

OUR Newsletter

October 2024

***YOUR SUCCESS
IS OUR SUCCESS***

Empowerment

SOURCE 2025 is the 30th Anniversary of SOURCE! This year's theme is empowerment. Empowerment is the process of becoming stronger and more confident or gaining power to do something. SOURCE encourages and promotes self-empowerment through scholastic achievement with the support of faculty, staff, community, and peers.



Coming up...
November 20, 2024
SURC Ballroom

SOURCE Kickstart **1–2:30pm**

SOURCE Kickstart is designed to introduce students to SOURCE. Through poster presentations, guest speakers, and a panel of previous participants, students considering creating a SOURCE project can begin to understand what the process entails.

Why to SOURCE **3–4:30pm**

Why to SOURCE is the annual mentorship panel featuring experienced faculty mentors from each college. Participants will engage in an interactive panel discussion covering mentorship experiences, motivation for mentoring students, rewards and challenges, and best mentoring practices.

Fall Grant Applications

Deadline: October 31st
Make sure to apply online
BEFORE 5pm!

- OUR Presentation Grants
- OUR Research & Creative Scholarship Grants
- OUR Experiential Research & Immersive Studies in the Arts Grants
- Faculty-Student Provost Research Grants
- foundry10 Presentation Grants
- foundry10 Experiential Research & Immersive Studies in the Arts Grants

Winter Grant Applications

Open: January 15, 2025
Deadline: January 31, 2025

Not ready to apply for fall grants but still looking for funding for your project? Apply to one of our winter grants in January! The guidelines are the same as fall so you can begin preparing today!

Save the Date!

Winter Grant Information Sessions
Time/location TBD
January 16, 2025

SOURCE 2025 Events Timeline

SOURCE Kickstart

November 20, 2024
1-2:30pm
SURC Ballroom

How to SOURCE

February 26, 2025
1-2:30pm
SURC Ballroom

SOURCE: 30th Anniversary

May 14 & 15, 2025
SURC

Why to SOURCE

November 20, 2024
3-4:30pm
SURC Ballroom

SOURCE Project Registration Open

March 10 –
April 14, 5pm
Online

SOURCE 2025 Award Ceremony

May 20, 2025
5-7:30pm
SURC Ballroom



SOURCE ROADMAP

Pre-SOURCE Events

Attend OUR events to get information and hands-on experience on how to prepare for SOURCE.

Choose a Topic

Think of a research topic, hypothesis, theme, style, etc. to start your project. This can start with conversations with your mentor.

Find a Mentor

Find a CWU faculty/staff member with interest or experience in your field to mentor your project. Start establishing your professional network.

Develop a Project

Work with your faculty mentor to develop a project from your research topic, hypothesis, theme, style, ideas. Progress student-mentor relationship. (Networking success guide)

Resources

Use all the resources available to you as a CWU student to complete your project.

1

- SOURCE Kickstart | Fall Quarter
- How to SOURCE | Winter Quarter
- OUR Office Hours | Barge Hall 305

2

- What are you interested in learning more about?
- What inspires you?
- What are you good at?
- What are you thinking about doing post-graduation?

3

- Talk with your advisor
- Find previous mentors
- Take advantage of office hours.
- Strategically choose electives

4

- Where to start
 - Scientific method, creative inspiration
- Background, method, results, conclusion
- Artistic process, trial & error, versions of your piece(s)

5

- Your mentor is your best resource!
- Library & Learning Commons
- OUR (Grants & events)
- Multimodal Education Center
- www.cwu.edu/source

What is SOURCE?

The CWU Symposium of University Research and Creative Expression is an annual event that showcases all disciplines of research, scholarship, and creative activities.

SOURCE works to connect students with resources and funding to aid them in their research as well as provide students a forum to present their findings in a professional and juried environment.

Participating in SOURCE

What You Can Present

- Oral presentation
- Research poster
- Creative exhibition
- Group or individual project
- Preliminary findings
- In-progress project



Benefits

- Critical thinking
- Public speaking
- Enrich your resume
- Conference experience
- Networking experience
- Self-confidence

What the OUR Team is up to this fall!

Yoshiko Takahashi



Dean of Undergraduate Studies

We do not have the custom of celebrating Thanksgiving but it will be nice to have extra time to relax and eat a lot.

Hideki Takei



Director, OUR
Professor, IT Management

This Thanksgiving, my daughter suggested spending time together without going anywhere. We will eat what we want, play games, talk about whatever we want, & watch Japanese anime movies. It will be a great Thanksgiving!

Ash Perron



Program Coordinator,
Undergraduate Studies

In the fall, I like to get my 'fall cleaning' done and prepare for the winter ahead. We harvest and process the last goods from the garden and I gather leaves and acorns to make decorations.

Katie Seymour



Office Assistant,
Undergraduate Studies

I'm excited to host a "Friendsgiving" this fall and spend time with close friends before seeing my family for the holidays in December.

Susan Merrill



Administrative Assistant,
Undergraduate Studies

I am looking forward to our Thanksgiving gathering this fall! Every year, 25 family and close family friends gather together for the holiday at just one very large table!

**Stay
updated
with
OUR!**

 @cwusource
@cwu.ugs

 @cwu_source
@cwu_ugs

 @CWU SOURCE
@CWU UGS

04/05



source@cwu.edu
our@cwu.edu



www.cwu.edu/source
www.cwu.edu/our

OUR Friends

OUR works with a wide variety of departments on campus to support our students in their research and creative expression. Take a look at some of their upcoming events!

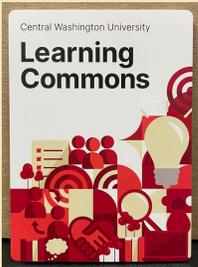
Get Your Grammar On!

November 7th, 5–6pm
Library 152

Learn about grammar basics: capitalization, comma usage, avoiding run-on sentences and more!
Win cool prizes, leave with resources!

Learning Commons

If you see a “Take One” stand around campus, please help yourself to one of the Learning Commons’ new informational accordion brochures. Learn about the 5 services they offer for CWU students!



- Peer Mentoring
- Math/Writing Tutoring
- Peer Assisted Learning (PALs)
- Subject Specific Tutoring
- Exploratory Advising

Fall 2024 Hours

Math/Writing

- 10am–9pm, M–Th | 10am–4pm, F
- 4pm–8pm, Sun

Peer Mentoring

- 10am–7pm, M–Th | 10am–5pm, F

Exploratory Advising

- 8am–5pm, M–F

Mentor Workshops

Every Wednesday
11am–5pm

The peer mentors will be hosting weekly drop-in workshops in the Learning Commons. Different workshops each week will focus on topics such as time management, goal setting, and more!

Native American Heritage Month

November 29th is Native American Heritage Day, but look out for events and activities all throughout Native American Heritage Month!

Cafecito con el Profe

Cows & Lentils: Ingredients for Finding your Inner Star

Dr. Claudia Wright

November 6, 3pm
Black 202

Join Dr. Claudia Wright for coffee and conversation, hosted by CWU Latino and Latin American Studies.

Coming Soon!

OUR Affiliated Scholars

Next month we will announce the OUR Affiliated Scholars of the 24-25 year!

05/05

Contact us!



source@cwu.edu
our@cwu.edu