



**AAPI THRIVE**  
UNIVERSITY of WASHINGTON | TACOMA

# Scholars Newsletter



AU24 Final Week - Dr. Miura and THRIVE scholars.

## Welcome to Winter Quarter

By: Yennhi Truong

Welcome back! Winter quarter is often considered the most challenging for first-year college students, as it comes after the excitement of fall and brings colder weather, shorter days, and a faster-paced schedule. However, it's also an excellent time to reflect on your experiences from the previous quarter. Take a moment to evaluate what worked well for you, whether it was your study habits, time management, or involvement on campus, and identify areas that could use improvement. Staying warm and healthy is essential during these months, so bundle up and prioritize your well-being. With the quarter moving quickly, strong time management skills are crucial—use a planner or calendar to stay organized. It's also easy to feel isolated during winter, so make an effort to connect by joining campus activities, clubs, or study groups. Remember, support is always available; don't hesitate to reach out to advisors, professors, or campus resources if you need help. By learning from the past and staying proactive, you can make winter quarter a successful and rewarding experience! Good luck and have fun!

## Understand Seasonal Affect Disorder (SAD)

Seasonal Affective Disorder, or SAD, is a type of depression that typically occurs during the colder months when daylight hours are shorter. It can cause feelings of low energy, difficulty concentrating, or changes in sleep and appetite. Many college students experience this as part of adjusting to winter, but the good news is that there are ways to manage it. Getting outside during daylight hours, staying physically active, and maintaining a healthy routine can help boost your mood. Most importantly, don't hesitate to seek support if you're feeling overwhelmed. Remember, you're not alone, and there are plenty of resources to support your well-being!

Purkayastha, A. (2024, May 29). Seasonal Depression and its Effects on College Students - ASI Cal Poly Pomona. ASI CPP. <https://asi.cpp.edu/seasonal-depression-and-its-effects-on-college-students/#:-:text=Seasonal%20depression%20is%20harsher%20on,to%20fatigue%20and%20low%20moods>.

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## What's Happening This Week?

### Monday:

- WI25 Involvement Fair Day 1 (11 AM – 2 PM | UWY 303/304)
- Sensory-Friendly Space (1:30 PM – 3:30 PM | TLB 115)

### Tuesday:

- WI25 Involvement Fair Day 2 (11 AM – 2 PM | UWY 303/304)
- Food Truck Tuesday Thai'm To Roll (11 AM – 2 PM | Outside Milgard Hall)
- Basics of Budgeting (12:30 – 1:20 PM | WG 210)

### Wednesday:

- APIA Scholarship DUE at 2 PM PST

### Thursday:

- THRIVE Study Table (12:20 – 1:20 PM | Writing Center)
- Nourish Mobile Food Bank Truck (4:30 PM – 6:30 PM | Pinkerton Parking Lot)
- Sensory-Friendly Space (1:30 PM – 3:30 PM | TLB 115)

### Friday:

- Sensory-Friendly Space (1:30 PM – 3:30 PM | TLB 115)

For more events, visits

[DUBNET](#): Student Involvement events.

[UW Event Calendar](#): List of campus-wide events.

## 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

## Resource Spotlight

### NEW! BIPOC Support Group Therapy

This BIPOC-led, weekly therapy group is open to all BIPOC students looking for mental health support, connection and healing. The group aims to uplift and support its members and create space for dialogue and growth, while addressing academic and social challenges faced by BIPOC students.

Email [uwtpaws@uw.edu](mailto:uwtpaws@uw.edu) to get started.

# Meet the Peer Success Mentor / Wayfinders!

## Mentor Highlight: Jannat Musawi

Hello everyone! My name is Jannat and I am a third year student double majoring in Psychology and Social Welfare, and minoring in Global Engagement. I am a First Gen Fellows student. In the future, I aim to open a nonprofit to focus on generational trauma and mothers' wellness. In my free time, I like to read, spend time with my family, and explore new crystal shops, bookstores, and museums.

**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

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**Jannat  
Musawi**

Social  
Welfare and  
Psychology  
Junior

