

AAPJ Newsletter

BY THE AAPISC MENTOR SQUAD



WHAT DO WE DO?

The Multicultural Student Mentor Program (MSMP) is designed to assist multicultural students to adjust academically and socially to the Washington State University environment.

Student Mentors are highly trained paraprofessionals who share their knowledge, skills, talents and experience with new students. In addition, Student Mentors provide information about services offered by various entities around campus. Through their work, Student Mentors model cross-cultural understanding, communication, and appre-

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WHO ARE THE AAPJ MENTORS?





My name is **Rachelle Albay** and I am from Juneau, Alaska. This is my third year at WSU, but I will be graduating in May! My major is Basic Medical Sciences and Pre-Pharmacy studies. I hope to gain acceptance into WSU's College of Pharmacy for next fall and one day become a retail pharmacist. The reason I wanted to be a mentor was so that I could gain valuable leadership experience! I am a very outgoing individual, who loves being around people who can make her laugh out loud! I also enjoy being involved in the community, am a very studious individual, and I actually enjoy school and learning new things.

Hey guys! My name is **Ranica Bryant**. I am junior majoring in computer science with a minor in management information systems. I love to play any sports and have participated in many different intramural sports. I am from Marysville, Washington, woot woot. My favorite book is the Three Musketeers by Alexander Dumas. Right now my favorite tv shows are How I Met Your Mother, Grey's Anatomy, Glee, and Entourage.



I'm **Stephanie Chu** and I'm a sophomore. I grew up in Hong Kong and my major is pre-medicine/neuroscience. I want to become a part time musician and a medical doctor. The reason why I want to be a mentor is because I like to help the others and have fun!

I like to play music especially the piano and cello and I listen to all kinds of music. I LOVE food. Music and good food are my top favorites :)

Hi! My name is **Nikki Cristobal** and I am a sophomore from Kauai, HI. After WSU I plan to fight crime while wearing spandex. Becoming a Mentor was something really personal to me. As a freshman I had a lot of ups and downs with finding my place at WSU and I thought if i could help new students transition to college then some of them wouldn't have to experience the downs I went through. My hobbies and interests include diet Coke, free stuff and long naps. My favorite animal is a velociraptor -rawr-. Something unique about me is that the only meat i'll eat is seafood...if anyone is somehow able to make me mahimahi (with steamed white rice) i will give you the best hug of your life.





Aloha! My name is **Kimberly Dela Cruz** and I am from Ewa Beach, Hawai'i. I am a Sophomore pursuing a double major in Sociology and Psychology and a minor is Comparative Ethnic Studies. I decided to leave my lovely island home and attend to Washington State University because I felt that my personal and mental growth was limited on Oahu. Since leaving I have experienced and been exposed to many opportunities that I otherwise would not have if I were to have stayed in Hawai'i. During my freshman year I was a Civil Engineering major, however after becoming more involved with the AAPI community I came to a self realization that I enjoyed being in a school atmosphere. Especially after attending the North West Filipino American Student Association (FASA) Conference, I realized that I was in the wrong field. Now I am aspiring to become a high school guidance counselor, in hopes that I can help students like me.

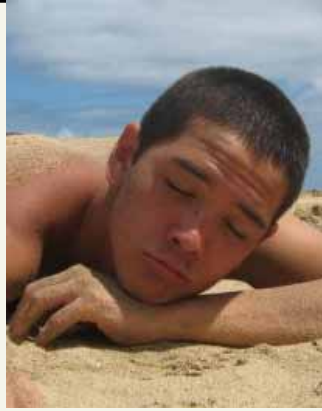
Hi! My name is **Caspar Hickman** and I'm a Senior Math major from Everett, WA. After I graduate from WSU I plan to work with Insurance companies analysing and computing probabilities. The reason why I wanted to be a mentor is to help guide new students learn how to be successful college students, and learn how to be a leader and Role Model, this is my third year mentoring. I like watching movies, cruising around in my automobile, and spending time with friends. My favorite food is Indian food. My favorite TV shows are True Blood, Heroes and Modern Marvels. The people who came through WSU and were my Role Models, have made me the person I am today by showing me how to make an impact on others and make others feel good about themselves. Something unique about myself is I was born in India, but I have been in Washington since I was 2.



Hi! My name is **Lianne Holt-Jensen** and I was born and raised in Singapore. I graduated in 2007 from Kamiak High School in Mukilteo, Wa though now I live in Issaquah, Wa. I'm currently a Junior certified in Applied Intercultural Communication aiming for a minor in Political Science, I'm hoping that after I graduate from WSU I will go to school for International Law and then, well, we'll see. I became a mentor my sophomore year because it was an amazing opportunity to get connected with the many services on campus, to help incoming freshmen and transfer students and to meet a new community of friends. My hobbies include reading (I'm a huge nerd), travelling (yay), eating and spending time with friends and family (when I'm not at work or at school). A couple of things people should know about me...I'm VERY easily amused, I suck at all sports, I'm half-Norwegian and half-Singaporean Chinese, my favourite soccer team is whatever Michael Owen is on and I could live off pho and sushi.



Hi! My name is **Kathleen Huynh** and I'm a Sophomore majoring in Pre-Pharmacy and Psychology from Sparks, NV. When I graduate from WSU, I want to become a Pharmacist with a psychology degree on the side. The reason why I chose to be a mentor is because I wanted the opportunity to enhance my leadership skills and to meet various people from different multi-cultural backgrounds. I like writing, reading or drawing on my free time. And when the weather permits, I like to play volleyball and swim. I don't have many favorites because I can be pretty indecisive when it comes to things like this. Something about me that I'd like people to know is that I'm an extremely accident-prone person. I'm just a natural born klutz--just a slight warning. What makes me the person I am today is my very demanding and bossy mommy who continuously pushed me to strive to reap the rewards that came with success. I'm an individual--therefore by definition I'm unique just because I am who I am.



Hi! My name is **Noah Imai** and I'm a Junior Biology major from Kauai, Hawaii. When I graduate WSU I plan to be a high school biology teacher. The reason why I chose to become a mentor is mainly to help other's like me transition into life at WSU. Something about me that I'd like people to know is that my favorite animal is the elephant.



My name is **John LaRosa** and I became a Mentor to help students of color to succeed in their goals. I'm a junior majoring in Construction Management. So far my goal is to graduate. My home town is in Philippines, Batangas in the province. I like to play basketball and eat, alot. What makes me the person I am today are my friends and family supporting me in whatever I do.



Hey everyone my names **Kaelynn Lemke** and I'm from a town south of Tacoma called Spanaway, WA. I graduated in 2008 from Spanaway Lake High School and am currently a sophomore here at WSU. My major is athletic training and pre-physical therapy; this means I spend a lot of time in the athletic training room and around athletes. I got into mentoring because I had a great mentor my freshman year and I really wanted to help the incoming freshman and transfers succeed here and get the opportunity to have great experiences like I did. A little bit more about me. I love One Tree Hill and Gossip Girl. My favorite color is green and I like to cook. Disney movies are my favorite. If you're looking for me you'll find me in the center or hanging around Bohler Gym. Don't be afraid to approach me I'm a really nice an easy going person. Hope everyone's semester is going great so far. GO COUGS!!

Howzit! My name is **Jonathan Li**, and I am from McCully, Hawaii - a football field from Waikiki, zip code 96826. I'm a senior majoring in Management Information Systems with a minor in Chinese. My career goal is to save the world; though I'm still trying to figure out how to best accomplish that. I came back to be a mentor for the third time to continue my goal of helping others succeed while providing opportunities for them to enjoy life in a new environment. I'm addicted to surfing, bodyboarding, basketball, football, golfing, my iPhone, the internet, running and my playing my violin when I get a chance. I believe that there is something you can do about it, and that "lucky" people are the ones who work for it harder than their counterparts.



Hi! My name is **Cheri Miranda** and I am a 6th year Senior studying CES and Women Studies from Hagtña, Guam. My career goal is that I would like to be a professor in Women Studies. The reason I became a mentor was because I wanted to help students succeed during their first school year at WSU because I know how much the lack of guidance or feelings of homesickness can deter a person from performing well in their academics and/or establishing social networks of friends. My hobbies and interests include watching TV dramas from Korea, Philippines, Japan, Taiwan, etc. I love watching foreign films as well. I love ice cream and my favorite place to relax is either at home or on the beach back home on Guam. My parents and boyfriend make me the kind of person I am today. (^_____^)

Hi! My name is **Kara Nakachi** and I am a Junior studying Basic Medical Science from Mililani, HI. My career goal is that I would like to become a pediatrician. The reason I became a mentor was to To give back to the AAPI center and to help incoming students adjust to WSU and connect them to the resources we have. My hobbies and interests include intramurals, FASA, and HAViNG FUN! My favorite food is...anything! My favorite movie is Boondock Saints, my favorite music is...everything! My favorite books are anything Nicholas Sparks and Dan Brown. My family and friends make me the person I am today.



Hi! My name is **Tyler L. Nakatsu** and I'm a Junior Applied Intercultural Communication major from Woodinville, WA. Once I graduate WSU I plan to teach at a small college on the east coast, preferably in Brooklyn, New York. The reason why I wanted to be a mentor was because I had an excellent experience as a mentee last year. Something unique about myself is that I am extremely prone to accidents, since I broke my arm the day before my first day in kindergarten. Since then I have broken my nose twice, my arm, and both my ankles.



Hey! My name is **Gwynne Palacio-Manzano**. I am from Ewa Beach, Hawaii, the wonderful island of Oahu. This is my second year in college and majoring in General Medical Sciences, minoring in Psychology. I'm planning to apply to Pharmacy school in hopes of one day becoming a Pharmacist. There are many reasons why I wanted to become a mentor, but I'd have to say that the main reason would be that I love helping people. The transition here during my first year was not the easiest and having a mentor for academic and social support made the transition much smoother. And I'm here to do the same for those in their year here also. On a more personal note, I have a 8 year old brother and I love my family and friends oh so dearly! I enjoy playing and watching sports. My all time passion is basketball! Music is therapy to me. In addition, I love watching movies, any genre whatsoever. I really enjoy meeting new people and now that you guys were able to get to know me a little better, I hope to get to know you too! :)

Greeting Mentees! I'm **Ryan Renio** and I come from the wonderful location called Hawaii (or more specifically, the town of Kaneohe on the island of Oahu). I am fourth-year senior majoring in accounting and when I graduate this May, I would like to be employed in a government-based accounting field. I became a mentor because I wanted to give back to the WSU Community as a token of appreciation for when I had a mentor during my freshman year at WSU. I also wanted to help first-year freshmen and transfer student to not be afraid of WSU or the culture to which exists. I also like to meet new people and help people out in general. I currently work at the IT Helpdesk, so you can approach me if you have any questions regarding your computer or Internet connections. I'm also a member of Beta Alpha Psi as well. During my free time, I like watching sports and playing games.



Hello! :) My name is **Tawnee Sakima** and I'm from Honolulu, Hawaii. I'm currently a junior here at WSU that is double majoring in philosophy pre-law and political science pre-law. After I receive my bachelor degrees, I hope to continue my education by attending law school. I'm hoping to find a job in the legal profession one day, but plans could change so we'll just see how things go. I decided to become a mentor for this school year because I wanted to be able to give back to the school and help first year cougs acclimate better to the Pullman campus.

In my spare time, I enjoy doing everything from running and playing soccer to reading and just lounging around with family and friends. I need to go running often because I love eating! In class, while watching TV, or while doing my homework, I'm always snacking on something. I'm a pretty approachable girl that's always up for meeting new people, so add me on facebook! :)

My name is **Alyssa Tanhueco**. I am from Spanaway, WA and am a senior majoring in Literary Studies. My future goals include attending a graduate program for English and American Language and Literature, completing my doctorate and eventually becoming faculty in a University English department. I chose to become a mentor because of the excellent experience I had in the program as a freshman and my wishes to give back to MSS for the benefits I have reaped from it. I enjoy reading, writing, singing and dancing. I am who I am because I am lucky enough to have had the mentorship of many incredible individuals who have influenced me immensely and taught me how to shape my own future. My favorite book is *Ghost Dance* by Carole Maso and my favorite pop star is Miley Cyrus.



Hi! I'm **Hildegarde Velasco** and I was born and raised on Oahu. I am currently a sophomore here at WSU and I am majoring in biochemistry. Eventually, I would like to graduate with my degree and either apply to pharmacy school or do some type of research. This year, I am happy to be a part of the mentoring program as a mentor. I want to help new students transition to WSU and just have a good start to their WSU experience. I enjoy doing arts and crafts, as well as listening to music and watching TV and movies. When I am older, I hope to travel and experience new places and meet new people. I'm a pretty upbeat person, and I absolutely love to laugh and smile. So, if you ever see me around, don't be afraid to say "Hi!"

MEET OUR RETENTION COUNSELOR

My name is **Stephen Bischoff**. I was born and raised in Walla Walla, WA. Currently, I am the Retention Counselor at the Asian American and Pacific Islander Student Center (AAPISC) located on the 4th floor of the Compton Union Building (CUB). After transferring to WSU in 2000, I graduated in 2002 with my degree in Business Administration. I then went on to finish my Master's in Business Administration in 2003. Since becoming the Retention Counselor in 2003, I have continued on to finish my Master's in American Studies part-time. Today, I am now in the process of finishing my Doctorate in American Studies. A little known fact about me is that I used to be a Multicultural Student Mentor myself when I was an undergraduate. In my free time, I enjoy time with my wife, Rachel, and our son, Isaiah. I can also be found playing a lot of intramural sports with students, keeping up with my research surrounding hip hop and Filipino Americans, and enjoying other events on campus. Aside from my full-time responsibilities as Retention Counselor, I also am teaching Comparative Ethnic Studies 101 and also taking a class for my graduate program. Students are welcome to (and often do) stop into my office or contact me with any questions they may have or to simply chat about life in general!



MEET OUR GRADUATE ASSISTANT



My name is **Manee Moua**, and I am the Mentor Coordinator/Graduate Assistant for AAPISC. I am originally from Spokane, WA, graduated with a major in Psychology from EWU Spring 2009. My nationality is Hmong, and I'm more than willing to tell you about it if you have never heard of it before. I am a first year Master's student in the School Counseling Program here at WSU. My career goals are to get into the PhD Counseling Psychology program next year and pursue that further with my main interests in Multicultural Issues, Academic/Career development, etc. Hopefully with that degree and emphasis, I can also teach at a University level, and/or become a practicing Counseling Psychologist in the school system with emphasis on working with minorities on closing that achievement gap and encourage students to pursue a higher education. Although I am not a mentor, or never have been, I am excited and thrilled to be a part of the MSS program, specifically a part of AAPISC. I hope to gain and also contribute as much as possible to this program and the students.

Some hobbies and interests of mine are to just hang out with my family. If I have more time, I love to acrylic paint, scrapbook and watch movies/dramas. My favorites are Chinese/Taiwanese/Korean/Japanese Dramas, and Animes....I LOVE Naruto. Call me a dork, I don't care, I enjoy it. What makes me the person I am today is my daughter. She has made me see the beauty of life and to finally see what real love really means. I am more complete and content with life than ever with my daughter and husband. I am a mother, and a wife, and I love it. My husband and I love to cook, so if one day we can open our own restaurant, it would be GREAT. Some of my favorite food is Pho', chicken curry (my style) and bbq pork, steak and chicken. YuM! :)

HOW TO STUDY BY RANICA BRYANT

As a college student, a majority of the time is spent studying your life away to make the grades you want. It is a known fact that if you study in advanced it is easier to retain information. While trying to be involved in organizations and keeping up with school, studying for exams can be extremely hard.

Some good things to know before you get started are: what type of learner you are and what are the best ways for you to study? Different ways of learning is by example, someone showing you how to do a problem or concept, a visual learner. Do you study best in groups, with other people, or by yourself?

Make flash cards to study while you are doing nothing. If you are waiting for a class, standing in line, waiting for an appointment, these are key times when time is going to waste in which you can be putting them to use. Write out your material instead of typing it, you will retain the information better. Go over your notes from class after and before class.

Eat while you study, preferably healthier foods to ensure that you have energy to retain the information. Get at least once sleep cycle so a minimum of three hours of sleep. Take a five min break every hour. Get up move around. Stay positive, when you start to feel frustrated and overwhelmed take a deep breath move away from your material and then get back into it. Learn main ideas, sometimes knowing the main ideas or formulas can help you derive the details on an exam. Don't let yourself get distracted, put aside your internet, cell phones, distracting people. Study with other people if they aren't distracting. Sometimes they know stuff you don't know, and if you can explain a topic to someone else that helps you learn/retain information

If you have a short and limited time amount of time to study in a technique to study is called **chunking**:

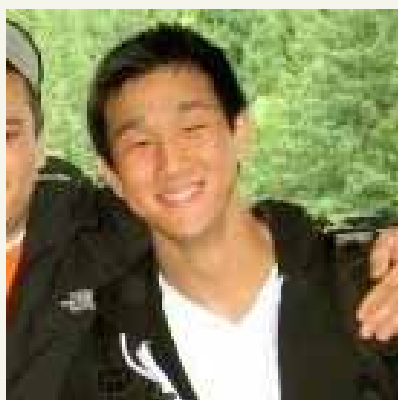
1. Gather all your class notes and texts in one place.
2. Identify important **terms**. Go back through your text and class notes and identify all the important words or phrases. There may be dozens of important terms.
3. Write a short definition for each term.
4. Identify five to nine important **concepts**. Using note cards (make your own if necessary), write down the chapter headings, lecture themes, or chapter titles. These are the main ideas or concepts you'll need to understand. Use a separate note card for each concept.
5. Write a short paragraph to define or discuss each of your major concepts, including several of your terms for each paragraph (good practice for the short essay question).
6. Go back and forth, reading and testing yourself on the individual terms and the long definitions until you are pretty comfortable.
7. Test yourself with fresh, blank note cards. Re-write the main ideas and try reproducing your definitions without looking at your previous cards. Each time you include one of the terms, highlight it or underline it. This is a visual that will reinforce information.
8. Repeat step 7 until you can incorporate all your terms into one of your concept paragraphs.

<http://homeworktips.about.com/od/studymethods/a/cramming.htm>

MENTEE SPOTLIGHT



Name: Samantha Gabriel
Mentor: Kara Nakachi
Hometown: Kent, WA
Intended Major: Athletic Training
How She Got Involved In The AAPI Center: My cousin, Troy
Fav. Memory So Far: FASA Barbecue
Fav. Place To Study: The AAPI Center
Fav. Place To Hang Out: The CUB



Name: Michael Chau
Mentor: Lianne Holt-Jensen
Hometown: Newcastle, WA
Intended Major: Landscape Architecture
How He Got Involved In The AAPI Center: Wonderful mentor introduced me to the AAPI Center
Fav. Memory So Far: Field trip to Seattle with the Landscape Architecture program
Fav. Place To Study: Holland Library
Fav. Place To Hang Out: Student Rec



Name: Nicole Princess Corpus
Mentor: Rachelle Albay
Hometown: Everett, Wa
Intended Major: Pharmacy
How She Got Involved In The AAPI Center: Rachelle invited me to have lunch with her in the center and after that I started going to the center more often.
Fav. Memory So Far: The night of the M&M Dance.
Fav. Place To Study: My Dorm.
Fav. Place To Hang Out: Anywhere around campus.

A A P I O R G A N I Z A T I O N S

Asian Pacific American Student Coalition (APASC)

President: Troy Alapit

Website: <http://apasc.wsu.edu/apasc.aspx> Email: aswsuapasc@gmail.com

Meeting: Every Monday at 7:00pm, place varies



Association of Pacific and Asian Women (APAW)

Chair: Keli Imus

Email: apaw.wsu@gmail.com

Meeting: Every Monday at 5:30pm at Women's Resource Center in Wilson

Chi Delta Sigma Sorority

President: Rachelle Albay

Website: <http://chideltasigma.wsu.edu/chideltasigma.aspx>

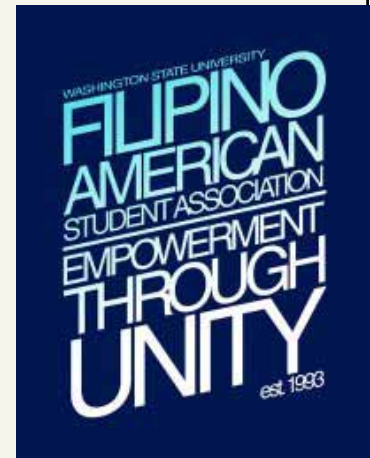
Email: chideltasigma@gmail.com

Filipino American Student Association (FASA)

President: Nino Ortiz

Website: <http://fasa.wsu.edu/fasa.aspx> Email: sige.fasa@gmail.com

Meeting: Every Tuesday at 6:00pm, place varies



Hui Hauoli o' Hawaii (Hawaii Club)

President: Noah Imai

Website: <http://hawaii.wsu.edu/hawaii.aspx> Email: hawaiicougs@gmail.com

Meeting: Every other Thursday at 7pm, place varies

Omega Phi Omega Inc.

President: Carl Pascual

Website: <http://kuyas.wsu.edu/omegaphiomega.aspx>

Email: ckpascual@gmail.com



Pacific Islander Club (PIC)

President: Carla Kobashigawa

Website: http://pacificislanders.wsu.edu/pacific_islanders.aspx Email: wsu_pic@yahoo.com

Meeting: Every Wednesday at 6:00pm in CUE 419

Vietnamese Student Association (VSA)

President: Joey Ngyuen

Website: <http://vsa.wsu.edu/vsa.aspx>

Email: cougarvsa@gmail.com

Meeting: Every Thursday at 6:00pm in the AAPI Student Center



~October 2009~



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>President Floyd's State of the University Address</i>	2 <i>SEB Movie: Public Enemies</i>	3 <i>Homerun Derby and Punt/Pass/Kick Contest</i>
4	5	6	7 <i>WSU Career Expo</i>	8	9 <i>SEB Movie: The Hang-over</i>	10 <i>SEB Movie: The Hang-over</i>
===== HOMECOMING WEEK!!! =====						
11 <i>SEB Movie: The Hang-over</i>	12	13	14	15	16 <i>SEB Movie: Transformers: Revenge of the Fallen</i>	17 <i>SEB Movie: Transformers: Revenge of the Fallen</i>
18 <i>Gym Class Heroes concert at the CUB, SEB Movie: Transformers</i>	19	20	21	22 <i>Dracula production at Daggy Hall</i>	23 <i>SEB Movie: Harry Potter and the Half-Blood Prince</i>	24 <i>SEB Movie: Harry Potter and the Half-Blood Prince</i>
25 <i>SEB Movie: Harry Potter and the Half-Blood Prince</i>	26	27	28	29 <i>Loveline with Dr. Drew At CUB Ballroom, 6pm</i>	30 <i>SEB Movie: Friday the 13th</i>	31 <i>SEB Movie: Friday the 13th</i> <i>Happy Halloween!!</i>