

**ABLE Scholars Community
Advancing BIPOC Learning & Engagement
Nursing Progression Project
Funded by Health Resources & Services Administration
September 2024**

Welcome ABLE Scholars,
We are excited to support you in your nursing studies in the BSN, MN, and DNP programs at the University of Washington. Autumn quarter is right around the corner! Classes start on Wednesday, September 25.

The ABLE Scholars Program is here to help with your nursing tuition expenses, share valuable resources, and foster a supportive community. Autumn quarter scholarship funds will be applied to your UW account during the first week of the quarter.

Lunch & Learns



New ABLE Scholars are invited to lunch and learn with members of the ABLE Team! We are excited to meet you, meet each other, and connect as this academic year begins. Here are those lunch dates:

- UWB BSN Bothell & Shoreline: Thursday, October 3rd 12:40-1:15pm in UW2-327
- UWB MN 1st year: Friday, October 4th 12:15-1:00pm in UW2-327
- UWT BSN All cohorts: Wednesday October 9th 12:00-1:00 pm in CP 303
- UWT MN 1st year: Tuesday, October 1st 12:30-1:30pm in CP 324A

Hispanic Heritage Month



Hispanic Heritage Month, from September 15 to October 15, celebrates Hispanic and Latino history and culture, highlighting their significant contributions to the U.S. This includes advocacy, art, and cuisine. Discover influential Latinos and Latinas at [Hispanic Heritage Month | National Museum of the American Latino \(si.edu\)](https://www.si.edu/explore/2021/09/15-hispanic-heritage-month).

Native American Day Friday, September 27th



Native American Day, celebrated on the fourth Friday of September—September 27 this year — honors the contributions and heritage of Native Americans, predating the U.S. as a nation. This observance highlights the history and culture of tribes nationwide. For more on their rich traditions, visit [NATIVE AMERICAN DAY - September 27, 2024 - National Today](#).

September is National Suicide Prevention Month

5 Action Steps for Helping Someone in Emotional Pain



ASK

“Are you thinking about killing yourself?”



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Call or text the 988 Suicide & Crisis Lifeline number (988).



STAY CONNECTED

Follow up and stay in touch after a crisis.



NIH National Institute of Mental Health

nimh.nih.gov/suicideprevention

How can you make a difference in suicide prevention? Learn about what to do if you think someone might be at risk for self-harm by reading these 5 Action Steps for Helping Someone Having Thoughts of Suicide from the National Institute of Mental Health (NIMH): <https://go.nih.gov/bh9fAuI>

September is Self-Care Month



Enhancing nurses' well-being involves integrating physical, emotional, professional, and intellectual self-care into daily routines for better mental and physical health.

- **Start or end your day with gratitude.** You can do this through mindfulness, meditation, or journaling. Reflecting on the day or envisioning the day to come can positively impact your emotional well-being.
- **Choose healthy foods.** When faced with what to eat for meals, use food as medicine to fuel your body to be the best it can be.
- **Move your body once a day.** Exercise can come in many forms. Physical activity can boost the mood and combat physical signs of stress.
- **Learn something new every day.** Read about something new in your nursing specialty or learn a new hobby. Keeping the mind active and engaged empowers intellectual well-being.
- **Connect with your support systems.** Do not let a day go by without connecting with a colleague, family member, friend, or any other support system you may have.
- **Do one thing you enjoy.** Doing what brings you joy will reduce stress and improve overall wellness.

For more tips, visit [5 Essential Self-Care Strategies for Nurses | Health eCareers](#).

Mindset Matters



Developing a growth mindset is vital to your success! Mindset shapes our perception of intelligence, abilities, and qualities. Want to enhance academic performance, boost self-esteem, reduce anxiety, improve relationships, develop resilience, maintain a positive outlook, achieve personal growth, advance your career, and enhance your physical health? A self-check on your mindset is crucial. Those with a growth mindset believe intelligence and talents can develop, while those with a fixed mindset see abilities as unchangeable. Most individuals exhibit traits from both mindsets, but one usually prevails. What's your dominant mindset? To explore more, visit [Why Developing a Growth Mindset is Vital to Your Academic Success \(custom-writing.org\)](#).

Challenge Your Comfort Zone



Contact the ABLE Team:

UW campuses are preparing to welcome you to campus! Please reach out to the ABLE Team at ablenursing@uw.edu with any questions or comments. Visit the [ABLE Scholars website](#) for helpful resources, save it to your favorites!



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