

IN THIS ISSUE

## Meet Our Scholars

Kaylie Do  
VanAnh Nguyen

## Campus Resource

UCI Learning and  
Academic  
Resource Center

## Editor's Note

Stress & Self-Care



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# The Scoop

**UCI** Scholarships





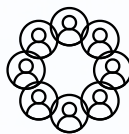
## Kaylie Do



**Major(s):**  
Biological Sciences  
& Chemistry



**Academic Year**  
Sophomore



**Fellowship**  
Financial Aid  
and Scholarships



**Scholarship**  
Vietnamese  
American Book



In high school, Kaylie explored various activities, including yearbook, dance, and even worked at a boba shop to develop teamwork skills. Upon arriving at UC Irvine, she focused on joining dental-related clubs and securing a position at a dental clinic. This hands-on experience supports her goals of attending dental school and specializing in pediatric or orthodontic dentistry. While pursuing her career aspirations, she continues to dance and participates in cultural clubs such as UCI's traditional dance team (Trance). Additionally, she serves as a youth leader for her church's Vietnamese Ministry (TNTT), education chair for Project Vietnam, treasurer for UCI Medlife, and as a fellow for the UCI Scholarship Department.

Kaylie's experience as a UCI Scholarship Fellow has been transformative, both personally and professionally. She emphasized that the most rewarding aspect of her experience has been the people she's met. The supportive team environment has significantly enhanced her communication skills, time management, and professional abilities. Kaylie found the guidance on interviews and resume building particularly valuable, especially in preparation for her future career goals.

Before coming to campus, Kaylie applied for scholarships, not expecting to receive one due to their competitive nature. However, she was shocked and excited when she learned she had been awarded one. Kaylie felt gratified that her efforts were being recognized even before arriving on campus. This acknowledgment made her feel more comfortable about starting school, knowing that people appreciated her hard work and were ready to support her goals. The scholarship and fellowship have been a significant financial help for Kaylie, particularly as a double major facing increased expenses for textbooks and labs. The financial support has allowed her to reduce her work hours and focus more on her studies. Additionally, they have positively impacted her mental health, providing a sense of security and comfort on campus.





# VanAnh Nguyen



**Major(s):**  
**Biological  
Sciences**



**Academic Year**  
**Senior**



**Fellowship  
Financial Aid  
and  
Scholarships**



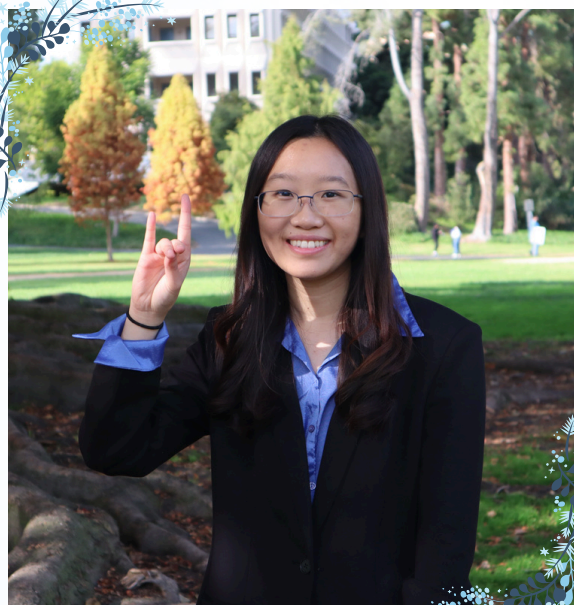
**Scholarship**  
**Rose Hills**



VanAnh, a lifelong Irvine resident, chose UCI for her higher education — allowing her to pursue academics while staying close to her family. She was particularly drawn to UCI's unique Anteater mascot and comprehensive programs. VanAnh is pursuing a Biological Sciences major at UCI and is interested in both medicine and research. After graduation, she plans to apply to medical or graduate school, aiming to build a career in the healthcare profession. At UCI, VanAnh conducts research on muscle stem cells under Dr. Michael Hicks, leads the Vietnamese Interpreters committee for the Free Clinic Project, and serves as a BioSci International Student Peer Mentor.

VanAnh finds the most rewarding aspects of her UCI Scholarships Fellowship to be the relationships she has formed with the staff and her co-fellows, as well as the diverse skills acquired— including survey development, market research, and outreach improvement. She feels fortunate to have had the opportunity to work with others toward impacting the campus in positive ways. Through this experience, VanAnh has honed her collaboration and research skills, and developed a greater appreciation for hearing students' stories.

VanAnh expressed profound gratitude for the Rose Hills Scholarship and Fellowship, which have significantly impacted her academic journey by enabling her to explore diverse courses beyond her major, purchase necessary materials, and alleviate financial concerns about future educational pursuits. The scholarship and fellowship have not only supported her financially, but have also inspired her to take initiative towards her goals of giving back to the community via healthcare by making graduate or medical school a more attainable reality. She expresses deep appreciation for the donors, acknowledging the significant impact of their generosity on her academic and professional aspirations, as well as for those of other scholarship recipients here at UCI!





# CAMPUS RESOURCE

## UCI Learning and Academic Resource Center

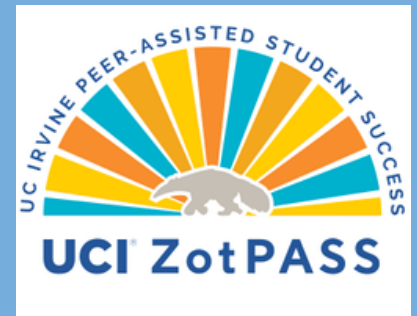
The Learning and Academic Resource Center (LARC) at UCI offers tutorials, LARC After Dark, and peer coaching to support students' academic success. LARC aims to demonstrate its value to students while addressing financial concerns. The center emphasizes the impact of its resources on academics and community building. Long-term goals include expanding campus partnerships and developing sponsorships. LARC is committed to fostering genuine connections and collaboration within the UCI community.

Below are some of the services the center provides:

- **LARC Tutorials:** LARC's tutorial program employs experienced student leaders to guide small groups in supplemental instruction. These peer-led sessions, offered twice weekly for \$125 per quarter, create a relaxed learning environment. Leaders are trained to encourage questions and break down complex information, fostering a comfortable atmosphere where students can connect with their peers. LARC encourages students to check their LARC enrollment page on their website to view the current classes that they support.
- **LARC After Dark:** A free resource offering after-hours academic support for students who need additional help in specific subjects or general questions about their course material.
  - **Time:** 6-8pm • **Drop-In:** Tuesday-Thursday • **Start Date:** Week 3
- **Peer Coaching:** Peer coaching is provided by a current student who gives general academic assistance, career advice, and guidance on college life. Available by appointment through Zot Pass, they help students plan schedules, set goals, and navigate their academic journey.
- **Sponsorships:** Various campus organizations offer sponsorships to help students access tutorial services without financial burden. Requirements vary but often involve maintaining attendance or participating in specific activities. If met, students may have their entire \$125 tutorial fee covered. Interested students should contact the relevant campus organizations to learn more about eligibility and application processes.



A LARC Leader instructing a small group of students during their 50 minute tutorials.



A new queue system where students sign-up for LARC After Dark. Meant to organize sessions, enabling easier access for students and helping LARC track attendance and popular topics.



[larc@uci.edu](mailto:larc@uci.edu)



<https://larc.uci.edu/>



# Stress & Self-Care

As college begins, students often encounter overwhelming pressure and demands. The combination of financial concerns, academic pressures, career planning, and personal development creates a complex and challenging experience for many college students. They must learn to balance these various aspects of their lives while adapting to a new social and educational setting. For some students, these new experiences and responsibilities can be difficult to process, potentially leading to stress-related problems if not managed effectively.

Thus, it is essential for college students to develop a self-care routine to minimize stress and feelings of burnout in the future. Self-care is associated with actively engaging in practices that improve physical, mental, and emotional well-being. Individuals often practice self-care during times of stress to increase feelings of happiness and take care of one's health. Regular self-care activities can significantly decrease symptoms of anxiety or depression and enhance cognitive functions such as concentration and focus. Additionally, individuals who prioritize self-care often report experiencing less frustration and anger in their daily lives.

Below are some forms of self-care to practice:

- **Body Wellness:** Creating an exercise routine! Convincing a friend to become your gym buddy so you both can participate in self-care. Preparing nutritious meals for the week. Maintaining a consistent sleeping schedule (7-8 hours) to feel more energized and focused throughout the day.
- **Engaging in Hobbies or Creative Activities:** If you like photography, make plans to take more adventures to places you would like to capture. Dedicate an hour to learning how to edit your photos. Spend time reading your favorite books - we all dislike a cliffhanger!
- **Healthcare Assistance:** Reach out to your healthcare providers who can recommend therapy as a form of self-care. At times, talking to someone about your feelings and personal situations can help relieve pressure from yourself.



Click the links below for more information:

[Stress in College Students: What to Know](#)

[What is Self-Care and Why is it Important For You?](#)