**Jalina
Sison**

Education
Sophomore



**Gabbie
Quintinita**

Ethnic
Gender &
Labor Studies
Junior



T | L | C
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**Haina
Mataese**

Education
Junior

