

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

SDSU Asian Pacific Islander Desi American (APIDA) Center



Read all about it!!!

Check your email! Newsletter #14 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



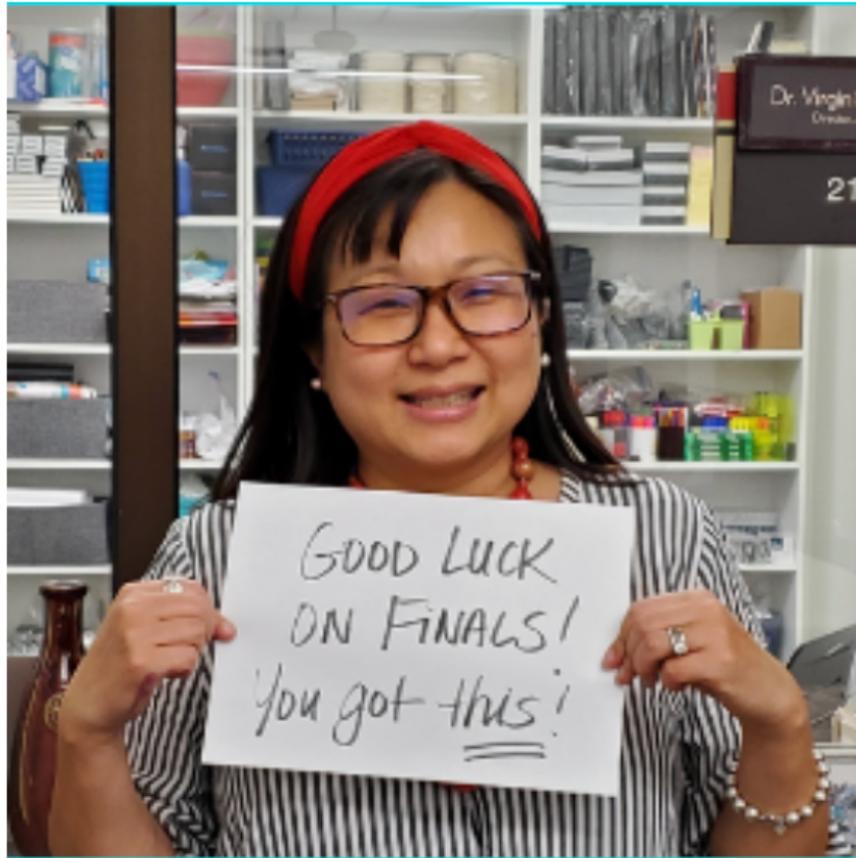
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SDSU APIDA
Resource Center

SA+CD

Director's Message from Dr. Loh-Hagan



APIDA
DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

APIDA CENTER EVENTS - FALL 2021 FINALS WEEK
Finals are Dec 10-16. Get support at the APIDA Center.
All events are at the APIDA Center unless otherwise noted.
Check IG for more information!

Dec 13	Dec 14	Dec 15	Dec 16
Support Space: Mindful Monday APIDA Academic Pressures 1-2pm	Support Space: Taboo Tuesday APIDA Cultural Pressures 1-2pm	Support Space: Wind Down Wednesday APIDA Self-Care 1-2pm	Support Space: "Family Talk" Thursday APIDA Family Pressures 1-2pm
Virtual Support Space: Holiday Healthy Eating (Zoom) 3-4pm	Virtual Support Space: Holiday Relationships (Zoom) 3-4pm	Study Hall: Finals Study Session 2-4pm	Study Hall: Finals Study Session 2-4pm
Study Break: Sew-cial Circle 4-5pm	Study Break: Coloring Fest 4-5pm	Study Break: Popsicle Stick Fun 4-5pm	Study Break: Holiday Card-Making Bash 4-5pm

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

Good luck on Finals!

It's that time of year!!! Finals for the Fall 2021 semester will take place December 10-16. We know this is a stressful time - We are here for you! The APIDA Center will be hosting several events to support you during this Finals season. We will be offering [discussion support groups](#), [structured study time](#), and [study breaks](#). Check out our event flyers for more information.

In addition, starting on Monday, December 13, students can take advantage of our QUIET ROOM. We will be designating one of the offices as a quiet study room. We know that our lounge area can get lively (which we LOVE and encourage!). So, we're designating one of the rooms as a quiet zone for those who need a more quiet space. First come, first serve. Our Quiet Room can accommodate seven people at a time.

Good luck on finals! You got this!

APIDA Center Highlights: News to Know!

Join us on Discord!!!!

<https://bit.ly/APIDAdiscord>

Welcome to
SDSU APIDA Center



Discord

Join us!

APIDA Center is back on Discord!!

Last year, APIDA Center, thanks to **Dani Luistro**, created a Discord server to host a spring social event with our APIDA student orgs. We have loved being able to hang out together at the APIDA Center and be in community, physically. We also want to provide an opportunity to be in community virtually. So, we have re-invigorated our Discord server, which will be managed by our Coordinator, **Kathleen Dang!**

Please join us at: <https://bit.ly/APIDAdiscord>. It's currently online and open! Please make sure to check in by agreeing to the server rules. Then, feel free to introduce yourselves. Currently, we have text channels for General (any topics!) and for Academics. We also have voice channels for Lounge and Study. We also plan on hosting more Discord events in the future.

Please note: If you need advising or support, please reach out to us privately by emailing apida@sdsu.edu. We will gladly set up an appointment with you. Do not use Discord for any serious issues or needs. The main purposes of Discord are to stay connected and to have fun.



SDSU APIDA Center

Winter Break Modified Schedule

Staff will be at the Center when the university is open!

Dec 16-23: 10:00-4:30pm

Dec 24-29: Campus Closed

Dec 30: 10:00-4:30pm

Dec 31: Campus Closed

Jan 3-14: 10:00-4:30pm

Jan 17: Campus Closed

Connect with us on Discord:

<https://bit.ly/APIDAdiscord>

If you need to see us in person or via zoom, please email us at apida@sdsu.edu for an appointment.

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SDSU APIDA
Resource Center

SA+CD

APIDA Center has a modified winter break schedule!

APIDA Center will be available to serve you during winter break but starting on December 16th, we will be modifying our schedule to accommodate the schedules of the university and the Office of the Dean of Students. See [flyer](#). Note that we will be closed when the university is closed.

Our Coordinator, **Kathleen Dang**, will be onsite at the Center and our Director, **Dr. Loh-Hagan**, will be available online. If you need any assistance or support and/or if you need to see us in person or via zoom, please email us at apida@sdsu.edu. We will gladly make an appointment with you. Remember, we are here for you!

Be sure to connect with us on our [APIDA Discord](#). We will be "hanging out" there all winter break during office hours. If we can't hang out physically, let's hang out virtually. APIDA Center is everywhere!



Last day of
our first ever
A-LIST USEM
class!
Fall 2021



A-LIST University Seminar is one for the history books!

On Tuesday, December 7th, the APIDA Center hosted our last A-LIST University Seminar class for the Fall 2021 semester. This was the first year of our A-LIST (APIDA Leadership, Identity, Scholarship, and Togetherness) program which includes a residential learning community and a university seminar. I am so proud of our first year students; they are the very first A-LIST cohort ever! History books shall remember them as such...

During the last two class sessions, students presented their final projects. They created workshops and/or social media campaigns about an APIDA-related topic. Check out their projects on our [Instagram](#). If you would like to create your own workshop or a social media campaign, email us at apida@sdsu.edu. We would be thrilled to work with you!

APIDA Flex Alerts

- **Krishna Ramamoorthy**, doctoral student in the Joint Doctoral Program in Computational Science (under Dr. [Wei Wang](#)), just got his article published in the peer-reviewed journal, [IEEE Transactions on Vehicular Technology](#). His article is entitled, "A QoE-Driven Pricing Scheme For Inter-Vehicular Communications with Four-Stage Stackelberg Game." His research focuses on developing a new pricing model for the transmission of multimedia data in next-gen self-driving cars. Krishna aims to create a new user-satisfaction-driven pricing model that would yield better value-for-money to the customer and higher profits for the service provider. (When Krishna is not writing super smart research articles, he is hanging out with **Alexa Lawrence** and **Dr. Loh-Hagan**, having random adventures. See pictures of us at [Aztec Nights](#)' Midnight Study Break; we got balloon art of Krishna's kitten, Baby Yoda, and Shang-Chi.)



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 APIDA Center Events

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
APIDA CENTER SUPPORT SPACES - FALL 2021 FINALS EDITION
 Location: APIDA Center Conference Room
 Time: 1-2pm

Mindful Mondays Dec 6 & 13 <i>Finals are very overwhelming. Come learn organizational tips to accomplish your academic tasks for Finals Week. APIDA cultural pressures can sometimes prevent mindfulness. We'll discuss why being mindful matters for personal and academic success.</i>	Taboo Tuesdays Dec 7 & 14 <i>Come discuss APIDA cultural expectations of success that can be difficult and toxic. Finals are a stressful time and it can be compounded by external pressures. Come be supported in this safe space and let's dismantle the Model Minority Myth!</i>
Wind Down Wednesdays Dec 8 & 15 <i>Don't forget to celebrate yourself during Finals Week! Discuss ways to take self-care breaks and to celebrate your big and small accomplishments. In APIDA cultures, mental health is not often discussed and self-care isn't made a priority. We'll discuss why it's important to take time for ourselves.</i>	"Family Talk" Thursdays Dec 9 & 16 <i>Come discuss how APIDA families perceive our successes and failures and how it affects us mentally and emotionally. Finals can be a chaotic time and our relationships with our loved ones can be challenging. Come be supported in this safe space.</i>

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 SDSU APIDA Resource Center

APIDA Center Support Spaces: Fall 2021 Finals Edition

Location: APIDA Center Conference Room
 Mondays through Thursdays from 1-2pm

Get ready for Finals! The struggle is real. Each day, we will focus on a specific topic related to APIDA pressures around final exams and academic success. We want to support you! Come to our support spaces.

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
SDSU APIDA CENTER
Fall 2021 Finals Week - STUDY BREAKS
 Finals got you stressed? Take a break with us! Supplies will be provided!

Monday, Dec 13 Sew-Cial Circle Learn how to sew your own face masks with cool fabric prints!	Tuesday, Dec 14 Coloring Fest Destress with some crayons and fun coloring books!
Wednesday, Dec 15 Popsicle Stick Art Party Let your imagination run wild and build something amazing!	Thursday, Dec 16 Holiday Card-Making Bash Show gratitude this holiday season with handmade cards!

Time: December 13-16 starting at 4pm
Location: APIDA Center

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 SDSU APIDA Resource Center

APIDA Center Study Breaks

Location: APIDA Center Lounge
 Dec 13-16 starting at 4pm

Need a break from studying for Finals? Need to de-stress? Come to the APIDA Center. We have fun study breaks planned for you!

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
SDSU APIDA CENTER
APIDA HOMEROOM

Study for FINALS with us!

Dec 8, Dec 9, Dec 15, and Dec 16, 2021
 2:00pm - 4:00pm

Join us for a structured study session following the Pomodoro method of studying for 25-minute time blocks with 5 minute breaks in-between. This timed study session is designed to help you stay focused and on task. We'll begin the session by setting our study intentions and end with a review of our study goals. We'll work in a quiet and distraction-free setting to hold each other accountable so we can do great on our finals!

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

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 SDSU APIDA Resource Center

APIDA Homeroom: Study for FINALS with us!

Location: APIDA Center
 Dec 15, and 16 from 2-4pm
 Join us for a structured study session following the Pomodoro method of studying for 25-minute time blocks with 5 minute breaks in-between. This timed study session is designed to help you stay focused and on task. We'll begin the session by setting our study intentions and end with a review of our study goals. We'll work in a quiet and distraction-free setting to hold each other accountable so we can do great on our finals!

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
APIDA CENTER
Virtual Support Space

Holiday Healthy Eating

The holidays can be really challenging when it comes to healthy eating habits. APIDA cultural pressures can sometimes negatively impact our eating, food consumption, and body image, especially during holiday celebrations. Come join our virtual discussion for a safe place to find community and support regarding these issues. You are not alone!

Monday, December 13, 2021 at 3pm
 Zoom: <https://SDSU.zoom.us/my/kathleendang>

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 SDSU APIDA Resource Center

Virtual Support Space Holiday Healthy Eating

Zoom: <https://SDSU.zoom.us/my/kathleendang>
 Dec 13 at 3pm

The APIDA Center is hosting virtual support spaces to help you get through the holidays. The holidays can be really challenging when it comes to healthy eating habits. APIDA cultural pressures can sometimes negatively impact our eating, food consumption, and body image, especially during holiday celebrations. Come join our virtual discussion for a safe place to find community and support regarding these issues. You are not alone!

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
APIDA CENTER
 Join the SDSU APIDA Center for our

Sewing Squad Sew-cials!

Every other Monday starting October 18th @ 4pm in the APIDA Center*

October 18th
 November 1st, 15th, 29th
 December 13th

Supplies are provided!
 Make face masks and more with us!

Meet new friends! Learn new skills! Have fun!

*The APIDA Center is located on the 2nd Floor of the Student Union, directly above Starbucks. Enter Student Life and Leadership office and make a right.

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 SDSU APIDA Resource Center

Sewing Squad Sew-cials!

Location: APIDA Center
 Dec 13 at 4pm
 Join the SDSU APIDA Center for our Sewing Squad Sew-cials! Supplies are provided. Make face masks and more.

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY
APIDA CENTER
Virtual Support Space

Holiday Relationships

The holidays can be really challenging with our family members and family obligations. In APIDA cultures, it can be especially tough to navigate being judged, being compared to other family members, and feeling overall familial pressure. Come join our virtual discussion for a safe place to find community and support regarding these issues. You are not alone!

Tuesday, December 14, 2021 at 3pm
 Zoom: <https://SDSU.zoom.us/my/kathleendang>

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Virtual Support Space Holiday Relationships

Zoom: <https://SDSU.zoom.us/my/kathleendang>
 Dec 14 at 3pm

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DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

SDSU APIDA Center
Student-Led Workshops &
Student-Created Social Media Campaigns

Your Topic Here!

**Do you have expertise on a topic? Do you have a special skill?
Consider sharing your knowledge with us! Work with an APIDA Center
staff member who will serve as your project mentor!
We're interested in any and all APIDA-related topics!**

THIS COULD BE YOU.



Your Names Here!

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Director: Dr. Loh-Hagan at vloh-haganesdsu.edu

Coordinator: Kathleen Dang at ksdangesdsu.edu



@sdsuapidacenter



SDSU APIDA Resource Center

SA+CD

Student-Led Workshops & Student-Created Social Media Campaigns

Do you have expertise on a topic? Do you have a special skill? Consider sharing your knowledge with us! APIDA Center launched our Student-Led Workshops and Student-Created Social Media Campaigns. This is a great opportunity to show off your expertise and share your passion with others. It's also an opportunity to learn how to plan an event or prepare a campaign with our support. Work with an APIDA Center staff member who will serve as your project mentor. We are interested in any and all APIDA-related topics! If you are interested in participating, email us at apida@sdsu.edu.

Opportunities

- **Ennie-Marie Ilasco**, current third year and founder of the Bandage Project, is establishing a branch of xyr organization here at SDSU. Xe is looking for student leaders to serve as prospective executive board members who are interested in mental health advocacy on a psychopolitical level. If you are interested and would like to learn more, visit the Bandage Project [Instagram](#) or contact Ennie-Marie at eilasco1034@sdsu.edu." [Xe is the "equivalent" of they/she/he. And, xyr is the "equivalent" of their/her/his. Xe/xem/xyr is a set of neopronouns and they're pronounced like "zee," "zem," and "zeer."]
- SDSU Residential Education Office is hiring student workers. They need Desk Assistants/Security Monitors to work any time during the winter break period, especially Dec 24-31. These desks are open 24/7 and will need staffing during the day, but mostly at night. The application deadline is Dec 12 at 11:59pm. Interviews start on Dec 13. For more info, click [here](#).
- Registration is now open for the 2022 [Student Research Symposium \(SRS\)](#) where students will present their research, scholarship, and creative activities from a variety of subjects and disciplines. Registration ends on January 21. To register, click [here](#).
- APIA Scholars is offering scholarships for eligible APIDA students pursuing an undergraduate degree. Amounts range from \$2,500-\$20,000. Applications are due January 26, 2022. Click [here](#) to learn more.

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](#)!

SACD.SDSU.EDU/APIDA-RESOURCE

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