

ABLE Scholars Community
Advancing BIPOC Learning & Engagement
Nursing Progression Project
Funded by Health Resources & Services Administration (HRSA)
May 2025

Hello Scholars,

May is here, and we have so many opportunities available to help you flourish. We hope that you find something that interests you. As a reminder, ABLE Scholars

EVENTS

Presentation Skills and Public Speaking Workshop



Presentation skills are something that we develop over time. As a student, I've been nervous about public speaking and presenting work, and I want to share some tips/tricks that have worked for me. Join me for this online workshop to learn some great approaches to tackling presentations.

Date: Thursday, May 1, 2025

Time: From 5-6 pm

Location: Zoom - <https://washington.zoom.us/j/95946801743>

Host: Jacqueline Richards, Writing Coach



Nursing Education and Public Health Seminar

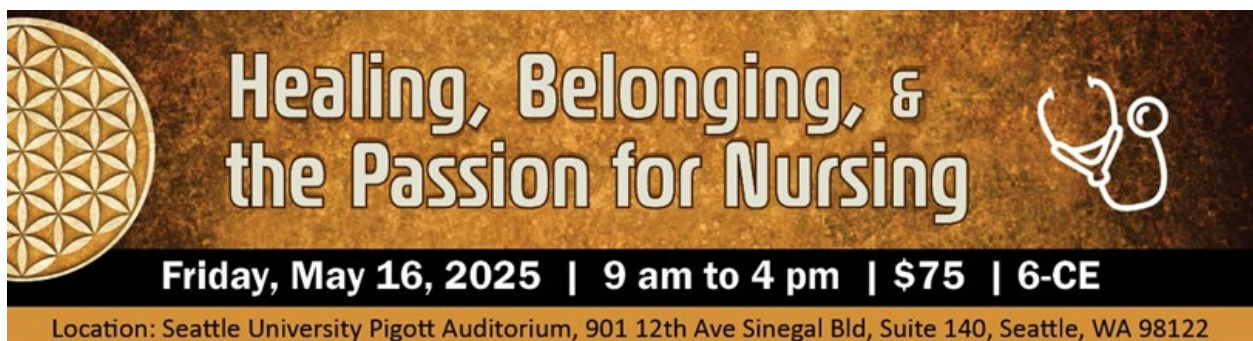
We're inviting a panel of UW graduates to share their expertise as learners and leaders in nursing education and public health.

Date: Tuesday, May 20th

Time: 6:00pm-7:30pm

Location: Zoom - <https://washington.zoom.us/j/97642436586>

Host: Selina Mohammed, PhD, MPH, MSN, RN, UW Bothell Professor



Healing, Belonging & the Passion for Nursing Conference

Date: Friday, May 16, 2025

Time: 9:00 am-4:00 pm

Location: Seattle University Pigott Auditorium

This lively and transformative conference aims to equip nurses with essential tools for addressing health disparities through interactive, entertaining, informative, and engaging sessions and features keynote speaker nurse and musician Tad Worku, MSN, RN, FNP-BC, CEN

The WCN has agreed to pay the \$75 fee for the first 10 ABLE Scholars to sign up to attend this conference. Sign-up here.

OBSERVANCES

Mental Health Awareness Month



May is Mental Health Awareness Month, a time to take a breath, take action, and change the conversation around mental health in your communities. The National Alliance on Mental Illness (NAMI) has made the theme for this year, “In every story, there’s strength” to emphasize the power of storytelling and the resiliency that shapes people’s mental health journeys. To learn more about Mental Health Awareness Month and how to increase awareness about the importance of storytelling, [Mental Health Awareness Month](#) is a great resource.

Asian American, Native Hawaiian, and Pacific Islander Month



This month is a great time to celebrate and reflect on the crucial role that Asian Americans, Native Hawaiians, and Pacific Islanders (AANHPIs) have played throughout history. The Smithsonian has a wealth of resources and events to showcase the strength, creativity, and complexity of the AANHPIs. The website, [Asian/Pacific American Heritage Month](#) provides information on the Smithsonian events and resources, a helpful toolkit on relational reconstruction, and shares insightful stories from people in the community.

Nurses Week May 6-12



National Nurses Week 2025 is May 6-12 the American Nurses Enterprise will be shining a light on **The Power of Nurses™**. We recognize the invaluable contributions of nurses worldwide and the real-life challenges they face every day. Whether you're a nurse, a healthcare professional, a patient, or simply someone who appreciates the critical role nurses play in our lives and society, National Nurses Week is the perfect time to share your gratitude and celebrate nurses. [Enter the Healthy Nurse Healthy Nation™ Wellness Challenge](#)

Women's Health Week



National Women's Health Week starts each year on Mother's Day. This health observance encourages women and girls to make their health a priority. Taking care of yourself includes caring for your physical, mental, social, and emotional health. There's a lot that you can do – from practicing healthy habits to making and keeping all health care appointments. Practice healthy behaviors to get the care you need. Visit [Celebrating Women's Health Week! | Women's Health | CDC](#) for more information.

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 #9](#)

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 and save it to your favorites!

