Asian American Personality and Mental Health (Fall 2014)
PSYCH M107 / ASIA AM M117
TR 9:30 PM-10:45 PM BUNCHE 1209B

Instructor: Prof. Anna Lau
Email: alau@psych.ucla.edu
Office: 1243B Franz
Office hours: Mon 3:00-4:00, Fri 1:00-2:00

Teaching Assistant: Joanna Kim
Email: joanna.kim@ucla.edu
Office: 1193 Franz
Office hours: Tues 11:30-12:30, Wed 12:00-1:00

Course Website: https://moodle2.sscnet.ucla.edu/course/view/14F-ASIAAMM117-1

Course Materials
- Lecture slides will be posted on the course website. Revisions to the lectures may happen up to the evening before lecture.
- Barring technical difficulties, audio podcasts of the lectures may be found at: http://www.oid.ucla.edu/webcasts/courses/2014-2015/2014fall
- Weekly readings for PSY M107/AAS M117 are posted on the course website.
- Book for Writing Assignment: Please choose ONE of:
  These books are inexpensive (approx. $15 and readily available online or at your local bookstore)

Course Description
This course introduces various topics related to Asian American identity and mental health including ethnic identity, cultural values, stereotypes, intergroup relations, family process, acculturation, child development, educational issues, psychopathology, and mental health treatment. The goals of the course are three-fold: (1) to explore issues in Asian American psychology, particularly the cultural and societal influences that shape personality and mental health, (2) to analyze psychological research pertinent to Asian Americans, and (3) to develop critical thinking skills on research and theory related to Asian American psychology. The course will consist of lectures, in-class discussions, and videos to illustrate the concepts. In addition, the material will be applied in the analysis of a case study presented in one of two non-fiction books.

Teaching Philosophy
Your active engagement in the course materials, both in and outside of the classroom, will facilitate your learning and make the class more enjoyable. Lectures are enhanced when students contribute their insights and responses. I will provide opportunity for active learning through interactive discussion, examples, videos, up to date research findings, and considerations of policy and practice issues.

Communication: Discussion Board, Email, and Office Hours
We are here to help and will try to answer your questions. When you have a question about the course materials from lectures or readings, please go to the discussion board on the course web page. Before you post, look over the previous posts to make sure your question has not already been addressed. When posting on the discussion forum, clearly identify the subject of your question in the post title (e.g. “Question about the difference between ethnic identity and acculturation.”). Using the discussion board in this way will benefit the entire class and also allow us to be more responsive. If something was unclear to you, it was probably confusing to others. Students occasionally ask questions that seek special information about whether material will appear on exams, “do we have to know this?” We will provide review sessions and study guides so that everyone is fairly informed about what may be covered.

We strongly encourage students to attend office hours. Email should be used when the matter is of a
personal nature (e.g., about your grade) or you are uncomfortable posting your question on the discussion board, and it is not possible to attend office hours. For questions about your grades, please first contact your TA, Joanna Kim, who is in charge of maintaining grades.

**Course Work/Expectations:**
Grading will be based on two exams (a midterm and a final), and one reaction paper. Exams will have a few multiple choice, but will be mostly short and long essay answer in format. You are responsible for all materials covered in lecture, even if it is not in the readings. You are responsible for all materials in the assigned readings that are discussed in the lecture. For each exam, you must bring CLEAN blue books, one should be enough, but once in a while students will use two blue books on the final. The final exam is NOT cumulative, it will cover material presented in Weeks 5-10.

One paper is required for this class. You will be able to select between two choices of reaction papers. Each option focuses on a case study contained in a work of contemporary Asian American memoir. You should start reading your selected book early in the quarter. There are two different due dates depending on the assignment you choose. The choices are: (a) Chua’s “Battle Hymn of the Tiger Mother” (due Week 8) and, (b) Fadiman’s “The Spirit Catches You and You Fall Down” (due Week 10). In your paper you will be required to do three things: (1) apply the theoretical and empirical material presented in class to illustrate themes and events presented in the case study, (2) critically analyze the materials presented in class – this means you need to be thoughtful about the class material and evaluate how well it really helps us understand the Asian American psychological experience, and (3) drawing upon your own personal experiences to reflect on how they relate to the case study and class materials. Your paper must reference at least two of the articles covered in the lectures and relate these key theoretical constructs to themes and events that emerged in the case studies. The best essays will triangulate an analysis of the class materials, with your own personal experiences, and the events chronicled in the case study. A reading guide for each book will be posted on the course website to help you focus on questions that will help you achieve the goal of integrating the book with the course materials. The essay should be double-spaced and no more than 5 pages. Be sure to consult a member of the teaching team early and often as you are formulating your ideas.

**Course Policies**

1. **Exams.** No make-up exams will be given unless you document in writing the extenuating circumstances (e.g., family emergencies, accidents, etc.) that necessitated your missing the exam. Illnesses must be documented by a note from your doctor. The final exam will occur on the scheduled date of Wednesday, December 17, 2014, 8:00am-11:00am. If you cannot take the final exam at this time you cannot take the course.

2. **Help with your reaction paper.** We are happy to provide you with guidance on your paper, and with feedback on early drafts. HOWEVER, we will not offer feedback on drafts given to us in the six weekdays prior to the paper due date. This means that if you want feedback, you must prepare your draft by one week prior to the due date at the latest.

3. **Late papers.** Papers turned in late (after 10:45am on the due date) will lose 1 letter grade per weekday (e.g., A reduced to a B). The only exception is documented illness (with doctor’s note). Late papers may be turned via email, during office hours, or to the Main Psychology Office in Franz 1285. If you must turn in your paper to the Main Office, be sure to have it date stamped.

4. **Re-writes.** There will be no opportunity to re-write your paper for an improved grade. If you anticipate needing help, you may get feedback on an early draft (see above).

5. **Disputing grades.** If you want to dispute your grade on an exam or paper, you may request a re-grade. Someone other than the original grader will provide a new grade that will be binding. However, note that your final grade may be higher or lower than the grade originally assigned.
6. **Disabilities.** I encourage students with disabilities (physical, learning, and/or psychiatric) to discuss with me at the beginning of the course appropriate accommodation that might be helpful to you. Additionally, students should consider contacting please contact the Office for Students with Disabilities as soon as possible at A255 Murphy Hall, (310) 825-1501, (310) 206-6083 (telephone device for the deaf). Website: www.osd.ucla.edu. Information regarding disabilities is confidential.

7. **Academic Honesty.** My interactions with you are based on the expectation of mutual trust and honor. You are required to do your own work on exams and assignments. Please note that exams may not be removed from the exam room or copied at any time. Anyone found cheating on an exam or plagiarizing the work of others will be dismissed from the course with a failing grade. We will then take action to encourage University sanctions through the office of the Dean of Students.

Final course grades will be based on the following breakdown. **No extra credit will be given.**

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<tr>
<th>Requirement</th>
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<tbody>
<tr>
<td>Mid-term Exam</td>
<td>35%</td>
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<tr>
<td>Paper</td>
<td>25%</td>
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<tr>
<td>Final Exam</td>
<td>40%</td>
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Course grades are curved according to the following distribution.

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<thead>
<tr>
<th>Grade</th>
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<tr>
<td>A’s</td>
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<tr>
<td>B’s</td>
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<tr>
<td>C’s</td>
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<tr>
<td>D-F</td>
<td>10%</td>
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**COURSE OUTLINE**

**DATE**       **LECTURE TOPIC, READING ASSIGNMENTS, DEADLINES**

**Week 0:**
10/02
**Introduction to Key Concepts: A Case Study**
Betancourt & Lopez (1993); Phinney (1996)

**Week 1:**
10/07  **Acculturation**
Berry (2005)
10/09  **Ethnic Identity**
Phinney (1989); Ying & Lee (1999); Quintana (2007)

**Week 2:**
10/14  **Acculturation and Adjustment**
Ryder, Alden & Paulhus (2000); Lau et al. (2013)
*Homework:  Twenty Statements Test assignment on course website, bring to next class!*
10/16  **Cultural Values and Models of the Self**
Markus & Kitayama (1991); Rhee et al. (1995)

**Week 3:**
10/21  **Interdependence and Social Adjustment**
Taylor et al. (2004); Hong & Woody (2007); Ho & Lau (2011)
10/23        Stereotypes, Consequences of Stereotypes
            Steele (1997); Cheryan & Bodenhausen (2000)

Week 4:
10/28        MID-TERM EXAM
10/30        Asian Americans as the Model Minority
            Pew Report infographics; Ramakrishnan (2012); Maddux et al. (2008)
*Homework: Visit https://implicit.harvard.edu/implicit/featuredtask.html and take the Asian IAT and complete IAT class survey on course website

Week 5:
11/04        Intergroup Conflict: Prejudice and Discrimination
            Gee et al. (2009); Sue et al. (2007)
11/06        Asian Americans and Gender & Dating Issues
            Cheng (1996); Liu et al. (1995)

Week 6:
11/11        FILM – Never Perfect
11/13        Culture and Child Development
            Rothbaum et al (2000); Kim & Choi (1994);

Week 7:
11/18        Asian American Families – Part 1 Parenting & Academic Achievement
            Chao (2001); Stevenson, Lee & Stigler (1986); Lau & Fung (2013)
11/20        Asian American Families – Part 2 Intergenerational Relationships
            Fuligni (1998); Farver et al. (2002), Costigan & Dokis (2006)

Week 8:
11/25        Guest Lecture – Joanna Kim: Culture and Developmental Psychopathology
            Weisz et al. (1997); Greenberger et al. (2000)
* Tiger Mother REACTION PAPER DUE
11/27        Thanksgiving Day HOLIDAY

Week 9:
12/02        Asian American Mental Health
            Takeuchi et al. (2002); Surgeon General Report Chapters 2 and 5
12/04        Trauma and the Refugee Experience
            Marshall et al. (2005); Uehara et al. (2001)

Week 10:
12/09        Asian Americans and Mental Health Services
            Abe-Kim et al. (2007); Okazaki (2000); Guo et al. (2014)
12/11        Careers in Community Mental Health
* Spirit Catches You REACTION PAPER DUE

Final Exam   Wednesday, December 17, 2014, 8:00 – 11:00am

NOTE: Students may find that a topic in class is personally relevant. All regularly enrolled students at UCLA are eligible for free confidential services from Counseling and Psychological Services (CAPS) http://www.counseling.ucla.edu/. Specialized counseling groups for Asian American students are offered from time to time, please inquire. Please contact: (1) CAPS John Wooden West, 825-0768; (2) Peer
Helpline (8pm-midnight) 825-HELP; or (3) UCLA Psychology Clinic: 825-3301 for help.