

YI ZHOU

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EDUCATION

GEORGE WASHINGTON UNIVERSITY

Doctor of Education (GPA: 4.0)

Concentrate in Curriculum and Instruction Design

Washington D.C., District of Columbia

Aug. 2024 – May. 2027

VANDERBILT UNIVERSITY

Master of Human Development Counseling (GPA: 3.82)

Concentrate in Human Development and Family Studies

Nashville, TN

Aug. 2019 – Jan. 2021

UNIVERSITY OF ILLINOIS AT URBANA-CHAMPAIGN

Bachelor of Science in Psychology (GPA: 3.51)

Concentrate in Clinical/Community Psychology

Minor in Philosophy

Champaign, IL

Aug. 2015 – May. 2019

PUBLICATION

- Siegler, E., Stafford, C., Zhou, Y., Erford, B.T. & Crockett, S.A. (2020). A Metastudy of Journal of Employment Counseling: An Analysis of Publication Patterns from 2000 to 2019. *Journal of Employment Counseling*. <https://doi.org/10.1002/joec.12153>
- Mehlhous, K., Johnsen, K.B., Erford, B.T., Zhou, Y., Crockett, S.A., & Bryd, R. (2022). A Meta-study of the Journal of Career Development: An Analysis of Publication Characteristics from 2000 to 2019. *Journal of Career Development*. <https://doi.org/10.1002/cdq.12294>
- Zhou, Y. (2022) The Cambodian Solution to Chinese Ethnic Bilingual Education Program. *International Journal of Education Humanities and Social Science*. <https://doi.org/10.54922/IJEHSS.2022.0446>
- Zhou, Y., Erford, B.T., Bryant, I., Baker, H., Carter, A., Zhao, Z., & Budzyn, G. (2026). Psychometric Synthesis of the Trauma Symptom Inventory - Second Edition (TSI-2). *Measurement and Evaluation in Counseling and Development*. <https://doi.org/10.1080/07481756.2026.2711224>

CONFERENCE PRESENTATION

- Zhou, Y. (2025, October 16-18) Lines of Flight as Curricular Resistance: Transformative Professional Learning in the Architecture of Authority [Paper presentation]. *45th Annual Bergamo Conference on Curriculum Theory and Classroom Practice*, Dayton, Ohio, United States.
- Zhou, Y (Forthcoming, 2026, October 15-17) Across Algorithmic Borders: Human Error, Traditional Chinese Medicine Philosophy, and Decolonial Possibilities for Holistic Curriculum in the AI Era [Paper presentation]. *45th Annual Bergamo Conference on Curriculum Theory and Classroom Practice*, Dayton, Ohio, United States.

WORK IN PROGRESS

- Hales, K., Bacon, S., Zhou, Y. & Erford, B.T. (2025) Social Anxiety Disorder Counseling Outcomes: Meta-analysis of Studies since 2000. *Journal of Counseling & Development*. (Revise and Resubmit at Journal)
- Zhou, Y (2026) Blake Harvard, Do I Have Your Attention? Understanding Memory Constraints and Maximizing Learning. Routledge, 2025. ISBN: 978-1-003-47205-6. The New Educator. (Manuscript submitted for publication)
- Zhou, Y. & Tai., K. (2026) Appreciating Human Unfinishedness: A TCM-Informed Ecological Framework for Holistic Education in the AI Era. *Handbook of Contemplative and Holistic Education*. (Submitted for review, Jun 2026).
- Zhu, L. & Zhou, Y. (2026) Arriving to Learn: Mindfulness, Attention, and Emotional Readiness in Post-Pandemic Classrooms. *Handbook of Contemplative and Holistic Education*. (Submitted for review, Jun 2026).
- Zhou, Y., Meng, Y., & Zhu, L. (Forthcoming, [April, 2027]) Shared Interpretive Vocabulary for Understanding Teachers in a Chinese Boarding High School. *Abstract submitted to [2027 AERA Annual Meeting]*.
- Zhou, Y., Meng, Y., & Zhu, L. (Forthcoming, [April, 2027]) Hypnosis-Assisted Reflective Inquiry as a Tool for Reflective Learning and Self-Understanding. *Abstract submitted to [2027 AERA Annual Meeting]*
- Yang, Z., Zhou, Y., & Zhang, J. (Forthcoming, [April, 2027]) Reinterpreting Teacher Educator Becoming Across Borders: A Collaborative Currere Autoethnography. *Abstract submitted to [2027 AERA Annual Meeting]*

WORK EXPERIENCE

WASHINGTON ENGLISH CENTER

Washington D.C.

ESL Teacher

Nov. 2025 – Present

- Collaborate with a co-teacher to design and deliver English instruction for 23 introductory-level adult learners, with emphasis on student engagement, language development, and responsive support
- Integrate technology and AI-enabled tools to create multimedia learning materials and strengthen independent practice.
- Partner with four teachers on technology integration and instructional delivery through collaborative planning, feedback, and classroom support
- Apply adult learning principles to create engaging, practical instruction tailored to learner needs

HAILIANG INTERNATIONAL HIGH SCHOOL

Zhejiang, China

School Counselor / Psychology Teacher

Mar. 2021 – Jul. 2024

- Developed a teacher-counselor collaboration system that strengthened student support, teacher communication, and intervention follow-through across the school
- Designed and taught psychology courses for grades 7-12; delivered 300+ hours of counseling and student support services for adolescents and families
- Led a weekly schoolwide professional learning community for 16 homeroom teachers focused on student engagement, behavior support, and classroom management practices
- Screened 1,500+ students using PHQ-9 and MHT tools, mediated 60+ teacher-student conflicts, and coordinated 8 schoolwide teacher-parent conferences
- Designed and facilitated a Gallup Strengths course; conducted program evaluation research with 250 participants and received a municipal third-prize award
- Guided 40+ students on career planning and college applications, garnered 70% QS Top 50 and 100% QS Top 100 university admission rate

RESEARCH EXPERIENCE

VANDERBILT UNIVERSITY

Nashville, Tennessee

Research Assistant

Jan. 2020 – Dec. 2020

- Reviewed over 40 papers under Dr. Bradley Erford's guidance, coded journal data (authors, institutions, research topics, methodologies, findings), performed meta-analysis, and drafted manuscripts

MORALITY AND SOCIAL COGNITION LAB (UIUC)

Champaign, IL

Research Assistant

Sep. 2016 – May. 2017

- Principal investigator: Dr. Sean Laurent
- Acquainted with hypothesis of the experiment and compared to the qualitative data collected from the experiment
- Improved the experiment accuracy by supplementing vignette scripts to the scenarios database
- Completed the pilot experiments and assisted the principal investigator to review possible errors; run participants

CULTURAL HERITAGE & RACIAL IDENTITY LAB (UIUC)

Champaign, IL

Research Assistant

Sep. 2015 – May. 2017

- Principal investigator: Dr. Carla Hunter
- Assisted the principal investigator to facilitate mindfulness workshop for culturally diverse ethnic groups
- Held the responsibility for recruiting, docking, and arranging more than 40 experimental subjects
- Performed statistical analysis on linear regression, variance analysis, chi-square test, significant difference and data correlation of the data, and made professional report to supervisor
- Assisted chief instructor to collect and classify the relevant literatures on mindfulness studies in English and Mandarin

PROFESSIONAL EXPERIENCE

VANDERBILT UNIVERSITY

Nashville, TN

Teaching Assistant – Applied Human Development

Aug. 2020 – Dec. 2020

- Assisted the professor in classroom maintenance, be responsible for attendance, grading of homework and test scores
- Designed interactive labs for students every week and provided more than 17 students with interactive and rich classroom experience including mindfulness breathing practice

VANDERBILT UNIVERSITY

Nashville, TN

Teaching Assistant – Understanding Organization

Jan. 2020 – Apr. 2020

- Assisted professors in classroom maintenance, be responsible for attendance, grading of homework and test scores, and provide professors with technical support for online and offline courses
- Held two office hours with students every week to review materials, answer general questions, and provide assistance on students' assignments
- Designed and delivered lecture with the topic of "Human Resources and Company Development" to more than 30 students, and designed students' final exam question based on the content of the lecture
- Maintained timely communication with students and professors, provide effective feedback for both sides by email, and optimize the class atmosphere based on the feedback

MAZE PARTNERS, INC. (501©3 Non-profit Organization)

Champaign, IL/Nashville, TN

Emagazine Program Director, Student Community Outreach, Research Assistant

Nov. 2018 – Dec. 2020

- Initiated monthly mandarin E-magazine *MAZEpointer* to promote international students' awareness of mental health well-being, self-care and self-developing skills
- Composed and issued the first *MAZEpointer* online annual magazine, which consists of a collection of 28 editor-selected articles in 130 pages. <https://online.flipbuilder.com/MAZEpointer/koys/>
- Established UIUC Maze Student Chapter and managed new recruits, operations, and events planning for a group of 15 members
- Established the MAZE Chapter at Vanderbilt University and managed 19 members; reached a strategic cooperation with the college; Delivered a speech about Chinese international students well-being on Human and Organization Development department meeting; Served as a liaison between professors and Chinese international students, reported the needs from Chinese students to professors and provided Chinese international students with first-hand resources; built a Chinese international student community and provided a holding environment for Chinese international students
- Participated in eight sessions of peer mental health support training, and independently designed an online peer support group to deliver psychological education with the theme of "culture and identity", and led 7 group members to conduct discussions about identity and helped group members to develop in-depth understanding of privilege, oppression, and intersectionality

TONGDE HOSPITAL OF ZHEJIANG PROVINCE

Hangzhou, China

Medical Summer Assistant

Jun. 2016 – Aug. 2016, Jun. 2017 – Aug. 2017

- Assisted doctors in the daily recording of patients' medical condition in the psych-unit and the conduction of cognitive consultation with 8 patients withheld in the hospital
- Analyzed cases of more than 10 patients in the psych-unit within six months with a team of four and data samples collected from psychological projection "house-tree-person" test
- Presented professional medical summaries regarding patients' current mental health status and main concerns to psychiatrists
- Conducted psychological tests for new patients using SAS (Self-rating Anxiety-Scale), SDS (Self-rating Depression-Scale), MMPI (MI Multiphasic Personality Inventory), Wechsler Intelligence Scale, and MMSE (Mini) -Mental State Examination)
- Conducted desensitization therapies and psychological assessments for obsessive-compulsive patients

UNIVERSITY OF ILLINOIS, DIVERSITY & SOCIAL JUSTICE

Champaign, IL

I-Connect Workshop Facilitator

Jun. 2016 – May. 2019

- Managed discussions to groups of 15 to 134 first year students with a co-facilitator
- Facilitated a workshop to groups of freshmen on a weekly basis and initiated discussion related to cultural diversity and social justice, synthesized participants' solutions into concise and accurate summaries during each workshop and adapted assigned section based on previous Q&A from participants and two hours' time constraints

INTERNSHIP EXPERIENCE

WEBRIDGE CONSULTING

Nashville, TN

Account Executive Intern

Jan. 2020 – May. 2021

- Generated and published advertising and branding materials across seven major social media channels for various clients, including Ruyi Group, ACT Inc., Deserve, Consulate-general of the People's Republic of China in New York, FAW Hongqi automobile and etc. to expand global influence
- Mainly responsible for the customer docking of the FAW Hongqi project, designing and publishing the promotional content of Hongqi on overseas media accounts (Facebook, Instagram, Twitter) every month, and achieving a monthly increase of 150%-300% in the number of followers

CTEXEL

Nashville, TN

Account Editor

Apr. 2019 – Jan. 2021

- Produced content according to current policy, news, and information about Chinese international students, topics ranges from career development, academic development, social networking, culture appreciation, and self-care
- Carried out rectification of the internal organizational structure, established an operating system to arrange freelancing writers, provided writing trainings for novel writers, and responsible for the salary distribution of freelance writers

VOLUNTEER EXPERIENCE

SHANGHAI JIUQIAN MIGRANT CHILDREN VOLUNTEER CENTER

Nashville, TN

Course facilitator

Sep. 2020 – Aug. 2024

- Designed and facilitated a 7-day psychodrama summer camp based on a needs survey to target the main problem of internet addiction among migrant children. Directed and produced two short films with 15 summer camp participants; found the summer camp abate participants' reliance of internet after collecting and analyzing pre- and post-intervention data
- Designed and facilitated 8-session online strength-based youth development course according to 15 positive youth development constructs for migrant youth in Shanghai, China. Integrated experiential learning in class activity design to deliver course content to 8 students. Used guided mindfulness meditation to promote students' class engagement
- Collected and analyzed pre-intervention and post-intervention data, including satisfaction with workshop content and supervision and found that the educational intervention improved students' self-efficacy, self-compassion, and emotional management skills based on data analysis

HEART AGAINST VIRUS RISK COUNSELING

Nashville, TN

Coordinator and Content developer

Jan.2020 – Mar. 2020

- Collaborated with counselors who working in a crisis line established for the overworked, overstressed medical staff on the front lines of the COVID-19 outbreak in China and Created infographic flyer on the topic of "what should I do if I am the family member of medical staffs fighting virus at the front line?"
- Coordinated 20+ mainland/overseas counselors' timetable to ensure the availability of the 24-hour crisis line
- Provided mindfulness meditation scripts and audios for the "night reading" podcast that served as a resource for Chinese medical staffs' mental health well-being

ADDITIONAL SKILLS

- **Certification:** Gallup Clifton Strengths Coach; Chinese Psychology Teacher Qualification Certification; Emotion Focused Therapist
- **Languages:** fluent English, native Chinese, basic French
- **Statistical Softwares:** SPSS, Microsoft Word, Excel, PowerPoint, Canva, Filmora, Adobe Audition