Update Octobre 11, 2025

XIAOQIAO ZHANG

Curriculum Vitae

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**Address:**  School of Education, Shanghai Jiao Tong University

Room 227, Chen Rui-Qiu Building

**Email:** xiaoqiao.zhang@sjtu.edu.cn

**EDUCATION**

Ph.D. 2016-2020 Pennsylvania State University, Lifelong Learning and Adult

Education/Comparative and International Education Dual-Title

Dissertation Title: *Comparing Two Generations of Chinese International Students Studying in the United States*

M.S. 2011-2012 Columbia University, School of Social Work, Social Enterprise

Administration

M.S. 2010-2011 New York University, Silver School of Social Work, Social Work

(Transferred), *Phi Alpha National Honor Society*

B.A. 2006-2010 Wilkes University, Communications, *All-American Academic Honors*

**ACADEMIC POSITITONS**

2025- Associate Professor (Tenure-track)

Shanghai Jiao Tong University, Shanghai, China

2025- Assistant Dean, International Affairs

Shanghai Jiao Tong University, Shanghai, China

2021-2025 Assistant Professor (Tenure-track)

Shanghai Jiao Tong University, Shanghai, China

2021-2025 Assistant Dean, Master of Education, Shanghai Jiao Tong University, Shanghai, China

2020- 2021 Research Fellow, Department of Psychiatry

Massachusetts General Hospital

**PUBLICATIONS**

Sun, Q., Lin, X. & **Zhang, X**. Exploring Transformative Learning Theory in Asian Contexts. *Journal of Transformative Education*, April, 2026. (Accepted)

Qian, J., **Zhang, X.**, Wang, K.\*, & Liang, J. (2025). The role of social-emotional skills in sports participation and mental well-being across different demographics. Learning and Individual Differences, 120, 102695. <https://doi.org/10.1016/j.lindif.2025.102695>

张晓乔 & 俞懿容. (2024). “大学准备度”项目助力“大中衔接”. 上海教育, (29), 64-65.

Zhang, X.\*, Wong, G. T. F., Liu, C. H., Hahm, H. “Chris,” & Chen, J. A. (2024). International student stressors and mental health during the COVID-19 pandemic: a qualitative study. Journal of American College Health, 72(4), 1027–1033. <https://doi.org/10.1080/07448481.2022.2068015>

Sun, Q., Lin, X., **Zhang, X.\*,** & Rui, R. (2024). Situated Learning for Community Engagement: Chinese and Chinese Americans Transformative Action for Identity Reformation in the Context of the Politicalized COVID-19 Pandemic. *Adult Education Quarterly*, 74(4), 321-340.
<https://doi.org/10.1177/07417136241246737>

**Zhang, X.\***, Hsu, KC, Fleming., KE, Liu, CH. and Hahm, HC. (2023) Home away from home: international students' experiences during the COVID-19 pandemic and the role of US higher education. *Front. Psychol*. 14:1104200. doi: 10.3389/fpsyg.2023.1104200

Lin, X., Sun, Q., & Zhang, X. (2023). Increasing Student Online Interactions: Applying the Video Timeline-Anchored Comment (VTC) Tool to Asynchronous Online Video Discussions. *International Journal of Human–Computer Interaction*, *40*(19), 5910–5922. <https://doi.org/10.1080/10447318.2023.2247554>

Lin, X., Sun, Q., and **Zhang, X** (2021) Using learners’ self-generated quizzes in online courses, *Distance Education*, 42:3, 391-409, DOI: 10.1080/01587919.2021.1956303

**Zhang, X.\***, Yeung, J., Chandra, R., Yang, Y., Wang, D., Liu, C.H., Liu, L., & Chen, J. (2019). The MGH Center for Cross-Cultural Student Emotional Wellness: An innovative approach to mental health challenges facing diverse groups in the U.S. *The Massachusetts General Hospital Guide to Depression.* (pp. 71-85) New York City, NY: Humana Press, Cham.

Shin, H.; Rogers-Shaw, C.; Unroe, C.; and **Zhang, X.** (2019). "The Loneliness of a Solitary Dissertation Writer: Avoiding Isolation through a Writing Community," *Adult Education Research Conference.* <https://newprairiepress.org/aerc/2019/papers/28>

**MANUSCRIPTS UNDER REVIEW**

**Zhang, X.\***, Lin, X., Wang-Trexler, N., Liang, Y., Lin, X., & Chen, J. Chinese international students experiences during COVID-19: A comparison between Chinese international students who came to the US before and after college (In preparation)

**MANUSCRIPTS IN PREPARATION**

**Zhang, X.\*,** & Sun, Q. Comparing How Two Generations of Chinese International Students Learn To Address Stressors (In preparation)

Shin, H., Rogers-Shaw, C.; **Zhang, X.** and Unroe, C. The Loneliness of a Solitary Dissertation Writer: Avoiding Isolation through a Writing Community (In preparation)

**CURRENT PROJECT**

2022 Shanghai Jiao Tong University School of Education Development Funds for Key Research Programs (RMB ¥30,000; 2022-2025); Role: Principal Investigator

 Teacher Education in a Comprehensive University: Experiences, Opportunities and Challenges.

2022- 上海市哲学社会科学规划，“基于向善价值的青少年算法培育模式研究”，主要参与，第二位，在研

2022 上海交通大学决策咨询综合改革专项（青年课题），“上海交通大学新教师教学投入情况和影响因素研究”，（JCZXZGC2022-22），主要参与，第二位，**结题**

2021-2022 上海时青年教师（2-5年）专业发展实践研究项目，“实验性示范性高中青年教师个性化培养实践研究”，（QN202102005）,主要参与，第一位，**优秀结题**

2021 Startup fund at Shanghai Jiao Tong University (RMB ¥200,000; 2021-2024); Role: Principal Investigator

2020- NSF funded COVID-19 Adult Resilience Experiences Study (**CARES**)

A Longitudinal study on how the COVID-19 pandemic has affected the physical and emotional well-being of young adults. Role: Research assistant lead effort focus on internationals students’ experience

2020- MGH Center for Cross-Cultural Student Emotional Wellness, (***Project ALICE)****:* Acculturation, Loneliness, Identity, Social support and Emotional Wellbeing of Chinese International Students. Role: Primary Investigator

The purpose of the study is to understand the current experiences of Chinese international students during the turmoil of the COVID-19 pandemic and the U.S. presidential election. The findings will inform development of a pilot program to support international students’ study abroad journeys and cultivate an enhanced sense of belonging. The findings will specifically contribute to having a thorough understanding of Chinese international students’ experience and emotional wellbeing, which would provide strong evidence for further intervention program development (i.e. supporting international students’ study abroad journey and cultivating a better sense of belonging).

**TEACHING EXPERIENCE**

***Individual teaching***

2021- Now 学术报告与研讨会 Academic Seminars

***Teaching Assistant***

2019 Qualitative Data Analysis (ADTED 551)

2018 Participatory Action Research In Adult Education (ADTED 552)

2017-

2019 Qualitative Research in Adult Education (ADRED 550)

***Independ Delivery (Guest lecturer)***

2024 校内实训 （文科班+理科班）课堂反馈

2024 学术英语（文科班）课堂反馈

2023 校内实训 （文科班+理科班）课堂反馈

2023 学术报告与研讨会（学硕）

2020

Oct 3, 2020 Pennsylvania State University, *The Joy of Coding*

Nov 11, 2020 Pennsylvania State University, *The Case Study example to Data Analysis*

2020 Columbia University Techers College, *Intro of Qualitative Research*

Columbia University Techers College, *The myth of Coding*

Columbia University Techers College, *Workshop on how to be a better interviewer*

2020 Boston University School of Social Work, *Fast Fact on Qualitative Research*

2017-

2019 Pennsylvania State University , *The making of a Book Chapter-Literature Review*

**Honors and Awards**

2023 上海市高层次引进人才

2023 上海交通大学WCU奖教金

2022 上海交通大学第六届青年教师教学比赛一等奖（社会科学组）

2021 上海交通大学教育学院首届青年教师教学比赛一等奖

2018 American Association for Adult and Continuing Education, Conference Tuition Grants for Graduate Students

2016-2019 Pennsylvania State University, College of Education, Graduate Student Travel Grant

2016-2019 Pennsylvania State University, Lifelong Learning and Adult Education Graduate Student Travel Grant

**INVITED TALKS**

和合文明论坛 新加坡 (2023)

上海交通大学“文化之桥”国际生沙龙第一讲，帮助留学生加强适应力 (2023)

上海交通大学春秋两季“平安留学”心理健康与跨文化适应力讲座 (2023)

上海交通大学Teamwork线上实习项目 跨文化交流培训讲座 （2023）

云南洱源《乡村教育振兴研讨会》(2023)

赋能中国留学生的美国留学之路(2021), EducationUSA在线讲座系列。线上

Student panel & **Zhang, X.** (2020). *The Politics, Culture, and Struggles of Working as an International Student.* New York Institute of Technology. New York City, NY.

Wang, Y., Yang, A., & **Zhang, X.** (2020). *Cope with Anxiety and Live Well During COVID-19.* Flushing Public Library. Queens, NY.

Chen, J.A., & **Zhang, X.** (2018). *Bridging the Gap: International Student and Cross-Cultural Mental Health: The Chinese Example*. St. Mark’s School. Southborough, MA.

Chen, J.A., & **Zhang, X.** (2017). *Bridging the Gap: International Student and Cross-Cultural Mental Health: The Chinese Example*. Wake Forest University-International Student Week. Winston-Salem, NC.

Chen, J.A., & **Zhang, X.** (2017). *Bridging the Gap: International Student and Cross-Cultural Mental Health: The Chinese Example*. University of New Hampshire. Durham, NH.

Chen, J.A., Yang, A., & **Zhang, X.** (2017). *Maximizing Success, Minimizing its Costs: The Importance of Emotional Wellness Across Cultures*, Guiyang, Guizhou, China.

Frankel, J., Tong, H.W., Wang, Y., & **Zhang, X.** (2016). *Exploring Mental Health Awareness and Obstacles Among Chinese International Students*. NAFSA Region VIII Conference- Association of International Educators, Philadelphia, PA.

**Zhang, X.** (2016). *Cultural Conflict of Interest: Asian Freshmen’s Experience When They Enter American Universities*. Pennsylvania State University Admissions Office, State College, PA.

Boutsis, S., Morley, B., & **Zhang, X.** (2016). *Recruiting International Students Within the United States*. NAFSA Webinar – Association of International Educators. Williamsport, PA.

**CONFERFECE PRESENTATIONS**

Luo, P., & **Zhang, X.** (2025). *Disillusioned expectations: The impact of expectations on university belonging among students in Sino-foreign cooperative education institutions.* The 2nd Chinese Society of Education Annual Conference: Whole Person Development in the Digital Era: Chinese Perspectives and Practices in a Global Context, Hong Kong, China.

Luo, P., & **Zhang, X.** (2025). *A mixed-methods study on factors influencing university*

*belonging among students in Sino-foreign cooperative education institutions: A case study*

*of an institution in Shanghai.* International Symposium on Educational Transformation

and Human Development in Celebration of the 60th Anniversary of Comparative

Education Research, Beijing Normal University, Beijing, China.

Sun, Q., & **Zhang, X.** (2024). *Examining Critical Elements for Global Scholars: Dialoging Between Eastern Learners and Western Professors.* The Asian Conference on Education & International Development, Osaka, Toyko.

Sun, Q., **Zhang, X.,** & Lin, X. (2024). *A Tri-Autoethnographic Study of Transcultural Learning in the US: Journey Towards the International Scholars Development.* The Asian Conference on Education & International Development, Osaka, Toyko.

Ghazarian, P., Zhang, X., Damiani, J., Li, N., & Jiang., X. (2024). *Transitional Higher Education: Internationalization, Sustainability, and Student Perspectives from China and Beyond*. CIES, Miami, USA.

第五届中国升学指导大会会议主旨汇报《年度升学指导心理健康水平报告》（2023）

第一届多伦多大学中国教育论坛主旨汇报，与许美德老师共同主持。线上 （2023）

Liu, FY., Ma., R., Cheng, YJ., Guan, S., & **Zhang, X.** (2021) *College readiness: Things every High School Counselor and Parent Should Know.* ChinaICAC. Hefei, China.

**Zhang, X.,** Chen, J.A., Cheng, YJ., & Zhu, S. (2019). *Cross-Cultural Approaches to Mental Health Among International Students Today: The Chinese Example* . Annual Conference at International Association For College Admission Counseling (InterantionalACAC), London, Ontario, Canada.

**Zhang, X.,** & Campbell, C. (2018). *Learning by Going: Transformation through participation at the International Congress of Qualitative Inquiry.* Annual Conference at American Association For Adult and Continuing Education (AAACE),Myrtle Beach, SC.

**Zhang, X.**, Shin, H., & Jiang, X. (2018). *Immersing in a digital world: How digital media changes adult learners’ ways of learning in contemporary society.* Annual Conference at Adult Education Research Conference (AERC), Victoria, Canada.

**Zhang, X.** (2017). Poster Presentation. *Poster Topic: The Dilemmas of “Fitting in:” How Chinese Students Adopts Informal Learning Strategies to Succeed in Unite States Higher Education Institutions*. ICQI 13th International Congress of Qualitative Inquiry, Champaign, IL.

**Zhang, X.,** Gokce, E., Agole, D., Aayyum, A. (2017). *Lifelong Learning in Japan, Rwanda and South Korea: Adult Education Beyond Human Capital Development.*

**Zhang, X.,** & Hutch, J. (2016). *Cultural Conflict of Interest: Asian Freshmen’s Experience When They Enter American Universities*. Annual Conference at Pennsylvania Association for College Admission Counseling (PACAC), Hershey, PA.

**Zhang, X.,** & Panetti, L. (2015). Understanding Today’s Chinese Students. Annual Conference at Pennsylvania Association for College Admission Counseling (PACAC), Seven Springs, PA.

**PROFESSIONAL AND UNIVERSITY SERVICES**

2021-Presnet Co-Chair, Cultural Contexts of Education and Human Potential SIG, Comparative

and International Education Society

2019- Present Adult Education in Global Times: An International Research Conference,

*Conference Planning Committee, Proposal reviewer*

2020-Present Journal of Adult Learning

  *Manuscript Peer-Reviewer*

 Journal of International Students

*Manuscript Peer-Reviewer*

Journal of Family Studies

*Manuscript Peer-Reviewer*

Journal of American College Health

*Manuscript Peer-Reviewer*

**PROFESSIONAL/INTERNSHIP WORKING EXPERIENCE**

2017-2019 Pennsylvania State University, Department (Lead) Graduate Assistant

Teaching Assistant for Qualitative Research Methods and Participatory Action Research. Represent all program GAs in the monthly faculty meetings. Schedule, plan and host prospective students along with faculty visits. Help support and collaborate with administrative office regarding student travel funds and grants. Develop mentorship programs and social events for student groups within and across programs.

2015-2016 Lycoming College, Associated Director of International Admissions, Williamsport, PA

Build strategic plan for the university’s overall international student recruitment efforts. Identify key markets for the institution based on historical data and analysis of international market trends. Design and implement agent contracts and agent training manual. Create standards for acceptance by every nationality market and different education systems. Travel internationally and recruit students from China, India, and Brazil, as well as domestically with local prep schools. Work with administrative assistants and marketing department to create communication plans and marketing materials for each market. Coordinate college-level collaboration agreements between different universities in Mexico, China, and the United Kingdom with Lycoming College. Design summer programs for Chinese international students.

2012-2015 Wilkes University, International Student Coordinator, Wilkes-Barre, PA

Responsible for all recruitment activities associated with international students, the Intensive English Program, and freshman and transfer undergraduate and all graduate programs.

2011-2012 Two Bridges Neighborhood Council, Chairman of the Board’s assistant, New York, NY

2010-2011 P.S. 22 Thomas Jefferson Elementary School, Social Worker, Queens, NY

2009-2010 American Red Cross Wilkes-Barre Chapter, Wilkes-Barre, PA

2009-2009 NBC News Washington, Media Intern, Washington DC

2008-2008 China Central Television (CCTV), Sports Channel, Media Intern, Beijing, China

**PROFESSIONAL AFFLIATIONS**

*Volunteer Position:*

2016- Present Director of International Outreach, MGH Center for Cross-Cultural Student

Emotional Wellness

Build relationships with cross-cultural populations across a variety of organizations including non-profits, the private business sector, public and private higher education, and K-12 education in both China and the United States as part of this nonprofit volunteer-operated organization affiliated with Massachusetts General Hospital. Travel with the Center to various institutions throughout the United States delivering talks and faculty trainings relevant to international students’ experience and challenges. Spearhead a new volunteer process for the Center. Recruit and work with volunteers directly. Co-organize five webinars supporting Asian and Asian American students and families during the COVID-19 pandemic.

*Membership*

2020- Present American Educational Research Association (AERA)

2020-Present Comparative & International Education Society (CIES)

2017- Present International Congress of Qualitative Inquiry(ICQI)

2017- Present American Association for Adult and Continuing Education (AAACE)

2013- Present International Association for College Admission Counseling

2012- Present NAFSA