

Farah Hussain
URA Final Reflection

In the few weeks that I have participated in the URA program, I felt a profound impact on my understanding of research and the significance of delving into the untold stories within the AAPI community.

I initially applied for the URA program because I was interested in obtaining research experience in the psychology field. Throughout the program, we explored many different topics including racial stereotypes, anti-Blackness, affirmative action, solidarity-building in the AAPI community, and the model minority myth.

This has been an incredible opportunity because it has allowed me to actively investigate important issues that are frequently ignored or given insufficient attention. The depth of our research on racial stereotypes has shed light on the complex ways in which preconceived notions affect individuals of the AAPI community and highlighted the urgent need to demolish these stereotypes.

In addition, our discussions regarding affirmative action and anti-Blackness gave me a more sophisticated grasp of the intricate social dynamics at work. I have discovered that various ethnic and racial communities are interconnected, which challenged my assumptions and motivated me to approach these topics from an intersectional perspective. My understanding of the complex issues that the AAPI community and other groups face was greatly enhanced.

The discussions surrounding the model minority myth were particularly eye-opening. Unraveling the complexities of this stereotype, which often oversimplifies the experiences of Asian Americans, has deepened my awareness of the need for accurate representation and the dangers of harboring harmful generalizations. This newfound awareness has ignited a passion within me to contribute to dismantling stereotypes and fostering a more inclusive understanding of the diverse narratives within the AAPI community.

As I reflect on my time in the URA program, I am grateful for the guidance I received from Dr. Marcia Liu and fellow participants. The collaborative environment allowed for diverse perspectives and constructive dialogues, enhancing the depth of my research experience. I felt valued in the inclusive environment created by the sharing of ideas, experiences, and cultural

backgrounds. I was inspired to approach research with an open mind and my horizons were expanded by working with people who brought different perspectives to the table. Our collaboration highlighted the value of cooperation in the research environment while also adding to the enjoyment of the learning process.

Moving forward, I am excited to apply the knowledge and insights gained through this program in my future academic endeavors. This experience has improved my research abilities and solidified my resolve to approach social issues from a research-based perspective. The idea of making a significant and lasting contribution to the ongoing understanding of the intricate dynamics within the AAPI community and other marginalized groups motivates me.

In conclusion, the URA program has been a valuable stepping stone in my academic journey. It has not only broadened my understanding of research in psychology but has also instilled in me a sense of responsibility to contribute to the ongoing dialogue surrounding the untold stories within the AAPI community. I look forward to carrying the lessons learned and the passion ignited during this program into my future endeavors.