

Let us call it luck, or even fate, as I prefer to imagine. I remember receiving email fliers about the URA spring program after signing up for a mailing list at Hunter College. I was unsure if that was the optimal space for me and if I could contribute as much as I wanted to. Walking into our tiny conference room where we all had a shared objective, and seeing how diverse the URA team was, instantly restored my confidence that I had the potential to contribute to and learn about Asian American history. For me, this experience involved not only learning about a diverse community, but also investigating numerous variables such as mental health, experiences, writing interventions and even history, which influence the community as a whole. My favorite aspect of this experience was speaking with incredible guest speakers while completing research for our forthcoming project. Initially, I struggled to connect with the group I worked with, possibly because they appeared to be more conscious. However, I've learned to apply what I've learned in my daily life by establishing professional goals and conducting evidence-based research to better understand the Asian American community. Overall, this experience provided me tremendous insight and knowledge that could be applied towards other research projects. It has also given me a greater understanding of my expertise, but most importantly, we all have our own unique experiences, ideas, and viewpoints all of which shapes our understanding of certain factors. Perhaps this is a combination of luck and fate after all.