

Symposium on Enhancing the Experiences of Students of Asian, Pacific Islander, and Middle Eastern Descent Agenda

February 11-13, 2025

Conference Location

Day 2 February 12, 2025 Price Center	
9:00am - 10:00am	<p>Breakout 1</p> <ul style="list-style-type: none"> ● Addressing Mental Health Stigmas in APIMEDA Communities (Amanda Tom, Psy.D. (she/her) - CAPS, Eighth College and APIMEDA P&S liaison, Louie Limas, PhD. (he/him/his), CAPS, Sixth College, & APIMEDA P&S liaison) <i>ERC Room</i> ● Contextualizing Cultural Motivations in Advising the AAPI Student Community (Sonlong Nguyen, Director of Student Affairs, Halicioğlu Data Science Institute; Cindy Hsu, Assistant Dean of Advising, ERC; Emily Gonzales, Dean of Advising, TMC) <i>Marshall Room</i> ● The Opportunities and Challenges of Big Data to Support APIMEDA Communities (Samuel Park, Ph.D.) <i>Red Shoe Room</i> ● Preliminary Preview of Result of How To Enhance Asian American College Student Experience Through Asset-Based Approaches (Andrew Hua (He. Him. His. 他.)) <i>Bear Room</i> ● Queer Asian & Pacific Islander Experiences in Higher Education: Learning the Lived Experiences (DJ Aniciete (they/them)). <i>Comunidad Room</i> ● South Asian American Diaspora (Piya Bose (she/her/hers), Isheeta Rahman, ERC Assistant Director and Dr. Amrik Johal, Palomar College) <i>Warren Room</i>

10:00am - 10:15am	Break	[Location]
10:15am - 11:30am	<p>Breakout 2</p> <ul style="list-style-type: none"> ● Career Compass: Connecting Student Goals to Their Personal & Cultural Values (Brian Crie (he, they series), Tracy Cruz (she/her), Assistant Dean of Academic Advising for Warren College) <i>Marshall Room</i> ● Generating and Reclaiming our Wisdoms (GROW): A Collection of AAPI Community Stories at UC San Diego (Cristela Garcia-Spitz (she/hers), Daniella Laher, Malea Van Brocklin, Samantha Pagdilao) <i>Warren Room</i> ● Oceanic Wonders: Cultivating a Kānaka ‘Ōiwi Community Cultural Wealth Model (Haley Kanoelani Okamoto (she/her)) <i>Red Shoe Room</i> ● Southeast Asian American Student Experiences at UC San Diego (Vanessa Na (she/her/hers)) <i>Bear Room</i> ● Supporting AAPI-identified College Students in Distress (Jo Jo Lee (she/hers)) <i>ERC Room</i> ● Voices of Asian-American Graduate and Professional Students: Navigating the Academic Journey (Angeline Yang (she/her), Director of Outreach, Access, Recruitment, and Retention (OAR²), Division of Graduate Education and Postdoctoral Affairs, UC San Diego (GEPA)) <i>Comunidad Room</i> 	
11:30am - 12:00pm	Optional gathering space	Marshall Room or ERC Room

Session Descriptions and Learning Outcomes

Breakout Session 1

Addressing Mental Health Stigmas in APIMEDA Communities

Amanda Tom, Psy.D. (she/her) - CAPS, Eighth College and APIMEDA P&S liaison; Louie Limas, PhD. (he/him/his), CAPS, Sixth College, & APIMEDA P&S liaison

Description: In this presentation, we will explore mental health stigmas within the APIMEDA community and their impact on individuals seeking counseling and mental health support. We will examine current trends in utilization of mental health services and highlight barriers to access within this community. Finally, we will discuss strategies to reduce stigma and increase the utilization of mental health services to better support our APIMEDA identified students on campus.

Learning outcomes: 1. Participants will be able to describe one example of how students of Asian, Pacific Islander, Middle Eastern descent can impact how they navigate campus counseling and mental health services. 2. Participants will be able to name one resource for enhancing the experiences of students of Asian, Pacific Islander, Middle Eastern descent. 3. Participants will develop one new strategy in their own work to be more inclusive of students of Asian, Pacific Islander, Middle Eastern descent.

Keywords/topics: Mental health and stigma

Contextualizing Cultural Motivations in Advising the AAPI Student Community

Sonlong Nguyen (He/Him/His), Director of Student Affairs, Halicioğlu Data Science Institute; Cindy Hsu, Assistant Dean of Advising, ERC; Emily Gonzales, Dean of Advising, TMC

Description: This session focuses on the AAPI community in relation to Student Development theory to provide the advising community with considerations on how to engage with AAPI students when discussing academic and career goals.

Learning outcomes: Learn about some of the cultural motivations of the AAPI student population. Contextualize the cultural motivations of AAPI students in their academic and career choices. Learn how to engage with AAPI students when contextualizing their cultural motivations to their academic and career goals.

Keywords/topics: Pacific Islander communities, Southeast Asian American communities, Undergraduate students, Student advising

The Opportunities and Challenges of Big Data to Support APIMEDA Communities

Samuel Park, Ph.D. (him/him)

Description: This session will address 'big data' opportunities and challenges in examining the health and well-being of APIMEDA populations. Discussion will be on how big data can provide opportunities to aggregate and disaggregate data to better understand the needs of APIMEDA groups.

Learning outcomes: 1. Participants will understand the challenges of aggregation and disaggregation of data for APIMEDA populations. 2. Participants will gain greater understanding of how to implement disaggregation efforts within large systems. 3. Participants will gain greater understanding of how APIMEDA populations present unique within-group health needs.

Keywords/topics: Data and assessment, Mental health and stigma

Preliminary Preview of Result of How To Enhance Asian American College Student Experience Through Asset-Based Approaches

Andrew Hua (He. Him. His. 他)

Description: This proposal examines the racial and cultural experiences of Asian Americans in U.S. society and its educational environment, especially in the context of Model Minority Myth (MMM) impacts. Through an asset-based approach, the literature will highlight the shortcomings of deficit perspectives in the learning environment and the proponents of applying asset-based approaches. Additional attention will be given to understanding an asset-based assessment tool such as the Gallup CliftonStrengths®, which may assist in attenuating the MMM.

Learning outcomes: Analyze the Racial and Cultural Experiences of Asian Americans in U.S. Society and Education Participants will gain an understanding of the unique racial and cultural experiences of Asian Americans within U.S. society, particularly in educational contexts, and how these experiences intersect with the impacts of microaggressions, marginalization, and other systemic challenges (MMM). Explore Asset-Based Approaches to Education Participants will gain knowledge of asset-based frameworks and how these approaches, which focus on strengths and cultural assets, can better support Asian American students and reduce the impact of MMM in educational settings. Apply the Gallup CliftonStrengths® Assessment to Reduce MMM Participants will explore the Gallup CliftonStrengths® assessment as a practical tool for identifying and leveraging individual strengths in Asian American students, helping educators mitigate the effects of MMM and create more inclusive learning environments.

Keywords/topics: Data and assessment, History and theory, Student voices and experiences, Undergraduate students

Queer Asian and Pacific Islander Experiences in Higher Education: Learning the Lived Experiences

DJ Aniciete (they/them)

Description: This session will highlight the lived experiences of current Queer undergraduate students at UC San Diego who are part of the Asian and Pacific Islander communities. This session will flow through a student panel facilitated by DJ Aniciete.

Learning outcomes: After this session, participants will be able to:

- 1) Identify different experiences of Queer Asian and Pacific Islander students in higher education,
- 2) Name the current joys/celebrations of students within these communities,
- 3) Navigate the current obstacles/challenges these student communities face within higher education, and
- 4) Begin strategizing what holistic support can look like for these student communities.

Keywords/topics: Pacific Islander communities, Queer communities, Southeast Asian American communities, Student voices and experiences, Classroom experiences, Undergraduate students, Student advising

South Asian American Diaspora

Piya Bose (she/her/hers), Isheeta Rahman, ERC Assistant Director and Dr. Amrik Johal, Palomar College

Description: The South Asian American diaspora continues to be stereotyped through western media. This community represents over 2 billion people, several countries, dozens of languages, multiple religious, and much more. From the history of immigration waves to maintaining culture and community, learn some foundations about the South Asian American Diaspora.

Learning outcomes: 1. Participants will learn about the various immigration waves of South Asians to the US. 2. Participants will learn more about the South Asian diaspora. 3. Participants will learn about some of the characteristics that represent the broad diaspora to better understand the South Asian American student experience.

Keywords/topics: South Asian students

Breakout Session 2

Career Compass: Connecting Student Goals to Their Personal & Cultural Values

Brian Crie (he, they series), Tracy Cruz (she/her), Assistant Dean of Academic Advising for Warren College

Description: This session will provide an explanation and discussion of the “Career Compass” program. We will explore how the Japanese concept of Ikigai can provide a guide to first generation college students in how they can incorporate personal and cultural values into their academic and career goals with congruence. Additionally, we will discuss how staff sharing their own stories encourages students to share more deeply with each other while building a deeper, more familiar connection to staff members which encourages greater utilization of campus resources.

Learning outcomes: Workshop participants will gain strategies to connect with first generation college students from historically underrepresented backgrounds.

Workshop participants will learn about a culturally responsive strategy to career development practices for students.

Keywords/topics: Graduate and Professional school students, Undergraduate students, Student advising

Generating and Reclaiming our Wisdoms (GROW): A Collection of AAPI Community Stories at UC San Diego

Cristela Garcia-Spitz (she/hers), Daniella Laher, Malea Van Brocklin, Samantha Pagdilao

Description: GROW documents the stories of alumni, students, faculty, and staff, and their longstanding efforts to establish Asian American Studies at UC San Diego. In weaving these stories together, our aim is to show the enduring legacy of Asian American student-led activism on this campus and to preserve their memory, and to inspire other student struggles to transform the institution to meet their needs. This session will consist of an overview of GROW and student panel discussion on their experiences participating in this initiative.

Learning outcomes: Participants will: Learn about the importance of preserving and documenting student activism through oral histories and archival work, particularly in understanding institutional memory and change. Identify patterns and continuities between historical student-led movements and contemporary efforts to transform academic institutions to better serve diverse student populations.

Keywords/topics: Pacific Islander communities, Queer communities, Southeast Asian American communities, History and theory, Student voices and experiences, Classroom experiences, Graduate and Professional school students, Undergraduate students

Oceanic Wonders: Cultivating a Kānaka ‘Ōiwi Community Cultural Wealth Model

Haley Kanoelani Okamoto (she/her)

Description: “Oceanic Wonders: Cultivating a Kānaka ‘Ōiwi Community Cultural Wealth Model” will present a strengths-based approach to reimagine assets of wealth specific to Native Hawaiian students. The foundation of this reconceptualized model will honor the work of Kānaka scholars, in particular, those who have contributed to the creation of Kānaka Critical Race Theory. This session will explore themes related to the kaona (hidden meaning) of the ocean, aloha ‘āina (love for the land), and the interconnectedness of the Kānaka ‘Ōiwi lāhui (nation).

Learning outcomes: First, attendees will learn the importance of recognizing the strengths of Kānaka students. Considering that Kānaka voices are often lumped together with thousands of other narratives within the API demographic, it’s essential to acknowledge that these students are often an ocean away from their ancestral homelands to receive an education. Second, attendees will explore the intersectionality between Native Hawaiian culture and education. Research and studies will show that much is unknown about Native Hawaiians in education. This session is an opportunity to change that narrative. Third, this session will showcase to attendees a practical application of decolonizing academia by valuing Indigenous ways of knowing. Those who attend will leave knowing that they have gained valuable insight about a small, island nation whose people are fighting to be seen and heard in academia.

Keywords/topics: Pacific Islander communities, History and theory, Student voices and experiences, Graduate and Professional school students, Undergraduate students

Southeast Asian American Student Experiences at UCSan Diego

Vanessa Na (she/her/hers).

Description: This workshop provides an overview of Southeast Asian Americans (SEAA) and their educational experiences. Attendees will gain insights into the historical and sociocultural factors influencing SEAA students’ journeys in higher education and how their experiences may vary from Asian American college students on college campuses, particularly at UC San Diego. Participants will leave with deeper insights and strategies to foster more inclusive and supportive environments that promote the wellbeing and success of SEAA students.

Learning outcomes: 1. Identify the diverse sociohistorical backgrounds of Southeast Asian American students and how these influence their educational experiences. 2. Analyze the systemic barriers that SEAA students may encounter within higher education, such as mental health and essentialist narratives. 3. Develop and implement strategies for fostering an inclusive campus climate that supports the academic success and well-being of Southeast Asian American students.

Keywords/topics: Southeast Asian American communities, History and theory, Graduate and Professional school students, Undergraduate students

Supporting AAPI-identified College Students in Distress

Jo Jo Lee (she/hers), Triton CORE

Description: The purpose of this presentation is to provide insights and strategies for effectively supporting AAPI(Asian American and Pacific Islander) college students who are experiencing distress. We will explore current data, cultural considerations, and practical recommendations to enhance our support for these students.

Learning outcomes: 1. Analyze Key Data Insights: Examine data from Triton CORE to understand the risk factors and protective factors influencing the mental health of UCSD AAPI-identified students who have received services. 2. Identify Cultural Influences: Explore the unique cultural factors and challenges highlighted by Triton CORE's data that impact AAPI students' mental health and their engagement with support services. 3. Develop practical recommendations for supporting AAPI students. 4. Encourage interactive and reflective learning.

Keywords/topics: Mental health and stigma, Graduate and Professional school students, Undergraduate students

Voices of Asian-American Graduate and Professional Students: Navigating the Academic Journey

Angeline Yang (she/her), Director of Outreach, Access, Recruitment, and Retention (OAR²), Division of Graduate Education and Postdoctoral Affairs, UC San Diego (GEPA)

Description: Join us for a panel discussion featuring Asian-American graduate and professional students as they share their diverse experiences in higher education. This session aims to illuminate the unique challenges, opportunities, and needs of Asian-American students in graduate and professional programs. Insights from this dialogue will help inform strategies to foster inclusion, support, and success for this vibrant community.

Learning outcomes: 1.) Gain a deeper understanding of the challenges faced by Asian-American graduate and professional students. 2.) Learn about the systemic and cultural factors influencing their academic and professional journeys. 3.) Identify actionable strategies to enhance resources, mentorship, and community support for Asian-American students.

Keywords/topics: Student voices and experiences, Graduate and Professional school students

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