

## MAY 2021 NEWSLETTER

# 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!

## Connect With Us

### RIO Website

### Email

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

### Instagram

@aauw.uhmanoa

## Table of Contents

Asian American & Pacific Islander Heritage Month	1
Celebrating Spring 2021 Graduates	2-6
Finals Week De-Stress Strategies	7-8
<i>Whose job is it to care during Covid-19?</i> Research by Lahela Kaulukukui	9
<i>Covid-19 Feminist Analysis</i> - Research by Kenzie Ozoa	10
Scholarship Opportunities	11

THE MONTH OF MAY IS:

# ASIAN AMERICAN & PACIFIC ISLANDER HERITAGE MONTH



ACKNOWLEDGING  
AND HONORING  
ASIAN AMERICAN  
AND PACIFIC  
ISLANDER HISTORIES  
THAT SHAPED OUR  
NATION

Introduction  
- Asian  
American  
and Pacific  
Islander  
Materials: A  
Resource  
Guide

Asian  
Pacific  
American  
Heritage  
Month  
2021

FAPAC - AAPI  
Resources

Asian  
Americans |  
PBS

@apimentalhealth  
@aapivictoryalliance  
@stopaapihate  
@aapiwomenlead



# CELEBRATING SPRING 2021 GRADUATES

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TO THE  
GRADUATING  
CLASS OF  
SPRING 2021

*From all of us at AAUW UH Mānoa, we wish you a huge, heartfelt congratulations. Your graduation is a major accomplishment, one that is even more impressive given the challenges you've faced this past year. Your hard work, dedication, and perseverance have not gone unnoticed. Wherever your degree takes you, we know you'll do great things.*

*Two of AAUW at UH Mānoa's current interns are graduating this semester:  
Soksamphoas Im, and Autumn-Raine Kahōkū Hesia.*



## Soksamphoas Im

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Doctor of Philosophy, Political Science  
University of Hawai'i at Mānoa

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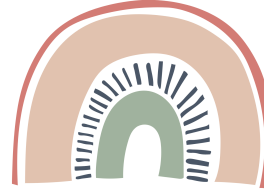


In 2016, I made a very daring decision to pursue a PhD at the University of Hawai'i at Mānoa with only two years of secured funding from the East-West Center Graduate Degree Fellowship despite knowing that this program could take seven years or longer. Fast forward, as of Spring 2021 graduation I will have received my Doctor of Philosophy in Political Science from the Department of Political Science of UH Mānoa along with a special recognition on my academic distinction from the Pi Gamma Mu International Honor Society in the Social Sciences.

Looking back is always easier than looking forward. The one thing I wish I had told my former self was to be extra prepared on how to fund my education. During my PhD journey, I recall myself wanting to quit the program multiple times especially when the two years funding from the EWC dried out as I entered my third year of the program. The urge to give up on this daring journey had little to do with my study performance, rather it was the insecurity of funding to pay for the remaining years of the program and to cover the cost of living in Honolulu.

## CELEBRATING SPRING 2021 GRADUATES

My insecure funding experience also occurred during a very stressful time for every PhD student as I had to write and defend my proposal as well as taking the one-week-long comprehensive exams to become a PhD Candidate. Additionally, as an international student I only have very limited options to seek financial assistance or to work off campus as the United States federal law prohibited full-time international students from seeking employment off campus. As a result, I did not have any funding to support my study for a whole academic year. The only income I had was from my half-time hourly pay student job on campus. Frankly, I may never have the chance to attend this year graduation, if it wasn't because of my parents' unwavering support despite their struggles and my advisor's advocacy efforts and care for an international student like myself. I am forever grateful to my parents and my advisor for making my dream come true.



### Soksamphoas Im

Doctor of Philosophy,  
Political Science  
University of Hawai'i  
at Mānoa

In spite of the hardships that I faced, this challenging journey has immensely contributed to both my personal and professional growth. The last five years living in Hawaii has been an extraordinary experience for me as I developed not only professional relationships with faculties and staffs at UH Manoa and the EWC community but also lifelong friendships with like-minded people from many corners of the world. And the biggest highlight of my graduate school journey here was when I met and married my significant other on the Island of O'ahu two years ago.

*"Obviously, like many others who completed their degrees in 2020 and 2021, I never expected that I would be celebrating my achievement during a global pandemic."*



Now that my five-years of devotion towards completing this terminal degree are approaching a conclusion, I am both excited and nervous to find out what the future has in store for me. I am open to explore all the suitable career options here in the US and elsewhere. However, I hope that I can secure a tenure-track professorship position at an institution that is in proximity to where my family lives. Obviously, like many others who completed their degrees in 2020 and 2021, I never expected that I would be celebrating my achievement during a global pandemic. My parents have long anticipated to celebrate with me in-person on my graduation day as I would be the first in both sides of my families to hold a doctoral degree. While it is a disappointment that my family will not be able to join the hybrid commencement ceremony in May 2021 due to health safety concerns, I am hopeful that UH Mānoa will be able to organize the traditional commencement ceremony again in December 2021 so that we can come to celebrate together in person.



## Autumn-Raine Kahōkū Hesia

Bachelor of Arts, Ethnic Studies  
University of Hawai'i at Mānoa



*If you told me five years ago that I would be the first one in my family graduating college during a global pandemic, I would have rolled my eyes and walked away.*

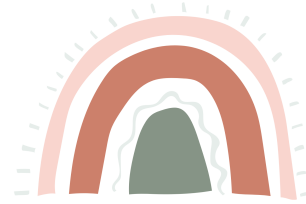
Five years later, I am not rolling my eyes, but crying tears of joy as I reflect on my academic journey and how far I have come. I am graduating from the University of Hawai'i at Mānoa with my bachelor's degree in Ethnic Studies and finishing my last year in the master's of Education Administration: Higher Education Program.

As a shy and anxious eighteen year old girl that moved back home to Hawai'i in 2015 after being away for ten years, I had no idea what I wanted to do with my life. Living in Kāne'ohe, I would see Windward Community College (WCC) every time I went to Kāne'ohe District Park. My Aunty who worked at the WCC campus encouraged me to apply and start the next semester in January of 2017. Once I applied, I never looked back. I started at WCC the following year, and graduated with my AA in Liberal Arts and Hawaiian Studies in May of 2019. Upon graduating, I transferred to University of Hawai'i at Mānoa through the Ka'ie'ie Transfer Program where I decided to join the inaugural cohort of Ethnic Studies' Bachelors and Masters (BAM) 4+1 Program.

## CELEBRATING SPRING 2021 GRADUATES

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### *Autumn-Raine Kahōkū Hesia*



*Bachelor of Arts, Ethnic Studies  
University of Hawai'i at Mānoa*

The BAM Program has allowed me to receive my undergraduate degree in Ethnic Studies while concurrently completing my graduate degree in Education Administration: Higher Education. The faculty and staff in the Ethnic Studies and Education Administration departments have exponentially contributed to my academic journey. Their academic and emotional support have been critical to the completion of my four year degree.

Although I have faced endless adversity and struggle throughout my academic journey, it will all be worth it come May 14th when I get to be the first in my family to graduate from college. As a first generation college student, my parents did not have the monetary means to send me to college. I heavily relied on financial aid and scholarships to help finance my education. Nonetheless, my family's immense emotional support has been a strong pillar for me to lean on these past four years. My family has been my biggest cheerleader, and pushed me to cross the finish line. Participating in this month's commencement ceremony would not have been possible without the love and support of my family.

*"As a budding student affairs professional in higher education, my future goal is to serve students of color and marginalized communities in higher education in Hawai'i."*



Despite graduating during a global pandemic, I am very excited for what my future holds. As a budding student affairs professional in higher education, my future goal is to serve students of color and marginalized communities in higher education in Hawai'i. I hope to work in the University of Hawai'i system to uplift our lāhui through research, community engagement, and culturally based education. To all the mentors, kumu, friends, and classmates— mahalo a nui loa for your kāko'o (support). To my family: mom, dad, and Skye— I do it all for you.

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THE  
*tassel*  
WAS WORTH THE  
*hassle*



**DEAR 2021 GRADS:  
WARMEST CONGRATULATIONS ON  
YOUR MILESTONE ACHIEVEMENT!  
WE WISH YOU ALL THE VERY BEST  
WITH YOUR FUTURE ENDEAVORS!**

**AAUW UH MĀNOA  
OFFICE OF CIVIC & COMMUNITY ENGAGEMENT  
UNIVERSITY OF HAWAI'I AT MĀNOA**

# FINALS WEEK DE-STRESS STRATEGIES

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*The end-of-semester stress is real. Here are just a few ways we take care of ourselves and stay sane—while still getting it all done.*



## SAMMI

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I make sure to **create lots of smaller deadlines for myself** to avoid procrastination. Since finals week usually looks like a bunch of big papers, projects, or exams all happening around the same time, the smaller deadlines ensure that I don't procrastinate, and break the assignment up into more manageable chunks.

## SOKSAMPHOAS

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One way for me to manage stress while staying productive, similar to Sammi: **I list down all the priority tasks I need to do** for each day. If I accomplished 70-80% of the tasks for the day, then I am at ease.

## AUTUMN

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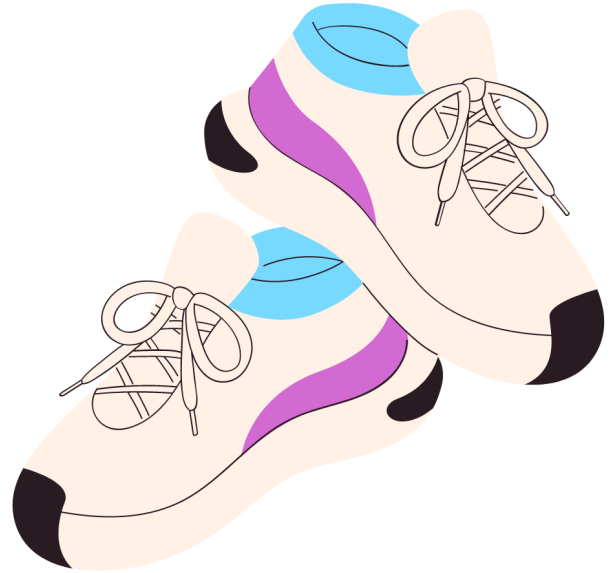
One tip I have for stress management is to **limit screen time on your electronic devices before bed**. As finals roll around and we are required to spend more time on our electronic devices, use the settings feature on your cell phone/laptop/iPad to limit your screen time before bed. Limiting your screen time before bed is highly effective, and gives time for your mind to wind down for a good night's rest. Carving out time for your mind to relax will decrease the *end of semester* stress.



## FINALS WEEK DE-STRESS STRATEGIES

## SUSANNAH

Honestly, I've been thinking quite a bit about what I want to do to de-stress over the next few weeks as final papers are looming. I didn't get to go running at all this past week and I really felt it by the weekend, so my plan is to walk/jog/run for 20 minutes, 3 times a week (not including the weekends—I have automatic active time built in with all that we do with our daughter). I can finish everything within an hour max, so I don't feel overwhelmed with the "lost" time (it's never lost time, but I feel loads of guilt regardless). **Basically, I just need to make sure that I MOVE my body and get FRESH AIR.**



## JAELA

**Starting & ending the day with something I enjoy** – I make sure to get up early enough to carve out this time. In the mornings, I typically color, listen to a podcast, or exercise, and usually watch a short episode with my family before bed!

## RONJA

I think taking a minute to **do a guided meditation or just be with yourself** is a great stress-relief technique. Here's a [link](#) to a quick 3-minute body scan meditation.



# Whose job is it to care during Covid-19?

Research by Lahela Kaulukukui

Lahela Kaulukukui (She/Her/Hers) is a student of Ethnic Studies at UH Mānoa from Windward O'ahu.

Through her research, which she presented at the 2021 Ethnic Studies Student Colloquium, Lahela found that there is still a gender gap in roles that require emotional labor, and that emotional labor is still undervalued and uncompensated. Lahela also notes that emotional labor is difficult to measure, which means many women don't realize they are doing extra work—let alone their employers or families. Overall, Lahela saw that Covid-19 has increased emotional labor expenditure and working women and mothers are negatively impacted. "There is no relief for them; supporting them supports everyone in the long-term," Lahela explains, "but what can we do to help these women?" Lahela is confident in the value of oral history as a medium to hear their truths, their stories, and to learn about these issues firsthand.

"They are silent heroes," Lahela says. "Even though they don't know each other, I could interview 100 more and they'd all have similar stories. These issues affect all working mothers—even my Narrators didn't realize they did so much."



## Lahela's Discoveries and Conclusions

- Women still disproportionately carry the burden of emotional labor in and out of the home.
- Women wage-earners are encouraged to reach for the masculine ideal of success, but still aren't relieved of the emotional labor that waits for them at home.
- *The pandemic has exposed how pervasive these issues are for working-mothers of color and the need for assistance and relief.*
- Problems facing women at home and in the labor market have never been hidden, but they have been inconvenient to address because they are so entrenched in the basic operations of our economy and society.



# Covid-19 Feminist Analysis

## Research by Kenzie Ozoa

Kenzie Ozoa (She/Her/Siya) is an anti-imperialist feminist and activist from Kailua, O'ahu. She is a sophomore at the University of Hawai'i at Mānoa and is double majoring in Women's studies and Ethnic Studies.

Kenzie conducted a Covid-19 Feminist Analysis utilizing an intersectional approach to assess pre-existing structural inequities that have been exacerbated by the pandemic and its impact on Black and Latinx women.

The biggest takeaway from her research was that the pandemic has ripped open the government's band aid solutions to fixing the prevalent structural inequities that have consistently reduced economic accessibility to resources that meet basic needs of survival.



She concluded that making adjustments within the system and pushing law reform can evoke short-term change in our marginalized communities, but liberation will not be achieved unless we actively work to dismantle and abolish these systems created by the U.S. empire.

### Research Overview

- **Research Question:** How has the coronavirus pandemic intensified pre-existing structural inequities and how has that impacted Black and Latinx workers?
  - *Structural inequities include race and ethnicity, class, neighborhoods, family structure, and support networks.*
- **3 Points of Research:** Analyze structural inequities that have pre-existed prior to the pandemic, compare the pandemic's impacts on Black and Latinx women's employment, and feminist recommendations for economic recovery.
- **SOLUTIONS: Feminist Economic Recovery Plan, written by the Hawai'i State Commission on the Status of Women**
  - Raise minimum wage to a living wage (\$24.80/hr)
  - Utilize universal basic income
  - Paid sick days/family leave
  - Free, publicly funding childcare for all essential workers
  - Wages for family/informal caregivers
  - Increased accessible healthcare programs
  - Utilizing vacant hotel rooms for shelterless people/families
  - **RESPONSE:** O'ahu's legislation did not take any recommendations from the plan into consideration, but Florida, Maui County, and Hawai'i Island have replicated the plan.

# SCHOLARSHIP OPPORTUNITIES



SCHOLARSHIP	DETAILS
<b>Rotary Peace Fellowship 2022</b>	<p><b>Deadline:</b> May 15, 2021</p> <p><b>Eligibility:</b> any</p> <p><b>About:</b> The Rotary Foundation is now accepting applications for the fully-funded 2022 Rotary Peace Fellowship. Up to 130 peace and development leaders are selected globally every year to earn either a master's degree or a professional development certificate in peace and conflict studies at one of seven Rotary Peace Centers at leading universities around the world.</p> <p><b>More information can be found here:</b> <a href="https://www.rotary.org/en/our-programs/peace-fellowships">https://www.rotary.org/en/our-programs/peace-fellowships</a></p>
<b>Hawai'i Society of Asian Art of Scholarship 2021-2022</b>	<p><b>Deadline:</b> June 30, 2021</p> <p><b>Eligibility:</b> Applicant must be registered student in Hawaii at time of application and plan to take academic coursework on Asia during 2021-22.</p> <p><b>About:</b> <a href="http://www.saahhawaii.org/scholarship-application">http://www.saahhawaii.org/scholarship-application</a></p>
<b>Kluge Fellowship Program (Library of Congress Funding)</b>	<p><b>Deadline:</b> July 15, 2021</p> <p><b>Eligibility:</b> Scholars who have received terminal advanced degree within the past seven years in the humanities, social sciences, or other professional fields such as law or architecture. Applicants may be US citizens or foreign nationals. Foreign nationals will be assisted in obtaining the appropriate visa.</p> <p><b>About:</b> <a href="https://www.loc.gov/programs/john-w-kluge-center/chairs-fellowships/fellowships/kluge-fellowships/">https://www.loc.gov/programs/john-w-kluge-center/chairs-fellowships/fellowships/kluge-fellowships/</a></p>
<b>UH Mānoa Fulbright U.S. Student Program</b>	<p><b>Deadline:</b> October 12, 2021</p> <p><b>Eligibility:</b> Must be US citizens or nationals. Must have conferred bachelor's degree or equivalent (i.e. JD).</p> <p><b>About:</b> <a href="https://www.loc.gov/programs/john-w-kluge-center/chairs-fellowships/fellowships/kluge-fellowships/">https://www.loc.gov/programs/john-w-kluge-center/chairs-fellowships/fellowships/kluge-fellowships/</a></p>



**Mahalo for supporting  
AAUW at UH Mānoa!**

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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)