

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

February 2025




Hello ABLE Scholars,

It's almost February! We hope the quarter is going well and that you're excited about a new month of opportunities. Throughout February, we'll be hosting two events focused on creating and maximizing your LinkedIn profiles. We hope these events will set you up for success!

## ABLE EVENTS

### Create Your LinkedIn Profile Workshop

## Create Your LinkedIn Profile Workshop




*This workshop will help you set up your profile before the February 10th event.*

**Monday,  
February 3rd.  
From: 1-2 pm.  
Where: Zoom**

**What The Workshop Is For:**

- Creating your LinkedIn account.
- Uploading your new headshots to your profile.
- Tailoring your LinkedIn profile to show your academic and work experiences.
- Connecting with other students in the session.
- Troubleshooting common questions.

 Zoom link: <https://washington.zoom.us/j/92195496271>

## Create Your LinkedIn Profile Workshop

Feeling creative? Build out your LinkedIn profile in this workshop.

Presenter: Jacqueline Richards, ABLE Writing Coach

Date: Monday, February 3

Time: 1:00pm-2:00pm

Place: <https://washington.zoom.us/j/92195496271>

## Building Your Professional Presence in Networks: Using LinkedIn to Connect

Did you know that 80% of jobs are filled by referrals? Your network can bolster your success! It can also serve as a safety net when you need it most. Establish your professional presence and learn valuable tips for using LinkedIn to grow your network and support your career's development!

**Presenter:** Kristen Labrecque, UWB Health Professions Pathways Manager

**Date:** Monday, February 10

**Time:** 12:00pm-1:00pm

**Place:** <https://washington.zoom.us/my/uwbprehealth>

## Breaking Down a Reading



## Breaking Down a Reading Assignment

As a current student myself I know the struggles of understanding an assigned reading. I hope these reading strategies will help you break down the readings.

1. Unpacking the why. Think about why your professor assigned the reading. Your professor may want to introduce a new topic, prepare you for class, or bring you into conversation with current debates (Rosenberg, 2011). If unsure about the “why,” re-read your syllabus and, if needed, clarify with your professor.
2. Consider the audience. If you aren’t the primary audience, you might find the writing difficult to understand or certain terms unfamiliar to you (that’s okay!). Figuring out who the audience is gives you a better sense of the purpose of the reading.
3. Main Title & Section Headings. The title can help give insight into what methods are being used by the author and the way they are approaching the topic. The section's headings can also be useful in giving you a sense of what the section is about before you start reading in detail.
4. The Abstract. If the paper you’ve been assigned has an abstract make sure to pay close attention. The abstract will provide a high-level summary of the paper. While the abstract might be dense and/or hard to understand, this is a good place to start highlighting key details, looking up words you don't understand, and writing down your thoughts (Rosenberg, 2011).

For more tips on breaking down a reading assignment the paper “[Reading Games: Strategies for Reading Scholarly Sources](#)” By Karen Rosenberg is a fantastic resource.

## **Connect with the Writing Coach**

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 me, the writing coach, here:

<https://calendly.com/jrichar2-uw/30min>.

## 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](#).

## OBSERVANCES

### Celebrating Black History Month



As a citizen workforce, African Americans continue to chart new paths toward economic stability, personal growth, and racial uplift. From enslaved workers in the 19th century to agricultural, industrial, and professional workers in the 20th and 21st centuries, Black men and women have always been vital to transforming and tooling America.

During Black History Month (February), the Smithsonian's National Museum of African American History & Culture is sharing key stories of Black people's often invisible labor of all kinds — across time, industry, and community:

Feb. 3-7: Before and During the Civil War

Feb. 10 -14: The Era of Jim Crow

Feb. 17-21: Post-Civil Rights Era

Feb. 24-28: Today

Learn more at the [Smithsonian](#).

### Nurses to know: Mary Eliza Mahoney (1845-1926)



Credits: [www.bridgew.edu/HOBA/Mahoney.cfm](http://www.bridgew.edu/HOBA/Mahoney.cfm)

Mary Eliza Mahoney epitomized the power of one person to make a difference. Well-known as the first African American licensed nurse in the United States, this accomplishment was only the beginning of a 40+ year nursing career that chipped away at the prevailing prejudices of her time. A self-determined woman, Mahoney worked diligently to educate herself, hone her nursing skills, and open doors where none even existed before. She once said, "Work more and better the coming year than the previous year." At the age of 15, she began working at the New England Hospital for Women and Children in Roxbury, Massachusetts, a hospital dedicated to the care of women by a staff of all female physicians and nurses. At the age of 33, Mahoney enrolled in the hospital's intense 16-month graduate nursing program. And, on August 1, 1879, Mahoney, along with two other white women, were the only students to graduate and receive their nursing diploma out of a class of 40 students.

Mahoney was also known as a woman of strong Baptist faith, attending church throughout her life. In 1908, along with Martha Franklin and Adah Thoms, Mahoney co-founded the National Association of Colored Graduate Nurses (NACGN). An organization whose foundation was to eliminate racial discrimination in nursing while recognizing the work and efforts of minority nurses. At the NACGN's first national convention, with 26 black nurses in attendance, Mahoney gave a speech. It is said that her inspired words spoke to the inequalities in nursing education at the time. After her speech, Mahoney was appointed chaplain of the organization and given a lifetime membership. Not one to sit aside and wait for the world to change, Mahoney was a changemaker who continues to inspire many to this very day.

The **Mary Mahoney Professional Nurses Organization** (MMPNO) was established in 1949 in Seattle, WA, and continues to honor Mahoney's legacy. The organization's mission is to provide

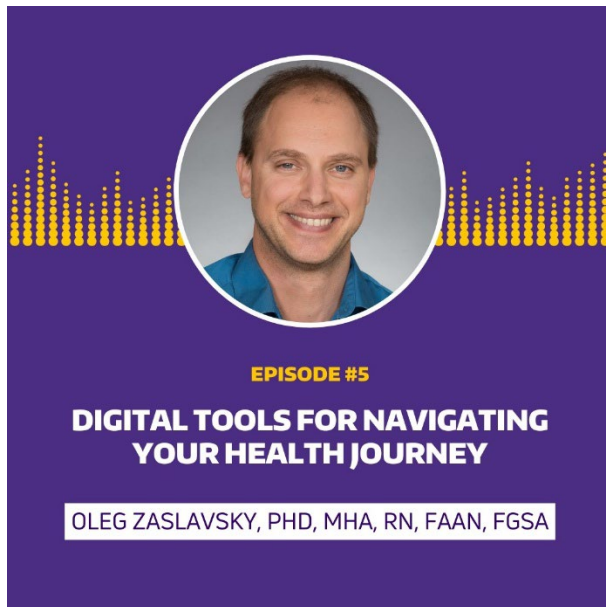
scholarships for African-heritage students pursuing a degree in nursing and implement community service projects designed to enhance the physical, social, emotional well-being of African heritage residents and other racial/ethnic groups in Washington state. To embrace and cultivate our community of nurses working to engage our African heritage. Visit [Profiles of Black and African American Nurses in History - Washington Center for Nursing](#)

### **National Random Acts of Kindness Day, February 17<sup>th</sup>**



February 17<sup>th</sup> is a day for us to reflect on how we can be a positive influence in the lives of others. The Random Acts of Kindness Foundation works to make kindness the celebrated norm. Acts of kindness can range from writing someone a nice message to being an active listener. There are so many ways to be kind and bring joy to others! This year, think about how you currently bring kindness to school, work, and home and what other methods of kindness you could use to foster positivity in your community. For more information on how to make kindness an everyday act, [“Random Acts of Kindness Foundation”](#) is a great resource.

## VOICES OF NURSING



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 #5](#)

## CONTACT THE ABLE TEAM

Please reach out to the ABLE Team at [ablenursing@uw.edu](mailto:ablenursing@uw.edu) with any questions or comments. Visit the [ABLE Scholars website](#) for helpful resources, save it to your favorites!