

**HUIXIAN YU**

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**EDUCATION**

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- M.Ed. Social Psychology, Beijing Normal University** 09.2019-06.2022
- GPA: 3.83/4.0 (WES report)
  - The National Scholarship (top 1/141)
  - Entered the master's program with the national entrance examination waived (top 6%)
  - Core courses: Advanced Psychological Statistics (91/100); Contemporary Personality Psychology (90/100); Theory Construction and Research Design in Social Psychology (90/100); Research Methods in Psychology: Design and Technology (94/100); Counseling Theories and Techniques (Delivered in English) (99/100)
- B.S. Psychology, Beijing Normal University** 09.2015-06.2019
- GPA: 3.71/4.0 (WES report)
  - Excellence award for bachelor's thesis (top 3%)
  - Excellence award for a project funded by Beijing Undergraduate Scientific Research Program (top 3%)
  - Core courses: Social Psychology (92/100), Psychology of Personality (90/100), Educational Psychology (90/100), Applied Statistics for Psychology (88/100), Psychological Testing and Assessment (92/100), Developmental Psychology (89/100), Experimental Psychology (90/100), Multi-factor Experimental Design (93/100), Physiological Psychology (88/100)

**PUBLICATIONS**

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- Yu, H.**, Zuo, S., Liu, Y., Niemiec, C. (2020). Toward a personality integration perspective on creativity: between- and within-persons associations among autonomy, vitality, and everyday creativity. *Journal of Positive Psychology*. (In press)
- Yu, H.**, Niemiec, C., & Jiang, J. (2021). Forgiving my parents: effects of a brief compassion intervention on reducing children's resentments towards their Parents. (In preparation)
- Yu, S., Deng, Y., **Yu, H.**, & Liu, X. (2021). Attachment avoidance moderates the effects of parenting on Chinese adolescents' having an inner compass. *Current Psychology*, 40(2), 887-894. <https://doi.org/10.1007/s12144-018-0007-4>. (The first three authors has equal contribution to the paper.)
- Yu, S., Assor, A., **Yu, H.**, & Qian, W. (2021). Autonomy as a moral resource: parenting practices supporting youth need for autonomy as determinants of youth acceptance of academic dishonesty. (Under review)

**PRESENTATIONS**

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- Yu, H.**, Zuo, S., Liu, Y. (2019). The Effects of Autonomy on Everyday Creativity and the Mediating Role of Vitality: Between-person Variation and Within-person Fluctuation. Poster presented at the 7<sup>th</sup> International Conference of the Self-determination Theory.
- Yu, H.**, Jiang, J. (2021). Compassion cultivation promotes interpersonal forgiveness. Gallery presentation was given at the 7<sup>th</sup> Internal Positive Psychology Association (IPPA) World Congress.

**RESEARCH EXPERIENCE**

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**Life's high points and low points create us: how emotional experiences translate into identity commitments and authenticity**

(04.2021-06.2022)

*Independent project*; Supervisor: Professor Jiang Jiang, Faculty of Psychology, Beijing Normal University

- **Research description:** How those high points and low points in our life shape us? A complex design combining a three-wave longitudinal survey across six months and a measurement-burst design (three waves of daily diaries,

3\*14 days) was conducted to systematically investigate how emotional high versus low points in life influence identity formation and authenticity. Basic psychological needs satisfaction versus thwarting posited by the self-determination theory was hypothesized to be another defining characteristic of high versus low points, apart from high intensity of emotions.

- **Duty:** Every level of research conducting, including research design, literature review, proposal writing, data collection [214 participants participated in the three-wave longitudinal study and 3\*14 days measurement-burst study], data analysis and manuscript preparation.

**Toward a personality integration perspective on creativity: between- and within-persons associations among autonomy, vitality, and everyday creativity (05.2017-06.2018)**

*Independent project;* Supervisor: Professor Yan Liu, Faculty of Psychology, Beijing Normal University; Professor Christopher Niemiec, department of psychology, University of Rochester

- **Research description:** Rooted in self-determination theory and guided by its organismic theorizing on personality integration, the present research examined the association between autonomy and everyday creativity at the levels of individual differences in personality and daily fluctuations in motivation, and whether vitality explains this association.
- **Duty:** funding application, research design, literature review, data collection (including 203 participants for study 1 [cross-sectional survey] and 157 participants for study 2 [event-based experience sampling study, 14 days], data analysis (using SPSS, HLM 6.02, and Mplus), and manuscript preparation, submission, and revision.
- **Funding:** Win a Fund of RMB 10000 yuan (\$ 1500) from the Undergraduate Scientific Research Program.
- **Scientific report:** the manuscript received a major revision invitation from the journal of personality and was finally accepted by the journal the positive psychology; the findings were also presented at the 7<sup>th</sup> International Conference of the Self-determination Theory

**Forgiving my parents: effects of a brief compassion intervention on reducing children's resentments towards their parents**

(02.2019-05.2019)

*Independent project for bachelor's thesis;* Supervisor: Professor Jiang Jiang and professor Fang Wang, Faculty of Psychology, Beijing Normal University

- **Research description:** Exploring whether a brief reading-and-writing compassion intervention procedure could effectively cultivate compassion in children and hence reduce children's resentments towards parents. Prior to intervention study ( $N = 97$ ), an experiment ( $N = 110$ ) was conducted to examine the causal effects of induced compassion on interpersonal forgiveness.
- **Duty:** Every level of research conducting including research design, literature review, proposal writing, carrying out the experiment, the intervention study and the follow-up study in a middle high school, data analysis and manuscript preparation.

**Attachment avoidance moderates the effects of parenting on having inner compass**

(04.2017-08.2017)

*Core member;* Cooperated with Dr. Shi Yu (Assistant Professor, The Chinese University of Hong Kong, Shen Zhen)

- **Research description:** Inner compass (IC) is a schema composed of values, interests and goals that can guide the individual to make life choices that are congruent with their authentic self and basic needs. The current research explored the role of parents on Chinese adolescents' having an IC.
- **Duty:** Reviewed relevant literature; put forward explanations for an unexpected finding; did the simple slope test and made graphs; Drafted the first version of the manuscript.
- **Scientific report:** the manuscript was published in Current Psychology, and I shared first-authorship.

**How would autonomy help the lower-status individuals: examining the effects of social status and autonomy on inhibition tendency**

(10.2017-12.2017)

*Team leader*; Research project for the course of Social Psychology, received an excellent rating from the teaching assistant; supervisor: Professor Li Liu, Faculty of Psychology, Beijing Normal University

- **Research description:** The research aimed to examine the influence of low status on the inhibition tendency and the possible moderating role of autonomy in such relationship so that autonomy (both as a trait and as quality of motivation) could act as a protective effect against negative influence of lower social status on inhibition tendency.
- **Duty:** As the team leader, I put forward the idea, devised the study (including a trait-level survey and an online experiment study), and reviewed relevant literature, analyzed the data and wrote the introduction and discussion parts of paper, revised the rest parts written by other team members.

**INTERNATIONAL EXPERIENCE**

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Visiting Student to the University of Rochester (09.2018-11.2018)

Visiting Student to the University of Michigan, Ann Arbor (01.2016-02.2016)

**PROFESSIONAL AFFILIATION**

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Internal Positive Psychology Association (IPPA)

**SKILLS AND EXPERTISE**

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**Language:** Internet based TOFEL Best Score: 101 (reading 30, listening 25, speaking 20, writing 26)

**Statistics:** SPSS (skilled), Mplus (skilled), HLM (skilled), G\*power (skilled), Python, R

**Expertise:** the self-determination theory

**Certificate:** Collaborative Institutional Training Initiative (CITI) certificate for Human Research

**LEADERSHIP AND ACTIVITIES**

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**Student's Psychological Association at Beijing Normal University | Leader** (09.2016-06.2017)

- Organized a series of lectures concerning on Mindfulness and psychotherapy
- Organized a debate concerning the dialectical consequences of studying psychology

**Future Educationist Association at Beijing Normal University | Teaching Volunteer** (05.2018-09-2018)

- Core member of a voluntary teaching team for an academic summer camp in Northern China
- Given lessons introducing psychology and research on the self to about 1000 new high school students.

**AWARDS AND HONORS**

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- The National Scholarship, 2020 (top1/141)
- Excellence award for bachelor's thesis, 2019 (top 3%)
- Excellence award for a project funded by Beijing Undergraduate Scientific Research Program, 2018 (top 3%)
- First-class scholarship (Honorary), 2016 (5%)
- The National inspirational scholarship, BNU (2016)