



SAN DIEGO STATE UNIVERSITY

How To Create an (AAPI)phany At Your University:

CREATIVE PROGRAMMING TO SUPPORT ASIAN AMERICAN PACIFIC ISLANDER (AAPI) STUDENTS

Presented by: Koko Nishi, Psy.D

Presentation Outline

- Introduction
- Overview of SDSU
- What is (AAPI)phany?
- Program Implementation
- Outcomes
- Lessons Learned
- Next Steps
- Q & A



Learning Objectives

EXPLORE

Participants will explore strategies to engage AAPI college students in mental health topics aimed at increasing overall wellness and achievement of educational goals.

INCREASE

Participants will increase their understanding of issues and challenges faced by AAPI college students and effective approaches for supporting them.

IDENTIFY

Participants will Identify successful approaches in developing a workshop series that focuses on the promotion of community and coalition building among underrepresented populations.

DISCUSS

Participants will engage in a discussion about the implications of implementing similar programming in their own academic settings.

DISCUSSION

What are needs of Asian American Pacific Islander students
at your institution?

How do you/how would you like to support
Asian American Pacific Islander students?

What obstacles or challenges do you foresee in providing support?

OVERVIEW

SAN DIEGO STATE UNIVERSITY

- FOUNDED IN 1897
- PUBLIC, RESEARCH UNIVERSITY
- LARGEST AND OLDEST HIGHER EDUCATION INSTITUTION IN THE SAN DIEGO COUNTY
- DESIGNATED AS AN (HSI) HISPANIC-SERVING INSTITUTION BY THE US DEPT. OF ED. IN 2012
- FALL 2018 ENROLLMENT: **35,000** (NEARLY 94,000 APPLICANTS)



SAN DIEGO STATE
UNIVERSITY



18%

OF SDSU STUDENTS IDENTIFY AS
ASIAN AMERICAN PACIFIC ISLANDER

1/3 FIRST GENERATION

1/4 SOUTHEAST ASIAN or PACIFIC ISLANDER

Issues facing the AAPI community

NEGATIVE STIGMA OF MENTAL HEALTH

- "Weakness" or burdening others
- Notion of shame/disgrace
- Taboo to talk about it
- Internalizing vs "Talking about it"

FAMILY/CULTURAL PRESSURES

- Financial responsibilities
- Notion of sacrifice
- Parents vs Individual wishes
- Intergenerational trauma

TREATMENT ISSUES

- Language barriers
- Lack of awareness of resources
- Poorly culturally responsive services
- Somaticizing Symptoms
- Personal support network vs Professional

MODEL MINORITY MYTH

- Assumption that all Asian Americans are successful therefore a "model" for other minority groups to emulate.
- Lack of resources or programming focused on supporting the needs of the AAPI community

Who Am I?



KOKO NISHI, PSY.D

SDSU C&PS Clinical Psychologist
Outreach Coordinator



FULL TIME MOM/PARTNER

Mia (5) Kaili (3)
Married for 9 years



THE NISHI FAMILY - 1945

Tule Lake, CA
Japanese Internment Camp

What are the resources for AAPI students?

WHAT WE HAVE:

- AAPI cultural student organizations (mostly focus on social events, high school conferences)
- AAPI Welcome Reception Fall semester
- AB Samahan graduation celebration
- Center for Intercultural Relations - AAPI Heritage Month

WHAT IS MISSING:

- Asian American Studies department, major/minor
- Lack of programming/outreach efforts focused on AAPI students (Model Minority Myth)
- Peer-mentorship programs or academic initiatives
- Faculty/staff mentorship programs
- Graduation celebration event for AAPI community
- Resource center for AAPI students
- AAPI community was not identified in the university's strategic plans (Southeast Asians, PI, Native Hawaiian)



Strategies to address the needs of the AAPI community

Nguyen, M. H., Chan, J., Nguyen, B. M. D., & Teranishi, R. T. (2018)

FUNDING TO SUPPORT AAPI COMMUNITY

Funding to develop peer mentoring, leadership or community engagement, provide a space to connect and build community.

INTERGROUP DIALOGUE

Create intergroup dialogue programs between different AAPI ethnic groups as well as between AAPI students and other students of color.

DEVELOPING CURRICULUM

Presentations are communication tools that can be used as demonstrations, lectures, speeches, reports, and more.



What is (AAPI)phany?

A BRIEF INTRODUCTION



Kathy Nguyen

Former C&PS Outreach Intern

(AAPI)phany Co-founder

Trio Advisor & Retention Specialist

Highline College

(AAPI)phany was created as a space to discuss Asian American / Pacific Islander (AAPI) identity with an intersection to mental health.

This student-led initiative provides an opportunity for students to learn more about history, identity, and other various cultural and social concerns affecting the AAPI community in America today.

Students also have the opportunity to be in community with one another and connect with AAPI faculty/staff.

It serves as a space for community-building and coalition-building.

Getting Started



STEP 1

IDENTIFYING THE NEED

Access the needs of the community through evaluations, surveys, informal interviews with students, faculty and staff.

Lack of programming & resources for AAPI students.



STEP 2

DEFINING OUR PURPOSE

To create a space for AAPI students to discuss tissues related to their experiences and to increase community and coalition-building.

Creating a space that is student-led and self-sustaining.



STEP 3

PROGRAMMING

5 week workshop series

90 minute workshop format

- 1) Educational component
- 2) Experiential component
- 3) Discussion
- 4) Takeaways

Getting Started continued...



STEP 4 COLLABORATIONS

Identified campus partners to collaborate with (CIR), AAPI student organizations and sought to build relationships with other AAPI faculty/staff.



STEP 5 LOGISTICS

Where: Center for Intercultural Relations (CIR) central location on campus where many cultural events are held
When: Thursday late afternoon/evenings
Co-sponsors: CIR and C&PS
Budget: Snacks/Boba



STEP 6 MARKETING

- Develop relationships with the AAPI student organizations (attending general body meetings and events)
- Connecting with AAPI identified faculty/staff
- Social media and marketing

Pilot Semester Spring 2017

LOGISTICS:

- 5 TOTAL WORKSHOPS - (API)phany name
- THURSDAYS, 3 - 4:30PM - CIR
- SNACKS & BOBA!!



API COLLEGE EXPERIENCE

(API)PHANY WORKSHOP SERIES

@ Conrad Prebys Aztec Student Union

PURPOSE

A WORKSHOP SERIES
ADDRESSING AND
DISCUSSING THE
INTERSECTION OF ASIAN
PACIFIC ISLANDER (API)
IDENTITY AND MENTAL
HEALTH

WORKSHOPS

THURSDAYS, 3:30 TO 5 PM
CENTER FOR INTERCULTURAL RELATIONS

- 2.16 MODEL MINORITY MYTH
- 3.2 API HISTORY
- 3.16 SOCIOCULTURAL VALUES
- 3.23 ANTI-BLACKNESS AND
RACIAL TRIANGULATION
- 4.13 API COLLEGE EXPERIENCE

QUESTIONS?

EMAIL DR. KOKO NISHI AT
OUTREACH.CPS@MAIL.SDSU.EDU





A Video Clip

Student feedback - Brandon Lim

Fall 2017

OPEN
TO ALL

asian pacific islander
(API)PHANY!
WORKSHOP SERIES

Thursdays 4-5:30 pm | Conrad Prebys Aztec Student Union
Center for Intercultural Relations

SEPT 14

MODEL MINORITY MYTH

SEPT 28

API HISTORY & ACTIVISM

OCT 12

SOCIOCULTURAL VALUES

OCT 26

ANTI-BLACKNESS & RACIAL
TRIANGULATION

NOV 9

IMPOSTER SYNDROME

NOV 30

API FACULTY/STAFF PANEL

LOGISTICS:

- 6 TOTAL WORKSHOPS
- THURSDAYS, 4 - 5:30PM
- ADDED 5:30-6:30PM "BOBA BREAK"



API FACULTY/STAFF PANEL

Spring 2018

LOGISTICS:

- 8 TOTAL WORKSHOPS
- 2 **GUEST SPEAKERS**
- THURSDAYS, 4 - 5:30PM



LGBTQ + API PANEL

(API)PHANY

FEBRUARY 1: API LEADERSHIP

FEBRUARY 15: INHERITING DREAMS THAT DON'T BELONG TO YOU

FEBRUARY 22: (RE)CLAIMING BODY AND SPACE

MARCH 1: MIXED-RACE IDENTITY

MARCH 15: LGBTQ+ API

MARCH 22: BRIDGING RESEARCH AND PRACTICE TO SUPPORT ASIAN AMERICAN STUDENTS

APRIL 5: FOUR CORNERS: A WINDOW INTO INTERSECTIONALITY

APRIL 19: EMPOWERING API WOMEN

SPRING 2018

THURSDAYS FROM 4-5:30 PM
CENTER FOR INTERCULTURAL RELATIONS
CONRAD PREBYS AZTEC STUDENT UNION

QUESTIONS? EMAIL: OUTREACH.CPS@SDSU.EDU

(API)PHANY

asian pacific islander



Dr. Dina Maramba

BRIDGING RESEARCH AND
PRACTICE TO SUPPORT
ASIAN AMERICAN
STUDENTS

March 22 | 4 - 5:30 pm

Spring 2018 - 1st Guest Speaker

**DR. DINA MARAMBA - ASSOCIATE PROF. HIGHER ED AT
CLAREMONT GRADUATE UNIVERSITY**

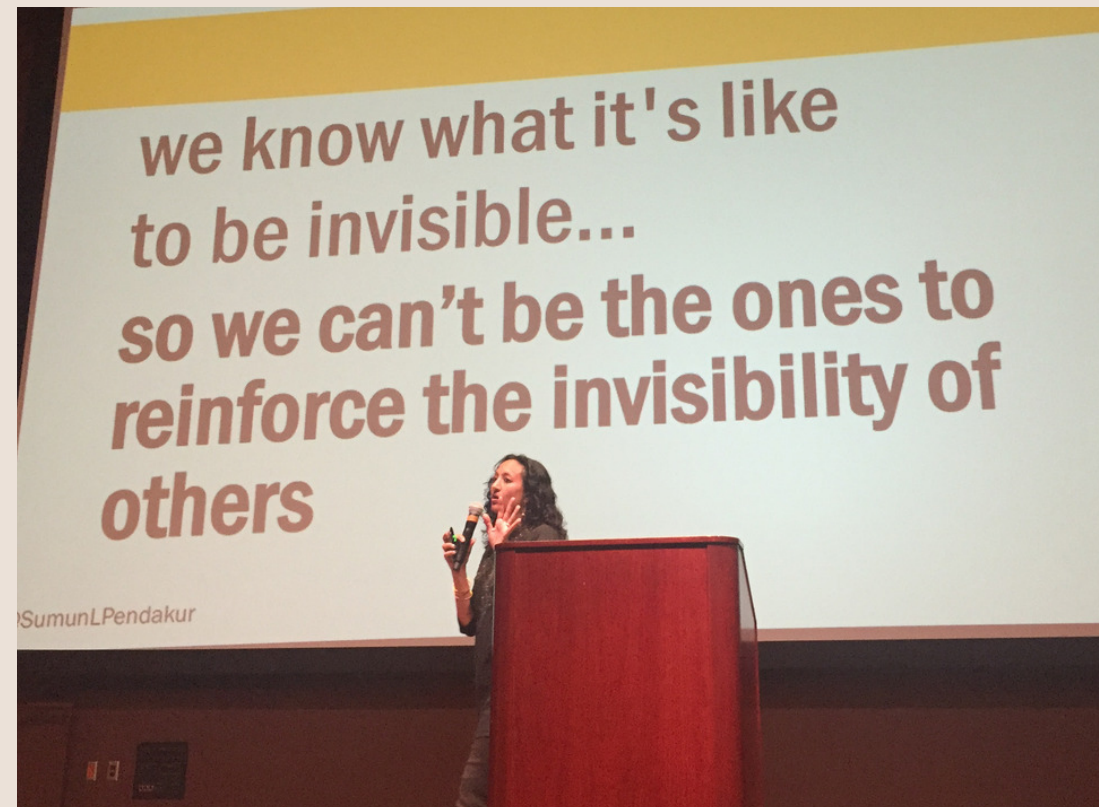
- THURSDAY, 4 - 5:30PM
- CENTER FOR INTERCULTURAL RELATIONS
- PELSA STUDENT ADVISORY BOARD FUNDING
- PRESENTATION + Q&A SESSION



Spring 2018 - 2nd Guest Speaker

DR. SUMI PENDAKUR - CHIEF LEARNING OFFICER & DIRECTOR USC RACE & EQUITY CENTER

- THURSDAY, 4 - 5:00PM MEET & GREET (CIR)
- PRESENTATION: 5 - 7PM (UNION THEATER)
- ONESDSU COLLABORATION EVENT + CIR
- PRESENTATION + Q&A SESSION



campus life • SPEAKER SERIES •



COOLIES AND MODEL MINORITIES: THE WEAPONIZATION OF ASIAN AMERICA

MAY 3
THURSDAY • 5-7PM

**UNION
THEATER**
CONRAD PREBYS AZTEC STUDENT UNION

**ONE
SDSU
COMMUNITY**

AS
ASSOCIATED STUDENTS


**SAN DIEGO STATE
UNIVERSITY**
Division of Student Affairs

CO-SPONSORED BY THE
CENTER FOR INTERCULTURAL
RELATIONS AND THE
DEPARTMENT OF COUNSELING
& SCHOOL PSYCHOLOGY

DR. SUMUN L. PENDAKUR, CHIEF LEARNING OFFICER AND DIRECTOR OF THE USC EQUITY INSTITUTES AT THE USC RACE AND EQUITY CENTER, WILL BE SPEAKING DURING ASIAN PACIFIC AMERICAN HERITAGE MONTH. PENDAKUR WILL DISCUSS THE IMPORTANCE OF RACIAL CONSCIOUSNESS, INSTITUTIONAL ADVOCACY FOR ASIAN AMERICAN AND PACIFIC ISLANDER STUDENTS AND COALITION-BUILDING WITH OTHER COMMUNITIES OF COLOR.

USC Race and
Equity Center

Coolies and Model Minorities: The Weaponization of Asian America

SDSU APAHM 2018



Sumun L. Pendakur, Ed.D.
Chief Learning Officer
USC Race and Equity Center

Video Clip Dr. Sumun Pendakur

May 3rd, 2018 - COOLIES AND MODEL MINORITIES:
THE WEAPONIZATION OF ASIAN AMERICA



(AAPI)PHANY

Asian American Pacific Islander

SEPTEMBER 13: (AAPI)PHANY WELCOME CELEBRATION

SEPTEMBER 20: BREAKING THE CYCLE
(Blame, Shame, and Vulnerability in the AAPI community)

SEPTEMBER 27: CRAZY RICH DIALOGUE

OCTOBER 11: DEVELOPING A LEADERSHIP IDENTITY AS AN AAPI WOMAN

OCTOBER 23: GUEST SPEAKER - SEFA AINA*

*(ONE SDSU DIALOGUE, 4-6PM IN TEMPLO MAYOR)

NOVEMBER 8: DECOLONIZATION - LIBERATION - SOLIDARITY

NOVEMBER 15: FOUR CORNERS: THE SHADOWS OF INTERSECTIONALITY

DECEMBER 6: (RE)CONNECTING TO ROOTS TO (RE)CLAIM BODY & SPACE

THURSDAYS, 4-5:30PM

CONRAD PREBYS AZTEC STUDENT UNION
CENTER FOR INTERCULTURAL RELATIONS

SNACKS & DRINKS PROVIDED

Fall 2018

LOGISTICS:

- 7 TOTAL WORKSHOPS - changed (AAPI)phany name
- THURSDAYS, 4 - 5:30PM + "BOBA BREAK"
- WELCOME CELEBRATION
- **1 GUEST SPEAKER**
- NEW INTERN - BREE KALIMA
- FORMED (AAPI)PHANY PLANNING COMMITTEE



Fall 2018 Guest Speaker

SEFA AINA - ASSOCIATE DIRECTOR AT ASIAN AMERICAN RESOURCE CENTER, POMONA COLLEGE

- THURSDAY, 4 - 6:00PM (STUDENT UNION)
- ONESDSU COLLABORATION EVENT
- ACCREDITATION PROVIDED



*SEFA AINA, Associate Dean and Director of the Draper Center for
Community Partnerships at Pomona College*

BULLETS OR BUTTERFLIES

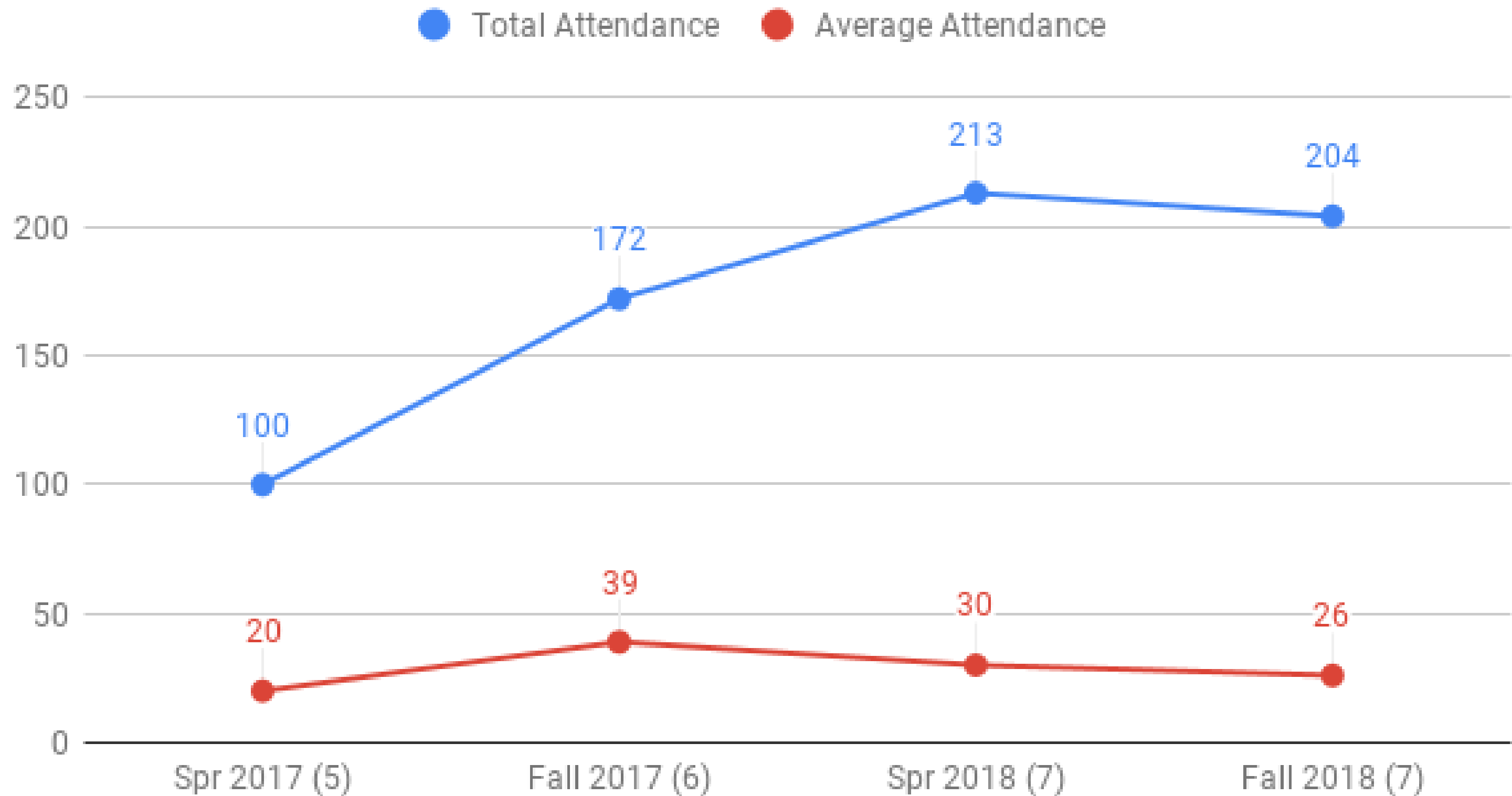
OCTOBER 23 | 4-6 PM | *Templo Mayor*

"E PALA LA MA'A, A E LA PALA LE UPU"

"Even stones decay, but words endure". Join us as we learn about the negative impact of stereotypes, microaggressions, and how to have intentional and mindful communication.

Outcomes (4 semesters)

Total and Average Attendance - Spring 2017 -to Fall 2018





Video Clip (AAPI)phany Workshop

October 11th, 2018 - Developing A Leadership Identity As An AAPI Woman -
Sara Vogel, Ed.D

SPRING 2019 - WORKSHOPS & SPEAKER SERIES

(AAPI)PHANY

Asian American Pacific Islander

FEBRUARY 7: CRACKS IN THE BAMBOO FLOOR
FEBRUARY 21: AM I _____ ENOUGH?
MARCH 7: DECOLONIZING PACIFICA HERITAGE
MARCH 14: SELF-CARE X LEADERSHIP X AAPI
MARCH 21: UNDERSTANDING INTER-GENERATIONAL TRAUMA
APRIL 11: GLOBALIZATION: THE DEATH OF MULTICULTURALISM
MAY 9: END-OF-YEAR AAPI CELEBRATION
 5 - 9PM UNION THEATER

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THURSDAYS, 4-5:30PM
 (BOBA BREAKDOWN 5:30-6:30PM)
CONRAD PREBYS AZTEC STUDENT UNION
CENTER FOR INTERCULTURAL RELATIONS (CIR)
SNACKS & DRINKS PROVIDED

Questions? Email: outreach.cps@sdsu.edu
 Sponsored by Counseling & Psychological Services and Center for Intercultural Relations

(AAPI)PHANY



(RE)MEMBERING ALOHA 'ĀINA: A NATIVE HAWAIIAN STORY OF EROTIC SOVEREIGNTY
FRIDAY, FEBRUARY 8TH | 4-5:30 PM | TEMPLO MAYOR
DR. JAMAICA HEOLIMELEIKALANI OSORIO | ASSISTANT PROFESSOR | INDIGENOUS & NATIVE HAWAIIAN POLITICS | UNIVERSITY OF HAWAII AT MĀNOA

ART = IDENTITY
THURSDAY, FEBRUARY 28TH | 6-7:30 PM | TEMPLO MAYOR
MARK REDITO | FILIPINO MUSICIAN

THURSDAY, APRIL 25TH | 4-5:30 PM | UNION THEATER
DR. ROBERT TERANISHI | PROFESSOR | ASIAN AMERICAN STUDIES | UNIVERSITY OF CALIFORNIA, LOS ANGELES

QUESTIONS? EMAIL: OUTREACH.CPS@SDSU.EDU

SPONSORED BY:
 COUNSELING & PSYCHOLOGICAL SERVICES AND CENTER FOR INTERCULTURAL RELATIONS



Video Clip
(AAPI)phany Workshop
Activity

February 7th, 2018 - Cracks in the Bamboo Floor - Alyssa Alegre



TAKEAWAYS

C&PS Outreach & (AAPI)phany Interns

Postsecondary Educational Leadership Specialization in Student Affairs Program



KATHY NGUYEN

2016-18 C&PS Outreach/
(AAPI)phany Graduate Intern



BREE KALIMA

Current (AAPI)phany
Graduate Intern
CIR Graduate Assistant



WILSON DENG

2018-19 C&PS Outreach
Graduate Intern



SAMANTHA CHAMPI

(AAPI)phany Graduate Intern
Graduate Assistant
EOP Learning Support Center



STUDENT-LED PRESENTATIONS

Student involvement has been essential to the success of (AAPI)phany. Undergraduate and graduate students are encouraged to present on any topic of interest. Student leaders from various cultural organizations such as the Asian Pacific Student Alliance (APSA), AB Samahan, Vietnamese Student Alliance (VSA) and Alpha Phi Gamma.

FACULTY/STAFF INVOLVEMENT

We have continued to enhance our partnerships with the CIR, Community Based Block, Center for Community Counseling and Engagement, International Student Center, Career Services, EOP Undocumented Resource Area, MA Program in Postsecondary Educational Leadership with a Specialization in Student Affairs and Assessment & Research for Division of Student Affairs.

LOCATION

**CENTER FOR INTERCULTURAL >
RELATIONS (CIR) - HERSTORY ROOM**



**< CENTER FOR INTERCULTURAL
RELATIONS (CIR) - LIVING ROOM**



PRESENTER MEETINGS

- Meet with each presenter 1-2 weeks before their presentation
- Provide any feedback or assistance
- Review outline to include: 1) educational 2) experiential activity 3) discussion and 4) takeaways.

(AAPI)PHANY PROGRAMMING COMMITTEE + COMMITTEE MEETINGS

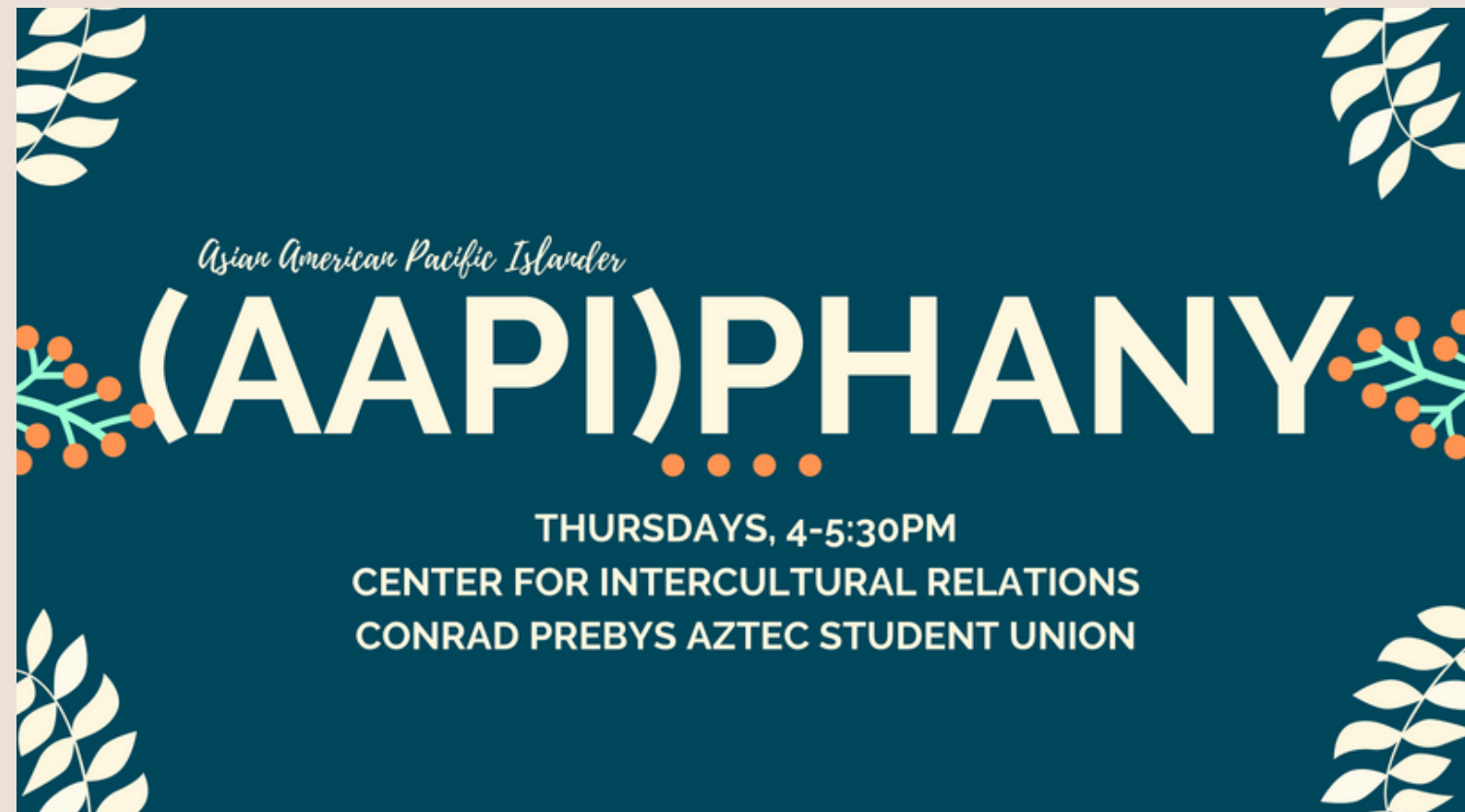
- Started summer 2018
- Student, faculty/staff interest
- Funding, assessment, marketing, programming
- Goal to assist with programming development





CHALLENGES/
LESSONS LEARNED

CHALLENGES/ LESSONS LEARNED



AFTER HOURS COMMITMENT

- Peak times for programs and events are after hours
- Work/life balance

TIME MANAGEMENT

- Limited program coordination time (2 hours per week)
- Finding time given other responsibilities/commitments

LIMITED TIME FOR SUPERVISION OF INTERNS

- 1 hour per week is not sufficient
- Most of the work/correspondence is done separately
- Meeting times are rushed/limited professional development

CREATING COMMITTEES

- Sometime there's "too many cooks in the kitchen" or challenges in completing tasks

CHALLENGES/ LESSONS LEARNED

LIMITED BUDGET/SECURING FUNDING

- No Institutionalized funding
- Depend on co-sponsorships (CIR + C&PS), student organizations
- Our current budget is approximately \$80 (per workshop: \$40 CIR + \$40 C&PS)
- Fall 2018 - awarded SSF grant for speaker series but must reapply each year for funding

ADDRESSING MENTAL HEALTH ISSUES

- Need to be more intentional about addressing mental health

SUSTAINABILITY

- We need institutional support for these resources
- Need to continue recruiting student interns/graduate assistants to help maintain these programs



EMPOWERING AAPI WOMEN - SPRING 2018

Next Steps...

SHORT TERM GOALS:

- Asian American Pacific Islander Coalition (AAPIC) sponsorship of (AAPI)phany
- APPIC Graduation Celebration - May 9th
- Graduate Assistantship for (AAPI)phany
- Student Success Fee for conferences (APAHE) & Speaker Series
- Collaborations with other underrepresented communities/joint events

LONG TERM GOALS:

- Institutional funding!!
- Apply for an AANAPISI grant
- Asian American Studies Department, Major/Minor
- Asian American Resource Center



Asian American Pacific Islander Coalition
Student Organization - est. 2018

Quick Tips

KEEP THESE IN MIND!

IDENTIFY THE NEEDS OF THE COMMUNITY

Find ways to engage and receive feedback from the students. It will help to inform you of your purpose, content and goals, as well as help with student engagement.

ENGAGING STUDENT LEADERS AND ORGANIZATIONS

Collaboration with AAPI student organizations was key in getting student engagement, presenting, marketing and sustainability of (AAPI)phany.

COLLABORATIONS & PARTNERSHIPS

Students, faculty/staff, campus partners were essential in receiving support for topics, presenters, marketing, finding speakers, food!)

Getting Started – Review

HOW CAN YOU IMPLEMENT THIS AT YOUR INSTITUTION?



IDENTIFY THE NEED

Needs assessment, what resources are available, which are not. What are the needs of the community you want to support?

GOALS/ PURPOSE

What are your goals and how do they align with the identified needs of the target population?

WHAT KIND OF PROGRAMMING?

Based on resources, what will you do?
Conferences, panels, symposium workshops, outreach, lecture?

PARTNERS/ COLLABORATIONS

Who are your campus or community partners that you can (or need to) connect with?

LOGISTICS/ MARKETING

Where, when will you have your programs?
How will you market it to the target population?



QUESTIONS?

Thank you for coming!

MAILING ADDRESS

San Diego State University
5500 Campanile Dr.
San Diego, CA. 92182

EMAIL ADDRESS

Koko Nishi, Psy.D
knishi@sdsu.edu

PHONE NUMBER

(619) 594-5220