

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

SDSU Asian Pacific Islander Desi American (APIDA) Center



Read all about it!!!

Check your email! Newsletter #3 is out!

If you didn't get it, don't miss out -

Join the APIDA Center contact list: <https://bit.ly/SDSUAPIDA>



Location:

2nd floor of Aztec Student Union
Rooms #210A-K (Directly above Starbucks)

Hours:

Mon-Thurs 10am-8pm

Friday 10am-4:30pm

Connect with us!



Center Website: <https://sacd.sdsu.edu/apida>

Center Email: apida@sdsu.edu

Director: Dr. Loh-Hagan at vloh-hagan@sdsu.edu

Coordinator: Kathleen Dang at ksdang@sdsu.edu



@sdsuapidacenter



SDSU APIDA
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Director's Message from Dr. Loh-Hagan



Go see "Shang-Chi"!

"You are a product of all who came before you, the legacy of your family." This is a quote from "Shang-Chi and the Legend of the Ten Rings." If you haven't seen this movie yet, you need to. It is awesome in so many ways. A fun fact: [Destin Daniel Cretton](#) directed the movie and is also an alumnus of SDSU.

I have become obsessed with this movie and more specifically, with Simu Liu. Alexa Lawrence, Lead Student Assistant at the APIDA Center, made this fun visual of "me" and Simu Liu. I love it!!!! Liu/Shang-Chi is the hero we all need at this time - It is thrilling to see APIDA folks represented in such a huge way. It makes me so happy to think about all the little kids who will be dressing up like Shang-Chi for Halloween and all the APIDA stories that will get to be told. Stay tuned - APIDA Center will be hosting programming around "Shang-Chi." The power of the ten rings cannot be denied.

I want to end this week's letter with another quote from the movie: "Everything you need is already inside of you."

APIDA Center Highlights: News to Know!



APIDA Center goes to the movies!

On Tuesday, September 14th, the APIDA Center hosted our first field trip. It was so much fun! We took some members of the A-LIST university seminar to see "Shang-Chi and the Legend of the Ten Rings." [A-LIST stands for APIDA Leadership, Identity, Scholarship, & Togetherness.] As a bonus adventure, we took the trolley from SDSU to Mission Valley. Pro-Tip: If you get the [Pronto](#) card, you can ride the trolley for free in the month of September.

Keiko Kajihara, a first year A-LIST member, said, "Not only was the movie great and absolutely amazing, but as someone who's been struggling to make friends at SDSU, this trip helped me connect and meet with more people in my A-LIST learning community. I also loved it when we were just talking and mingling while waiting for the trolley after the movie. We touched base on so many things, including APIDA issues and representation. I've never been able to really openly discuss such topics with people who have similar backgrounds as me."

Christian Chin, a first year A-LIST member, said, "The field trip was amazing! I hadn't watched 'Shang-Chi' yet, and watching it with friends made the experience better! It was a great time to just get to know my classmates outside of the classroom, or in this case, outside of Zoom! I didn't know everyone all too well, but I definitely got to learn more about my fellow peers! The movie was also very empowering! To see people of my ethnicity on the big screen, in the Marvel Cinematic Universe, brings a lot of hope, especially in current times where we are being treated unequally."

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SDSU APIDA CENTER
APIDA Center Support Spaces

The APIDA Center is hosting regular weekly programming to support you during the school year! We're here for you!

MINDFUL MONDAY
 Mondays this Fall 2021 from 1:00-2:00pm

Get yourself ready for the week! We will get organized, work on our planners, and share tips for student success!



LOCATION: APIDA Center Conference Room
NOTE: Participating means you are agreeing to create a safe space that is confidential, non-judgmental, respectful, and consensual.

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TABOO TUESDAY
 Tuesdays this Fall 2021 from 1:00-2:00pm

It's your body! It's your life! Let's discuss health, dating, and more. Ask any and all questions. No topic is too taboo for us!



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WIND DOWN WEDNESDAY
 Wednesdays this Fall 2021 from 1:00pm-2:00pm

Self-care is for everyone! Check-in and share strategies. Get a boost of support and practice simple relaxation activities.



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"FAMILY TALK" THURSDAY
 Thursdays this Fall 2021 from 1:00-2:00pm

Families and family relationships can be challenging. Let's be in community and navigate these struggles together.



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SDSU APIDA CENTER

APIDA HOMEROOM
 Wednesdays & Thursdays this Fall 2021
 2:00pm - 4:00pm

Be productive, share study tips, and receive coaching on your current projects and assignments. We can also connect you with the resources you need for academic success! Bring your homework and let's get it done!



@APIDA Center Conference Room
 2nd floor of Aztec Student Union directly above Starbucks

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APIDA Center launches regular weekly programming!

Starting September 20th, the APIDA Center will be launching our "APIDA Center Support Spaces." These spaces are part of our regular weekly programming. They will be facilitated by Kathleen Dang, APIDA Center Program Coordinator. They will take place in the APIDA Center Conference Room. Come and go as you please. The objective is to provide students with support and coaching as needed. Please read the flyers to learn more.



Saturday School - Tagalog Edition

Join us on Saturdays from 1-3pm during FAHM. Learn about the Filipino language and culture with us. Attend one or all the sessions!

DATE	LANGUAGE LESSON 1-2pm	CULTURAL LESSON 2-3pm
October 2	Basic Food Language: Learn the words and phrases used during meal times. Learn to order Filipino food at restaurants and impress family at dinner parties with your food language.	Lesson: History of the Colonizing Spoon Craft: Let's Decorate Wooden Spoons!
October 9	Basic Travel Language: Learn the words and phrases needed to travel in the Philippines. Be able to find the bathroom, get around in the airport, navigate a foreign city, etc.	Lesson: Role of Religion in Filipino Homes Craft: Let's Make Parols!
October 16	Basic Love Language: Learn the basic words and phrases needed for dating. Learn to ask someone out. Learn how to do "small talk" in Tagalog	Lesson: History of a Filipino Dance Activity: Let's Dance!
October 23	Basic Expletives: "Gosh darn it all!" Want to learn how to say that in Tagalog? This session will teach you to express your feelings in super fun ways.	Lesson: History of a Filipino Game Activity: Let's Play!

Location: APIDA Center

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APIDA Center offers "Saturday School: Tagalog Edition" as part of FAHM!

Do you remember going to school on Saturdays to learn about your heritage language and culture? APIDA Center is offering our own version of "Saturday School" to learn more about APIDA heritage and culture. Our first Saturday School focuses on basic Tagalog; this will be part of our Filipinx American History Month (FAHM) events. [We will be announcing our FAHM programming soon! Stay tuned!]

Come learn with us over four Saturdays in October from 1-3pm at the APIDA Center. On October 2, we are learning basic food language. On October 9, we are learning about basic travel language. On October 16, we are learning about basic love language. On October 23, we are learning about basic expletives. Each session will be accompanied by a relevant history lesson and a craft or activity. Read the flyer to learn more. We will be sending out a RSVP link soon. For now, just save the date. Open to all members of the SDSU community.

The program will be taught by Paolo Ramos, a local English language teacher, youth music instructor, and immersive escape room host. Born and raised in Switzerland, Paolo is fluent in German, Swiss-German, French, Tagalog, English, and continues to learn more languages. Since moving to San Diego at the age of 13, Paolo is a proud San Diegan and a graduate of SDSU.

APIDA Flex Alerts

- Congratulations to **Blue Nguyen** and **Jessie Ngo** who have been selected as the 2021-22 interns for [\(AAPI\)phany](#). (AAPI)phany is a workshop series designed to address and discuss the intersection of Asian American and Pacific Islander (AAPI) identity and mental health. Workshops are created with and through the AAPI lens to allow AAPI folk to express themselves and to learn from one another. These workshops also allow for AAPI allies to learn, resonate with, and support the APIDA community.
- **Angel-Lynna Tran** and **Ayuja Dixit** are featured in this [article](#) discussing the need to de-stigmatize mental health issues in the APIDA community.

We want to celebrate you!

Do you or someone you know from the SDSU APIDA community have a flex to share?

Email us at apida@sdsu.edu.

Upcoming Events

APIDA DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

APIDA Center Support Spaces

Location: APIDA Center Conference Room
Fall 2021 beginning September 20

MON	TUE	WED	THUR
1pm - 2pm	1pm - 2pm	1pm - 2pm	1pm - 2pm
Mindful Monday	Taboo Tuesday	Wind Down Wednesday	Family Talk Thursday
Get organized and plan your week!	Let's talk about tough topics!	Practice self-care!	Let's talk about family struggles!
NOTE: Participating means you are agreeing to create a safe space that is confidential, non-judgmental, respectful, and consensual.		2pm - 4pm	2pm - 4pm
		APIDA Homeroom	APIDA Homeroom
		Let's study together! Get academic support!	Let's study together! Get academic support!

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APIDA Center Support Spaces

Location: APIDA Center Conference Room
Fall 2021 beginning September 20

Mondays through Thursdays from 1 PM to 2PM

- **Mindful Monday** - Get yourself ready for the week!
- **Taboo Tuesday** - Let's discuss health, dating, and more!
- **Wind Down Wednesday** - Self-care is for everyone!
- **Family Talk Thursday** - Let's navigate family struggles together!

APIDA Homeroom on Wednesdays & Thursdays from 2 PM to 4PM - Be productive, share study tips, and receive coaching on your current projects and assignments. We can also connect you with the resources you need for academic success!

Mid-Autumn Moon Festival Moonlight Party

Celebrating the Mid-Autumn Moon Festival!

Tuesday, September 21

Meet @ APIDA Center at 8 PM

Make popsicle stick lanterns and celebrate the Moon Festival with us! Art supplies & blankets provided.

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SDSU APIDA CENTER

MID-AUTUMN MOON FESTIVAL

Moonlight Party

Make popsicle stick lanterns and celebrate the Moon Festival with us!
Art supplies & blankets provided.

Date: Tuesday, September 21
Meet @ APIDA Center at 8pm

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SDSU APIDA CENTER x CIE JEDI Discussion Circle

HONORING HISPANIC HERITAGE MONTH

Read the texts and join our discussion!

Date: Thursday, September 30
Time: 3:00-4:00pm
RSVP here for Zoom Link: bit.ly/SeptAPIDAxCIE

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APIDA x CIE JEDI Discussion Circle

Honoring Hispanic Heritage Month

Thursday, September 30

3 PM to 4 PM

Zoom: bit.ly/SeptAPIDAxCIE

The materials for September focus on learning more about our Hispanic / Chicana / Latina communities:

- [Hispanic vs. Latino vs. Latinx: A Brief History of How These Words Originated](#)
- [How to Tame a Wild Tongue](#)
- [Dear Latinx, Let's Check Our Privilege](#) (video)
- [Afro-Latinx Experts Talk About Racism Within Our Community](#) (video)

Opportunities

- SDSU Career Services is inviting students, faculty, staff, and community members to participate in this year's SDSU Social Justice Summit with the theme "Bridging Belonging, Career and Calling for Change." Submit your proposal for a workshop or panel discussion [here!](#)
- CLS, a program of the U.S. Department of State, is an 8-10 week fully-funded summer intensive overseas language and cultural immersion program. The program includes intensive language instruction and structured cultural enrichment experiences designed to promote rapid language gains. For more information and to apply, click [here!](#)
- Give to the APIDA Center and help support our programs directly! Your donation, big or small, makes a huge difference for our center! <http://philanthropy.sdsu.edu/APIDA>

To read past newsletters, visit this [page!](#)

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