

## The American Association of University Women at the University of Hawai'i at Mānoa

A Registered Independent Organization at UH Mānoa  
Sponsored by the Office of Civic and Community Engagement

**The American Association of University Women at UH Mānoa (AAUW-UHM) is and will continue to be active for the 2020-21 academic school year.**

The mission of our RIO is to promote the values of AAUW on the UHM campus and in the community; we are working towards equality in society by providing the tools necessary for women to gain economic security, to pursue their education, and advocate for women's rights.

To become a member, please email [aauw.uhmanoa@gmail.com](mailto:aauw.uhmanoa@gmail.com) expressing your interest. We will ask follow up questions at that time.

In order to have an active-status in our RIO, we ask that you attend at least one event every semester.

We have no membership fees. Our RIO is open to everyone!

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### Connect With Us

#### Instagram

@aauw.uhmanoa

#### RIO Website

#### Email

[aauw.uhmanoa@gmail.com](mailto:aauw.uhmanoa@gmail.com)



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# Upcoming Events

*Mark your calendars and register for our upcoming webinars created by AAUW-UHM for women in higher education.*



## Tips to Ace Your Scholarship Application

**Friday, January 15, 2021**

**5:00 PM to 6:00 PM**

A guide to the AAUW Fellowships and Grants application from a recent UH Mānoa student recipient.

**Registration required via [Google forms link](#)**

## Wāhine Webinar

**Wednesday, February 10, 2021**

**4:00 PM to 6:00 PM**

A virtual workshop by Puanani Burgess of Building the Beloved Community and Katrina Abes, First-Year Experience coordinator at UH West O‘ahu.

**Registration required via [Google forms link](#)**





**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](#)





sponsored by:

UNIVERSITY of HAWAI'I® at MĀNOA  
Civic and Community Engagement

February 10th , 2021  
4:00pm-6:00pm

# WAHINE WEBINAR

Virtual workshop led  
by Puanani Burgess  
& Katrina Abes

Join the American Association of University  
Women - UHM Branch in a workshop for, and by,  
Native and Indigenous women in higher education,  
as they share their stories of community  
leadership.



[RSVP here via Google Forms](#)



## Featured Wahine:

### Tammy 'Aiwohi

Student leader at UH West O'ahu



Tammy 'Aiwohi's story of leadership and resilience in her pursuit of higher education makes her an inspiring member of the UH West O'ahu community.

*Written by Jaela Henderson,  
AAUW at UH Mānoa Intern*

Many view higher education as a life-changing experience, but for this student leader, education was *life-saving*. From Wai'anae, O'ahu, Tammy 'Aiwohi is transforming campus culture in Hawai'i. Tammy began her academic journey in 2016 at Leeward Community College - Wai'anae Moku. She has since moved on to the University of Hawai'i - West O'ahu, where is expected to graduate with a BA degree in Psychology in Spring 2021. Despite already earning her AA and certificate in Hawaiian Studies, her talent remains a pillar of the Wai'anae Moku campus. There, Tammy is the Lead Peer Facilitator for both the Going 2 Finish On-time (G2FO) Program and Access to Education (ATE) Program, providing peer support, tutoring, and assisting in programming for disadvantaged students. This passion is attributed to the unmatched support that she received when joining the program herself, and she is committed to empowering more Native university women.



“Education is ultimate empowerment. For me, these programs broke my chains of addiction, self-doubt, and isolation. It not only gave me the space to heal myself, but the opportunity to heal together.”

— *Tammy 'Aiwohi*

As a lifelong member of the community she serves, Tammy spent years battling through the challenges surrounding the university. She says that it didn't take her long to identify major flaws in the institution; it presented an exclusive climate, where individual background determined your experience in higher-education. This story is nearly identical to most first-year students in the programs, who have come to find inclusivity through Tammy's support. The Wai'anae Moku campus completely flips these expectations, and students, like Tammy, are proof of their successes. “Education is ultimate empowerment. For me, these programs broke my chains of addiction, self-doubt, and isolation. It not only gave me the space to heal myself, but the opportunity to heal together,” she shared. The campus existed as a safe space for Tammy, where her involvement was not only allowed, but appreciated. This type of support was stripped from her for too many years, so she is charged with sharing this resource. Her most notable skill is her ability to connect; students know Tammy for her relentless, passionate mentorship. This gift is not limited to low-income, previously incarcerated, or in-recovery students that she serves. Tammy is also a full-time grandparent. Juggling mentorship with family-care has taught her that “leading with our hearts,” is most important to her.

“The ATE and G2FO programs are, really, my life's work, because supporting my peers will always be a part of my own journey,” she said. In the near future, we can look forward to seeing Tammy building system-wide support for disadvantaged students. Her goal is to create a program, like ATE and G2FO, on every campus with her leadership style serving as a guide. Until then, she will continue creating space for those looking to expand their horizons on the Wai'anae coast, and finding ways to pull them into the world of academia. After graduating from UHWO, she plans to enter a Master's degree program, using this tool to continue working in higher education.

## Q&A with Adrienne Hidalgo Esguerra On Antiracist Parenting

Adrienne Hidalgo Esguerra, M.A., is an educator, mother, and founder of Afterschooling Better. In December 2020, she led a webinar in partnership with AAUW at UHM, entitled “Antiracist Parenting: Starting the Journey to Becoming an Antiracist Parent.” Below, she answered a few questions about the important work she does, including how she got started and the challenges parents and teachers often encounter in educating antiracist children and students.



### **Q: What inspired you to educate others on antiracist parenting?**

**A:** I am a parent and an educator. I received formal education to become an educator, training at my job, professional developments and conferences to deepen my skill set and network with other educators and read research to stay current in my field of study. I had none of that as a parent. In my early 20's I took on a co-parenting role of my 3 nephews while in college for my teaching credential and Masters in Education. Then my partner and I had 2 biological sons (yup, total of 5 kids). We all know the influential role teachers have on classrooms and the critical role parents have on their children, but one role provides formal education while the other does not. I sought out parenting spaces to bridge the gap between my background as an educator and my important job as a parent. Those spaces were helpful and practical; I felt like I was on the right path. But it always felt like something was missing from those parenting spaces. It took a long time for me to name it. They were very whitewashed. I did not see parenting educators or coaches of color. My experiences --current, generational and historic-- were not acknowledged, let alone named and unpacked. Experiences like: colonial mentality, decolonization, oppression, intergenerational trauma and healing, ethnic studies, anti-black racism, antiracism, trauma informed parenting, immigration, assimilation, loss of language of your native tongue, liberation, identity, honoring ancestors and expanding on the grief, hope and strength of all of it. I did not see that space, so I am humbly building it, just as much for myself as for all the other parents, caregivers, aunties, uncles, grandparents, older siblings and cousins, teachers and coaches who center children in their internal work.



**Q: What are your biggest pieces of advice for parents/caregivers just starting to educate themselves and their kids on antiracism?**

**A:** Here's some little nuggets that resonate with me:

- Know history, know self. No history, so self.
- Parenting is sacred. Childhood is precious. Grow your capacity to hope.
- What you pay attention to grows.
- Allow yourself grace. Better done than perfect.
- When you know better, do better.

**Q: Throughout 2020, did you see antiracist parenting/education gain more traction?**

**A:** Yes. Black and brown bodies have been criminalized for a very long time and continue to be. This summer, murders of Black and Black trans bodies have triggered a very raw and hurtful reckoning. It has caused a collective need to be more critical of existing systems and sense of urgency to envision new systems. But it is important to note that if 2020 is the beginning of your sense of urgency to learn more, protest more, speak up more and become a stronger ally, that is a privilege. The injustices happening are not new. Systemic oppression, racism, mass incarceration and gaslighting is not new. It is the foundation on which our country was built. Our oppression has been internalized and manifests in ways that need to be healed and named. We need to re-educate ourselves and unlearn the hurtful lessons that have been taught in schools and passed down throughout generations. Since we are doing this through a parenting lens, we need to increase our capacity to hope.

*“The problem is not our resilience but a world that constantly requires our resilience, and a world that has come to learn that our resilience is permission for our continued oppression.” — Dr. E.J. Ramos David*

**Q: What are your plans for continuing/growing Afterschooling Better in 2021?**

**A:** I have intentions of continuing to speak publicly and create spaces for parents and educators to decolonize their parenting practices. I plan to continue facilitating antiracist parenting groups, create an online self-paced course, work with other parents, schools and organizations to create trainings, frameworks and language to begin these important conversations with arguably the most important people in our lives: our children.



**Q: What do you think are the biggest barriers/challenges to antiracist parenting? What keeps people from getting started?**

**A:** *Barriers might include internal dialogue like:*

**Self doubt-** I'm not an expert, who am I to talk about this?

**Perfectionism-** I don't want to say the wrong thing and make a complex situation worse. I need just the right approach before beginning.

**Sugar coating language-** Aren't the words "antiracist " and "racism" too harsh? Can't we use more gentle language with kids?

**Overwhelmed with how to start-** Is there a book or something else that I need to know before having "the talk"?

Parenting is non-linear and we have been conditioned (by white supremacy) to work chronologically and produce deliverables in the most efficient way possible; to yield maximum gains in the least amount of time, all while doing it perfectly. That is not reality nor should it be strived for. To start, I recommend: building relationships with yourself, your child and your community, and find a book.

## FOR MORE INFORMATION AND TO GET INVOLVED

A recording of the *Antiracist Parenting 101* Webinar is available on the AAUW at UHM [website](#).

If you are looking for a way to do this in community or just learn more, sign up for Adrienne's parenting group waitlist or booklist.

**Email:** [info@afterschoolingbetter.com](mailto:info@afterschoolingbetter.com)

**Instagram:** [@afterschoolingbetter](https://www.instagram.com/afterschoolingbetter)

# Scholarship Spotlight

*Upcoming scholarship opportunities for 2021*



Scholarship	Information
<b>Benjamin A. Gilman International Scholarship</b>	<p><b>Deadline:</b> March 2021; October 2021</p> <p><b>Eligibility:</b> Undergraduate Student; Must be a U.S. citizen</p> <p><b>About:</b> Provides up to \$5,000 for U.S. undergraduate students with financial need (limited to Pell grant recipients) to study or intern abroad. Students can receive up to an additional \$3,000 to study one of 15 critical languages. <a href="https://www.gilmanscholarship.org/program/critical-need-languages/">https://www.gilmanscholarship.org/program/critical-need-languages/</a></p>
<b>UH Undergraduate Research Opportunities Program</b>	<p><b>Deadline:</b> 1st of each month</p> <p><b>Eligibility:</b> All classified undergraduate students</p> <p><b>About:</b> UH Undergraduate Research Opportunities Program – Each year, UROP awards approximately \$500,000 in funding to students working on faculty-mentored creative work or research projects or presenting at conferences. Students have used funding to conduct field research abroad, purchase critical supplies, earn stipends and more. <a href="https://manoa.hawaii.edu/undergrad/urop/student-funding/presentation/about/">https://manoa.hawaii.edu/undergrad/urop/student-funding/presentation/about/</a></p>
<b>Udall Undergraduate Scholarship</b>	<p><b>Deadline:</b> January 22, 2021</p> <p><b>Eligibility:</b> Undergraduate Student; must be a U.S. Citizen/national/permanent resident (Native American and Alaskan are encouraged to apply)</p> <p><b>About:</b> Educational funding for sophomores and juniors who wish to pursue careers related to the environment, Native American health care, or tribal policy. <a href="https://www.udall.gov/OurPrograms/Scholarship/Scholarship.aspx">https://www.udall.gov/OurPrograms/Scholarship/Scholarship.aspx</a></p>
<b>The Fulbright UK Summer Institute</b>	<p><b>Deadline:</b> End of February 2021</p> <p><b>Eligibility:</b> Must be a U.S. citizen; undergraduate</p> <p><b>About:</b> Three- or four-week programs for US undergraduate students. Participants can explore the culture, heritage and history of the UK while experiencing higher education at a UK university. <a href="http://www.fulbright.org.uk/going-to-the-uk/uk-summer-institutes">http://www.fulbright.org.uk/going-to-the-uk/uk-summer-institutes</a></p>

## New Year's Resolutions for 2021

With the AAUW at UHM Team

How do you come up with your New Year's resolutions?

**Atina:** "I discuss my possible resolutions with family and friends and then do what I am moved to."

**Ronja:** "I set my resolution by reflecting on this past year and thinking about what things I can do to have a more successful upcoming year."

**Susannah:** "I usually reflect on the past year and think about something that would have helped to create more balance/wholeness in my life, then try to implement that one thing. I keep it small, but 'significant.' I then journal my resolution and share with friends and family."

2021 is here! A few members of the AAUW at UHM Team shared how they set resolutions for the new year, and how they stay motivated to maintain them.

**"I am not too hard on myself if I don't accomplish it, as I know that just recognizing whatever it is does make me more mindful of it."**

— Atina Pascua  
AAUW at UHM Mentor

Their 2021 resolutions include:

- Journaling daily or writing at least one poem, and meditating before bed.
- Running/jogging/walking for at least 20 minutes, 3 times a week.
- Continuing to work out, to feel good and maintain a target weight.

How do you stay motivated to follow your New Year's resolutions?

**Atina:** Accountability

"I just tell everyone what it is and wait to see if they ask me how I'm doing with it."

**Ronja:** Daily Lists

"I am a list person, so I stick to my goals in general by writing them down on my daily lists (where I write down everything I have to do for that day with check boxes next to each task)."

**Susannah:** Planning

"To stay motivated and on track, I make sure to add the task/goal into my schedule for the week/calendar/planner. I always write out everything that I need to do for the whole week on Monday morning."



**Left:** Self-care New Year's resolutions, by [@wonder\\_doodles](#) on Instagram.



**Mahalo for supporting AAUW-UHM!**

If you have any questions or suggestions  
regarding this newsletter or any of our  
programs, please feel free to contact us at  
[aauw.uhmanoa@gmail.com](mailto:aauw.uhmanoa@gmail.com)