

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

SDSU Asian Pacific Islander Desi American (APIDA) Center



Read all about it!!!

Check your email! Newsletter #18 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

Resource Center

SA+CD

Director's Message from Dr. Loh-Hagan



New Space, New Beginnings!

The APIDA Center is starting the Lunar New Year with a new look! We have brand new furniture in the lounge and conference room. We have created a new reception area. We also have a new puzzle tray for all the puzzles we love to do! Come check out our new space!

Please note - We will be slowly adding more things to our Center over the course of the semester in preparation for our Grand Opening on April 25th (save the date!). We are here and ready for you!!!

We are looking forward to seeing everyone back on campus on February 7th. Remember, we are hosting our in-person [Lunar New Year Mixer](#) on Feb 7th from 12-2pm. Starting Feb 7th, we will resume our regular office hours (Monday 10:00-8:00pm; Friday 10:00-4:30pm).

APIDA Center Highlights: News to Know!



APIDA students are represented in basketball promotions!

Make sure to watch the commercials during the basketball games! (Also, check out the [Shop Aztecs](#) page!) You may see some friendly faces! The SDSU APIDA Center proudly recommended several of our students to be featured in SDSU basketball promotions. We are super thrilled to see [Erwin Rivers](#), [Bradley Chong](#), and [Erica Del Mundo](#) representing SDSU and the APIDA community. Make sure to get their autographs the next time you see them!

Attending SDSU basketball games is a great way to spend your time. Go to a [SDSU men's basketball game](#) or a [SDSU women's basketball game](#). Go SDSU!



Saturday, February 19, 2022

9:00AM - 3:30PM

sdsu.edu/leadershipsummit

Dr. Loh-Hagan is speaking at the Student Leadership Symposium!

The theme of the [2022 SDSU Leadership Summit](#) conference is "Leadership: It Starts with Us." 2022 marks the 13th anniversary of this conference.

Undergraduate students are encouraged to attend. The conference takes place on Saturday, February 19 from 9:00-3:30pm. Dr. Loh-Hagan is speaking at 1:00pm; she will be talking about the power of having a growth mindset. Other [speakers](#) include Ricardo Lara and A.S. President Ashley Tejada.

Join us at the Leadership Summit to learn tangible strategies to become better leaders. We're all in this together. Make sure to [RSVP](#).

Many thanks to conference coordinators: Dr. Randy Timm, Chelsea Lombrozo, and Michelle Halverson.

APIDA Flex Alerts!

- **Xavier Major**, APSA President, made cameo appearances in "Family Dinner," a show on the Magnolia Network in which host, Andrew Zimmern, visits families across the U.S. to explore how culture informs who we are and how we eat. Xavier's dad and uncle were featured for their fish catching and cooking skills.
- **Vivian Jin** has a new job with SDSU Career Services. She is the Career Development & Program Coordinator. If you need any career counseling, be sure to visit Vivian!
- **Kathleen Dang**, APIDA Center Coordinator, spoke on KUSI and FOX 5 this week about Lunar New Year traditions and local community celebrations. Watch the KUSI replay.

We want to celebrate the SDSU APIDA community!

Have a flex to share?

Email us at apida@sdsu.edu.

All Things APIDA: Recommendations



Starting this week, we are launching a new feature in our newsletter. We want you to share any recommendations for all things APIDA - this includes books, movies, food, restaurants, etc. If it's "APIDA," we want to know about it!

Dr. Loh-Hagan is providing our first recommendation: "I am giving five stars to [Seoul Sisters Kimchi seasoning mix](#). I first discovered this at a ramen noodle shop. I sprinkled it in my soup and was hooked. It is super yummy. It packs heat and it is also sweet and savory. It's a definite treat for your mouth. It tastes good with everything - eggs, rice, fries, potato chips, popcorn, pizza...even apples. In addition to being 100% vegan, it is healthy and rich in probiotics, with less sodium than regular kimchi. (Kimchi is a traditional Korean side dish of salted, seasoned, and fermented vegetables.) You will not be disappointed. Throw out all your other seasonings. This is all you will ever need."

Share all things APIDA (i.e., books, movies, food, restaurants, etc.). Send a picture of you with the product and your glowing review.

Email us at apida@sdsu.edu.

Upcoming APIDA Center Events

Lunar New Year Mixer

Location: APIDA Center
Mon, Feb. 7 from 12-2 p.m.

To celebrate the Lunar New Year and the return of students to campus (new beginnings!), the APIDA Center will host a casual Lunar New Year Mixer. Come to play games, to craft, and to hang out! While supplies last, we will also be giving out goodie bags and tiger tattoos! Open to students, faculty, and staff!

Healthy Relationships Week: Dating

Location: APIDA Center
Mon, Feb. 14 from 1-2 p.m.

Dating is hard! This session will focus on how to navigate dating and romantic relationships as a college student. We'll discuss healthy habits and tips for dating, exploring romance, and navigating heartbreak.

Healthy Relationships Week: Friendships

Location: APIDA Center
Tue, Feb. 15 from 1-2 p.m.

Friends. Frenemies. Friendships are wonderful but they can also be challenging. This session will focus on how to manage friendships as a college student. We'll discuss productive strategies for making new friends, keeping current friendships, and coping with friend breakups.

Healthy Relationships Week: Families

Location: APIDA Center
Wed, Feb 16 from 1-2 p.m.

Everyone has different family dynamics. This session will focus on how to navigate family relationships as an adult. It can be especially tough to navigate being judged, being compared to other family members, and feeling overall familial pressure. We'll discuss helpful and supportive tips for addressing common communication issues and challenges. You are not alone!

Healthy Relationships Week: Roommates

Location: APIDA Center
Thur, Feb. 17 from 1-2 p.m.

Dealing with roommates is part of the college experience. This session will focus on how to manage new relationships with roommates. It can be challenging living on your own with others while navigating school, work, and career. We'll discuss problem-solving strategies, healthy communications skills, and supportive behaviors when living independently as a college student. Join our supportive space to create a healthy home life!

Aging-Related Diseases among Asian Americans & Holistic Health Tips to Utilize Campus Resources

Zoom: <https://SDSU.zoom.us/my/kathleendang>

Tue, Feb. 22 from 2-3 p.m.

We are excited to host a workshop entitled, "Aging-Related Diseases among Asian Americans & Holistic Health Tips to Utilize Campus Resources." Increase your understanding of the importance of APIDA representation in public health research. This panel will share their knowledge about living healthier and happier lives. This workshop is hosted by [Cassie Doyle](#), [Deepali Ernest](#), [Joy Ito](#), [Aaditi Varade](#), and Dr. [Tianying Wu](#).

Accelerating Technology and Sustainability Fee Open Forum

Location: APIDA Center

Thurs, Feb. 24 from 2-3 p.m.

This forum will explain the proposed fee increase, provide an opportunity for students to engage in conversation, and answer any questions. All students will have the opportunity to provide feedback during this forum. [Learn more and submit feedback.](#)

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.



MAKERS' MARKET

Sign Up for Maker's Market

One SDSU x APIDA Center is hosting a MAKERS' MARKET!

Calling all [Makers, D.I.Y.ers](#), entrepreneurs, and singer-songwriters! [One SDSU](#) and [APIDA Center](#) is hosting a MAKERS' MARKET! We want to show off your talents.

We also want to provide you an opportunity to make a little money for yourself, for your student organization, and/or for a good cause. Sign up for a table and sell your homemade products. And/or, sign up to sing an original song on stage. Sign up by Feb 15 for priority consideration. There are limited spots and we will accept as many people as possible. We will confirm your participation by March 1. The actual Market will take place on Thursday, March 10th from 2-8pm in the Student Union Courtyard.

Opportunities

- RSO Presidents and Treasurers are required to complete RSO and ILAT trainings in order for an organization to receive recognition. Please refer to your RSO application or email your Student Life Advisor. [Register for one or both trainings here.](#)
- Students from [ARP 405](#) (Enacting Leadership) are seeking contributions. Staff, faculty, and students are invited to submit their story of what it means to be queer. Participants may use any form of mixed media to tell their experiences. [Submit your story.](#)
- SDSU [Latinx Resource Center](#) and SDSU [Global Education Office](#) are launching the American Passport Project. This program is for first-generation, Latinx students planning to study abroad during their academic journey at SDSU. Priority deadline is Feb 4. [Apply today!](#)
- SDSU [Aztecs For Recovery](#) is hosting Recovery Yoga, led virtually by Bethe Reed, certified yoga instructor on Feb 8 from 2:30pm-3:30pm in Calpulli Conference Room 3 or virtually via livestream. [Watch the livestream.](#)
- SDSU [Center for Inclusive Excellence](#) is hosting Introduction to Inclusion workshops; there will be in-person and virtual options. These workshops introduce implicit biases and microaggressions through a student lens to increase understanding of campus inequities. [Register now as seats are limited.](#)
 - In-person: 2/10 and 3/2 at 11:30am-1pm
 - Virtual: 2/12 and 2/26 at 10am-11:30am
- [Aztec Nights](#) will be hosting more fun events! All events will be from 9pm-12am in the Aztec Student Union Courtyard. Follow their Instagram for more info: [@aztecnightssdsu](#)
 - Feb 11 - High Stakes at State!
 - Feb 18 - Y2K Throwb@ck Nit3
- The [National Conflict Resolution Center](#) and [San Diego Chapter of the Japanese Americans Citizens League](#) are offering The Bystander Challenge, a free virtual two-part workshop that will give participants more confidence and skill sets to respond to inappropriate behaviors and communication. Workshop will be conducted on Feb 16 & 23 from 6:00-7:30pm. [Register for the workshop.](#)
- [Sacramento State University](#) is hosting its 4th Annual APIDA College Day on March 4 from 9-2pm. This virtual event will host over 18 College and Career Readiness workshops. All are encouraged to attend any sessions. [Register for the event.](#)

**Do you have an opportunity to share?
Email us at apida@sdsu.edu.**

Scholarships

- [Center on Policy Initiatives](#) (CPI) Students for Economic Justice program applications are now open. It is a 6-week full-time paid summer internship opportunity dedicated to training undergraduate students to become leaders and organizers in the San Diego region. [Apply by February 25.](#)
- [Asian Pacific Islander Capitol Association](#) (APICA) Summer Internship Program applications are now open. It is a 10-week program where interns can get insight on policy making at the state level in order to increase APIDA representation in legislation. [Apply by February 27.](#)

**Do you have a scholarship opportunity to share?
Email us at apida@sdsu.edu.**

**Give to the APIDA Center and help support our programs directly!
Your donation, big or small, makes a huge difference for our center!**

Give to the APIDA Center!

To read past newsletters, visit the [APIDA Center newsletter archive!](#)

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