

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

March 2025



Welcome to March! As the winter quarter ends and with spring around the corner, take the time to make the most of the resources available. There are exciting opportunities ahead and we hope you will take advantage of the on-campus and online events.

EVENTS

Remember, our collective goal for the quarter is to take a professional step forward. Whether it is getting a new professional headshot, working on your resume, or attending a LinkedIn workshop. Get the professional development momentum going. There are opportunities for professional headshots at every UW campus!

UW Tacoma Photobooth

Visit the Iris Air photo booth for professional headshots.

- **Hours: Monday – Friday, 9:00am-4:00pm by drop-in in Milgard Hall 101-H**
- Available to UW students, alumni, staff, and faculty.

<https://www.tacoma.uw.edu/business/success/iris-photo-booth>

UW Seattle Photobooth

- Visit the UW Career & Internship Center in MGH 134 and for your next professional photo.
<https://careers.uw.edu/professional-headshots/>
- **Hours: Monday – Friday, 9:00am-5:00pm by drop-in in MGH 134**
- Available to UW students, alumni, staff, and faculty.

UW Bothell Headshot Session at the Media Studio

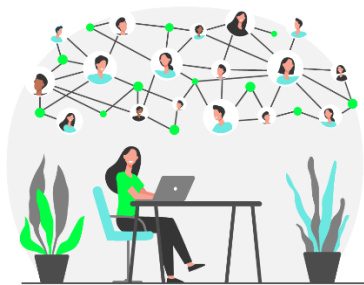
UW Bothell students need to visit the media studio at LBA-005. Contact UW Bothell Media Producer Marc Studer at studer@uw.edu to schedule a visit.

Career Services

Need help with your resume, LinkedIn, or advice on searching for your next role? Check out the upcoming events or use the drop-in hours.

[UW Bothell](#) [UW Tacoma](#) [UW Seattle](#)

Links for Maximizing Your LinkedIn Network and Profile



Are you looking for guidance on how to get the most out of LinkedIn? Look no further! Kristen Labrecque, from UWB Career Services, was kind enough to provide some helpful links to successfully set up your LinkedIn profile.

UWB Career Services LinkedIn Resources: <https://www.uwb.edu/career-services/resources/linkedin-tips>

LinkedIn Profile grader: <https://www.thejobinsiders.com/grader>

CHANGEMAKER

Weichao Yuwen



Weichao Yuwen (HRSA ABLE Grant Co-Investigator) is leveraging AI and healthcare knowledge to support caregivers!

In her personal and professional lives, UW Tacoma nursing professor [Weichao Yuwen](#) has seen the toll that caregiving can take on families navigating chronic conditions.

Dr. Yuwen is leveraging AI technology and healthcare knowledge to provide caregivers with evidence-based therapies and resources through Caring for Caregivers Online (COCO), a chatbot-based app she developed with support from the [CoMotion Innovation Gap Fund](#) (IGF), UW's Population Health Initiative, and more.

To see how advances in AI have transformed her project, the importance of networking and partnerships, and the difference an IGF award can make, please visit [Changemaker: Weichao Yuwen - CoMotion](#)

Working Through Writer's Block



Writer's block happens to everyone. It can be difficult to work on an assignment that is hard to understand or on a topic that isn't interesting to you. As students with important deadlines, it's good to find ways to move past writer's block. Here are some tips that may be helpful for pushing through procrastination and beating writer's block:

1. Clarify expectations. If you're unsure about the guidelines, go through the assignment instructions and make a list of questions. Writing down points of confusion and consulting your professor can help you gain clarity and provide a sense of direction.
2. Brainstorm primary ideas. Writing down the big ideas you want/need to express and then going back and adding in the small pieces that back up the primary ideas can help get your papers started.
3. Take breaks. If you start to feel overwhelmed, set a timer for a 10–15-minute break to drink some water or grab a snack before heading back to the assignment. Starting an assignment early and breaking it into smaller parts can also alleviate some of the stress that comes with writing papers.

For more guidance when it comes to working through writer's block, "[Symptoms and Cures for Writer's Block](#)" is extremely usefu

Connect with the Writing Coach

Come to [drop-in study support hours](#) on Mondays from 12-1 pm for additional help, Or make a one-on-one appointment with Jacqueline, the writing coach, here: <https://calendly.com/jrichar2-uw/30min>.

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 #6](#)

OBSERVANCES

Women's History Month



For 2025, the National Women's History Alliance (NWHHA) proudly presents the theme **“Moving Forward Together! Women Educating & Inspiring Generations.”** This theme celebrates the collective strength and influence of women who have dedicated their lives to education, mentorship, and leadership. Through their efforts, they have served as an inspiration for all generations — both past and present. Throughout history, the process of information sharing has been a powerful catalyst for change. An honest, open examination of new insights and knowledge can create a framework for collaboration. This promotes the well-being of groups, businesses, communities, and society.

From classrooms to boardrooms, and from grassroots movements to global initiatives, women educators and leaders have played a pivotal role in nurturing minds and inspiring transformative action.

This 2025 theme spotlights the contributions women have made to the American educational system, the free marketplace of ideas, and the very fabric of our democracy. [Home - National Women's History Alliance](#)

Sleep Awareness Week March 9-15



Sleep is a critical factor that impacts our overall health. Research has shown how connected sleep is to our mental and physical health. Poor sleep can increase feelings of stress, magnify the negative, and lessen the positive. Getting enough good sleep helps us cope with stress, process information, and think more optimistically. For “Sleep Awareness Week” this year, try taking a small step each day to work towards good sleep and mental health. For more information, “[Sleep Health & Mental Health](#)” and “[Healthy Sleep Habits](#)” are great resources.

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!