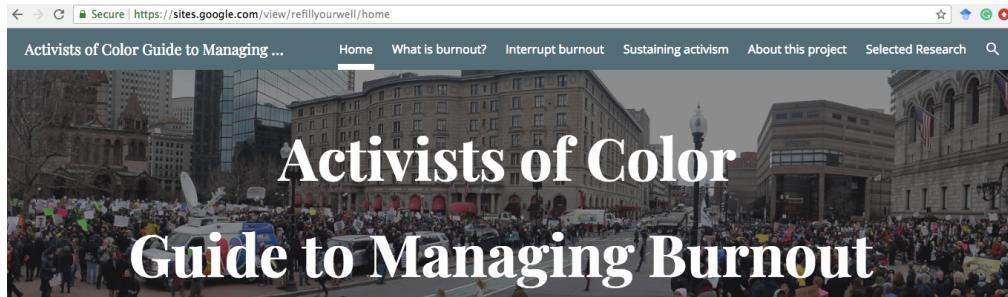


**Psychological Activism for Social Justice (PASJ) Course:  
Individual, relational, and organizational dynamics and applications  
Professor: K. L. Suyemoto, University of Massachusetts Boston**

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*



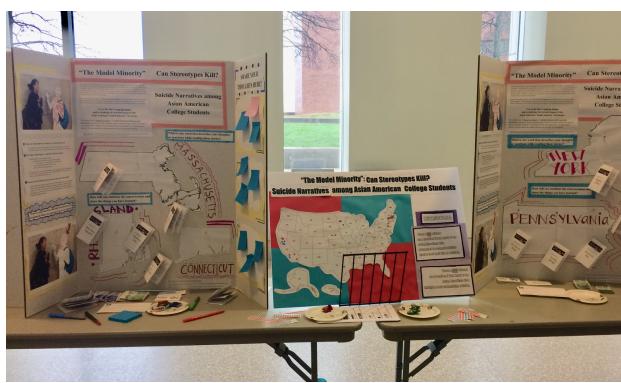
For our project, we created an online resource based on acceptance-based

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>

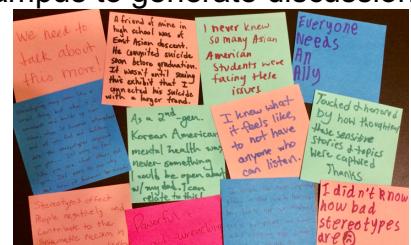
**“The Model Minority”: Can Stereotypes Kill? Suicide Narratives among Asian American College Students**

*Thanh Nguyen, Izabela Villanueva*



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.

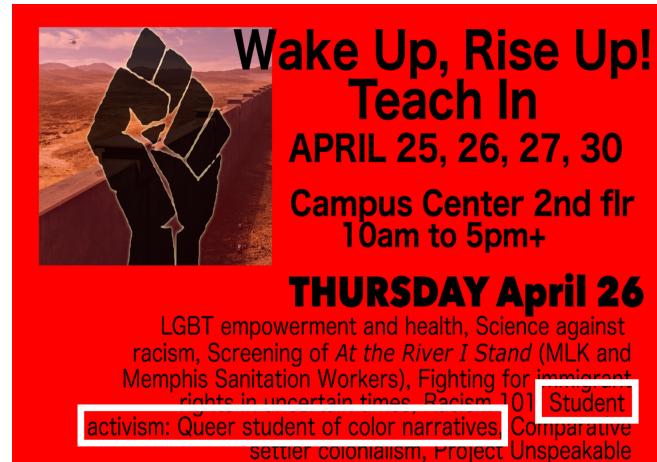


## **Psychological Activism for Social Justice (PASJ) Course: Individual, relational, and organizational dynamics and applications**

**Professor: K. L. Suyemoto, University of Massachusetts Boston**

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

*Keira O'Donovan, Zainab Salejwala, Shannon Hughley*



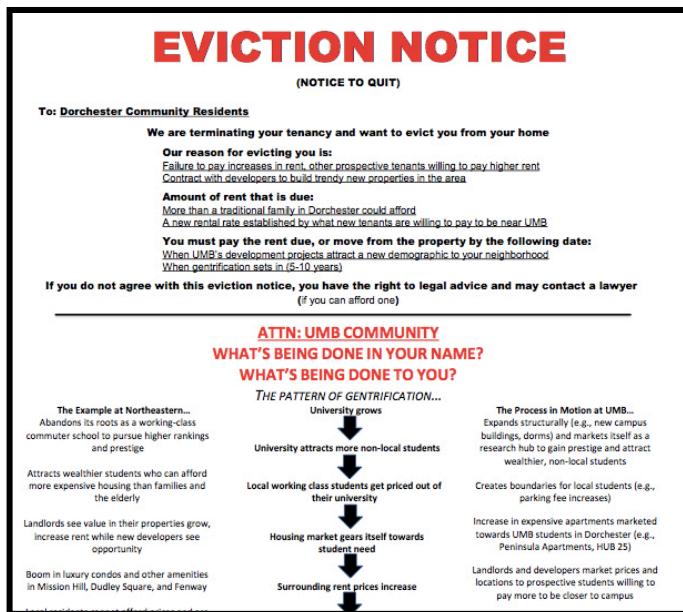
For our project, we focused on the development and implementation of an experiential, discussion-focused workshop as part of the "Wake Up, Rise Up Teach In" at UMass Boston, an educational initiative to foster resistance ([resistoppression.org](http://resistoppression.org)). The goal of our session was 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 people 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**

*Bryan Balvaneda, Alison Goldblatt*

For our project, we centered on fostering resistance to the negative effects of



gentrification, 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 inclusion of community in planning (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](mailto:Karen.Suyemoto@umb.edu)*