



AAPI THRIVE
UNIVERSITY of WASHINGTON | TACOMA

Scholars Newsletter



AAPI THRIVE ORIENTATION

Combat Burnout

By: AJ Pioquinto

Welcome to Week 8 of 11! We're slowly approaching the end of the quarter, and it's easy to start feeling a little overwhelmed right after midterms knowing that finals are also around the corner. Sometimes it feels like things just keep on moving on when you just need to take a break. This "on-the-go" mentality can be good in some cases, but in this case, it can easily lead to burnout and can prevent you from performing your best, in and out of school. One tip I recommend is to conserve your energy and save it for when you need it. This includes knowing what types of events or tasks you always want to be able to do, and leaving out what is necessary so you can focus your energy into activities that are productive and make yourself feel great. As always, remember to take care of yourself and to reach out to any of the resources we have listed if you need any help!

Daylight Saving

Last week, Daylight Saving Time had ended, giving us an extra hour of sleep. The sun sets way earlier than it should, and it is common to feel extra gloomy and sluggish when paired with our lovely Washington weather. Try to keep your blinds or curtains over to get your extra dose of sunlight before it goes away in the morning or stay in brightly lit places to boost your mood and your energy levels!



What's Happening This Week?

Monday:

- Veteran's Day

Tuesday:

- Lunch & Learn (12:30 PM – 2:30 PM | Dawg House)
- Hindi Language Lessons (12:30 PM – 1:30 PM | GWP 101)
- ASUWT Legislative Advocacy Training and Networking Workshop (4:00 PM – 6:00 PM | JOY 113)

Wednesday:

- FASA sa UWT General Meeting (12:30 PM – 1:30 PM | JOY 113)
- Finding an Internship Workshop (12:30 PM – 1:30 PM | MAT 214)
- ASL Practice Club (12:30 PM – 1:30 PM | MAT 107)
- Neurodivergent Study Buddies (1:30 PM – 4:30 PM | MAT 107)

Thursday:

- Math Club (12:40 PM – 1:30 PM | JOY 117)
- FAFSA/WAFSA Readiness (12:30 PM – 1:30 PM | MAT 214)
- Nourish Mobile Food Truck (4:30 PM – 6:30 PM | Pinkerton Parking Lot)

Friday:

- Mandarin Lessons (11:00 AM – 12:00 PM | JOY 206)
- First Gen x Music Club DJ Workshop (3:00 PM – 6:00 PM | MAT 214)
- WA Huskies Watch Party (6:00 PM – 9:30 PM | Dawg House)

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!

Black Student Union (BSU)

The mission of the Black Student Union is to nurture the development of University of Washington, Tacoma students through education, community service, campus involvement, and professional development. We aim to offer a sense of community and unity for Black students on campus by providing an open and positive forum for students to express their views concerning current events, academics, culture, and student life. They meet weekly on Thursdays from 12:30–1:30 in BHS 103

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

Additional Resources

We recognize that it may be a difficult time for some of you post-election. Whether that's anxiety or disappointment, here are a few tips for you to help cope:

- Limit doom-scrolling: It's important to take a break from forms of media like TikTok or Instagram during this time. Having so many notifications can feel overwhelming, so using Do Not Disturb or setting your phone aside can help!
- Try not to spiral: If you find yourself constantly thinking about the outcome and theorizing about what could happen, take a breather and understand that things can change! You have overcome things and you will continue to overcome them.
- Ask for help: If you need more assistance processing your emotions, please reference PAWS and create an appointment with them today as they can provide guidance and direction if you're feeling a little lost during this time.

Moniuszko, S. (2024, November). Post-election emotions? here are expert tips and resources to manage your mental health. CBS News.

<https://www.cbsnews.com/news/post-election-emotions-expert-tips-resources-mental-health/>

Meet the Peer Success Mentor / Wayfinders!

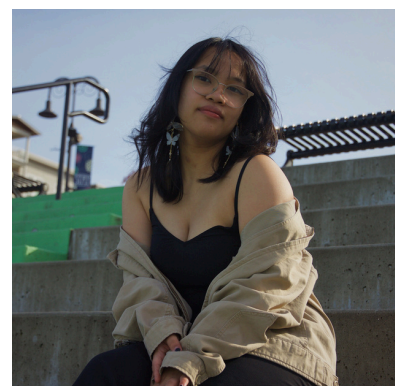
**Ambre
Fontana**

Biomedical
Sciences
Senior



**AJ
Pioquinto**

Psychology
Senior



**Jalina
Sison**

Education
Sophomore



**Gabbie
Quintinita**

Ethnic
Gender &
Labor Studies
Junior



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

**Haina
Mataese**

Education
Junior

