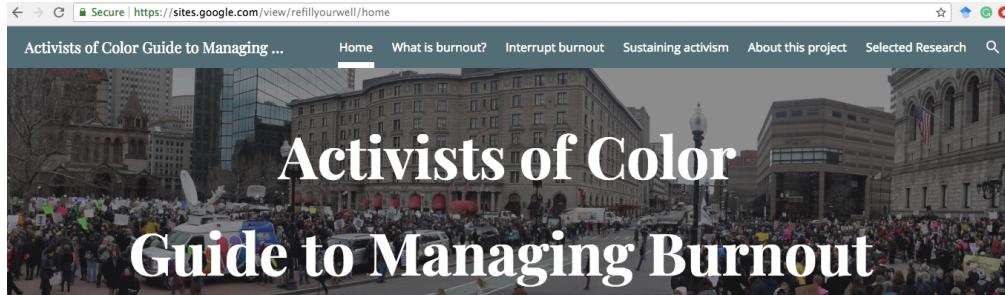


Psychological Aspects of Social Justice Activism (PASJ) Course:
Individual, relational, and organizational dynamics and applications
Professor: K. L. Suyemoto, University of Massachusetts Boston

Examples of Activism Projects from PASJ Students

Refill Your Well: An Online Acceptance Based Behavioral Therapy Prevention Guide for Activists of Color Resisting Racism
Lorraine Alire, Anna Hall, Kaitlyn Gorman



For our project, we created an online resource based on acceptance-based

behavioral therapy principles (Roemer & Orsillo, 2009) and a proposed definition of effective activism for social justice, designed to reach out to and support activists of color, as they engage in difficult actions and conversations to eradicate racial injustice. It included information to help readers identify signs of burnout, techniques to interrupt burnout, and methods for maintaining their action, given the unique emotional cost of engaging in activism, related to the marginalization of their identities as People of Color.

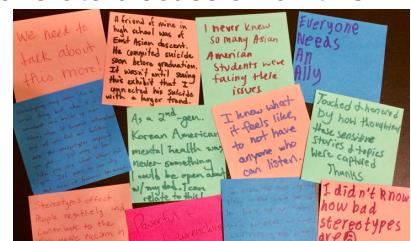
You may access this resource at <https://sites.google.com/view/refillyourwell/home>

“The Model Minority”: Can Stereotypes Kill? Suicide Narratives among Asian American College Students



For our project, we challenged the silence and lack of attention surrounding issues of suicide and mental health struggles of Asian Americans, which continues to persist within the mainstream media, local communities, schools, universities, and so forth. In order to move beyond statistics, we disseminated an interactive display on campus to generate discussion on this issue by

sharing real-life stories/narratives via news articles of Asian American college students who lost their lives to suicide. Attendees were also given the opportunity to share their thoughts for others to read, respond to, and to further engage in the conversation.



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Wake Up, See Us: Highlighting Queer Students of Color Narratives at UMass Boston

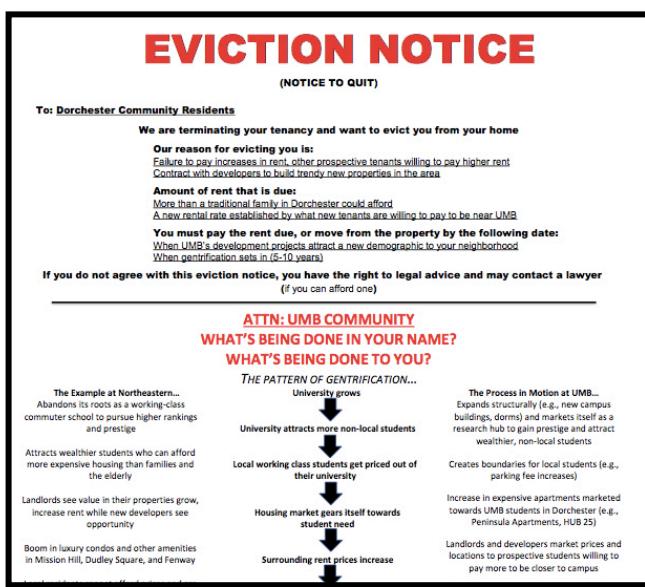
For our project, we focused on the development and implementation of an experiential, discussion-focused workshop as part of the “Wake Up, Rise Up Teach-In” series at UMass Boston. The goal of our session was to highlight the narratives of students of color who identify as LGBTQIA(+) through an interactive photo essay,

which was followed by a partially guided group discussion of experiences of marginalization within racial minority and queer spaces. We engaged community members that identify as Queer person of color and those that want to learn about effective allyship through a discussion about identity, intersectionality, and how these factors influence experiences on the UMass Boston campus.



Gentrification Awareness: Institutional Expansion and the Community

For our project, we centered on promoting awareness of UMass Boston's new development and growth plans and the probable impact of these plans on the Dorchester community in which the university is situated. We created a poster which outlined the process of gentrification, described a parallel situation with Northeastern University's expansion into Roxbury, and directed individuals to email the university to encourage the consideration of community impact (specifically, asking for a community representative to be included in current and future university developments).



For more information on the PASJ course, please contact Dr. Karen Suyemoto via email at Karen.Suyemoto@umb.edu