



AAPI THRIVE CONFERENCE
Photograph by AJ Pioquinto

Finals Week – You’ve Got This!

By: Yenni Truong

The end of a quarter is never easy. You’re tired and stressed, and so am I. During this week, you have a million things to get done. You also feel the pressure of how these finals will affect all your hard work. Don’t worry, you’ve been preparing for this all quarter long. You might have dedicated all your days and nights studying for finals but a healthy body and mind are also important during these times. Take breaks between study sessions, eat hearty meals, and stay hydrated! You’re not alone in this journey. I, along with the UW Tacoma community, are rooting for your success. And always remember, your worth is not defined by a test score. Good luck, you’ve got this!

Last Week’s Recap

AAPI THRIVE hosted our weekly study tables on Wednesday during Husky Hour, 12:30-1:30pm, in the Writing Center (Tioga Library Building TLB 2). On Thursday, the annual First-Year Student Writing Awards ceremony was taken place in the Writing Center. Three of the awardees were AAPI Thrive Scholars. Please join us to celebrate our winners:

- Eli Tupufia, “Stigma and its Effects on Access to Mental Health Services within Pacific Islander Families”
- Tuyen Nguyen, “The role of Bilingualism and Biculturalism in Health Care”

Our distinguished nominee awardee:

- Sudip Chaudhary, “The Untaught Ethics in Computer Science”



What’s happening this week?

- FINALS!!!

RSO Spotlight!
Filipino American Student
Association (FASA)

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:

Komisi Petelo, our Wayfinder mentor and Computer Science senior, is graduating this spring. Please join us to celebrate him and wish him the best of luck in the next steps of his bright future.

Lastly, we want to thank all our mentors for all your hard work and assistance this quarter. This weekly student newsletter would have not been possible without all your contributions. - AAPI Thrive Project

**Komisi
Petelo**

Computer
Science
Senior



**Jannat
Musawi**

Social
Welfare and
Psychology
Junior



**Jalina
Sison**

Education
Freshman



**Gabbie
Quintinita**

Ethnic
Gender &
Labor Studies
Sophomore



**Ambre
Fontana**

Biomedical
Sciences
Senior



**Haina
Mataese**

Education
Junior



**AJ
Pioquinto**

Psychology
Junior

