

## Asian American Communities & Race Relations Catalogue of Completed Student Podcast Projects

In this catalog listing of 32 podcasts, students covered various topics related to race relations, anti-Asian hate, mental health during the pandemic, immigrant and refugee rights, justice for Japantown. They interviewed fellow students, community members, relatives and built community together during difficult and challenging times. Now that they successfully completed the class and the group podcasts, perhaps we can utilize their work for reference.

The listings are divided in discussion sections taught by GSIs Peter Kim and Victoria Huynh, who did a great job in working with each podcast team. Thanks also to Ethnic Studies Changemakers Program (Pablo Gonzalez, Cecilia Lopez, Camila Gomez) who provided training and technical assistance.

Harvey Dong  
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### Section 101 (GSI Peter G Kim)

Group 1

[Title: Healing Out Loud](#)



**Producer Names:** Brin Balboa, Ada Barreto, Corrin Hickman, Olivia Liu and Donovan Garcia-Sanchez

**Description:** Our podcast looks at the mental health of Asian Americans during the pandemic. During the pandemic, discrimination and hate crimes against Asian Americans made Asian Americans more vulnerable to mental illnesses

such as depression, anxiety, and stress. We shared in the podcast that we, as Asian Americans, experienced or saw discriminatory behavior against Asian Americans. We also analyzed why Asian Americans have more serious mental health problems than other ethnic groups. In our survey data, we found that social media stigmatization of Asian Americans is also the main reason for Asian Americans' mental health impairment. In addition, there is a persistent stigma against seeking mental health services among Asian Americans, which also contributes to the severe exacerbation of psychological conditions. We conclude by describing the channels for Asian Americans to seek psychological services in the hope that they can help more people.

## Group 2\*

Title: [Impact of Ethnic Studies in High School](#)



**Producer Names:** Lynn Nguyen, Masumi Hayami, Kyle Gong

**Description:** We discuss the ongoing ethnic studies movement and how important it is for secondary schools to get involved. Ethnic studies is a topic that typically is not taught to adolescents. They are expected to either learn on their own or not know at all, which results in many closed-minded viewpoints for racism. By educating children from the start about ethnic studies and minorities, we can increase the racial understanding of the new generation to be more open toward people of color. By analyzing various academic journals and speaking to an ethnic studies high school teacher and student, Lynn, Masumi, and Kyle emphasize the importance for kids to learn about various ethnicities as soon as they can.

## Group 3\*

Title: [1992 La Riots: Tension Between Minority Communities](#)



**Producer Names:** Vanessa Kahkesh, Alex Jean, Jason Huang, Amy Kim, Michael Kim

**Description:** Our podcast is about the 1992 LA Riots, completed by Vanessa, Alex, Jason, Amy, and Michael. We explore the origins of the riots, discuss race relations between Black and Korean Americans, and the impact on the Korean community. Our interviewee is Michael's dad, Thomas, who was in his mid 20's during the riots and recalls a

lot of causes and effects. Finally, we conclude the podcast with a comparison to the 2020 Black Lives Matter protests/riots and what we can learn from the 1992 Riots in order to move forward. We are willing to share the podcast in public postings.

#### Group 4

Title: [The Forever Foreigner: The Impact of Politics & Media on Asian Americans](#)

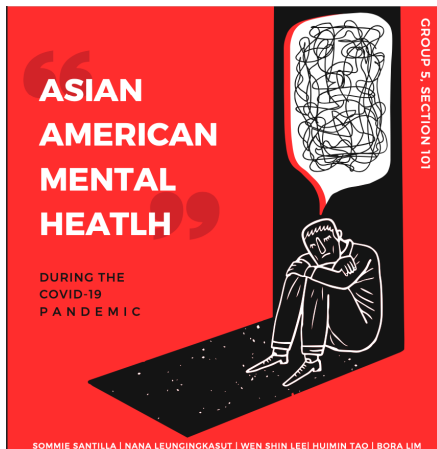


**Producer Names:** Evan Imata, Henry Jia, Bora Kim, Nina Le, Jiho Lee

**Description:** This podcast is about the relationship between politics, the media, and racism against Asian Americans. We analyze this relationship in the modern context, as well as decades in the past, and compare the similarities and differences between different eras. This podcast features Henry Jia, Nina Le, and Evan Imata. Members Jiho Lee and Bora Kim were unable to make it to the recording, but helped in the planning and writing of the project. The podcast includes interview clips with Mitch Maki, the President of the Go For Broke Education Center in Los Angeles, California. Statistics and ideas were also referenced in the podcast from the Pew Research Center, articles from the Harvard Business Review, and peer-reviewed journals by writers such as Stephen M. Croucher, Angela R. Gover, Harvey L. Nicholson, Tyler T. Reny, and Matt A. Barreto.

#### Group 5

Title: [Asian American Mental Health During The COVID-19 Pandemic](#)



**Producer Names:** Sommie Santilla, Daoyarat Luengkasut, Bora Lim, Huimin Tao, Wen Shin Lee

**Description:** In our podcast, we will discuss how the COVID-19 pandemic critically impacted the lives of all people globally by interrupting every aspect of their lives especially psychologically. Because of the racist ideals that scapegoated Asian Americans, they were especially experiencing stress during this time due to reasons such as

socio-economic struggle, health concerns, and career impact in addition to the existing factors of discrimination and now amplified racism. The podcast will investigate the impact of the pandemic on Asian Americans, who may be experiencing the more visible presence of model minority myth, perpetual foreigners, and stoicism.

Group 6\*

Title: [Fighting for Asian-American Mental Health](#)



**Producer Names:** Quest Dibley, Rebecca Luo, Andrew Marin, Jio Park, Kern Reehal

**Description:** Our podcast explores the effects of the COVID-19 pandemic on Asian American mental health. We discuss the underlying disparities between Asian Americans and other ethnic groups in the United States and how that causes increased psychological struggles within the population. The podcast also investigates the role of hate crimes during the pandemic and how that has impacted the minority group. Jio, a member of the group, discusses her own encounters with racial profiling as an Asian American. We then conclude with a discussion on potential mitigation strategies of the issues brought forth in the podcast. Arron Luo, Rebecca's brother, was a guest on the podcast, and discussed his experiences as an Asian American living in Atlanta.

Group 7

Title: [Covid 19. "Kung-flu and anti Asian Racism"](#)



**Producer Names:** Dan Vo, Sarah Su, Bryan Phan, Jack Tsuei, Isaac Wu

**Description:** For our podcast, we chose to focus on the topic of rising Asian hate crimes, with the term "Kung Flu," and the prevalence of anti-immigrant sentiments today. To investigate this topic, we will be exploring several notable hate crimes in the past year and a half, and comparing them to the racially motivated crimes prior to COVID-19. We



hope to find the racial motivations of the past and explore whether movements today have brought any changes. We also will determine why people use the label, “Kung flu” and how it impacts multiple ethnicities. What are the general population’s responses to increased discrimination? What types of roles does social media play in either positively influencing or negatively impacting Asian American/immigrant presence in the United States? What should we do as individuals to protect ourselves when we encounter hate?

Group 8

Title: [Anti-China: Treatment of Asian Americans](#)



**Producer Names:** Lizbeth Comparan, Jin Woo, Jill Xia, Megan Yan

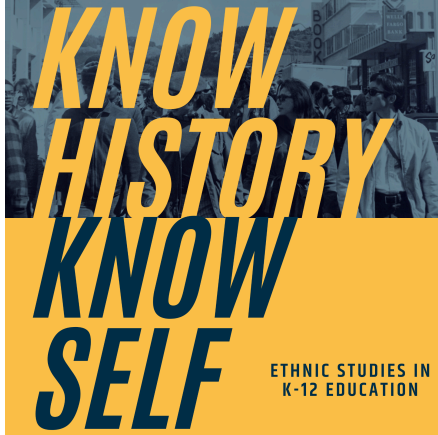
**Description:** Our podcast, “Anti-China: Treatment of Asian Americans”, explores the history of Anti-China sentiment present in the United States through a sociopolitical standpoint and its subsequent effects on Asian Americans today. Within the episode, we explore questions such as, What are anti-China sentiments in the United States? How can we trace the history of Anti-China sentiment in the United States? In what ways do they impact the Asian American community today? To do so, we analyzed legislation and advocacy for immigration restriction in California in particular and on a Federal level with the Angell’s treaty that culminated in the Chinese exclusion act. We then map and discuss how xenophobic rhetoric during the Trump presidency exacerbated racial tensions in the initial stages of the COVID-19 pandemic with a rise of hate crimes targeted at the Asian American community. Lastly, through an interview conducted with a Taiwanese American college student, Ivy, we will provide more insight into the Asian American experience and how the anti-Chinese narratives have impacted her community.

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Section 102 (GSI Peter G Kim)

Group 9\*

Title: [Know History. Know Self: Ethnic Studies in K-12 Education](#)



**Producer Names:** Aesha Gandhi, Gavriel Cumareng, Kyle Cruz-Anderson

**Description:** Our podcast is dedicated to examining the role of the 1969 and 1999 Third World Liberation Front's (TWLF) demands for self-determination and, more topically, Ethnic Studies as a formal discipline of study in higher education institutions in the late '60s and '90s; and its influence on contemporary movements demanding the integration of Ethnic Studies in the curricula of K-12 public schools. Of particular focus in our research is the historical trajectory of the TWLF movements and the 2021 de jure integration of Ethnic Studies in K-12 curricula in the state of California. This project is dedicated to evaluating the impact of TWLF, the salience of Ethnic Studies as a formal study as well as its potential benefits for K-12 students. Likewise, we engage with questions inclusive to: *how ethnic studies courses directly improve class engagement and why cannot ethnic studies be combined into existing humanities curriculum?* A central question is *how did the student strikes during the TWLF strikes impact the current movement for ethnic studies in K-12 programs?*

Group 10

Title: [Asian Americans and the Media](#)

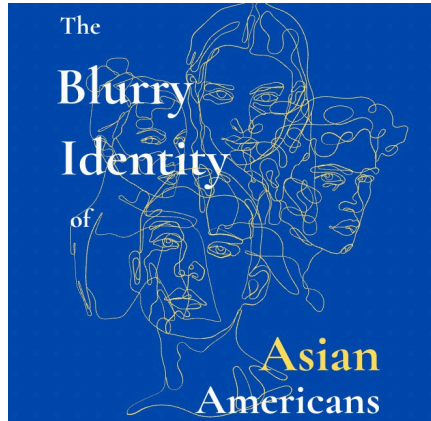


**Producer Names:** Rebecca Feng, Yoshinobu Enomoto, Gabriella Gonzalez, Matthew Varughese, Hannah Yang

**Description:** We will analyze the effect media has had on the Asian American Community from the early days to now, asking questions such as: How have Asian Americans been portrayed, and how are they portrayed now? How did the media serve as a catalyst for changes in public perceptions? What can we learn from the patterns and correlations between the media and Asian American relationships, and can it be used to predict the future? Has the greater efficiency of the media bettered the Asian American community or hurt it? We will look at different aspects of Asian Americans and their relationship to the media, focusing on subsections including Asian American historical media portrayals, fetishization, yellow peril, COVID-19 and popular Asian American images.

Group 11

Title: [The Blurry Identity of Asian Americans](#)



**Producer Names:** Megan Le, Elena Hsieh, Grace Huang, Julianne Han, Sahil Kakkad

**Description:** In our podcast, we will be discussing the evolution of the term Asian American. In our current status quo, there have been many questions and sentiments that lead to questioning whether or not Asian Americans should be considered people of color. This is brought up mostly because of the way that Asians fall under the model minority stereotype, where Asians are believed to be successful due to triumphing despite adversity through hard work and resilience. It's a narrative that has been pushed by white media, and because of the success that is seen through some Asians, this narrative continues to persist despite its inaccuracies. In essence, they cover up the real problems that lie within the Asian community. We know that the model minority stereotype has caused a rift between the Asians and other POC communities, but what we want to investigate is how it has led us to asking if Asian Americans are still a part of the POC community. Is it because of the lack of solidarity or is it because we are perceived to climb so far up the social ladder where it seems that we have just as much privilege as white people?

Group 12\*

Title: [No Me in Media](#)



**Producer Names:** Chole Dowling, Kaitlyn Tran, Lauren Kim, Nicolette Kim, Peter Le

**Description:** With the rise of BTS, Squid Game, Sang Chi, and many other Asian popular cultures, the spotlight on Asians/ Asian Americans in public media has never been stronger. As Asian Americans, the panelists will discuss their thoughts on the new Asian phenomenon, while also examining the history of discrimination and racism against Asians in media. Joining the podcast will be Carol Lin, an Asian American journalist who has worked first hand in the reporting industry. She will be sharing her experience as an Asian American women in the media, and furthermore, encourage the audience to voice their opinions on different platforms. As Asian Americans gain more representation in pop culture, which stance should we hold? Should we just accept the image that the privilege frames us in? Or doesn't frame us in? Or should we portray the true "Me" in Media?

## Group 13

Title: [Discussing the 1992 Los Angeles Riots](#)

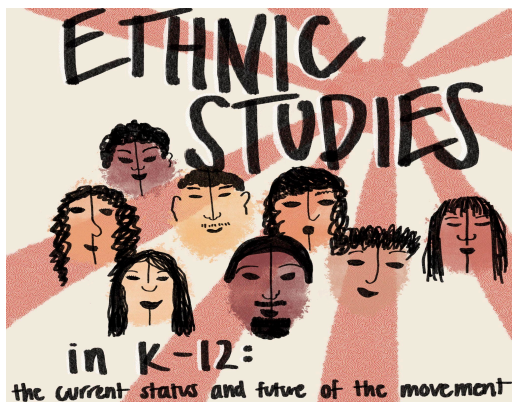


**Producer Names:** Isabella Jimenez, James Pearce, Rithik Reddy, Rose Lee

**Description:** Our podcast will discuss the 1992 Los Angeles riots and will focus on the role of Asian Americans during this event. Isabella Jimenez, James Pearce, Rithik Reddy, and Rose Lee will be participating in this podcast as well as Annie Lee, who will be interviewed about her experience as a Korean-American in Southern California at the time of the riots. We will begin with a brief explanation of the 1992 Los Angeles riots and the Rodney King incident that led to it. From there, we will dive deeper into the Latasha Harlins incident, which can be noted as the main reason for Asian American involvement in the riots. Throughout the podcast, we will reflect on the impact these riots have had on race relations between Asian Americans and African Americans and analyze how they made Asian Americans visible within the community.

## Group 14

Title: [“Ethnic Studies K-12: The Current Status and Future of the Movement”](#)



**Producer Names:** Frances Chai, Tanush Talati, Maha Tabrez, Matthew Song, Estefany Picuasi Maigua

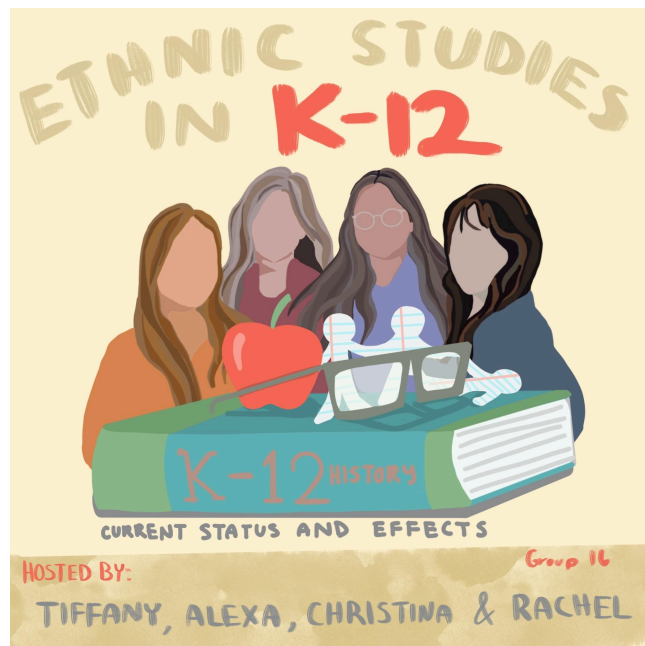
**Description:** Our podcast, “Ethnic Studies K-12: The Current Status and Future of the Movement” sought to teach the audience about the history of ethnic studies and its roots in the TWLF protests at San Francisco State University and UC Berkeley, discuss Assembly Bill 101 as a catalyst for bringing ethnic studies to public schools throughout the state of California, and also bring in the perspective of students to share their views on the future of the movement. As students currently enrolled in an ethnic studies related course, we are well versed in its benefits—with this podcast, we are hopeful that we were able to share these benefits with our audience and inspire them to get involved with the movement as well as get insight from our interviews with Joy Ruppert and Matthew Song. As it is ongoing, we hope that our predictions of ethnic studies becoming mandatory throughout the United States becomes reality.





## Group 16

### [Ethnic Studies in K-12: Current Status and Effects](#)



Producer Names: Alexa Rahardjo, Christina Wong, Rachel Yang, Tiffany Zhao

Description: This podcast explores the current status of the Ethnic Studies movement in K-12 schools. Alexa Rahardjo, Christina Wong, Rachel Yang and Tiffany Zhao will be hosting the conversation about the ethnic studies movement, as well as inviting two special guests to speak on their perspective behind the change in California's Ethnic Studies requirement for high school students. Fionne Ma, a UCLA graduate in psychology with a minor in education, will be discussing her views on this new requirement; as well as Kelly Zhao, a UCLA graduate student majoring in Asian American studies and researching the effect that ethnic studies has on California community colleges. We will focus on the topic of the current controversy of how this will play out in K-12 school and its effect on the student body. Another question we looked into is the effect that ethnic studies has on the identities of minorities, in particular Asian Americans. With the current rise in Asian American hate crimes, the effort made by California could help reduce the ideology of the forever foreigner and help students form an identity based on cultural acceptance and understanding.

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## Section 103 (GSI Victoria Huynh)

### Group 17

### [Asian and African American Solidarity \(Ep 1: Assessing Their Complex Relationship and What Can Be Done\)](#)

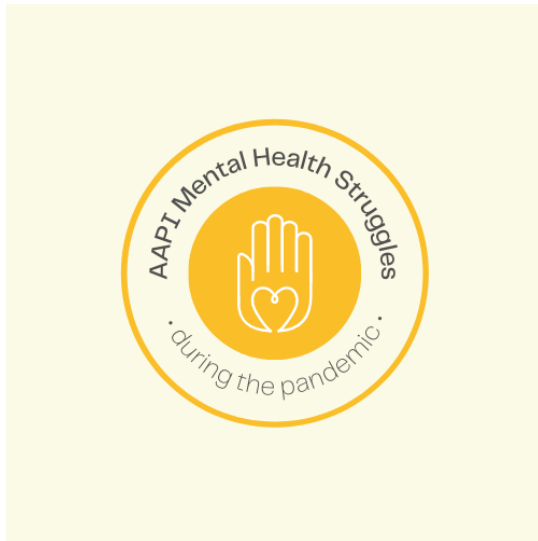


**Producers:** Elyse Argarin, Chung Chak Andrew Au, Heenan Chan, Amber Jiang, Nicole Lee

**Description:** Have you ever wondered why Asian Americans and African Americans have such a complicated relationship? Although the Asian American movement has shown solidarity with the Black Lives Matter movement and vice versa, the distinct positions in society each group occupies and the ways both are viewed have, at times, created violent tensions. This podcast will touch on how society and the communities view each other, how these views were established and how the groups can improve their unity with each other to fight against the upper hand of white supremacy and oppression.

Group 18

Title: [AAPI Mental Health Struggles During the Pandemic](#)



**Producer Names:** Karena Chen, Vincent Cheung, Sebastian Estrada, Eileen Guo, Baihui Lin

**Description:** The COVID-19 pandemic has affected everyone globally, and many Asian Americans in the country have reported facing increased stress and mental health issues. As students ourselves, this felt particularly relevant to us as we've balanced rising anti-Asian hate in our neighborhoods, the exposed cracks in America's social security infrastructures, academic difficulties from transitioning online, and increased feelings of isolation from social distancing.

Group 19

Title: [Justice for Japantown](#)





**Producer Names:** Anna Jian, Tiffany Hoang, Hillary Josephine, Won-Kyun Kim

**Description:** The COVID-19 pandemic has been the subject of attention and scrutiny in the past year. It has led to an increasing wave of anti-Asian violence and new public health policies, in addition to threatening the Japanese-American community in its long-standing cultural center, San Francisco's Japantown. We will be covering the history of Japantown and how it was impacted by the pandemic, as well as its outlook for the future. We will also discuss the importance of supporting small businesses within the community.

Group 20

**Title:** [Refugee to Deportee Pipeline: The "Good" vs "Bad" immigrant and Southeast Asian Youth Deportation](#)



**Producer Names:** Jennifer Li, Joselin Hartanto, Morgan Lee, Priya Venugopal, Vincent Le

**Description:** Our podcast centers around the topic of the "Good immigrant" and the "Bad immigrant" and how these stereotypes connect to and impact the disproportionately high level of deportation amongst the Southeast Asian

community in the United States. We look into the historical context that contributed to the current societal status of not only the Southeast Asian community, but other groups who were forced to migrate to the US as refugees. We discuss the model minority and yellow peril stereotypes and these connect the general themes of our podcast. We also provide two separate interviews, each providing a different perspective on the topic of deportation, and provide our insight on the topics addressed in the interview. To wrap up the podcast, we go into depth about the different circumstances behind Southeast Asian deportation, and give our closing thoughts on our experiences with the podcast.

Links to further readings:

<https://www.theguardian.com/us-news/2021/may/03/biden-deportations-vietnamese-refugee-california-ice>

<https://www.sfchronicle.com/bayarea/article/A-Vietnamese-refugee-served-as-one-of-16375225.php>

<https://www.sacbee.com/news/california/article238648248.html>

<https://www.kqed.org/news/11827388/cambodian-refugee-leaves-san-quentin-with-covid-19-but-avoids-ice-detention>

<https://www.theguardian.com/society/2021/jun/02/ny-nourn-the-woman-convicted-of-and-pardoned-who-now-fights-for-other-battered-women>

Group 21

Title: [Asian American Today: Access to Mental Health Service](#)

**ASIAN  
AMERICA  
TODAY**



EP. 1 - ACCESS TO MENTAL  
HEALTH SERVICES

GROUP 21-ALEX, ANGELINE, CARLO, GEOFFREY

**Producer Names:** Angeline Liu, Alex Lu, Carlo Daquioag, Geoffrey Luong

**Description:** We've spent all semester here at UC Berkeley, looking at the history of Asian Americans. Now that we've gotten down to the problem, we can get to the solution. Here on this podcast we dive into how Asian Americans have sought out mental health support and what that experience entails. From the barriers that lessen access to mental health aid to possible policy solutions, we discuss it all. Joining us this episode is Vice President of the Asian American Psychological Association, Assistant Professor at Depaul University, and UC Berkeley Alumni, Anne Saw. While speaking with her, we learn more than just the tip of the iceberg regarding the well-being of our community.

Group 22

Title: [Special Occ\(Asians\)](#)



**Producer Names:** Shaeed Mohammad, Aarav Patel, Troy Ngo, Moeko Tanaka, Jiayun Yang

**Description:** The media has played a crucial role in forming racial relationships, but it is becoming even more influential for Asians in pandemics. In this podcast, we investigated the portrayal of Asians in the media during COVID-19 in the US vs. homogeneously Asian countries, specifically Hong Kong/China and Japan. We interviewed individuals from each country to ask about their experiences related to the media and COVID-19. Our first interview was with Jonny Nguyen, a Vietnamese American who lived in LA. Secondly, we chatted with Matthew, a 23-year-old student at Hong Kong University; and lastly, we spoke with Yuetsu Shu, who attended high school in Japan and has lived in the country during the pandemic. From these, we analyze commonalities and differences and draw conclusions.

Group 23

Title: [Life in a New Normal](#)



**Producer Names:** Brendan Wong, Jayden Tiemann, Samuel Wang, Zoe Duong

**Description:** The COVID-19 pandemic has brought various uncertainty and altered the way we live. For all Americans, and for those in the Asian American and Pacific Islander (AAPI) community, the previous year has captured many serious challenges: a world-wide pandemic that gave rise to severe suffering at home and abroad, financial disturbance as well as social and political unrest. Additionally, an ongoing series of abusive assaults on Asian Americans has been recorded. The COVID-19 pandemic has worsened such tensions with aggressors linking the virus to China as a reason for violence against Asian Americans. Among the communities of color including the Asian American community, antagonism is no longer something new; on the other hand, it is a reflection of underlying concerns that the pandemic has aggravated. These elements have led us to raising our awareness towards the health and well-being of the AAPI community. Through street interviews conducted by YouTuber Asian Boss to research studies conducted by the American Journal of Public Health, it is crucial for us to recognize and build a better equitable system post-pandemic. In this podcast, we discussed a wide range of topics in regard to the roots of the rise in Asian American discrimination and the impact of the pandemic on the mental health of the AAPI community.

Group 24

Title: [Community Level Solutions for Oakland Chinatown](#)



**Producer Names:** Amelyn Phang, Lucile Zhu, Milla Skowron, Nora Yang

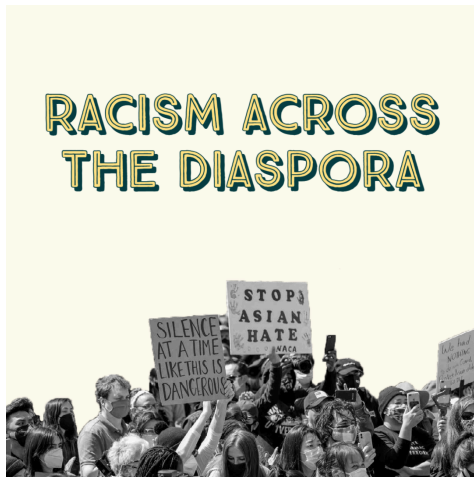
**Description:** Enclaves are communities that have a well-developed economic structure that operates mainly through racial or ethnic dynamics. Asian ethnic enclaves like Chinatown, Japantown, and Koreatown have grown quickly and continue to thrive due to immigrants from Asia who come to these enclaves and infuse them with new life. However, all around the country, ethnic enclaves are in danger of being gentrified out of existence. There are few studies exploring the solutions to keep these communities thriving in the post Covid-19 era. Our podcast takes Oakland Chinatown as an example of a declining ethnic enclave. We discuss the specific problems it faces along with the unique community organizations that have sprung up to combat these forces.

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## Section 104 (GSI Victoria Huynh)

Group 25

Title: [Racism Across the Diaspora](#)



**Producer Names:** Thao-My Cao, Emily Crofoot, Minha Choi, Matthew Dharmawan

**Description:** With the rise of COVID-19, the United States experienced a startling spike in Anti-Asian hate crimes, with an over 1,662% increase in reported Anti-Asian hate speech occurring between 2019 and mid-2021. The United States is no stranger to racism against Asian Americans, but we wanted to explore how COVID-19 altered the way we, as Asians, experience racism. More specifically, we wanted to dissect the differences in how we experience racism based on our tie to our racial identity as Monoracial, Biracial, or International Asians. Does one group suffer “more” racism than another? How do these differences impact how we navigate the world? With our differences, how can we support panethnic solidarity in the United States and abroad? We discuss these questions and more, including interviews with other members of the Asian community.

Group 26

Title: [“Evolution of the Term Asian American. Are Asian Americans People of Color”](#)



**Producer Names:** Mary Tran, Sabina Dhillon, Samuel Groven, Xiangyi Kong, Xueting Zhang

**Description:** As time goes on, the term Asian American has also evolved. What does it really mean? What is the weight that that term carries? What does it mean to be an Asian American? In our podcast we discussed the origins of the term Asian American and how that term has evolved throughout time and what it means to different people. Not only that but we also discuss the question of are Asian Americans People of Color? And the obvious answer is yes, but we discuss further as to why some people say no. We dissect what it means to be a person of color and how Asian Americans fit into that category. We also discuss the model minority myth and how that factors into the public's perception of Asian Americans. Over all the discussion we held was primarily about the evolution of the term Asian American, and if Asian Americans are people of color.

Group 27

Title: [“Kung Flu” and the Pandemic-Fueled Rise in Anti-Asian Racism](#)



**Producer Names:** Naomi Wiryanto, Sarah Lai, Xinyu Liu, Kylie Lee, and Iris Lee

**Description:** In the midst of an onslaught of anti-Asian hate in the wake of the COVID-19 pandemic, we wanted to find the underlying causes and contributing factors of this disturbing phenomenon. Having witnessed America's political leaders spew inflammatory rhetoric to pin the blame for the virus on Asians, we specifically focus on the ways in which politics, media, and popular culture affect racial perceptions. In addition, we analyze how systemic racism and the dangerous stereotypes it produces created an environment for anti-Asian sentiment to flourish. In spite of these circumstances, we're still seeing areas of progress; we conclude our podcast with a discussion on signs of hope in our communities and next steps.

Group 28

Title: [Unpacking COVID-19 and Anti-Asian Racism](#)



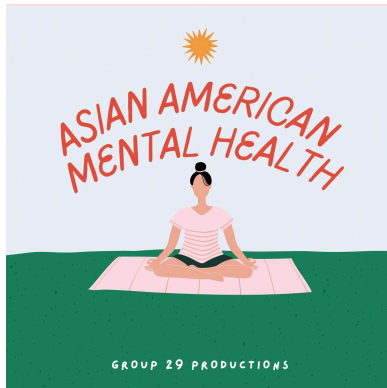
**Producer Names:** Stella Wan, Mindy Nguyen, Samuel Maran, Anthony Moreno

**Description:** Anti-Asian hate crimes have spurred out of the wake of Covid-19 when not so long ago we were witnessing some decline in Asian hate and an increase in acceptance of the Asian culture. We are a group of four students at UC Berkeley who wish to better understand the effects of COVID-19 on the Asian American community. Some questions we are wondering include: Why is there a national level of hatred emerging against a group when we could instead fight with strength together to overcome this massive obstacle? It seems that the pandemic may be an outlet for racist individuals to progress with their ideals by capitalizing on the idea that Asians started the virus and are the source of all its forthcoming and consequences. However, we cannot make such broad generalizations and must dive deeper in order to understand the massive increase in Asian Hate crimes. Another question on our mind is why is it the case that in the most progressive era in terms of social equality that the Asian Americans and Asians are still being preyed upon? With these things in mind, we conducted two interviews with two members of the Asian American community, Thiri Than and Natasha Siapno to understand their experiences with the increase in anti-Asian racism and crimes during COVID-19.



## Group 29

Title: [Asian American Mental Health during the COVID-19 Pandemic](#)



**Producer Names:** Arabella Scheler, Ashley Pun, Daniel Seo, Jay Dugar, Annie Nguyen

**Description:** Throughout the global COVID-19 pandemic, the strong and dramatic upsurge in anti-Asian hate crimes alongside discriminatory portrayals of Asian Americans in the media led to a detrimental impact on mental health. In order to unpack the specific roots and its effects in the Asian American community, our podcast discusses the xenophobia and scapegoating that the Asian American community as a whole has experienced throughout these tumultuous circumstances. To do this, we first engaged in discourse over the general mental health implications of xenophobia, before diving into specific case studies of communities, such as the Asian American community in Orange County, CA, and how the pandemic brought collaborative efforts and outreach programs between various Asian American organizations to provide mental health resources.

## Group 30\*

Title: [The Good, the Bad, and the Ugly--H1B Visas and the “Good/Bad” Immigrant Dichotomy](#)



**Producer Names:** Abigail Wu, Michelle Wu, Vivian Wu, Cashua Wang

**Description:** H1B visas were a relatively low-profile source of immigration until former President Trump criticized H1Bs for pushing out local US jobs and restricted H1Bs between 2017-2020. This podcast discusses the role of H1Bs in affecting conceptions of the “Good/Bad” immigrant dichotomy. We discuss the history of immigrant stereotypes in the context of immigration patterns and current stereotypes of different immigrant groups. Importantly, we contrast economic evidence produced by Berkeley’s economics and public policy departments with common stereotypes. Stereotypes, as it turns out, likely do not match with reality.

## Group 31



Title: [To Bridge A Gap](#)

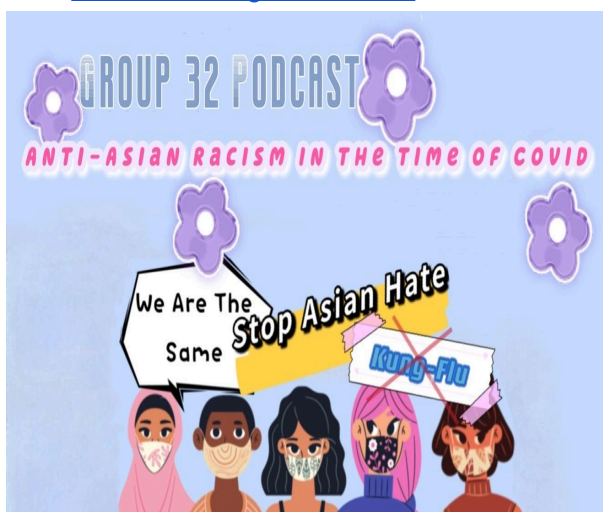


**Producer Names:** Samuel Lee, Sophia Zheng, Ivan Wu, Zilin Xu

**Description:** This podcast will be broken down into three main segments in order to discuss the Black Lives Matter movement and whether Asian Americans have been beneficial, harmful, or potentially even both towards this movement. We'll also look into potential ways in which the two communities can be brought closer to strengthen this relationship. So in the first segment, we will start with providing the historical context of the relationship between the African and Asian American community starting from the 1960s. In the second segment we'll talk about ways in which we've seen the Asian American community help the movement as well as ways in which they've maybe hindered the movement. And the last segment will be ways in which we think the relationship between the two communities can be strengthened even further.

Group 32

Title: [Understanding Asian Hate](#)



**Producer Names:** Lily Nguyen, Papon Sawatyanon, Kinzey Eastin, Annuo Kou, Christopher Yu

**Description:** Our podcast is about the rise of anti-Asian racism and hate crimes during the pandemic as well as the fear COVID-19 brought among the Asian American community. We chose this topic because we wanted to dive deeper into why there was such a large increase in Asian hate crimes during the COVID-19 crisis. Additionally, we wanted to know how and where it affected Asian Americans the most. The podcast includes our conversations about anti-Asian hate in the US, a PSA/call to action regarding this hate around the world, and an interview portion. We decided to interview a family friend of Lily's, Aaron Nguyen, to speak about how he faced Asian hate during the pandemic whilst owning a nail salon in Southern California. The introduction to our podcast also consists of various audio clips from news outlets and speeches about the racism that Asian people have faced historically and during the pandemic.