

# ANNASTACIA ESPINOZA

Apache and Shoshone

Graduating  
Senior at the  
University of  
California San  
Diego...

on my way to  
grad school next!

I'M NOT TELLING YOU  
IT'S GOING TO BE EASY,  
I'M TELLING YOU IT'S  
GOING TO BE WORTH IT.



# What I want SIP Members to Know:

I love music, and run my diy company where I interview bands, and give space for those who want their voices heard. I care about a lot of things especially mental health and suicide awareness. I work as a crisis text line volunteer. I want to change public policies that affect our people and other marginalized peoples. I want to be a good ancestor. I am interested in how neuropathology and the immune system connect particularly how people can make themselves sick by how they feel inside.

## Personal/Professional Goals

My personal and professional goals are finishing school, going to graduate school, and participating in research or better yet creating research that is collaborative. Connecting with other Indigenous scholars is important to me. For my future, well I do want a PhD in psychology, and I want to help our communities and marginalized communities. To be honest there is so much I want to do, and I don't know how to do it, and sometimes I feel like I just need to hone in and choose one thing.

## Support Needed

I would really like to be able to connect and learn about experiences and journeys. I really appreciate anything. I wonder if I told someone everything I want to do if they might have suggestions about what to do.