improve access to leadership and fellowship opportunities. There are opportunities for students to network in a community of peers and; conversations on mental health, and wellness and connect students. Graduate students to gather in an inclusive intersectional community. The aims of the group are to provide opportunities for BIPOC students. They have the American Dissertation Fellowship and the International Fellowship.

• Utah Community Mental Health Clinic
• Black Physicians of Utah - Mental Health Resources
• University Counseling Center – Skills Workshops & Mindfulness Programs

Additionally, these resources from on-campus and off-campus can help you get connected and receive the care and support that you need for optimal wellbeing:
• Speaking kindly to yourself
• Going for a scenic walk or drive / Moving your body
• Prioritizing rest / Getting enough sleep

As we're gearing up towards the end of this very busy fall semester, for some of you this is happening, and final presentations are given. As you begin to feel the added stress and challenges, it is important to take care of yourself and manage your mental health. It is crucial to prioritize your well-being and take breaks when needed.

Scholarships & Opportunities

As fall semester progresses, we encourage you to explore various fellowship programs available to support your academic and professional growth. Here are some highlights:

• AAUW American Dissertation Fellowship:
  - For more information, including eligibility, regulations, and application requirements, visit: https://www.aauw.org/resources/programs/fellowships-grants/current-opportunities/
  - Dissertation Fellowship amount: $25,000
  - Award year (AY25) must be the final year of writing and the student must be on track for dissertation completion.
  - Preliminary/qualifying exams must be completed and dissertation research plans must be approved no later than November 1, 2023.
  - Open to applicants in all fields of study. Scholars engaged in science, technology, engineering, and math (STEM) fields are particularly encouraged to apply.
  - Students will be required to provide proof of English proficiency in their application.
  - Students must identify as Black, Indigenous, or person of color (BIPOC) and LGBTQ and Awards, including the link to the application portal where students set up an account/profile to apply, can be found at: https://www.aauw.org/resources/programs/fellowships-grants/current-opportunities/
  - Deadline: November 15, 2023

• AAUW International Fellowship (Master's/First-Professional Degree Fellowship & Doctoral Fellowship):
  - Master's/First-Professional Fellowship amount: $20,000
  - Doctoral Fellowship amount: $25,000
  - For more information, including eligibility, regulations, and application requirements, visit: https://www.aauw.org/resources/programs/fellowships-grants/current-opportunities/
  - Students must have citizenship in a country other than the US or have a non-immigrant visa to study in the US.
  - American Association of University Women's (AAUW) fellowship programs for current graduate students.
  - Domestic and international students are eligible for these awards, and there are no disciplinary restrictions; however, there are various nuances between the different fellowship programs, which I'll outline below.
  - Students must identify as Black, Indigenous, or person of color (BIPOC) and LGBTQ and Awards, including the link to the application portal where students set up an account/profile to apply, can be found at: https://www.aauw.org/resources/programs/fellowships-grants/current-opportunities/
  - Deadline: November 15, 2023

If students have any questions, they can reach out to me at fellowships@gradschool.utah.edu or visit: https://www.aauw.org/resources/programs/fellowships-grants/current-opportunities/. Open to applicants in all fields of study. Scholars engaged in science, technology, engineering, and math (STEM) fields are particularly encouraged to apply.

• Point Foundation Scholarship:
  - Visit: https://www.pointfoundation.org/apply
  - To apply, students should submit their goals, achievements, and how they plan to use the scholarship.
  - This is open to graduate students, no hard restrictions on discipline or grad program type.
  - Upcoming Events

Upcoming Events

BIPOC Monthly Social

Join us on the second and fourth Wednesday of the month. This is a national network of equality and advocate for your rights. Visit: https://www.pointfoundation.org/apply. October 30, 2023,

BIPOC MONTHLY SOCIAL

Oct. 30, 2023, 5:00 PM - 6:00 PM
Marriott Library
Room 1701

THREE SOCIAL Themes: FALL

October 2023 Edition

Diversity Office
Department of Education, Culture & Society
Ph.D. Candidate
Pele Neiufi

Being raised in Tonga, I have always valued education and the economies and hope to find connections within these areas that I can write about. I am still being purposeful in your endeavors! One of the advantages of being opportunity it presents. I have been away from academia for over 10 years but my intention of coming back and pursuing a doctoral degree and Awards.