

The Mānoa Monthly

Provided by UHM Graduate Student Organization

Aloha ~

As we embark on a new year, we come together to reflect on the past year's accomplishments and trials with hope for future months to come. Current circumstances continue to test our local, national, and international institutions. The strength of community and spirit of perseverance has sustained and nourished sustainable, innovative, and compassionate solutions, but the process is sometimes arduous and trying. Please continue to rely on fellow graduate students, UHM counseling services, and GSO to take space to care for yourself this semester. I hope winter break provided some time for you to find renewed energy and inspiration! As always, GSO is here for you - please let us know if we can do anything to better serve your needs.

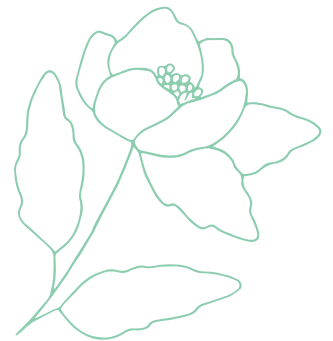
- Camaren Ly, Information & Communications Chair

UPCOMING MEETINGS



General Assembly
[Click for Zoom Link](#)
(January 14th, 6PM)

Executive Council Meeting
(January 28th, Zoom, 6PM)



Post-Pandemic Reorganization Planning Update:

- Thank you to all students who submitted feedback on Phase 2 of the Mānoa Administrative Reorganization Proposal ([click here](#) for full version)
- GSO submitted your feedback to the University of Hawai'i at Mānoa administration on January 4th, 2021
- For the latest summaries and information, please visit our [webpage](#)

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News and features

- 2 Upcoming Opportunities
- 3 How to Use Zoom & Misc.
- 4 Merit Based Awards Recipients



- January 11: First day of instruction
- January 18: Martin Luther King Jr. Day (non-instructional day)
- January 19: Last day to register/add courses/change grade option
- January 28: GSO Grant & Awards Application Due ([website](#))
- January 29: Last day for classified graduate students to file application for graduation for spring

2021 Merit Based Awards

Who: Graduate students who pay GSO fees are eligible to apply

What: Recognizing graduate student excellence in Diversity, Mentorship, Research, Service and Outreach, and Teaching with awards for a maximum of two (2) students in each category for a total of ten (10) awards, each in the amount of \$5,000

When: Applications will open in February, and we will announce specific dates in our monthly newsletters/social media!

Please see the GSO website (gso.hawaii.edu) for the Call for Proposals, Program Policies, and Application Review Criteria. Please direct questions to GSOmerit@hawaii.edu.

2021 - 2022 Elections Committee Positions

GSO is currently forming an Elections Committee and is looking for volunteers! The Elections Committee makes sure the elections run smoothly, occur on time, and follow the GSO Constitution's rules. The Chair (1 person needed) will be compensated at **\$80/month**, and Committee members will be compensated at **\$50/month** (at least 2 people needed).

Please contact gso@hawaii.edu if you are interested!



General Assembly



HOW TO ZOOM

Keep your microphone muted if you are not speaking

Check-in via Google Form (found in Zoom chat & Agenda)

EC/Program Reps vote by clicking "Participants" then selecting aye (green), nay (red), or abstain (coffee cup)

To ask a question, "raise your hand" by clicking "Participants" then selecting the hand button. When the meeting facilitator calls on you, please state your name and department before speaking.



University of Hawaii Sea Grant Requests for Proposals

2022 - 2024



The University of Hawai'i Sea Grant College Program is requesting preliminary proposals for funding available beginning February 1, 2022 and ending January 31, 2024. The pre-proposal deadline is **January 15, 2021** at 5:00 p.m. HST. Please see <http://seagrants.oest.hawaii.edu/research/request-for-proposals/> for complete details.



FEEDBACK & CONTRIBUTIONS

The GSO newsletter is a platform for you, your department, and your campus organizations to share opportunities and events. If you have a contribution or feedback regarding the GSO newsletter, please email GSOinfo@hawaii.edu!



Merit Based Awards for Excellence in Mentorship



Celina Herrera

"I want to start off by saying thank you to the GSO for all the amazing work you do for graduate students. I am honored to receive the GSO Merit Award for Mentorship! As the undergraduate psychology academic advisor, I have become deeply engaged in mentoring students through their academic journey. I have found all too often students are disenfranchised by lack of knowing how to navigate the university institution or professional landscape and having the opportunity to guide students and remove barriers is a passion of mine. In my experience, mentorship has taken many forms, both big and small. I have had the opportunity to mentor first generation college students as they courageously tackle the unknown. I have been able to work closely with international students as they adjust to a new environment/school system, and very recently feared for their visa status. I have helped students find the courage to apply for their dream job and worked with them as they submitted their applications. Most importantly, I am given the opportunity and responsibility to listen to each student's concerns, accomplishments, setbacks and milestones as they move through their academic journey. Thinking back to my journey towards university I remember how daunting it felt. I remember feeling like I didn't deserve to apply. It took one mentor believing in me to change my entire life. I never want any students to be limited in this way, so no matter the student's situation I actively try to be one person who believes in them."



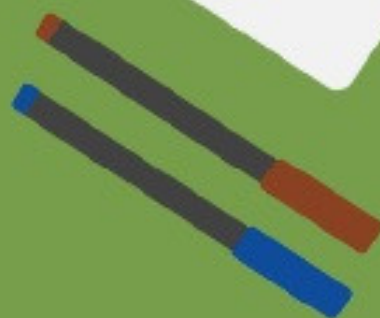
Merit Based Awards for Excellence in Mentorship



Dax Garcia



"I am deeply appreciative for the GSO and the honor of the Merit Award for Mentorship. I am driven by my own experiences with wonderful mentors and the knowledge that I could have used a mentor such as myself when I was first attempting college. My work informs instructors how to create better mental health outcomes in their courses, safely, and without singling out or diagnosing students. Acts like spending one-to-one time with each student and staying connected after the semester ends can make teaching an expression of connection and care for each of our students, and build a stronger, healthier academic community. It is critically important work. My work explores the lines between mentor, instructor, counselor, and many other roles teachers fill. Prior to the pandemic, research suggested that one out of every three college freshmen had a diagnosable mental disorder, such as trauma disorders, anxiety, depression, and substance abuse. The pandemic has intensified this already volatile situation. University counseling centers are overwhelmed. This crisis requires a holistic approach, including addressing it through the classroom. Mentorship can mitigate this crisis by using foundational courses like first year composition to teach students how to better prepare for the rigors of college, how to balance self-care with a busy schedule, and how to ask for help. Informed by years of research and my own experiences navigating college with mental illness, my work infuses survival skills into a semester of writing instruction. These lessons help all students prepare for the rigors of college and their careers beyond—useful to all, and potentially life-saving to some.."



WEBINAR

Tips to Ace Your Scholarship Application!

**January 15, 2021
5:00PM - 6:00PM**

Join the American Association of University Women (AAUW) - UH Mānoa branch to learn more about the tips to ace the AAUW Fellowships and Grants application from a recent UH Manoa student recipient.

[RSVP here via Google Forms](#)





HCF Scholarships

HOW TO APPLY:

<https://www.hawaiicommunityfoundation.org/students>

STEP 1

START your HCF application on Monday, November 16, 2020.

Login to HCF's Scholarship Manager at hcf.scholarships.ngwebsolutions.com to create your online account. You will need:

2021-2022 Student Aid Report (SAR): Your Free Application for Federal Student Aid (FAFSA) must be submitted and processed in order to obtain your 2021-2022 SAR. You can now submit your FAFSA as early as October 1, 2020, using your 2019 income tax information. For more information go to fafsa.gov or email FAFSA@hawaii.edu.

Grade Transcript: Obtain your most recent transcript, either from your school's registrar's office or online portal. All transcripts must comply with HCF's transcript requirements.

STEP 2

SUBMIT your HCF application online by Monday, February 1, 2021 at 4 p.m. HST, with all supporting materials.

For more information

Visit www.hawaiicommunityfoundation.org/students for details and FAQs regarding our application and award process.

Need help?

Email HCF's Scholarship Department at scholarships@hcf-hawaii.org.

\$6 Million!*

*Hawai'i Community Foundation has over \$6 Million a year available for scholarships from more than 280 funds to make the road to college—and graduation—possible.



HAWAI'I COMMUNITY FOUNDATION
Amplify the Power of Giving