

# Anastasia (Meixuan) Liu

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## EDUCATION

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University of Toronto, Innis College Expected Spring 2025  
 Honors Bachelor of Science  
 Specialist: Psychology  
 Minor: Buddhism, Psychology, and Mental Health

## RESEARCH INTERESTS

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Positive Aging; Wisdom; Health Psychology; Subjective well-being; Self-Transcendence Emotions; Positive intervention; Motivation; Decision-Making; Attitude; Intersection of Philosophy and Psychology

## CONFERENCE PRESENTATIONS

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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 presented at the Cognitive Development Society, Madison, WI.

## AWARDS & HONOURS

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2021 – 2022	Dean's List Scholar
2019	Champion in the World Martial Arts Communication Contest– Taijiquan
2018	Champion of Northeast Asia Host Competition – Mandarin Group
2016	Guzheng Level 7 Certificate (awarded by Central Conservatory of Music)
2014 – Present	China National Tier-2 Athlete of Synchronized Swimming
2014	Champion of the International Youth Synchronized Swimming Championships (Technical Routine)
2014	Third place in Rhythmic Gymnastics at the International Youth Synchronized Swimming Championships

## RESEARCH EXPERIENCE

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**Research Assistant, Einstein Cognitive Neuroscience, Gender and Health Lab** Aug.2023 – Present  
 Dept. of Psychology, University of Toronto; Dalla Lana School of Public Health

### Estrogen & Cognition Project

- o Oversaw data integrity checks, ensuring the precision and reliability of participant datasets
- o Conducted rigorous quantitative analyses and scored the responses to experimental task outcomes, benchmarking responses for quality assurance
- o Engaged in weekly scholarly symposiums to dissect and deliberate on cutting-edge research papers

**Research Assistant, Toronto Early Cognition Lab** 2021 – Sept.2022  
 University of Toronto, Toronto Child Study Center

### **Infants' Persistence Project**

- o Independent coder for the Infants' Persistence Project
- o Conducted video coding and text transcription for the 2019 Infants' Persistence replication study
- o Recruited participants and scheduled appointments for the Infants' Persistence Project
- o Reflected and summarized the factors that will affect children's persistence other than the type of praise
- o Met team regularly and provided regular reports on the project updates

**Clinical Research Assistant, Kidney Health and Education Research Group**  
University of Toronto, University Health Network

Sept. 2021 – 2022

### **Post-Kidney Transplant Patient Mental Health Program**

- o Conducted literature review and examined the side effects of patients after kidney transplantation in terms of psychological symptoms
- o Collected and summarized mental health challenges faced by patients with CKD, on dialysis, pre-transplant, post-transplant, and resources for decision support in the treatment plan for Healthcare professionals
- o Created the Mental Symptoms Self-management Users' Guide to help post-kidney transplanted patients better mitigate post-operative side effects in terms of psychological symptoms
- o Applied the principles of Cognitive Behavioural Therapy, Interpersonal Therapy, and a Mindfulness approach to the symptom management tools
- o Provided regular reports to the team on project updates

## **LEADERSHIP & SERVICE**

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### **POSITIONS**

**President, Student Division of International Positive Psychology Association (IPPA)**  
International Positive Psychology Association (IPPA)

2023 – 2024

- o Promoting positive psychology to our members and the public
- o Facilitating a mentoring program that connects students with more experienced professionals in the field
- o Organizing formalized student programming at positive psychology conferences
- o Creating and maintaining a website focused on student initiatives
- o Supporting student-focused social networking
- o Establishing and maintaining student scholarships and funding opportunities

**President, EmpowerChange U of T**  
University of Toronto

Aug. 2022 – Present

- o Acted as a liaison with the EmpowerChange Non-profit Association and Arts & Science Student Union
- o Trained over 100 Listeners from the University of Toronto, Western University, and the University of Macmaster to provide in-person Impact listening services
- o Have actively listened to more than 300 students here at UofT, and 85% of them indicated that they felt empowered and listened after the session

- o Oversaw the successful planning and execution of events and opportunities, such as The Tree Hole Project
- o Reviewed applications; recruited and trained new members
- o Planned and hosted events such as Semi-Annual Workshop, Annual General Meetings, a joint conference and recruitment event, and monthly executive team meeting

**Academic Coordinator, Psychology Students' Association**

Sept. 2021 – Aug. 2022

University of Toronto

- o Organized the Dr. Freud Competition for PSY100 students and Research Event (ROP) Day each semester
- o Created competition questions for the Dr. Freud Competition
- o Co-hosted PSA Graduate School Information Session; Secured speaker lineup and invited students to the event
- o Cross-committee collaboration with Seminar Committee members to invite professors to introduce research opportunities for psychology students
- o Hosted weekly office hours and contributed to monthly executive team meetings
- o Reviewed applications and facilitated volunteer recruitment
- o Ensured a seamless transition for the incoming Seminar Coordinators

**Mentorship Program Coordinator, Psychology Students' Association**

Sept. 2020 – Sept. 2021

University of Toronto

- o Acted as a liaison with the UT Mentorship Institute and Psychology Department
- o Connected and paired upper-year psychology students with first-year students interested in psychology to facilitate their transition into university life
- o Designed questionnaires for mentees to ensure matches meet their needs
- o Provided training, programmed events, and resources to mentors
- o Managed co-curricular validation for the Mentors to receive credit for their positions

**Workshop Director & Student Series Speaker; EmpowerChange U of T**

Sept. 2020-Sept. 2021

University of Toronto

- o Brainstormed workshop themes and content for promoting the mental health of college students under the influence of COVID-19 and social isolation
- o Organized the Internal workshops and acted as a speaker
- o Organized External mental well-being workshops and acted as a speaker for Canadian University students
- o Wrote and posted weekly psychology-related articles to introduce life-related psychology
- o Hosted bi-weekly team meeting

**Vice President, EmpowerChange U of T**

Sept. 2020-Sept. 2021

University of Toronto

- o Assisted in creating the “EmpowerChange” Guide on stress management and mental health awareness promotion

- o Helped to recruit listeners from different countries and 9 native languages to ensure that international students from different cultural backgrounds receive the best matching experience
- o Coordinated work between different subcommittees
- o Designed club promotion articles

## **SKILLS**

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- o **Spreadsheets:** Google Sheets, Microsoft Excel
- o **Statistical Software:** Jamovi, SPSS
- o **Query Language:** SQL
- o **Programming language:** R
- o **Data Visualization Software:** Tableau, Looker
- o **Video Coding and transcription:** Datavyu, Audacity
- o **Language Skills:** Mandarin (Fluent, Native-speaker), English (Proficient), German (A2)
- o **Certification:** Google Data Analytics Professional Certificate, Research Ethics
- o **Other Computer Skills:** Proficient in manipulating data and graphing with excel

## **PRESENTATIONS**

**Liu, M.**(2022, March). *What does positive psychology tell us? Ways to Authentic Happiness*. EmpowerChange U of T, University of Toronto, Toronto, ON. [Virtual]

**Liu, M.**(2022, February). *What is stress? How does chronic stress affect our health on a psychological, physical, brain anatomical level? Effective ways to relieve chronic stress*. EmpowerChange U of T, University of Toronto, Toronto, ON. [Virtual]

**Liu, M.**(2022, February). *Introduction of undergraduate research opportunities at UofT*. EmpowerChange U of T, University of Toronto, Toronto, ON. [Virtual]

**Liu, M.**(2022, January). *Scientific-based effective learning strategies*. EmpowerChange U of T, University of Toronto, Toronto, ON. [Virtual]

**Liu, M.**(2021, November). *Active Listening*. EmpowerChange U of T, University of Toronto, Toronto, ON. [Virtual]

**Liu, M.**(2021, November). *8 “Mainstream” Myths of Depression: Brief introduction about the major depressive disorders*. EmpowerChange U of T, University of Toronto, Toronto, ON. [Virtual]

**Liu, M.**(2021, October). *How do we build atomic habits?* EmpowerChange U of T, University of Toronto, Toronto, ON. [Virtual]

## **VOLUNTEER & TEACHING EXPERIENCE**

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**Tai Chi Quan Teacher, FengTaichi Club**  
Tianjin, China

Apr.2022 – Present

- o Practiced Tai Chi Quan for more than 10 years and teach Tai Chi Quan for two years

- o Created a new form of “Zhan Zhuang” by combining Tai Chi Chuan with evidence-based psychological interventions (eg. Meditation & Mindfulness) to promote personal physical health and mental well-being

**Teaching Assistant, Senior School Psychology Assistantship Programme** Apr.2022 – Apr.2023

Tianjin Experimental High School, IBO Department

- o Helped design an introductory psychology course curriculum to help increase the understanding of psychology for college-bound senior school students
- o Organized presentation about “Human memory & Effective learning strategies” for senior school students
- o Secured speakers for giving speeches about psychology-related career

**Teaching Assistant, Easy Education** Apr.2022 – Feb.2023

Toronto, Canada

Easy Education Senior Assistant

- o 1-on-1 online tutor for introductory psychology courses for North American university students
- o Held Weekly Q&A Sessions

High School Outreach

- o Helped design an introductory psychology course curriculum to help increase the understanding of psychology for college-bound senior school students
- o Hold weekly office hours

**Volunteer Teacher, International Aid Education Program** Apr.2022 – Oct.2022

Yanan Junior School, China

- o Helped to design the course curriculum and test materials
- o Taught English to a class for one hour per week
- o Designed the courses with other team members to teach about world history, food, culture, and art in English

Yanan Senior School, China

- o Designed the courses with other team members to teach about different university majors and related career choices in English

**Volunteer Teacher, International Students’ Charity Teaching Program** May.2021 – Sep.2021

Yanan Elementary School, China

- o Prepared educational materials for 10 elementary school students as part of a volunteer-based, student-led English instruction program
- o Helped to design the course curriculum
- o Taught English to a class for one hour per week

**WORK EXPERIENCE**

**Web Writer & Volunteer Group Leader**

Jul. 2019-Aug. 2020

Royal Design Group AB

- o Summer intern for the China office of Royal Design, which owns and sells such brands as Alessi, Baccarat, Swarovski, Victorinox, Wusthof, and Zwilling, in China
- o Designed the official website and helped to launch the products
- o Translated English product descriptions to Mandarin for individual products to post on the company's JD.com official store
- o Worked with other Marketing interns to adapt products to Chinese cultural norms