

ABLE Scholars Community
Advancing BIPOC Learning & Engagement
Nursing Progression Project
Funded by Health Resources & Services Administration (HRSA)

December 2024



Happy December ABLE Scholars!

As the weather gets colder and finals start to roll in, it's good to remember resources and opportunities that are available. Try to tailor this month to meet your needs. A new year of possibilities is right around the corner!

UW Retirement Association Scholarship and Fellowship Opportunities



Are you interested in getting involved in research and careers related to aging? The UW Retirement Association is currently accepting applications for the 2025-2026 cycle of **UWRA Scholarships and Fellowships in Aging**. These awards are available to enrolled students who are seeking research experience or wish to pursue jobs related to aging.

[UWRA Patricia Dougherty Fellowship in Aging](#)

This fellowship provides a monthly stipend, tuition coverage, and health insurance for an academic quarter. Up to two-quarters of fellowships will be awarded for the 2025-26 academic year. Open to graduate students in tuition-based programs, on any UW campus. *The deadline to apply is February 5, 2025, at 4 p.m.* Learn more and apply at [UWRA Patricia Dougherty Fellowship in Aging – UW Graduate School](#).

[UWRA Scholarship in Aging](#)

Up to five awards of \$4,000 will be made. The scholarship is open to undergraduate, graduate, and professional students at any UW campus (including fee-based students). Awards are applied to spring 2025 student accounts. *The deadline to apply is February 5, 2025, at 4 p.m.* Learn more and apply at [UWRA Scholarship in Aging](#).

Come to [drop-in study support hours](#) on Mondays from 12-1 pm for additional help with filling out the application.

Or make a one-on-one appointment with Jacqueline here: <https://calendly.com/jrichar2-uw/30min>.

STRESS MANAGEMENT



Stress Management



With final papers, projects, and presentations quickly rolling in, there's no better time to invest in tools to help manage stress. As someone who feels a lot of anxiety around the end of the quarter, here are some tips that have been useful for me.

1. **Get enough sleep.** During times of high stress, it might not feel possible to rest, but pulling all-nighters is not the answer to acing finals. Not getting enough sleep can lower academic performance and worsen mental health. Avoiding excessive amounts of caffeine and limiting screen time before bed can help.
2. **Stay active.** Exercising regularly can help promote both physical and mental health. Being active for just 15-minutes can help increase endorphins and enhance cognitive function.
3. **Make time for self-care.** Taking the time to watch a movie, talk to friends, drink a cozy tea, read a book, or even take a nice bath can help reduce stress and tension.
4. **Do a mindfulness activity.** Mindfulness activities like meditation, coloring/drawing, or journaling can lower your stress levels. Mindfulness activities can also improve memory and focus.
5. **Reach out for help.** Reach out to family, friends, co-workers, or fellow students. Talking to people can help relieve stress and build connections. Please take advantage of mental health resources on campus. [[UW Bothell Mental Health Resources](#), [UW Tacoma Psychological & Wellness Services](#), [UW Seattle Resources](#)]

For more stress management pointers check out [12 Tips to Manage Stress for College Students](#).

OBSERVENCES

National Handwashing Awareness Week December 5 – 11



National Handwashing awareness is observed during the first full week in December to educate individuals on the proper technique for handwashing and the importance of maintaining hand hygiene. If you ever wondered how to wash your hands properly, a quick rinse does not get rid of germs as effectively as a long, thorough scrub. So how long should you wash your hands? The Center for Disease Control and Prevention ([CDC](https://www.cdc.gov)) hand hygiene guidelines note you should scrub for at least 20 seconds, or about twice as long as it takes to sing “Happy Birthday” to yourself.

VOICES OF NURSING



EPISODE #3

ADVANCED TECHNOLOGY IN NURSING

LYDIA DRUMRIGHT, PHD

The *Voices of Nursing* podcast amplifies the voices of top-notch nurse leaders, researchers, and scholars, sharing their experiences, challenges, triumphs, and the profound impact they make on patients, families, and communities.

[Listen to episode # 3](#)

CONTACT THE ABLE TEAM

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!

