Alex Schultz Abstract

       This paper investigates the ongoing power of the model minority myth in 20205, with a focus on how it shapes mental health outcomes and media representation for Asian Americans. Although the myth originated in the 19th century, it has evolved into a master narrative that alienates and separates Asian Americans from other races as well as each other. Using Patricia Hill Collins' matrix of domination as a framework, the research highlights how educational institutions (societal domain of power) and armed forces (disciplinary domain of power) work together to reinforce stereotypes that damage self-esteem and suppress emotional range. Finding one centers on the psychological toll: the myth pushes Asian Americans to suffer in silence, linking self worth solely to academic and professional achievement (which has an underlying capitalistic and materialistic foundation). Finding two examines how social media platforms offer warped versions of representation, and have become engines for amplification of the model minority myth. Algorithmic biases reward content that aligns with the model minority narrative while marginalizing more complex or critical ideas. Day in the life vlogs and college acceptance openings glamorize unrealistic standards of success, fueling cycles of anxiety, imposter syndrome, and invisibility. Together, these findings show that the model minority myth is not static, and it is actually an active force that adapts to new social systems, making it ultimately harder to take down. By unraveling the model minority myth's modern forms through the branches of mental health and media ecosystems, this paper offers a clearer understanding of how racial narratives are maintained today and the hidden costs they impose on Asian American identity.