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
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 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:

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

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!
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

APIDA Center Support Spaces: Fall 2021 Finals Edition

Location: APIDA Center Conference Room

Time: 1-2pm

Mindful Mondays
Dec 6 & 13
Find peace in your mind. Learn how to manage your emotions and reduce stress. These sessions are led by experienced facilitators and include guided meditation and mindfulness exercises. We'll discuss the benefits of mindfulness for personal and academic success.

Taboo Tuesdays
Dec 7 & 14
Come discuss APA cultural expectations of success with your peers. How do these expectations impact our mental health? This discussion will feature open dialogue and create awareness for the mental health struggles many face.

Family Talk Thursdays
Dec 9 & 16
Join us for a discussion on how APA families manage stress, balance work and school, and how it affects our mental health. This session is open to all family members and will be led by experienced facilitators.

Wind Down Wednesdays
Dec 8 & 15
Don't forget to celebrate yourself during finals week! Wind down Wednesdays will help you take off some stress and celebrate your big and small accomplishments. In APIDA culture, mental health is not often discussed, but self-care is a necessity. This week's activity will be an opportunity to take time for yourself.

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!

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 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!

Virtual Support Space Holiday Healthy Eating

Zoom: https://SDSU.zoom.us/my/kathleenng
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. APA 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!

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.

Virtual Support Space Holiday Relationships

Zoom: https://SDSU.zoom.us/my/kathleenng
Dec 14 at 3pm

The APIDA Center is hosting virtual support spaces to help you get through the holidays. The holidays can be really challenging with our family members and family obligations. In APA 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!
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](https://www.instagram.com) or contact Ennie-Marie at [eilasco1034@sdzu.edu](mailto:eilasco1034@sdzu.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](https).

- Registration is now open for the 2022 [Student Research Symposium (SRS)](https) 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](https).

- 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](https) 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](http://philanthropy.sdsu.edu/APIDA)

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