

Supporting Asian Pacific Islander Desi American (APIDA) Students

Dr. Nina Ha

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APIDA Demographics and Key Information (2021)

"A record **22 million Asian Americans** trace their roots to more than **20 countries** in East and Southeast Asia and the Indian subcontinent, each with unique histories, cultures, languages and other characteristics."

The **19** largest Asian origin groups together account for **97%** of the total Asian population in the U.S.

The U.S. Asian population is projected to reach **46 million by 2060**.

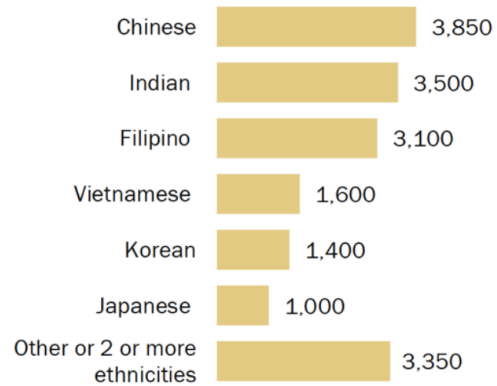
Multiracial and **Hispanic Asians** comprise **14%** and **3%** of the Asian population in the U.S. respectively.

(Pew Research Center, 2021)

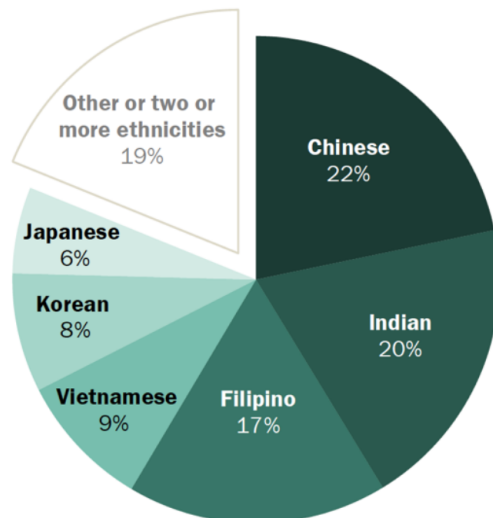
Six origin groups make up 81% of Asian American adults

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Adult populations of Asian origin groups in the U.S., in thousands, 2021



% of Asian adults who are ___, 2021



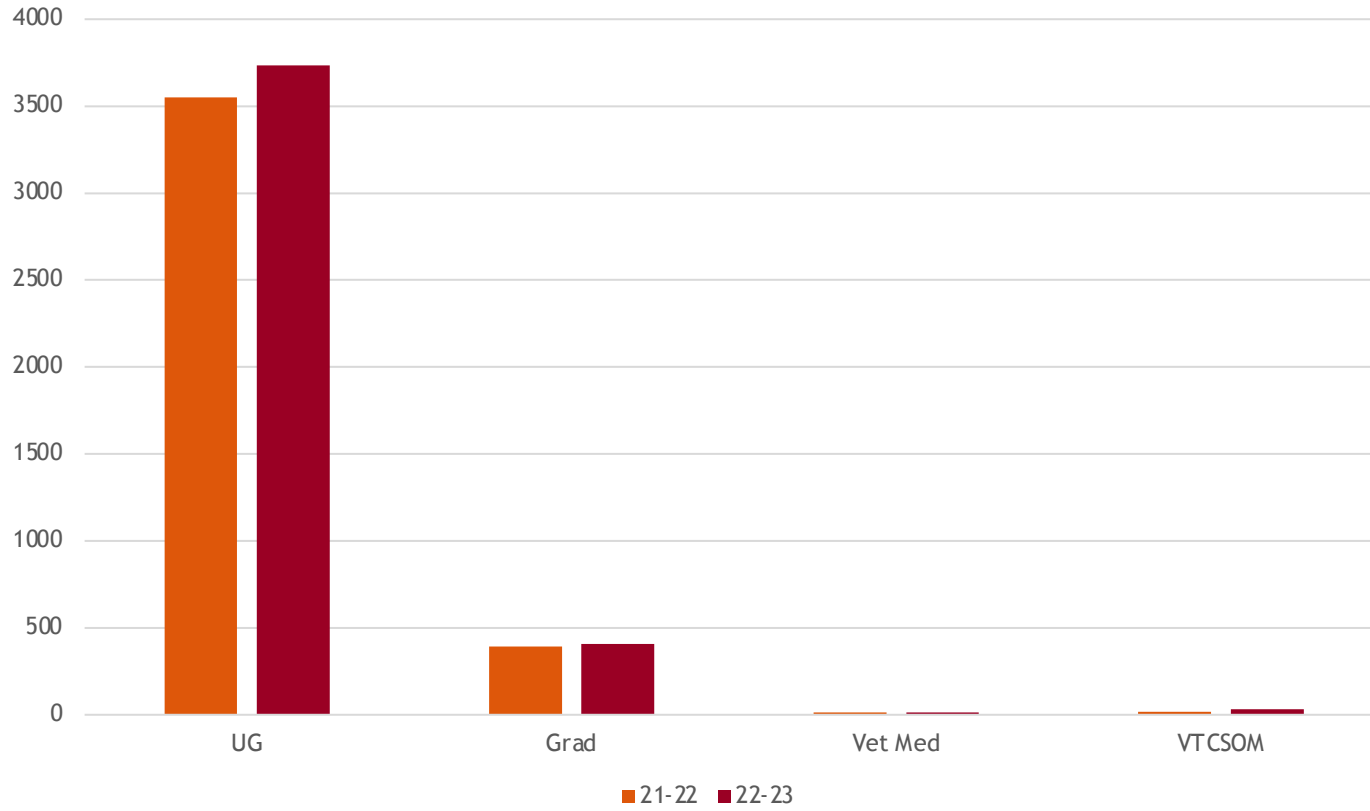
➤ Note that there is a growing multiethnic and racial population.

APIDA Demographics and Key Information

- ▶ With immense diversity, Asian Americans are most likely to speak a second language at home (74%) and have the largest language needs/face largest language barriers.
- ▶ Asians make up 14% of unauthorized immigrants currently in the U.S.
 - With India (525,000), China (375,000), the Philippines (160,000) and Korea (150,000) in the top 15 countries of origin

APIDA Population at Virginia Tech

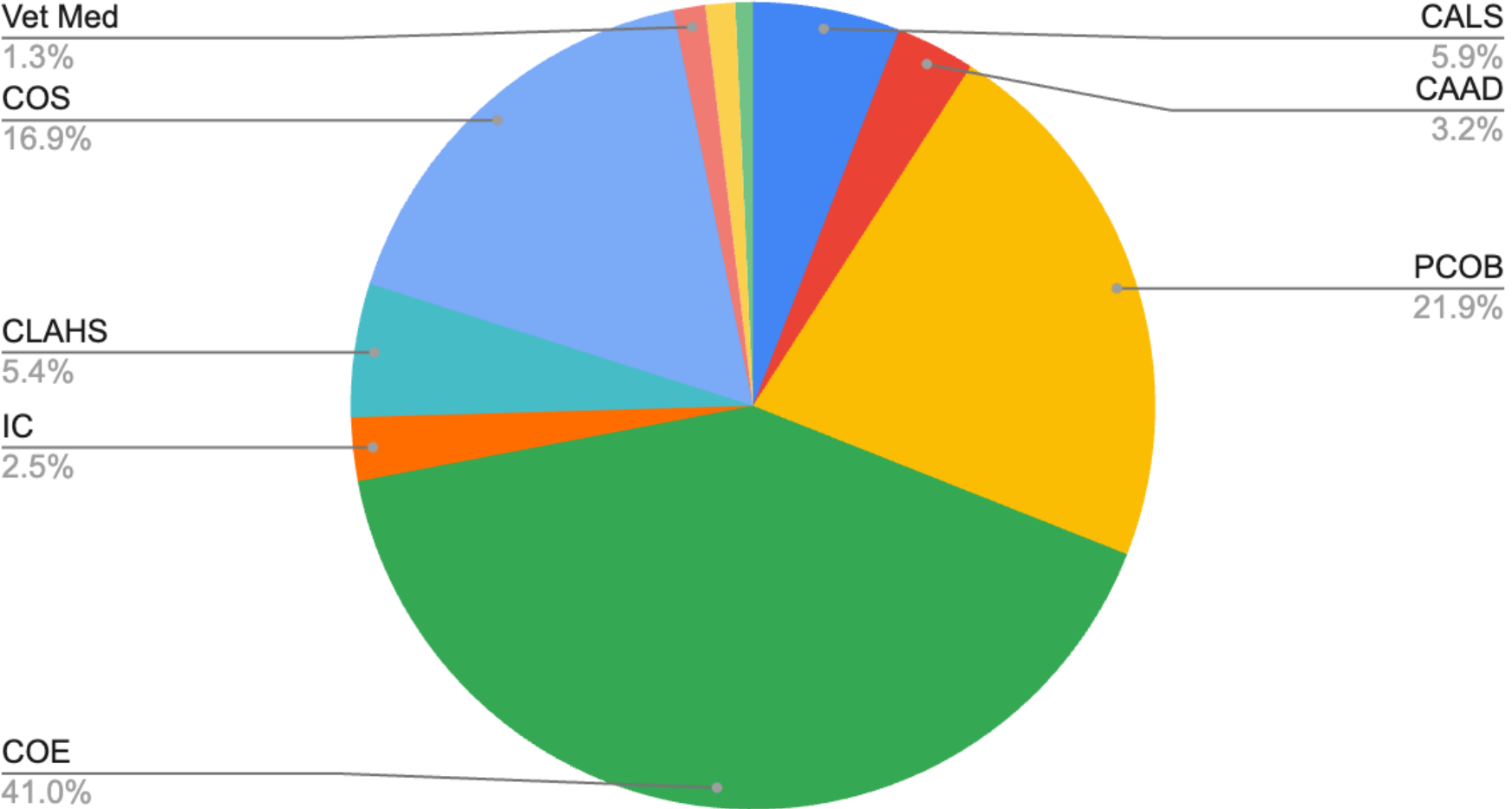
Enrollment Comparison



Student Type	21-22	22-23
UG	3551	3733
Grad	391	409
Vet Med	12	14
VTCSOM	16	30

Reference: University Data Commons (2023)

2023-24 Enrollment Data by College



Top Five Colleges (APIDA Representation)

- College of Engineering – 41%
- Pamplin College of Business – 21.9%
- College of Science – 16.9%
- College of Agriculture and Life Science – 5.9%
- College of Liberal Arts and Human Science - 5.4%

APIDA First Generation Students

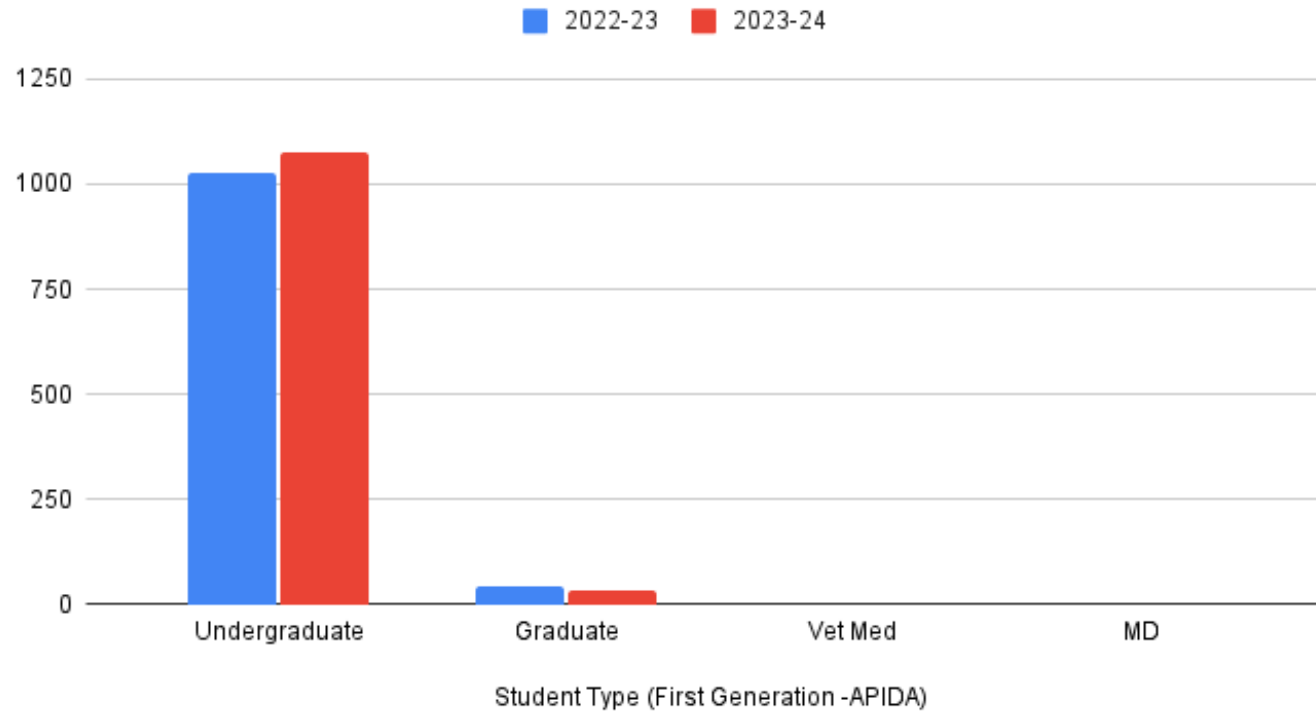
AY 22-23

Undergraduate	1020
Graduate	43
Vet Med	1

AY 23-24

Undergraduate.	1070
Graduate	34
Vet Med	1

2022-23 and 2023-24



Dismantling the Model Minority Myth

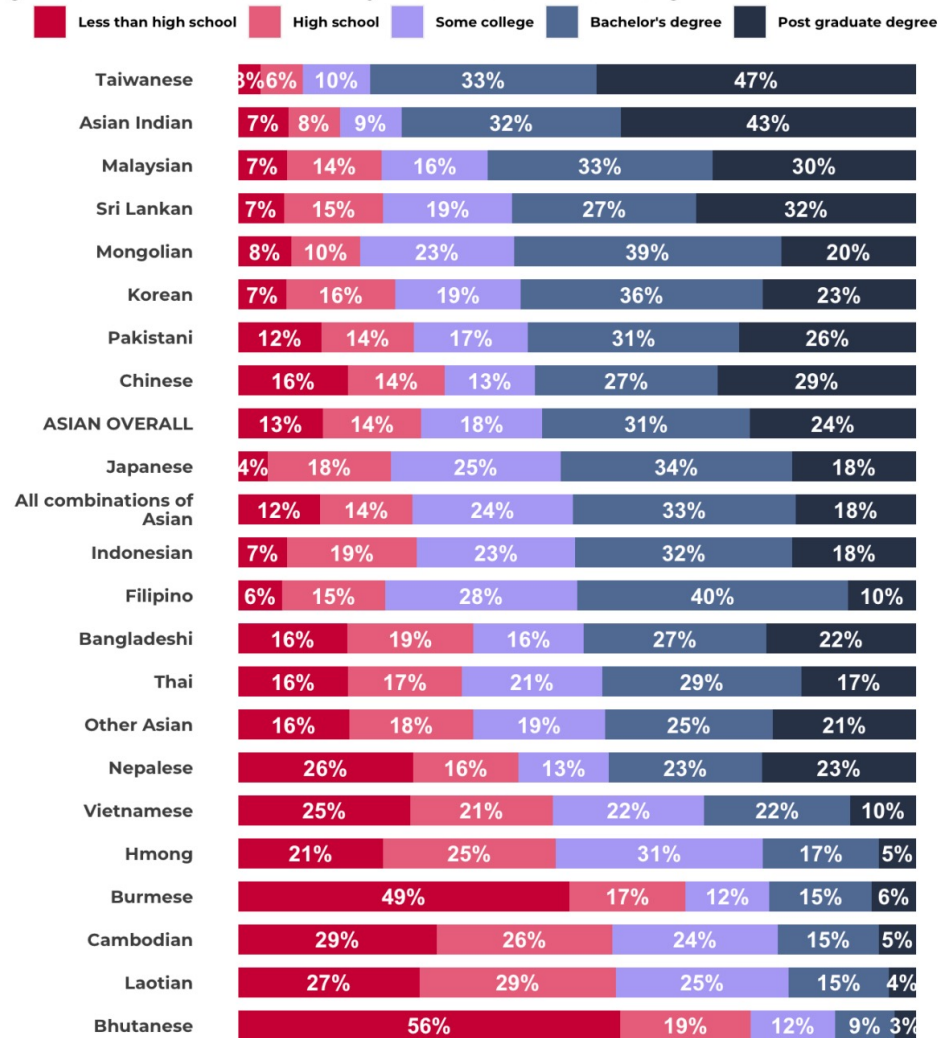
Examining the importance of data disaggregation

Importance of Disaggregated Data

Educational Attainment

- Fifty-five percent (55%) possess a bachelor's degree or higher (overall).
- Similar educational achievement much lower for Southeast Asian American populations.

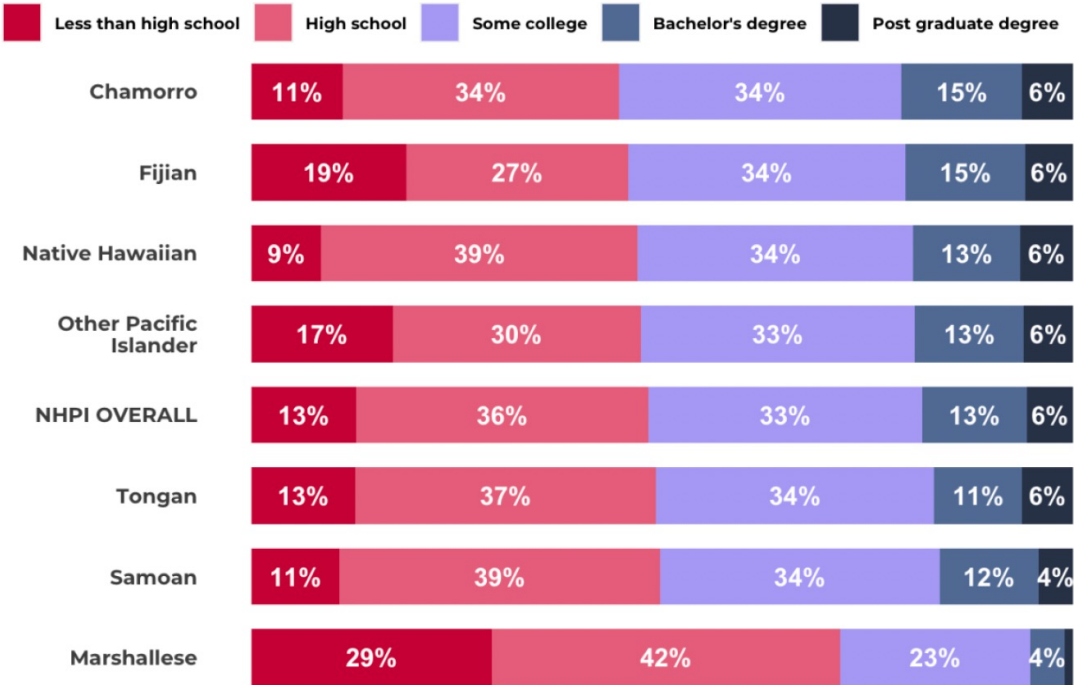
Figure 23: Educational Attainment by Detailed Asian National Origin



Source: 2020 American Community Survey Five-year Public Use Microdata Sample

Educational Attainment

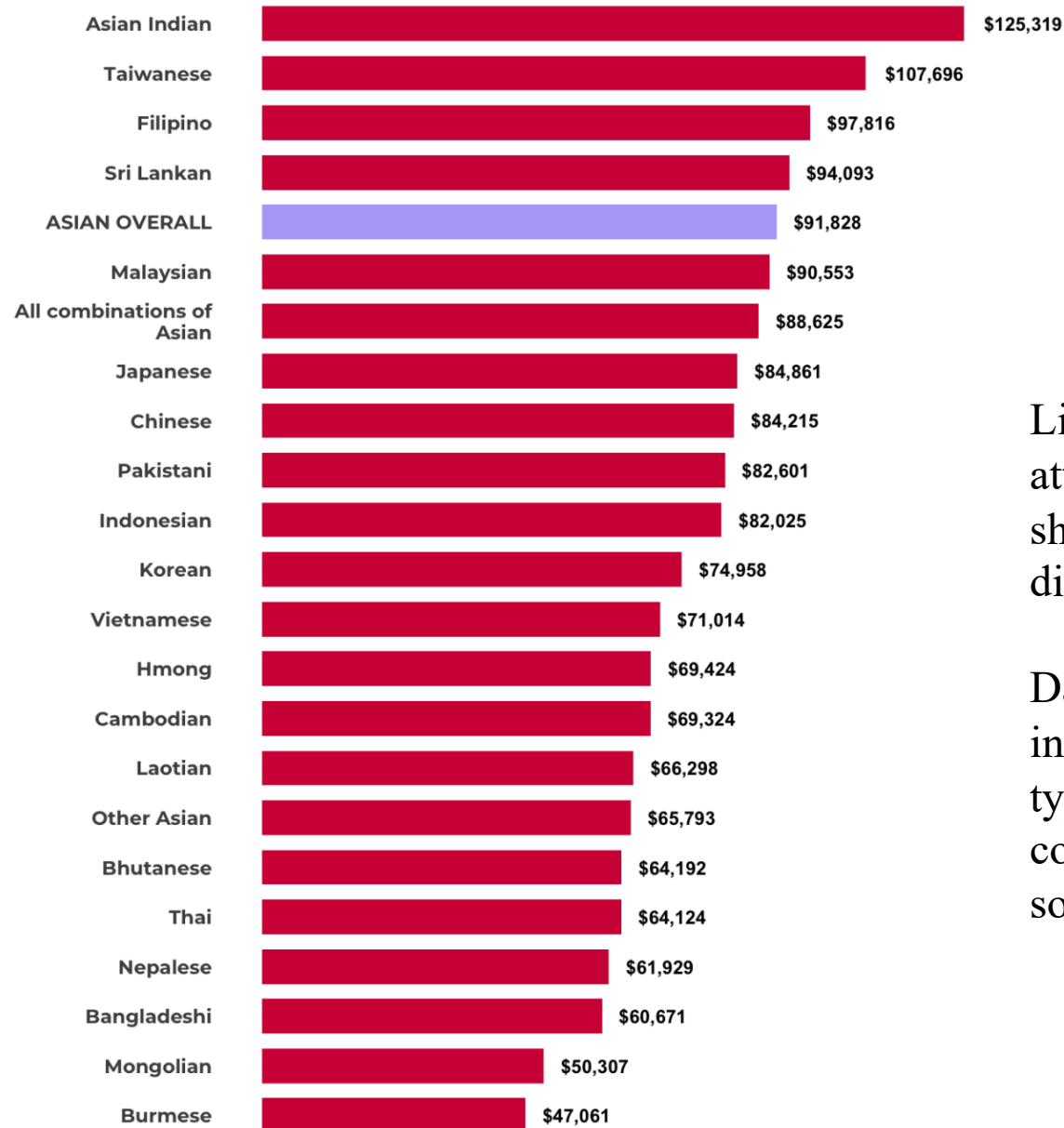
Figure 24: Educational Attainment by Detailed NHPI National Origin



Source: 2020 American Community Survey Five-year Public Use Microdata Sample

▶ For Native Hawaiians and Pacific Islanders, educational attainment is lower as compared to people of Asian descent.

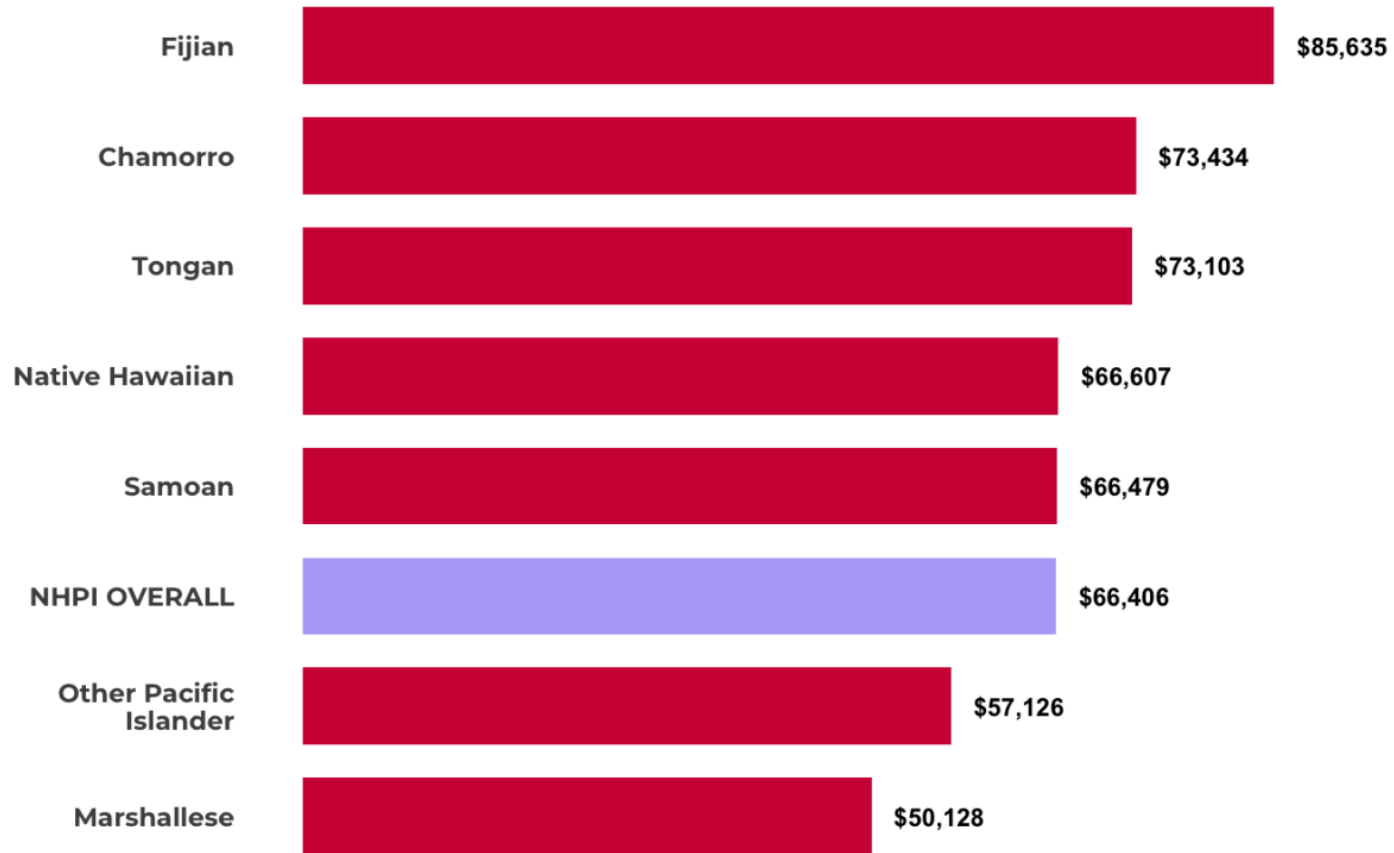
Figure 29: Median Household Income by Detailed Asian National Origin



Linked with educational attainment, household income shows the disparity between different ethnic groups.

Data does not account for intergenerational households – typical for APIDA homes. Income contribution from multiple sources.

Figure 30: Median Household Income by Detailed NHPI National Origin



Source: 2020 American Community Survey Five-year Public Use Microdata Sample

State of APIDA Community at VT, particularly for faculty, staff, and graduate students:

7 Themes to be Addressed

- ▶ **Representation + Civic engagement**
 - ▶ Talk about achievements of APIDA community despite their small numbers
 - ▶ Representation on university governance bodies
 - ▶ Pushing local congressman and senators for legal immigration reform
 - ▶ **Intersectionality + cross-campus collaboration**
 - ▶ Working with other caucuses
 - ▶ More engagement Roanoke + DC VT campuses
- **Mental health + Financial Wellbeing**
 - Housing affordability for students, postdocs, and new faculty
 - Recruiting and funding undergrads from Asia
 - **Community building + socializing**
 - **Professional + leadership development**
 - **Discrimination/harassment**
 - How to report discrimination in the classroom
 - protecting our children from discrimination in the public school system
 - **Sustainability + Environmental Justice**

Focus Groups

Faculty/Staff	(Graduate) Students	Broader Community
<ul style="list-style-type: none">•Discriminatory practices in hiring, promotion, tenure•Concerns with retention and inequities in pay + raises 	<ul style="list-style-type: none">•Mental health•Food insecurity (esp. International students)•Financial wellbeing•Lack of APIDA Studies curriculum 	<ul style="list-style-type: none">•Social and cultural support for K-12 youth•Collaboration across VA•Racial harassment 

Challenges Faced By APIDA Students

- Model Minority Myth
- Perpetual Foreigner
- Invisibility/Hypervisibility
- Stereotypes
- Racial Microaggressions
- Imposter Syndrome

Racial Microaggressions and the APIDA Experience

Racial Microaggression: "[B]rief and commonplace daily verbal, behavioral and environmental indignities, whether intentional or unintentional, that communicate hostile, derogatory or negative racial slights and insults that potentially have harmful or unpleasant psychological impact on the target person or group" (88).

Microassault: "Microassaults are defined as explicit racial derogations that are verbal (i.e., racial epithets), nonverbal (behavioral discrimination), or environmental (offensive visual displays) attacks meant to hurt the person of color" (90).

Microinsult: "A microinsult is a behavioral action or verbal remark that conveys rudeness, insensitivity, or demeans a person's racial identity or heritage" (90).

Microinvalidation: "Microinvalidations are actions that exclude, negate or nullify the psychological thoughts, feelings or experiential reality of a person of color" (90).

Themes Presented in “Racial Microaggressions”

- . Alien in Own Land
- . Ascription of Intelligence
- . Denial of Racial Reality
- . Exoticization of Asian American Women (I will add there there's also an Emasculation of Asian American/APIDA Men - See David Eng's *Racial Castration*; <https://www.english.upenn.edu/people/david-l-eng>)
- . Invalidation of interethnic Differences
- . Pathologizing Cultural Values/Communication Styles
- . Second Class Citizenship
- . Invisibility
- . Undeveloped Incidents/Responses (One not listed is that "all APIDAs, especially those of Chinese descent, are spies - See Wen Ho Lee's *My Country Versus Me*- <https://www.amazon.com/My-Country-Versus-First-Hand-Scientist/dp/0786886870>)

Microaggressions that I have witnessed or have heard from others.

“I know your country better than you” - as spoken to me by a veteran of the war in Viet Nam.

“I know your language and history better than you do [implication is that you should be ashamed for not “knowing” your own history” - as told to a community of predominantly APIDA female academics at an Academic Symposium by a white male tenured professor.

“What you said was wrong” - spoken by an audience member at a Symposium when a presenter shared his parents’ description of the war in Viet Nam.

“Hey China!” - yelled at to a VT student walking in downtown Blacksburg with parents.

A colleague stated to me that they didn’t realize that APIDAs had any challenges because weren’t they all successful?

A colleague was puzzled as to how all APIDAs weren’t international.

A student at VT was sent a virus emoji through their Instagram account.

“Do you have citizenship?” asked a recruiter to a VT student who attended the Career Fair in Squires.

“Do you speak Chinese/Filipino/Indian/etc...”
Please note that in these particular areas, there are dialects. It’s like asking, “Do you speak ‘American’?”

“No, where are you really from? Or, where are your parents from?” - Multiply this question many times a day/week/month/year....

“My partner/ex-partner is from [insert Asian country]....”

I have literally been ignored while trying to get coffee at Bollo’s and when trying to get served at a restaurant in Roanoke. Literally, a white couple who came after my friend and myself, got served and waited on, so we just left.

A colleague mentioned to me that another colleague was uncomfortable interacting with an APIDA student because that student might give them Covid.

Supporting APIDA Students

How can you help?

How can you support your APIDA students?

- ▶ Self-education – reading peer reviewed articles on the subject.
- ▶ Build a sustained relationship with the APIDA + Center.
- ▶ Understanding that APIDAs are heterogenous.
- ▶ Attend programs by the APIDA + Center, AASU, APIDA Caucus, GAPIDAs (Graduate APIDA Student Organization), and APIDAS (APID Alumni Society).



INCLUSION AND DIVERSITY
**CULTURAL AND
COMMUNITY CENTERS**
VIRGINIA TECH.

APIDA + CENTER

Holistic Programming

- ▶ Learning Lunches
- ▶ InspirASIAN Series
- ▶ Mental Health Support Groups
- ▶ Wellness Programs
- ▶ Lunar New Year
- ▶ APIDA Heritage Month (April)
- ▶ Artist(s)/Scholar(s)-in- Residence Programs
- ▶ Collaborative Events
 - CCCs
 - Moss Arts Center
 - Cook Counseling
 - Career and Professional Development
 - APID Alumni Society

LEARNING LUNCH SERIES

featuring Arooj Aftab, Vijay Iyer, and Shahzad Ismaly

Sat., Oct. 7, 2:30 PM EST
APIDA+ Center
140 Squires Student Center
Light refreshments provided

PERFORMANCE
Love in Exile
Sat., Oct. 7, 7:30 PM
Moss Arts Center
Street and Opera Performance Hall
Anne and Ellen Fife Theatre

To learn more and purchase tickets, visit bit.ly/free-the-walls.

Moss Arts Center
100 Adams Walk, Blacksburg, VA 24061
540-231-5300 | mossartscenter@vt.edu

artscenter.vt.edu
PERFORMANCES | EXHIBITIONS | EXPERIENCES

NIGHTTIME GUIDED MEDITATION WITH VIVEK RAJAN

THURSDAY, NOVEMBER 16TH, 2023
at 8 PM EST on Zoom

Zoom registration: <https://bit.ly/45QHHHTf>

Scan to Register:

For accommodations and/or questions, contact Dr. Nina Ha at nha@vt.edu.

APIDA AND INDIGENOUS MENTAL HEALTH SUPPORT GROUP PRESENTS: POSITIVE PSYCHOLOGY

Learn how to focus on the positive parts of life to bring out the best in everyone!

Date: October 2, 2023
Time: 4:00 - 5:00 PM EST
Location: APIDA + Center (140 Squires) and Zoom

Light refreshments will be provided!

Register here: bit.ly/456zE49

For questions and/or accommodations, contact Dr. Nina Ha at nha@vt.edu.

THE APIDA + CENTER PRESENTS LEARNING LUNCH SERIES

Dr. Kanitta Charoensiri, D.O., M.B.A.
Director, Schiffert Health Center

Date: Friday, September 29, 2023
Time: 12:00 - 1:00 PM EST
Location: APIDA+ Center, 140 Squires and Virtually

Arriving at Virginia Tech from the University of Pittsburgh Medical Center in 2004, Dr. Charoensiri now serves as the Director for Schiffert Health Center as well as serves as a member of the Virginia Tech Institutional Review Board and is a surveyor for the Accreditation Association for Ambulatory Health Centers.

Light refreshments will be provided!

For questions and/or accommodations, please contact Dr. Nina Ha at nha@vt.edu.

INTERSECTIONAL FILM SCREENING

MANZANAR, DIVERTED: WHEN WATER BECOMES DUST

Oct. 17th, 2023
6:00 - 7:30pm (EST)
Squires 122

Light refreshments provided.

For questions and/or accommodations, contact Dr. Nina Ha at nha@vt.edu or Dr. Melissa Faircloth at missy86@vt.edu

APIDA AND INDIGENOUS Women's Support Group

Theme: Belonging to your community

Tuesday Sept 12, 2023
5:30 - 6:30 PM EST

APIDA + CENTER
Squires Student Center
Room 140
Virtual and In-Person

College is a mix of excitement and challenges that shape us, including finding our unique sense of belonging. Join the APIDA and Indigenous Women's Support Group to discover authentic connections amidst the overwhelming college experience.

For questions and/or accommodations, contact Dr. Nina Ha at nha@vt.edu. Co-sponsored by the APIDA+ Center, The Adi Waski Indigenous Community Center, Hokie Wellness, Cook Counseling, and the U.S. Department of Education.

<https://bit.ly/44xzmZt>

Campus Organizations

- ▶ Asian American Student Union
- ▶ GAPIDAs – Graduate APIDA group
- ▶ APIDA Caucus
- ▶ APID Alumni Society
- ▶ AASU Affiliated Student Groups
 - Asian American Cadet Organization
 - Chinese American Society
 - Filipino American Student Association
 - Korean American Student Association
 - Nikkei Student Union
 - Queer and Trans People of Color
 - Society of Asian Scientists and Engineers
 - Tae Kwon Do Club
 - Vietnamese Student Association
 - VT Shidae
 - alpha Kappa Delta Phi (sorority)
 - Lambda Phi Epsilon (fraternity)
 - Sigma Psi Zeta Sorority Inc. (sorority)



More Resources for the APIDA Community

Additional Resources:

- Asian Mental Health Collective provider directory: <https://www.asianmhc.org/therapists-us/>
- Asians for Mental Health provider directory: <https://asiansformentalhealth.com/>
- Stop AAPI hate: <https://stopaapihate.org/>
- Asian Americans Advancing Justice SoCal: <https://www.ajsocal.org/>
- Asian Americans Advancing Justice: <https://www.advancingjustice-aajc.org>
- Asian Americans Journalist Association: <https://www.aaja.org/>
- RepresentAsian Project: <https://representasianproject.com/>
- AAPI Victory Alliance: <https://aapivictoryalliance.com/>

Call for Safe Confidential Help in Asian Languages from AJSOCAL:

- ENGLISH: 888.349.9695
- 普通话/广东话: 800.520.2356
- 한국어: 800.867.3640
- TAGALOG: 855.300.2552
- हिन्दी: 855.971.2552
- ภาษาไทย: 800.914.9583
- TIẾNG VIỆT: 714.477.2958

APIDA + Center's Resources

Dr. Nina Ha's e-mail: nha@vt.edu

APIDA + Center's Website: <https://ccc.vt.edu/index/acec.html>

Sign up for APIDA + Center's listserv and newsletter:

<https://forms.office.com/r/BNLyM7x7ZM>



Vision

Raise awareness of the APIDA communities' contributions to Virginia Tech, its surrounding areas, as well as nationally and globally.

Mission

The APIDA + Center's mission is to advocate for the Asian Pacific Islander Desi American (APIDA) communities, including Virginia Tech faculty, staff, students, and alumni. We also aim to educate the campus community on issues centered around or related to our communities. All members of the campus and local community are welcome in the APIDA + Center and can participate in the APIDA + Center's events, programs, and activities.

Goals

- ▶ **Create and implement** programming that supports the well-being, both mentally and physically, of the APIDA communities.
- ▶ **Educate** the campus community around topics of APIDA history, culture, media, literature, popular culture among other subjects of interest.
- ▶ **Advise** individual students as well as student organizations through the use of student development theories.
- ▶ **Promote** the integration of Asian and Asian American Studies curriculum throughout all colleges, departments, and/or programs.
- ▶ **Educate** academic advisors on culturally sensitive practices around APIDA identities.
- ▶ **Build** a more robust community with support structures to aid in student, faculty, and staff wellbeing.
- ▶ **Create** structures that promote the retention of APIDA students, faculty, and staff.