

Meixuan (Anastasia) LIU

<https://michelleyik.people.ust.hk/>

Division of Social Science, The Hong Kong University of Science and Technology Clear Water Bay,
Kowloon, Hong Kong
Email: mliudn@connect.ust.hk

EDUCATION

2025 - 2028 (Expected) The Hong Kong University of Science and Technology, Hong Kong
Master of Philosophy (MPhil) in Social Science
Supervisor: Professor Michelle Yik

2020 - 2025 Innis College, University of Toronto, Canada
Honours Bachelor of Science with High Distinction
Specialist in Psychology; Minor in Education and Society
Cumulative GPA: 3.82 / 4.00

SELECTED AWARDS AND HONOURS

2026-2027	Postgraduate Studentship (HK\$19,135), The Hong Kong University of Science and Technology
2025	Innis College Alumni Association Scholarship (CAD \$400.00), University of Toronto
2024	Innis College Alumni Association Scholarship (CAD \$418.35), University of Toronto
2020-2025	Dean's List Scholar (excluding gap year in 2023), University of Toronto
2011	China National Tier-2 Athlete in Synchronized Swimming
2011	Champion of the International Youth Synchronized Swimming Championships (Technical Routine)

RESEARCH INTERESTS

I am passionate about research on well-being, cross-cultural identity formation, and education. My interests focus on how emerging adults explore and commit to personal values, beliefs, and goals through both digital and interpersonal experiences, and how these processes support identity development and well-being in an increasingly globalized and multicultural world.

PUBLICATIONS

Liu, A. M. (2024). Facilitating identity exploration and promoting well-being in emerging adult university students in a multicultural context. *Hey, Teach!*, 16(1), 21–22.

In Preparation

Liu, A. M., & Sharples, A. E. (in preparation). Understanding the role of wisdom in well-being and identity development among emerging adults during acculturation.

Liu, A. M., Gourley, A., & Chasteen, A. L. (in preparation). Stay in your lane! Identity-based prescriptive age stereotype violations in context.

CONFERENCE PRESENTATIONS

Liu, A. M., & Chasteen, A. (2025, March). *Subjective age identity in context* [Poster presentation]. Undergraduate Research Poster Fair, University of Toronto, Hart House, Great Hall.

Sharples, A., & **Liu, A. M.** (2025, February 20). *Facilitating the development of wisdom in psychology courses with self-reflection activities* [Conference presentation]. Preconference of the Society for Personality and Social Psychology on the Teaching of Personality and Social Psychology, Colorado Convention Center, Denver, CO, United States.

Liu, A. M. (2024). *Integrating dual cultural identities: Exploring the correlations between bicultural integration, wisdom, and well-being among emerging adults* [Conference presentation]. Psychology Undergraduate Research Community Symposium, Social and Personality Talks, University of Toronto, Toronto, ON, Canada.

Soldovieri, A., Radovanovic, M., Bhatt, S., **Liu, M.**, Su, Z., & Sommerville, J. A. (2022). *It takes two: Process praise during trying and success is associated with greater infant persistence* [Poster presentation]. Meeting of the Cognitive Development Society, Madison, WI, United States.

RESEARCH EXPERIENCE

Independent Research Projects Student (PI: Dr. Amanda Sharples)

2023 - 2025

Department of Psychology, University of Toronto

Independent Research Project 1: Impact of Bicultural Identity Integration on Wisdom and Well-Being
2023 - 2024

- Designed and conducted an independent correlational study examining the effects of multicultural experiences and acculturation strategies on identity exploration, wisdom, and well-being among college students.
- Developed advanced research skills through preregistration on OSF, comprehensive literature review, independent research question formulation, data collection from an undergraduate participant pool, and data analysis and visualization using RStudio.
- Presented findings effectively at the UofT Psychology Undergraduate Research Conference (PURC), culminating in a full thesis for the final course requirement.

Independent Research Project 2: Pedagogy of Wisdom in Multicultural Educational Settings

2024 - 2025

- Developed a new pedagogical intervention to cultivate wisdom and enhance well-being in university students, with the goal of integrating this pedagogy into the University of Toronto's psychology seminar on wisdom.
- Independently conducted literature review, designed and adapted a community-based wisdom intervention (informed by a pilot study), analyzed and visualized data using RStudio, and drafted both the research proposal and final thesis.
- Co-authored a preconference talk with Professor Amanda Sharples for the 2025 Society for Personality and Social Psychology (SPSP) conference.

Research Opportunities Program (ROP) Student (PI: Dr. Alison Chasteen)

2024 - 2025

Intergroup Relations Lab, Department of Psychology, University of Toronto

- o Collaborated with PhD student Amy Gourley to co-design and implement an exploratory study examining contextual factors associated with younger adults' perceptions of identity-based prescriptive age stereotype violations and their correlations with disengagement and activation stereotypes.
- o Conducted literature searches for vignette design, wrote and submitted IRB proposals, and assisted data coding, management, and analysis using RStudio, including ANOVAs, Confirmatory Factor Analyses (CFA), and Exploratory Factor Analyses (EFA).
- o Visualized and interpreted results in R Markdown; prepared and delivered both a research poster and an oral presentation for a lab meeting and the University of Toronto Annual Undergraduate Research Fair.

Psychology Community Placement Researcher (PI: Dr. Ashley Waggoner Denton)

2024 - 2025

Swim Drink Fish Canada

- Conducted a literature review on the impact of exposure to, and the quality of, blue spaces (natural water spaces and artificial blue spaces) and green spaces on the mental and physical health of residents in the Greater Toronto Area (GTA).
- Developed a qualitative survey with adapted psychological scales in Qualtrics to help an NGO examine the effects of pristine versus degraded blue spaces on public mental health.
- Authored diverse knowledge mobilization materials, including blog posts on the organization's official website that communicated accessible scholarly insights on the mental health benefits of blue spaces, an issue brief, and official correspondence to assist in securing government funding.

Undergraduate Research Assistant (PI: Dr. Saida Heshmati)

2023 - 2024

Well-being & Developmental Methods Research Lab, Department of Psychology, Claremont Graduate University
Emerging Adulthood Well-being Project

- Investigated components of well-being (WB) among emerging adults (EA), identifying distinctions between college-attending and non-college-attending EA.
- Conducted a comprehensive literature review on emerging adulthood (EA) and advanced quantitative and qualitative methodologies (e.g., Experience Sampling Method, Ecological Momentary Assessment, and Thematic Analysis for daily diary studies).
- Collaborated with PhD students in co-designing surveys on Qualtrics, drafting IRB documentation, and developing covariates.

Undergraduate Research Assistant (PI: Dr. Gillian Einstein)

2023 - 2024

Einstein Cognitive Neuroscience, Gender and Health Lab, Department of Psychology, University of Toronto
Estrogen & Cognition Project

- Examined the effects of estrogen withdrawal on cognitive functions such as attention, working memory, and verbal intelligence in aging females who underwent bilateral oophorectomy to reduce breast cancer risk, thereby supporting research on hormonal impacts in aging.
- Assisted with data collection and management (Excel, SPSS, Qualtrics) and performed data processing tasks, including scoring, cleaning, encoding, data entry and conducted integrity checks to ensure the precision and reliability of the datasets.

Undergraduate Research Assistant (PI: Dr Jessica Sommerville)

2021 - 2022

Toronto Early Cognition Lab, Toronto Child Study Centre, University of Toronto
Infants' Persistence Project

- Examined correlations between various types of parental language, especially process praise, and infants' trying behavior and persistence, and identified key confounding variables.
- Performed behavioral coding and text transcription (using Datavyu) for the 2019 Infants' Persistence replication study.

TEACHING EXPERIENCE

IELTS Instructor, Burma Scholar Canada

2024 - 2025

Education Internship Program, Department of Education and Society, University of Toronto

- Designed and taught weekly online classes and biweekly tutorials, and developed an IELTS educational video series covering writing, listening, reading, and speaking for postsecondary students from Hpa-An, Myanmar.
- Reviewed literature and designed a research-informed pedagogical guide that integrates culturally responsive strategies (e.g., Value Affirmation), inquiry-based learning, and goal-setting techniques (e.g., the SMART model).
- Completed a reflective digital portfolio based on Kolb's Experiential Learning Cycle, developed a comprehensive internship report, and presented project outcomes at the Education & Society Winter Forum 2025.

General Educational Development (GED) Language Arts Instructor, Bees' Wisdom Education Centre

2024 - 2025

NEW495 Community-Engaged Learning Program Placement, University of Toronto

- Taught GED Language Arts to Myanmar high school students, delivering weekly lessons and designing differentiated instructional materials on reading comprehension, critical analysis, and evidence-based writing.
- Integrated constructive feedback strategies (e.g., the ABCs model) and facilitated active learning through argument construction, literary analysis, oral self-explanation, and collaborative discussion.
- Introduced positive psychology content (e.g., character strengths and the WOOP strategy) to promote well-being and emotional resilience among students facing political instability.

Psychology Tutor, Easy Group Education Canada

2022 - 2023

- Delivered over 300 hours of one-on-one and small group tutoring for Canadian undergraduate students across introductory to advanced-level psychology courses.
- Tutored students in a wide range of subjects, including Introduction to Psychology, Social Psychology, Developmental Psychology, Statistics, Cognitive Neuroscience, and Sensation and Perception.
- Designed and provided customized tutorials, review sessions, and assignment support to help students improve academic performance and conceptual understanding.

Volunteer Teacher, International Aid Education Program

2021 - 2022

Yanan Junior and Senior School, China

- Designed curriculum and course materials, and taught English speaking, writing, listening, and reading skills to students on a weekly basis.
- Collaborated on developing course themes in English, covering world history, food, culture, and art.

- Created career- and university-relevant courses to introduce students to diverse academic pathways and cultivate essential literacy skills (e.g., mental health literacy, critical literacy, digital literacy).

SELECTED LEADERSHIP & SERVICE

President and Workshop Lead, Empower Change University of Toronto (UofT) **2022 - 2023**
University of Toronto

- Designed and delivered workshop content addressing mental health challenges during COVID-19 (e.g., social isolation) and evidence-based strategies for self-help and peer support.

Academic and Mentorship Program Coordinator, Psychology Students' Association **2021 - 2022**
University of Toronto

- Organized academic events (i.e., Dr. Freud Competition and Research Event Day) and coordinated speakers for Graduate School Information Sessions to enhance student engagement and career readiness.
- Collaborated with the Seminar Committee to organize the "Tea with Prof" event, connecting psychology students with professors and research opportunities.
- Led mentorship coordination with the U of T Mentorship Institute and the Psychology Department, pairing newly admitted psychology students with upper-year mentors, providing training and resources, and managing co-curricular credit to support smooth transitions and active program participation.

SKILLS

- Statistical Analysis: Jamovi, SPSS, RStudio, Gephi
- Video Coding and Transcription: Datavyu
- Spreadsheets: Google Sheets, Microsoft Excel
- Additional tools: Open Science Framework (OSF), Qualtrics, SONA, Adobe InDesign
- Language Skills: Mandarin (Fluent, Native-speaker), English (Proficient), German (Basic)
- Certification: Tri-Council Policy Statement: Ethical Conduct for Research Involving Humans; Laboratory Biosafety; WHMIS and Lab Safety; Foundations of Positive Psychology (University of Pennsylvania, Coursera)

OTHER WORK EXPERIENCE

Web Writer & Volunteer Group Leader **2019 - 2020**
Royal Design Group AB, UK

- Designed the official website and assisted with product launches for brands like Alessi, Baccarat, Swarovski, Victorinox, Wusthof, and Zwilling in the Chinese market.
- Translated English product descriptions to Mandarin for the company's JD.com store.
- Collaborated with Marketing interns to adapt product presentations to align with Chinese cultural norms.