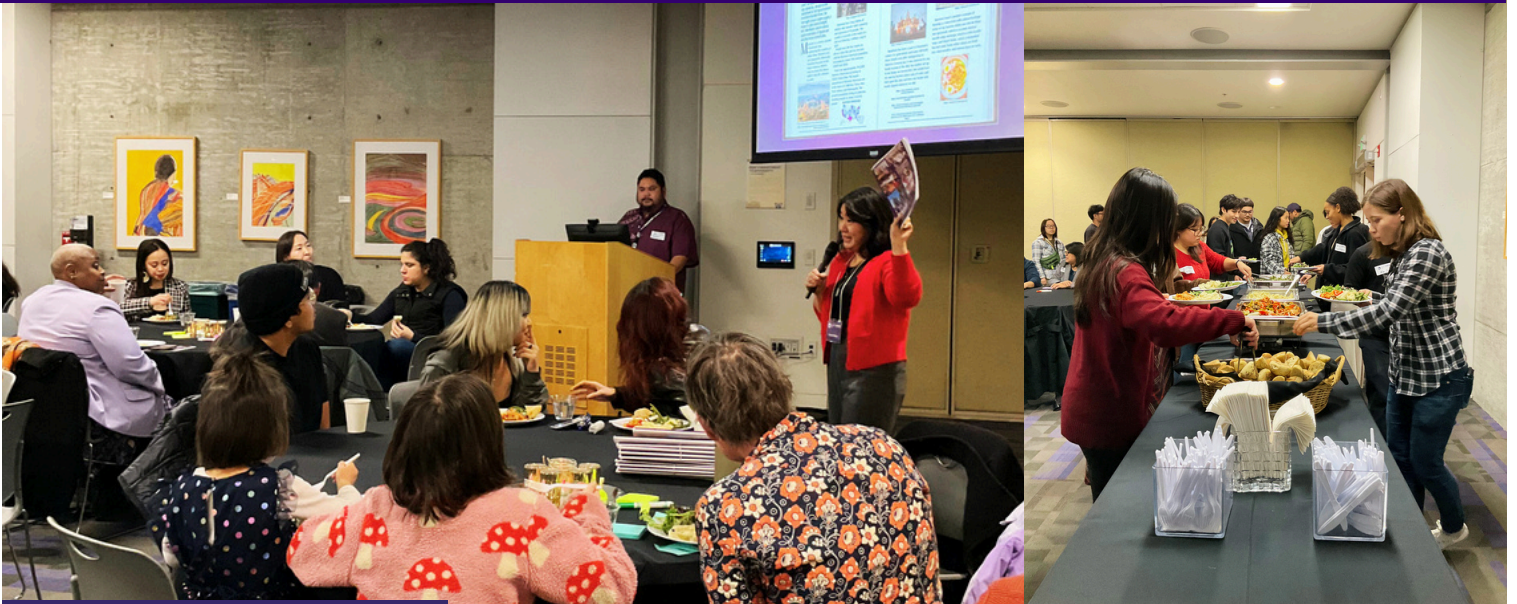




**AAPI THRIVE**  
UNIVERSITY of WASHINGTON | TACOMA

# Scholars Newsletter



Autumn 2024 Cohort Dinner

## New Year, Better Me By: Gabbie Quintinita

At the beginning of every year, we reflect on the past year and what we could've done differently. We turn this reflection into New Year's resolutions, some wanting to work out more, have better study habits, become more social, etc. As college students, this may be hard to do as we are packed with school, work, and life in general.

I suggest using your school resources to the best of your abilities to accomplish whatever goals you've set for yourself. If you want to start working out more, make sure to register a membership at the UWYMCA, you already pay it through your tuition! If you want to learn some student skills and better study habits, make an appointment with a Peer Success Mentor. If you want to be more social, join a Registered Student Organization (RSO) that is aligned with your interests. Whatever your goal is this year, UW Tacoma has resources to help you grow!

## Celebrating Martin Luther King Jr. Day

January 19th is marked as Martin Luther King Jr. Day (MLK Day), celebrating the birthday of prominent Civil Rights leader, Martin Luther King Jr. He is known for his non-violent activism during the Civil Rights Movement, fighting against racial discrimination. Because of his powerful work, he has inspired many people around the world to use their voices and fight for their rights. We even had our own Black Student Union (BSU) host their annual MLK Unity Breakfast this past Saturday. They celebrated with this year's theme being "Injustice Anywhere is a Threat to Justice Everywhere." They had performances, keynote speakers, and community members of all backgrounds to celebrate the life and legacy of Martin Luther King Jr. Remember to use your voices and fight for your beliefs through RSOs, community organizers, or even online!



## What's Happening This Week?

### Monday:

- Martin Luther King Jr. Day – NO SCHOOL
- Blood Drive with Bloodworks Northwest (9 AM – 3PM | UWY MCA 303/304)

### Tuesday:

- **APIA Scholarship DUE at 2:00 PM PT**
- Donuts in the Writing Center (10 AM – 12 PM | TLB 2)
- Winter Real Talks (12:30 PM – 1:30 PM | SNO 150A)
- Math Club Meeting (12:20 PM – 1:20 PM | JOY 109)

### Wednesday:

- Donuts in the Writing Center (10 AM – 12 PM | TLB2)
- Application Workshop hosted by MAPS and Pre-Med Club (12:30 PM – 1:30 PM | TPS 201)

### Thursday:

- THRIVE Study Table (12:20 – 1:20 PM | Writing Center)
- Peppermint Mochas with Peer Success Mentors (12:30 PM – 1:20 PM | TLB 2)
- 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)
- Doggy Day Care (1 PM – 4 PM | Tacoma Humane Society)

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

### The WholeU

The WholeU provides all UW affiliates discounts nationwide. They offer discounts on lodging, fitness memberships, childcare services, food, and so much more!

Take advantage of these great deals and resources by checking out their website at <https://thewholeu@uw.edu>

# Meet the Peer Success Mentor / Wayfinders!

## Mentor Highlight: Gabbie Quintinita

Hi, my name is Gabbie; I go by She/Her pronouns and I am majoring in Ethnic, Gender, Labor Studies. I am also part of the Filipino American Student Association here on campus. Outside of school, I love trying new food, working out, and binge watching TV shows. Hope to meet you soon!

**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

**Jannat  
Musawi**

Social  
Welfare and  
Psychology  
Junior

