

DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

SDSU Asian Pacific Islander Desi American (APIDA) Center



Read all about it!!!

Check your email! Newsletter #19 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



Be our valentine!!

Giselle Sarmiento is my first valentine of 2022! Love is in the air at the APIDA Center. I have loved, loved, loved having students back in our space. Daily adventures and lots of laughs are happening here.

As we move into the week of February 14th, we want to remind folks to celebrate all types of love - self-love, love for others, and APIDA love. The APIDA Center is hosting a [Love Day Crafting](#) event on Monday, February 14 from 6-8pm. In addition, on February 14-17 from 1-2pm, we are hosting support and discussion spaces about [Healthy Relationships](#); come and talk about challenges with and success strategies for dating, friendships, families, and roommates.

Reminder: As of February 7th, we are back in full force!!!! Our regular office hours for this spring semester are Monday through Thursday from 10:00-8:00pm and Friday from 10:00-4:30pm. Drop by - say hello, study, hang out! We're here for everything and anything!

APIDA Center Highlights: News to Know!



APIDA Center celebrates Lunar New Year!

The APIDA Center hosted a super fun Lunar New Year Mixer on Monday, February 7th. Over 80 students, faculty, and staff visited the Center. There were temporary tattoos, nail art, games, crafting, and goodie bags. Fun times were had by all!

Don't forget to check out our social media campaigns about Lunar New Year:

- Learn about [Lunar New Year celebrations](#) in various Asian countries.
- Learn about the [Year of the Tiger](#).
- Learn about Lunar New Year festivities in [San Diego](#).

The APIDA Center wishes everyone a happy and healthy Year of the Tiger. It's gonna be a grrrrreat year!



APIDA Sororities and Fraternities host USFC event!

The [United Sorority & Fraternity Council](#) was founded at SDSU in 1997. The council is comprised of fifteen cultural-based Greek-lettered sororities and fraternities on campus. Its purpose is to serve as a governing council and to promote unity and respect. This year's USFC President is [Kimberly Chen](#) ([Alpha Phi Gamma](#)). Kimberly, [Madeline McKee](#) ([Alpha Phi Gamma](#)), and other members of the USFC Executive Board hosted a fabulous series of events this week in preparation for chapter recruitment and intake efforts. At the USFC Community Event which took place on February 7th, there were chapter performances, pizza, and super good times!

There are four APIDA organizations in USFC: [Alpha Phi Gamma](#), [Alpha Psi Rho](#), [Delta Sigma Psi](#), and [Sigma Phi Omega](#). Dr. **Loh-Hagan** is the super, super proud faculty advisor for Alpha Phi Gamma and Delta Sigma Psi.

Many thanks to Mr. **Matt Garcia**, Interim Director for the [Center for Fraternity and Sorority Life](#), for supporting Greek Life at SDSU.

APIDA Flex Alerts!



Ms. **Agnes Wong Nickerson** has been permanently selected to serve as SDSU's Chief Financial Officer and Vice President of **Business and Financial Affairs**. This makes her the highest ranking APIDA person at SDSU. Ms. Wong Nickerson oversees SDSU's administrative and budgetary operations. She has been instrumental in the development of SDSU Mission Valley and oversees the university's annual budget of over \$1 billion. She is responsible for emergency management, environmental health and safety, facilities management, human resources, payroll, parking and transportation, real estate, facilities construction, housing, contracts and procurement, controller's office, student account services, university police department, KPBS, Aztec Shops, etc. She also provides financial oversight to SDSU Research Foundation, Associated Students, and Athletics. In addition, she is an amazing person and a huge SDSU basketball fan - In fact, on February 6th, she invited me to my first ever SDSU basketball game in which we won against Nevada. Go SDSU!

We want to celebrate the SDSU APIDA community!

Have a flex to share?

Email us at apida@sdsu.edu.

All Things APIDA: Recommendations



Gi Gonzales, APIDA Center Graduate Student Assistant, is recommending *The Magic Fish* by Trung Le Nguyen. She said: "If you're looking for a new book to read, I recommend *The Magic Fish* by Trung Le Nguyen. It is a semi-autobiographical graphic novel about a Vietnamese American teenager as he navigates his sexuality and cultural identity. The book explores themes like language barriers, family dynamics, and intergenerational trauma. For my fellow educators, I would use this book to teach character traits, points of view, and response to literature writing. This can also be a great culturally-responsive book to use for a fairytale unit, exploring how classic fairytales are told from multiple cultures."

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

Healthy Relationships Week: Dating

Location: APIDA Center

Date: Monday, February 14 from 1-2pm

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.

Love Day Crafting

Location: APIDA Center

Date: Monday, February 14 from 6-8pm

Come celebrate love with us! We will make crafty cards and practice various paper arts.

Healthy Relationships Week: Friendships

Location: APIDA Center

Date: Tuesday, February 15 from 1-2pm

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

Date: Wednesday, February 16 from 1-2pm

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

Date: Thursday, February 17 from 1-2pm

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!

SDSU Leadership Summit

Location: Hybrid (Virtual and Student Union)

Date: Saturday, February 19 from 9:00-3:30pm

The 2022 SDSU Leadership Summit conference theme is "Leadership: It Starts with Us." Join the 13th annual SDSU Leadership Summit to learn tangible strategies to become better leaders. Dr. Loh-Hagan is speaking at 1pm; she will talk about the power of a growth mindset. [Register by Feb 11.](#)

Emotions Week: Anger

Location: APIDA Center

Date: Monday, February 21 from 1-2pm

This session focuses on how to understand anger and how to manage expressing anger. It's challenging to be calm when faced with a difficult situation. We'll discuss strategies for managing anger, assessing situations, and making anger productive. Come be in community with us!

Emotions Week: Stress

Location: APIDA Center

Date: Tuesday, February 22 from 1-2pm

This session focuses on understanding where stress comes from and how to manage stress. As a college student, stress may seem to be a part of everyday life. It doesn't have to be! We'll discuss what causes stress, the symptoms of stress, and coping strategies. Join us for a supportive space on how to be productive through challenging situations!

Emotions Week: Worry

Location: APIDA Center

Date: Wednesday, February 23 from 1-2pm

This session focuses on how to handle situations that are worrisome, such as worrying about grades, worrying about relationships, and worrying about the future. It's challenging to feel confident when you're worried and unsure. We'll discuss strategies on how to manage emotions and how to identify your emotional triggers. Come be in community with us!

Emotions Week: Nerves

Location: APIDA Center

Date: Thursday, February 24 from 1-2pm

This session focuses on understanding why we get nervous and its effects on our minds and bodies. Controlling our nerves is hard. We'll discuss strategies on how to address and overcome nervous emotions. Learn helpful behaviors that can calm the nerves. Join us for a supportive space!

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

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

Date: Tuesday, February 22 from 2-3pm

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

Date: Thursday, March 3 from 2:30-3:30pm

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 from this [webpage](#).

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.](#)
- SDSU [Black Resource Center](#) is celebrating [Black History Month](#) this February! Follow their [social media](#) for updates!
 - Feb. 16 at 4:30pm: [RSVP](#) for Creative Writing Workshop: Protest Music
 - Feb. 17 from 6:00-8:30pm: Film screening of "[Dark Girls](#)"
- SDSU [Center for Inclusive Excellence](#) is hosting The Game Changers: Black Scholars & Innovators on Feb. 16 at 1pm in a hybrid format at PSFA 160 and Zoom. [RSVP](#) for this event, which will highlight black scholars and innovators.
- The Young Men of Color Alliance by SDSU's [LRC](#), [URC](#), [CIR](#), and [WRC](#) is hosting the [Dating and Healthy Masculinity Program](#) on Feb. 17 at 2pm in the Center for Intercultural Relations. This program will explore the origins of masculinity, identify femininity in masculinity, reflect on the effects of toxic masculinity, and discuss ways to practice healthy masculinity.
- Dr. [Que-Lam Huynh](#) (CSUN) and Dr. [Angela-MinhTu Nguyen](#) (CSUF) are conducting a research study on the college experiences of Southeast Asian American students. Students who meet the following requirements are asked to [participate in the study](#):
 - Must have been born in the U.S.
 - Must be between the ages of 18 and 24 years
 - Must be of Southeast Asian American descent
 - Must be enrolled at a CSU
- [Well-being & Health Promotion](#) has launched the Health Away From Home Modules! These free modules will increase knowledge of on-campus health-related resources and health insurance. Students who complete the modules by Feb 28 will be entered in a chance to win a \$15 gift card! [Take the modules.](#)
- SDSU [Economic Crisis Response Team](#) is promoting the Affordable Connectivity Program (ACP). The ACP assists with broadband affordability to help households afford the internet connections they need.
- [Community Service Commission and Social Action Committee](#) are hosting a Monarch School Drive to support K-12 students who are facing homelessness from now through March 2. Donation boxes are located at the Associated Students Office in the Student Union and Hepner Hall Room 119. Items accepted: New full sized hygiene items, new bras and underwear (ages 5 and up). and new shoes of all sizes.
- SDSU [Native Resource Center](#) is seeking proposals for the 2nd Native & Indigenous Research Symposium on April 22-23, 2022. This is a two-day virtual symposium showcasing a diverse body of student work. Proposals are accepted until April 15. [Submit your proposal.](#)

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

Scholarships

- The [Beverley Yip Scholarship](#) is a \$2,500 scholarship for students who are pursuing post-secondary education toward a degree in social work, behavioral health, or related fields in health and human services. Two winners are selected annually. [Apply by April 15.](#)

**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!](#)

Follow the APIDA Center



SACD.SDSU.EDU/APIDA-RESOURCE

SA+CD

San Diego State University | APIDA Center

[Digital Privacy Statement](#)

[Opt-Out of this Newsletter](#)

[View as web page](#)