



Defining Success

for AAPI College Students

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About Shangyun

Education

- Ph.D. (in progress...) in Counseling Psychology, SUNY-Albany
- M.A. in Clinical Psychology, Columbia University

Researcher

- Clinical supervision, suicide, career psychology, psychoeducation (SUNY-Albany, CAFAMH, NYU Langone, NYU)

Psychologist trainee

- Albany: College students, adults in local communities,
- NYC: Chinese American seniors, people in crisis

Instructor

- Career Development (undergrad)
- Counseling Skills (master's)



Guangzhou, China

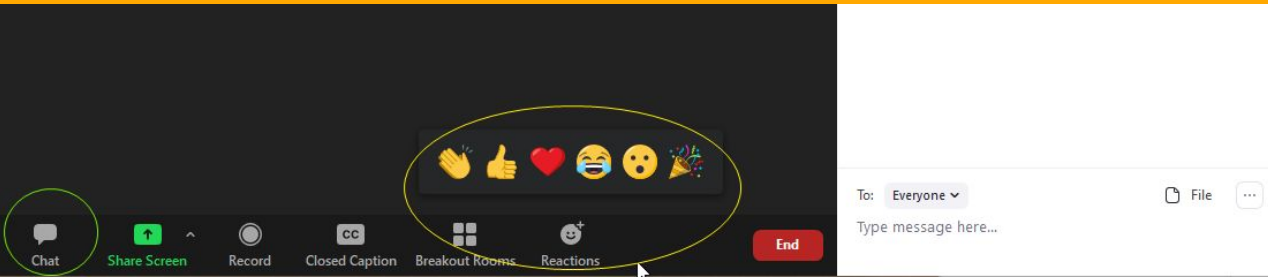
About Today's Workshop

What are some factors that impact how we view “success”?

- Sociocultural
- Familial & interpersonal
- Individual

Your definition of “success”

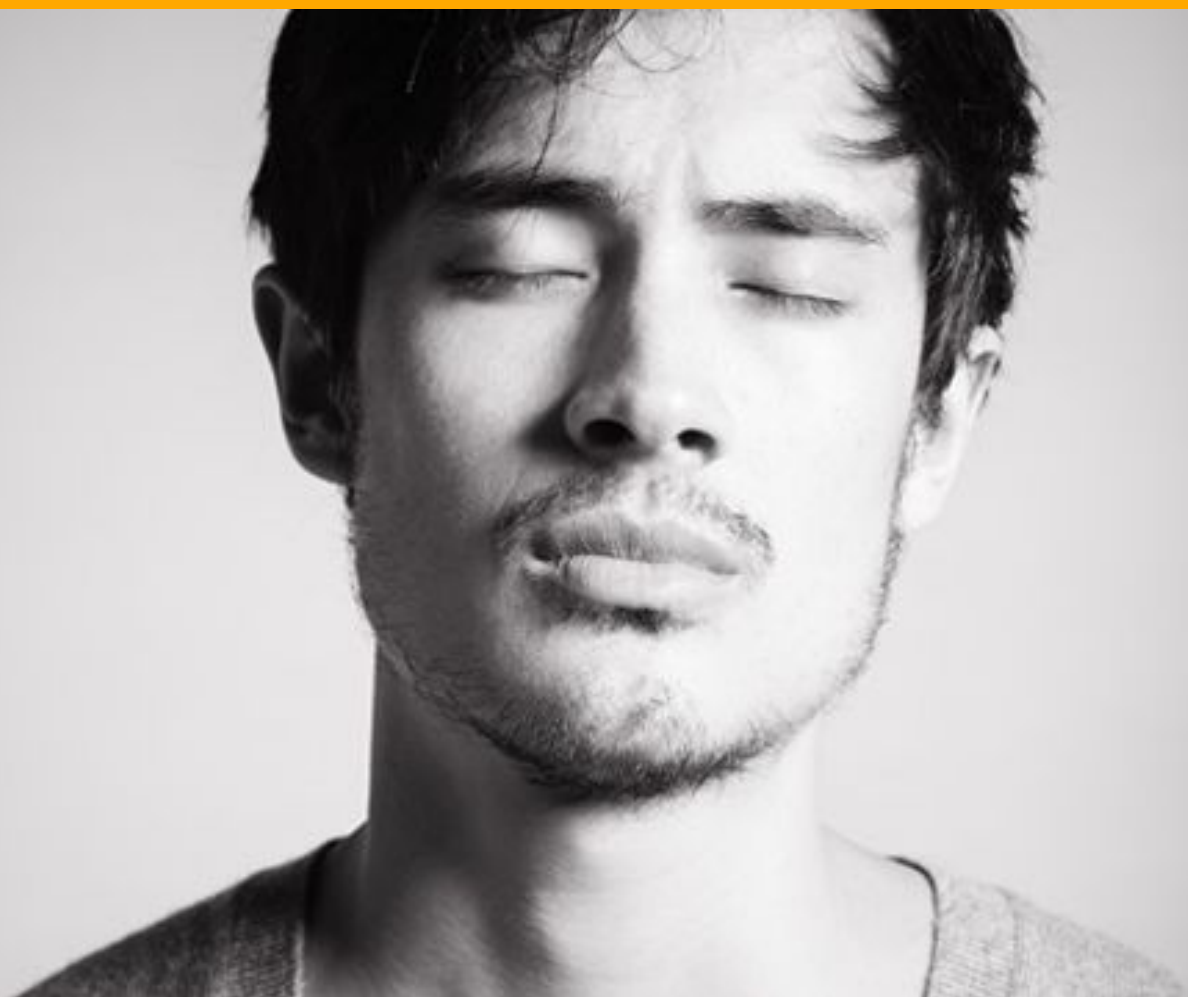
- Values
- Life domains/roles



“I am successful.”

In your breakout rooms (10~12 min), kindly introduce yourself to your peers by saying:

- Name
- Where you're from
- Complete the sentence: “I am successful as a _____” or “I am successful in the area(s) of _____”
- Complete the sentence: “When I think of success, I think.../I feel...”



What is considered “success”?

Or what we've been told success is...

“

***n.* favorable or desired
outcome
also : the attainment of
wealth, favor, or eminence**

Merriam-Webster Dictionary

“

***n.* the achieving of the results
wanted or hoped for;
something that achieves
positive results.**

Cambridge English Dictionary



- (1) the fact that you have achieved something that you want and have been trying to do or get*
- (2) the fact of becoming rich or famous or of getting a high social position*
- (3) a person or thing that has achieved a good result and been successful*

Oxford Dictionary

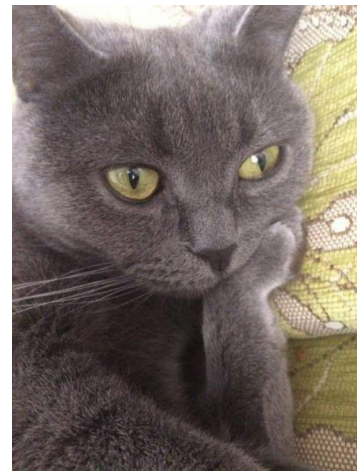
Which definition do you like best?

No.1 - Merriam Webster

No. 2 - Cambridge

No. 3 - Oxford

No. 4 - None of the above



Which definition do you like best?

A dictionary usually is a carrier of message between you and the world. It tells you various definitions of what various concepts/words are “supposed” to mean.



In this workshop

Hopefully, you will come up with your own definition of success to the extent you can by looking at success at different angles/layers.



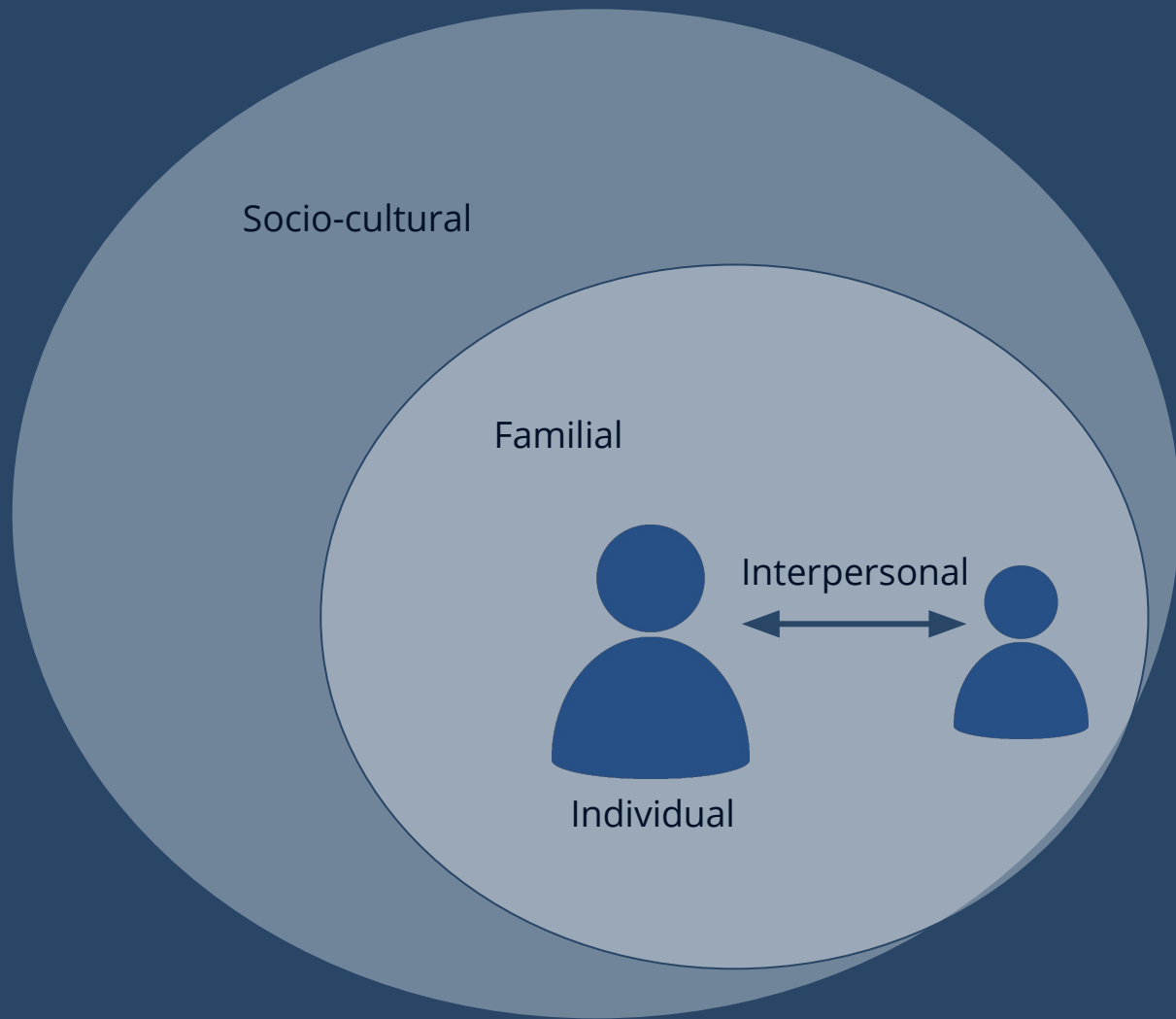
The way “I” exist in the world



The way “I” exist in the world

Let's take a look at the relationship between you and the world using an ecological framework:

- **Sociocultural**
- **Familial**
- **Interpersonal**
- **Individual**

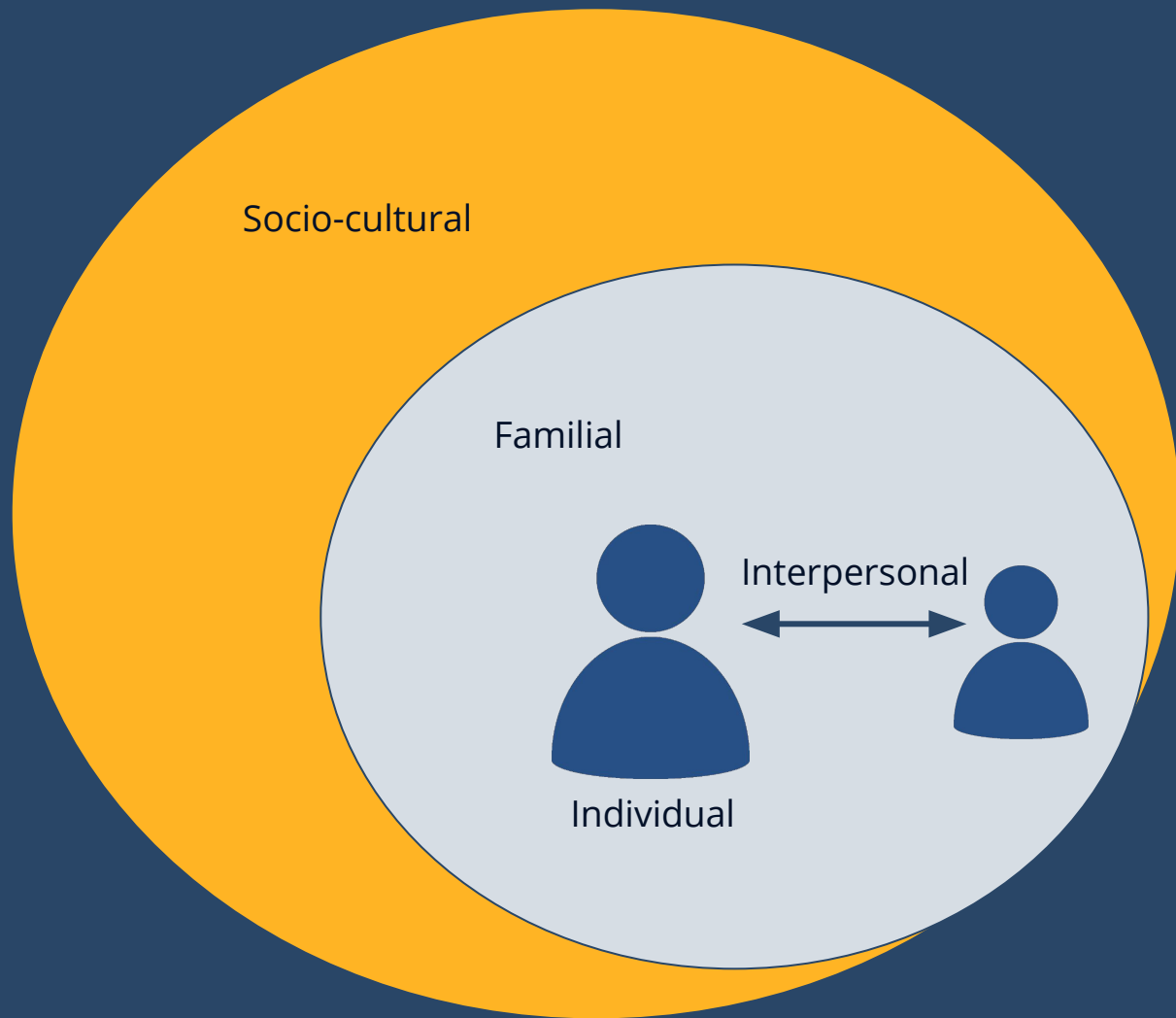


...according to our society
and culture?

The way “I” exist in the world

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Activity 1: What does success look like in western vs. non-western cultures?

For the next activity, you be randomly assigned into 6 groups:

Part 1:

- Think of **2-3 different ways** to describe what success looks like in the **Asian culture** that you are closest to
- Think of **2-3 different ways** to describe what success looks like in the **mainstream/western culture**
- If you can, consider specific examples of successful individuals

Part 2:

- Reflect on the similarities and differences that you see between cultures.

Any questions before we start?

Activity 1: What does success look like in western vs. non-western cultures?

What does success in Asian cultures look like?

What does success in western cultures look like?



A desk with a framed picture, a pen holder with pens, and a small container with a string of beads.

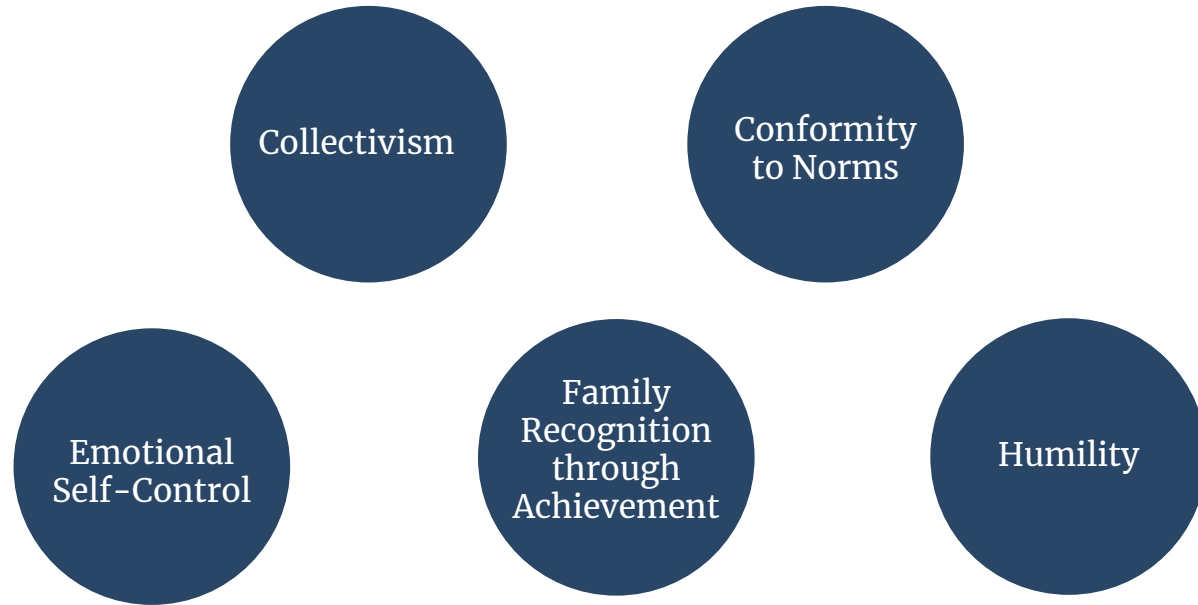
Success & Asian Cultural Values

What are some **salient Asian cultural values** that can impact how we view success?

Success & Asian Cultural Values

Asian American Cultural Values (Kim, 2005)

Psychological instrument development based on 300+ Asian American college students



Do these sound familiar to you?

Success & Asian Cultural Values

- Collectivism
- Conformity to norms
- Emotional self-control
- Humility
- Family recognition through achievement
-

Activity 2: Embracing our values

Reflecting on Asian cultural values that are most salient for you (not limited to the five values introduced), how have they been influencing the way you view success? In the following breakout session, take time to reflect and share:

- What are **1-2 Asian cultural values** that influenced the way you view success most?
- How have they been influencing the way you view success?
 - Positive impact?
 - Negative impact?
- How have you been navigating your way through success amidst the positive/negative impact?

The background of the slide is a warm, orange-toned photograph of a desk. On the left, there is a framed picture with a white border. To its right is a cylindrical metal mesh pen holder containing several pens and pencils. The overall lighting is soft and focused on the desk items.

Success & Asian Cultural Values

What are some common themes that you have noticed?

Success and the Model Minority Myth

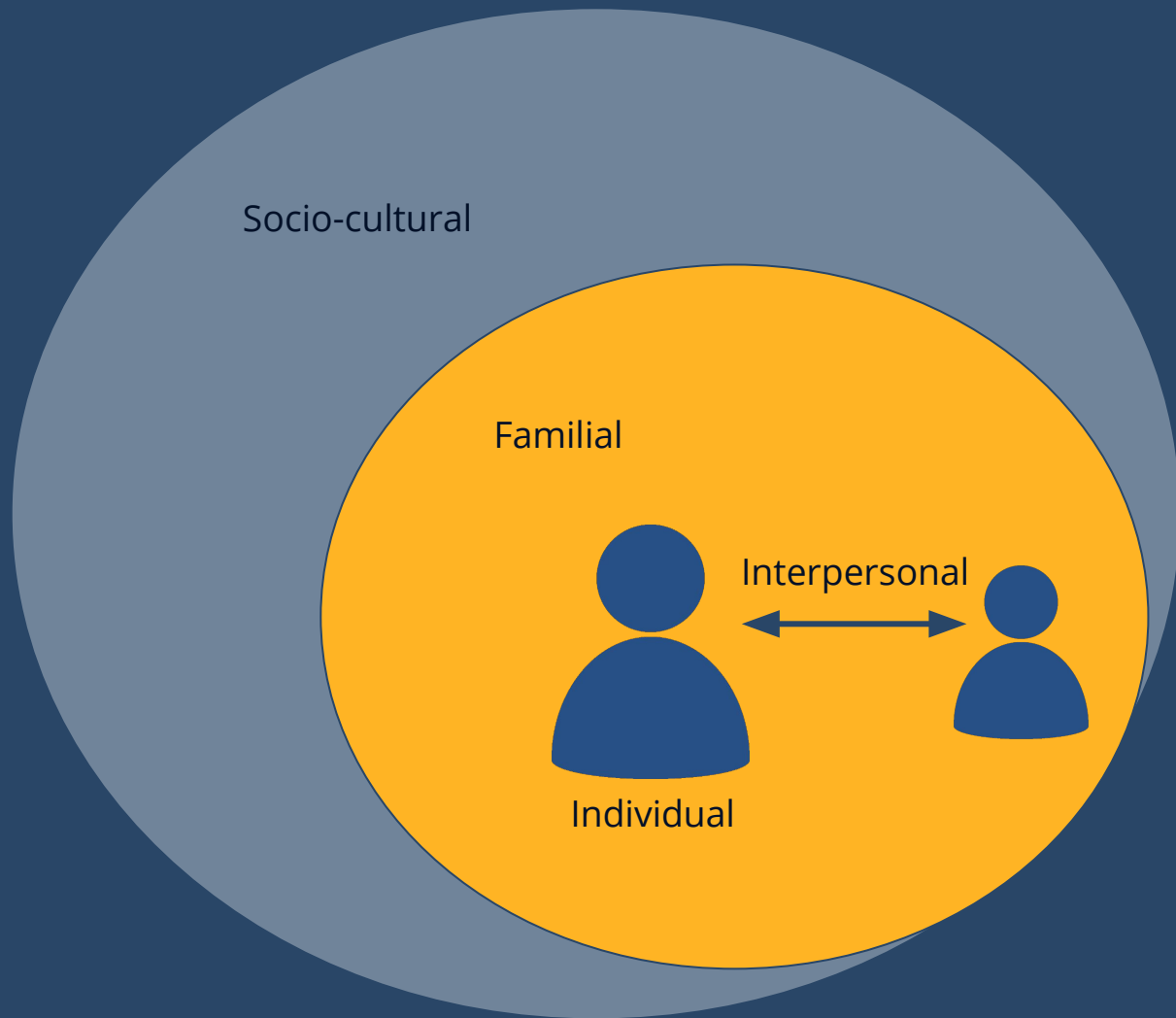


...according to your family?

The way “I” exist in the world

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Maybe skip?

Activity 4: Your Family Success Story

Think about someone in your family whom you consider to be successful (someone you look up to):

- Who is this person?
- What have they accomplished?
- What do you look up to them for?
- What great qualities do you see in them?
- What about them that made you feel proud?
- What part of their success motivates your success?

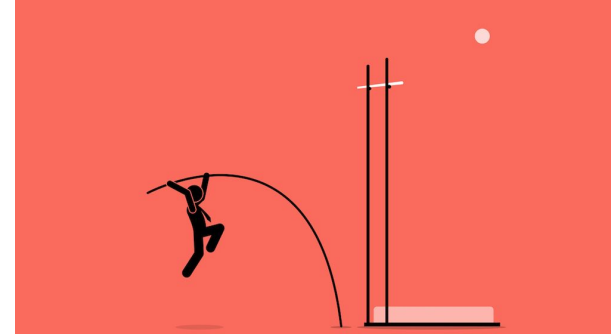
What are some common themes in the stories that you've heard from your peers?

How do psychologists conceptualize perfectionism

Slaney et al. (2001).

□ High Standards

"I have high standards for my performance at work or at school."



□ Discrepancy

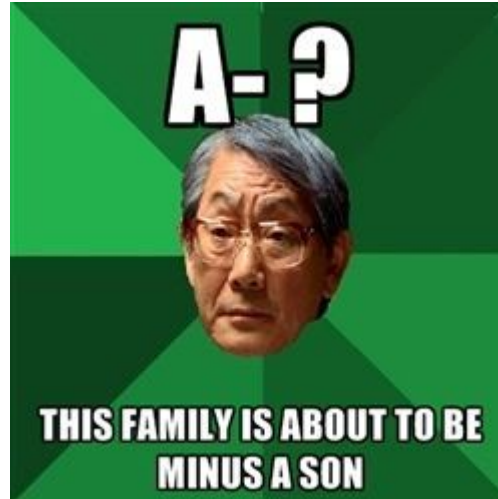
"Doing my best never seems to be enough."

How do psychologists conceptualize perfectionism

Wang (2010).

- **High Standards**

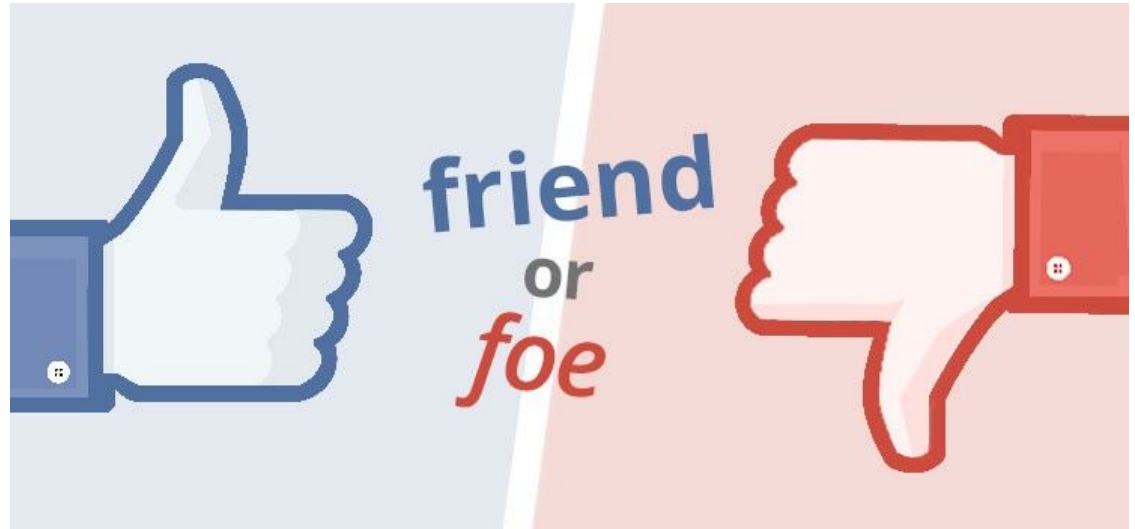
*"**My family** has high standards for my performance at work or at school."*



- **Discrepancy**

*"Doing my best never seems to be enough **for my family**."*

Perfectionism good, or bad, or...?

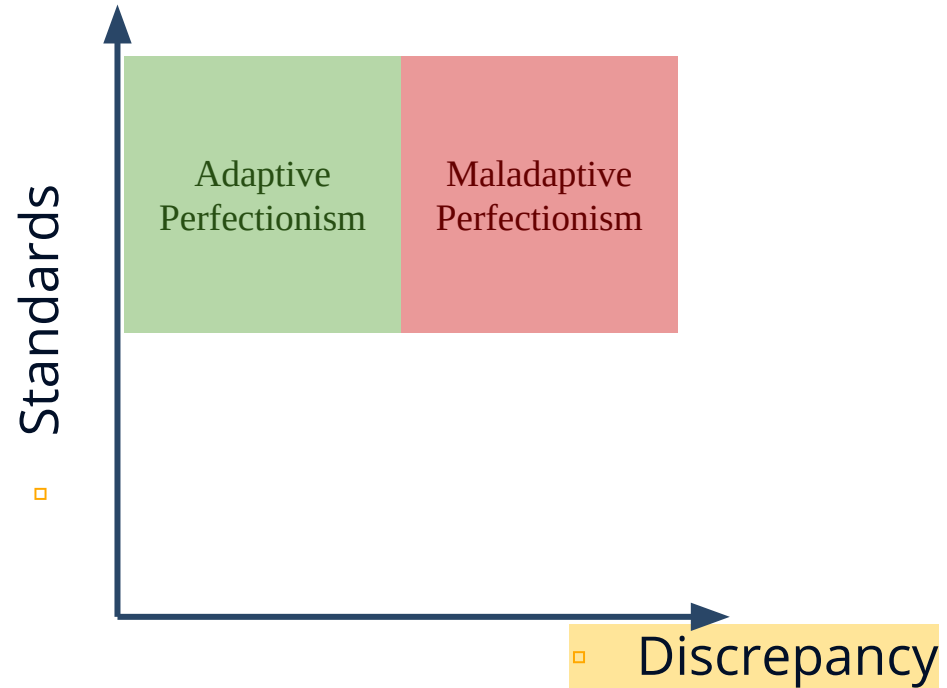




How do I know if perfectionism is not benefiting me?

Adaptive vs. Maladaptive Perfectionism

Thoughts & reactions?



Is this you?



Is imposter syndrome real?

Although imposterism/imposter phenomenon/imposter syndrome is not an officially diagnosable condition in psychology, it is a well researched construct (Clance, 1980), which theoretically consists of three factors:

1. Feeling like a fraud
2. Inability to acknowledge positive performance
3. Attributing success to luck

IP is **positively** associated with:

- Depression
- Anxiety
- Psychological distress

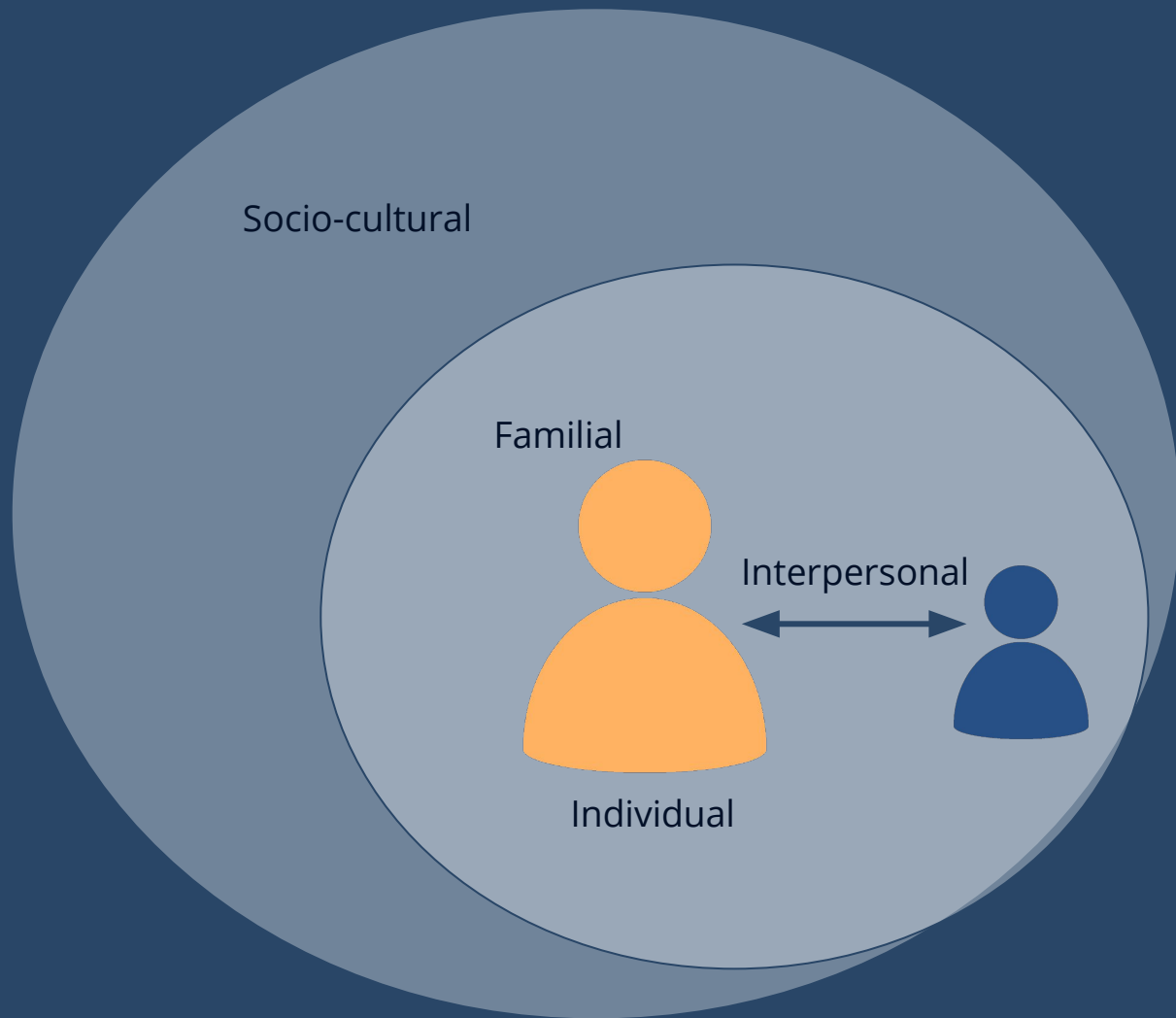
IP is **negatively** associated with:

- Self-compassion
- Self-esteem
- Psychological well-being

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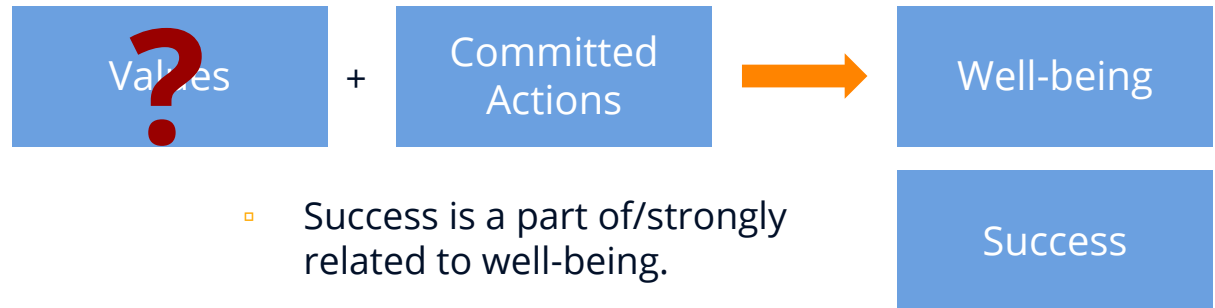


YOU

What's your definition of success?

Values

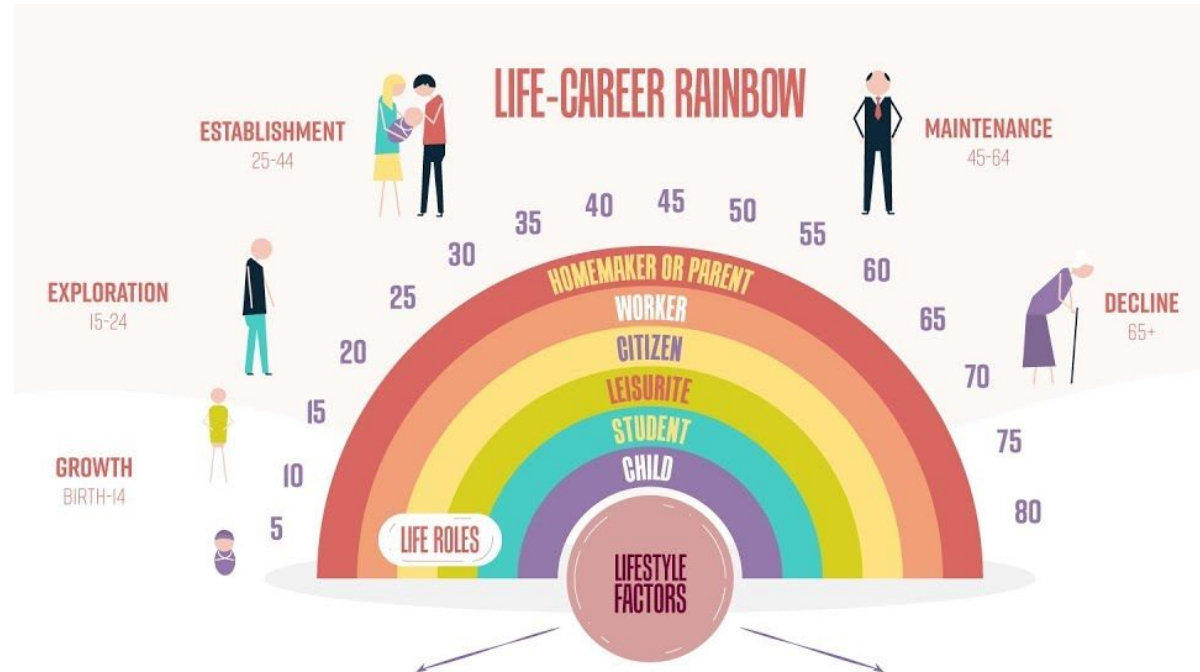
- Many psychologists believe that psychological well-being can be obtained with a match between one's values and one's actions. In fact, there is a specific type of psychotherapy that are designed to explore someone's values, aka, what's most important in one's life.



- Success is a part of/strongly related to well-being.

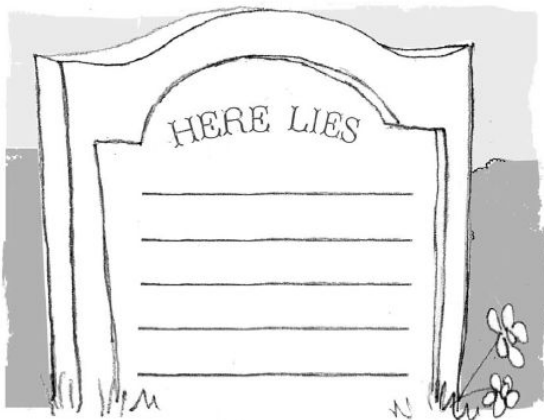
It's not always about career, but about what you value most in what domain

Donald Super's self-concept theory and role salience



Last activity: My Valued Life Epitaph

- For the following activity:
 - Finish your “Valued Life Epitaph”
 - Then share it with your peers in the breakout room



Who would like to share in our big room?



Additional resource

- Values card sort:
https://sakai.ohsu.edu/access/content/group/Kathlynn_Tutorials/public/Value%20Card%20Sort%20Exercise%20-%20Storyline%20output/story_html5.html





Thanks!

Any questions?

Best wishes for your future endeavors to success!

Special Thanks to
CAFAMH, Collected