

MĀNOA TRANSFER COORDINATION CENTER

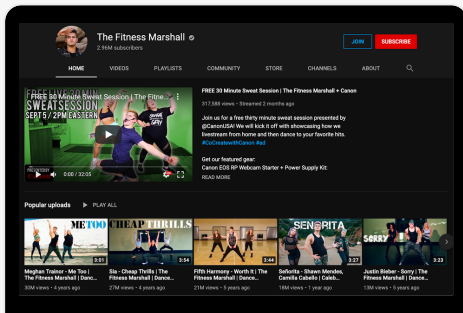
THE TRANSFER TIMES

A Transfer Student Newsletter

WELINA MĀNOA

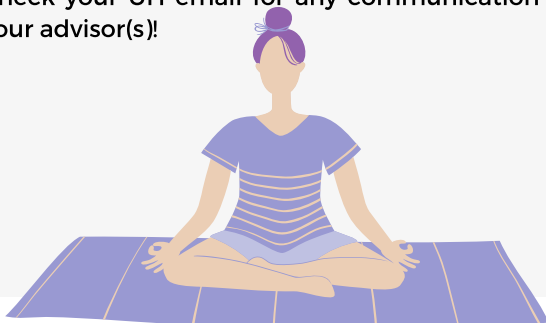
Aloha Transfer students!

As the semester comes to a close, we wanted to wrap up with this month's theme of Stress Relief. At our workshops this month we invited CSDC Peer Fellows and transfer students to come together and share ways that we all relieve our stress. Check out the guide we put together on page 02! Here's a preview:



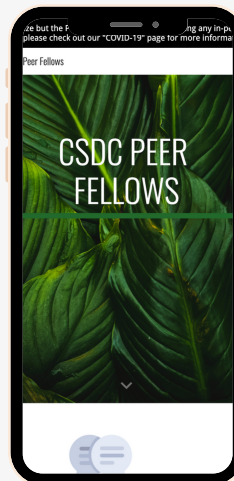
One of our favorite sections in this newsletter is the Student Spotlight starting on page 03! Last issue we got to hear about Riana's journey from out of state. And this month we another wonderful student just like you who shares her accomplishments and the different experiences she's had along the way.

As a reminder, be sure you meet your advisors for mandatory advising and Spring 2021 registration. Check your UH email for any communication from your advisor(s)!



FALL 2020 VIRTUAL RESOURCES

Services have gone online to continue to serve you! Here are just a few resources that have shifted to online. We'll share a few each month!



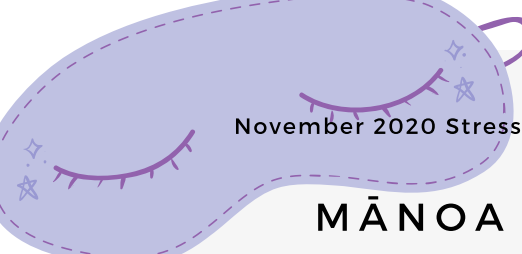
CSDC Peer Fellows

<https://sites.google.com/view/csdcppeerfellows/contact-us?authuser=0>

As peer fellows, we serve the student body at the University of Hawai'i at Mānoa and provide educational support on topics that include time management, stress management, social skills, and other related issues. Prior to COVID, we worked 1:1 with clients and hosted multiple workshops.

However, due to COVID, we are offering a variety of virtual interactive presentations during the Fall 2020 semester that focus on managing the impact of COVID-19 stressors and managing work from home. Workshops are free and available to students who are currently enrolled at the University of Hawai'i at Mānoa. You can sign up for our workshops on our website or email us with any questions at csdcppeer@hawaii.edu.

For additional support from licensed mental healthcare professionals, contact the Counseling and Student Development Center by visiting their [website](#).



EVENTS THIS SEMESTER

<https://manoa.hawaii.edu/undergrad/transfer/events/>

Each month the MTCC hosted 2 virtual workshops based on the month's theme. Instagram posts & articles matched the monthly themes and we hope you enjoyed joining us in building this transfer community!



SEPTEMBER

Building a Transfer Community Month



Wednesday September 16, 2020
12pm - 1pm



Tuesday September 22, 2020
11am - 12pm



OCTOBER

Success in Online Learning & Scholarships Month



Wednesday October 14, 2020
12pm - 1pm



Tuesday October 20, 2020
11am - 12pm



NOVEMBER

Stress Relief Month



Wednesday November 18, 2020
12pm - 1pm



Tuesday November 24, 2020
11am - 12pm

Self-Care GUIDE

This month, transfer students and special guests, the CSDC Peer Fellows, shared with each other their favorite self-care practices!

Workout with

- [The Fitness Marshall](#)
- [PopSugarFitness](#)
- [Blogilates](#)

Listen to music

- [Studio Ghibli Cafe Music](#)

Watch movies

- Example: holiday movies w/ cocoa

Recreate travel w/ 360° tours

- [7 Wonders of the World Virtual Tours](#)
- [Grand Canyon Virtual Tours](#)

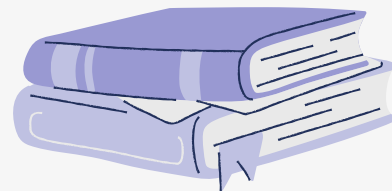
Take a walk outside in the sun

Drink coffee/tea & *Coffee or Tea*

Read an inspirational ebook

Garden w/ succulents

Keep a daily gratitude journal



Academic tools to keep you on track for finals and stress free

- Use a [Pomodoro Timer](#) like [ForestApp](#) or [FloraApp](#). You can plant irl trees with ForestApp!
- Use your virtual campus resources! Remember the [Learning Assistance Center](#) and [Online Learning Academy](#) from our September Issue?



TRANSFER STUDENT SPOTLIGHT

This section is dedicated to celebrating all of the various ways UH Mānoa's transfer students are thriving. Through highlighting student successes in scholarship, research, leadership, service, and achievement, we invite you to take part in the pride we feel for our transfer 'ohana.

AUTUMN KAHŌKŪ HESIA, M.ED. CANDIDATE, EDUCATIONAL ADMINISTRATION

Aloha mai! My name is Autumn Hesia, but I commonly go by Kahōkū. As a first-generation college student, I started off in the University of Hawai'i system at Windward Community College (WCC). I received my Associates Degree in Liberal Arts and Hawaiian Studies with a certificate in 'Ōlelo Hawai'i in May of 2019. I am a proud Windward Community College alumni and met so many wonderful people during my time there. WCC is where I found my passion for helping college students. I worked as a Peer Mentor in the First Year Experience Office and loved assisting students through their educational journey. While a student at WCC, I served as the Vice President for the student government through the Associated Students of the University of Hawai'i (ASUH). My participation in ASUH led me to learn more about different organizations in the university system. In my last semester before transferring to UH Mānoa, I had the privilege of attending the National Conference for College Women Student Leaders (NCCWSL) through the American Association for University Women (AAUW). I was fortunate to attend the conference, centered around women's equity, and network with women from all around the globe. I learned the importance of women in leadership, how to further engage with my community, and attend workshops that helped to build my professional and academic skills.



Kahōkū and the 2019 Hawai'i NCCWSL attendees in front of the Kamehameha statue in the Emancipation Hall at the U.S. Capitol.

In the fall of 2019, I transferred to the University of Hawai'i at Mānoa. Since transferring, I have become a part of the inaugural Ethnic Studies (ES) 4+1 Bachelors and Masters (BAM) Program in partnership with the College of Education. I am currently a senior majoring in Ethnic Studies and a first year Graduate student in the Educational Administration Higher Education program. My participation in the ES BAM Program has allowed me to be a part of the NASPA Undergraduate Fellows Program (NUFP). Being a NUFP Fellow gave me the opportunity to work one on one with a student affairs professional and be mentored by way of different professional development events. Being a NUFP has reaffirmed my desire to work in higher education and assist students through their educational journey. (Continued)



Kahōkū standing in front of the Lincoln Memorial in Washington D.C.

(Kahōkū Continued)

As a student employee who worked at the community college, I wanted to get involved working at the UH Mānoa campus. I really enjoyed my time attending the NCCWSL Conference with AAUW, that I started as an AAUW at UH Mānoa intern in the Fall of 2019. As an intern, I have been involved with reinstating AAUW at UH Mānoa as a Registered Independent Organization (RIO), creating events targeted towards women's equity, and been able to partner with many organizations around campus. I am now in my second year working with AAUW at UH Mānoa, and I could not be more excited. My passions are centered around women's equity, education, and Indigenous women leadership. Through my internship with AAUW, my hope is to continue to hold spaces for transparent conversations around the issues women are currently facing today.



Kahōkū with women panelists at the first Na'au Wala'au: Women's Empowerment Talk Series event in partnership with the UH Mānoa Women's Center (Nov, 2019).

One of the most impactful programs I have been a part of is Nā Ko'oko'o- a Native Hawaiian leadership program whose goal is to address issues in Hawai'i through identifying kuleana, uplifting the lāhui, and restoring relationships with the 'āina. Through my kumu (teachers) and my classmates, I was able to learn more about my identity as a Kanaka (Native Hawaiian), what aloha 'āina means to me and how to restore ea (sovereignty).



2020 Nā Koko'o Cohort

I have been so honored to be featured in the first ever Future is Wahine series through the UH Mānoa Women's Center, listed on the Dean's List every semester since transferring, and a participant in the Mānoa Access Initiative (MAI) as a teaching assistant. Every opportunity I have been granted has taught me so many lessons I will carry with me beyond my academic journey. If I were to give one piece of advice to an incoming transfer student, it would be this: know that you are never alone. Transferring to a 4-year institution can be very intimidating, but I found comfort in knowing that I had support from my community college 'ohana, and transfer students who came before me. It will be difficult to navigate the new campus which you now call home, but I promise, it gets easier!

NEVER GIVE UP
& always remember your WHY!

MTCC CONTACT INFO



808-956-5563



mtcc@hawaii.edu



Sinclair Library Mezzanine 2

<http://manoa.hawaii.edu/undergrad/transfer/contact-us/>



@kaieiepathway