

# FIRST YEAR EXPERIENCE



MAY 2022



## ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH

How will you recognize the contributions of AAPI folks this month?

May is Asian/Pacific American Heritage Month – a celebration of Asians and Pacific Islanders in the United States. A rather broad term, Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).  
(<https://asianpacificheritage.gov/about/>)

### UPCOMING DEADLINES & EVENTS

- April 18-June 12  
Summer Registration
- May 3  
Donut Know Your Major?
- May 9  
Transfer Info Workshop
- May 13  
-Fall 2022 Scholarship Applications Due
- May 19  
Beyond your First year Workshop
- May 23-27  
Destress Week
- May 24  
-Taco Tuesday & Student Success
- May 24  
-Love on a Leash Pet Therapy
- May 26  
Code Lavender
- May 31-June 6  
Finals Week

## FALL 2022 SCHOLARSHIPS

Fall 2022 scholarship applications are due May 13th so get your application in NOW! One application applies for multiple scholarships. Apply today at: <https://gcccd.academicworks.com/>



Love on Leash Pet Therapy

## MENTEE OF THE MONTH

Danika loves writing, tutoring, reading, making jewelry and babysitting. Her educational goal at Grossmont college is to receive an Associate Degree with transfer. She is also exploring different ways to be successful, as she might be considering studying abroad!



## 3 FINALS STUDY TIPS



- 1 Minimize distractions-** attempt to create a space of focus. Be mindful of distractions such as your phone.
- 2 Set Study Goals-** these can be time-based or content-based

- 3 Take intentional breaks-** such as short walks, eat a snack, shower or listen to a song.