

Abstract

With the stereotype of the “model minority,” Asian American students are perceived to experience few, if any, social and psychological problems in college. Research shows that the numbers of mental health concerns faced by Asian Americans have increased over the past three decades. Yet, little to no outreach efforts have been made by higher education administrators to intentionally support this student population. The purpose of this qualitative study is to fill the gap in the scholarly literature on Asian American undergraduate students at predominantly White institutions who face mental health concerns. The study addresses the specific stressors that a group of Asian American student respondents faced and how they navigated the complexities and intersections of these pressures. The study offers implications for higher education and student affairs professionals and administrators as well as provides insights and applications on how to best support Asian American students with mental health concerns during college.

Keywords: Asian American, mental health, model minority, help-seeking