# **ASPIRE+PLLUS**

ASPIRE+PLLUS is a student support program that helps minimize barriers in marginalized communities within the AAPI community to promote academic and personal success among students. The acronym stands for Asian Pacific Islander Resources for Excellence plus Powerful Leadership and Learning for Unified Success.

**Our Services** 

#### **Career Mentorship**

ASPIRE+PLLUS' career mentorship provides students with culturally responsive one-on-one and group sessions unique to the Asian American, Native Hawaiian & Pacific Islander (AANHPI) communities.

We can support you with preparation for internships, work-experience learning, and career placement opportunities aligned with your academic major!

Our services include:

- · One-on-one and group mentorship sessions.
- · Help with resume, cover letter, LinkedIn.
- · Internships and career advice.
- · Professional development workshops.

## **Mental Health Support**

ASPIRE+PLLUS is dedicated to the well-being of students, recognizing the unique challenges Asian American, Native Hawaiian, and Pacific Islander (AANHPI) students face in regard to mental health and wellness.

- · Workshops, discussion groups, and coping spaces.
- · Focused on AAPI Mental Health awareness and discussion.
- Opportunities to learn and access mental health resources available both on campus/community.
- · Providing a platform for learning and sharing experiences.

#### **Student Leadership**

Grow your leadership skills, get involved in the AANHPI community, and build your network!

- · Connect with other students at our weekly Kick-It Space
- Student conferences & leadership trainings
- · Networking and receiving mentorship from members
- · Becoming a student ambassador
- · Coordinating student events

## **Digital Literacy**

With technological advancements each and every day, we want to set you up for success in your academic endeavors! Get support from ASPIRE +PLLUS to increase your digital literacy through the following options:

- · Get comfortable with digital technology.
- · Beneficial for ELL or adult education students.
- Earn a Digital Literacy Certificate that can lead to higher paying careers.

For more information, please visit the Aspire+Pllus website.