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Experiences of subtle racism can have a significant impact on mental health. For instance, Asian American youth report higher levels of depressive symptoms than their non-Asian peers.

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## PROGRAM

### WELCOME

**Jo-Ann Yoo**, Executive Director  
Asian American Federation

**Stella Aquino**, Board Member  
Asian American Federation

### PRESENTATIONS

**Kevin Nadal**, Associate Professor of Psychology  
John Jay College of Criminal Justice & GC-CUNY

**Almeet Kaur**, Member  
The Junior Sikh Coalition

**David Zhou**, Co-Founder  
The Microaggressions Project

**Gloria S. Chan**, High I.M.P.A.C.T.™ Leadership Consultant

### Q&A

## GUEST SPEAKERS

### MODERATOR: HANSI LO WANG, NPR



Hansi Lo Wang is a National Desk reporter for NPR News. Based in NYC, he covers issues and events in the Northeast for NPR's national news programs including *Morning Edition*, *All Things Considered*, and *Weekend Edition*, as well as NPR.org. In 2014, he won the National Journalism Award for General Excellence in Radio from the Asian American Journalists Association while reporting on race, ethnicity, and culture for NPR's Code Switch team.

### GLORIA S. CHAN, HIGH I.M.P.A.C.T.™ LEADERSHIP CONSULTANT



Gloria S. Chan runs her own business coaching and training social visionaries and leaders to make powerful impact with confidence and ease. Her clients have included senior White House officials, nonprofit executive directors, among many others. She is partner and senior VP of CoachDiversity Institute, the only coaching institute whose mission is to empower diverse communities through coaching. Gloria received degrees from Harvard Law School and Swarthmore College. To learn more, visit [www.gloriaschan.com](http://www.gloriaschan.com).

### KEVIN NADAL, JOHN JAY COLLEGE OF CRIMINAL JUSTICE & GC-CUNY



Kevin Nadal, Ph.D., is the President of the Asian American Psychological Association, the Executive Director of the Center for LGBTQ Studies at the Graduate Center-CUNY, and an Associate Professor of Psychology at John Jay and GC-CUNY. He is the author of five books and one of the leading scholars in understanding the impacts of microaggressions on people of color, LGBTQ people, and other historically marginalized groups. Follow him on Twitter @kevinnadal or visit [www.kevinnadal.com](http://www.kevinnadal.com).