

EDUCATION

SINGAPORE MANAGEMENT UNIVERSITY

Fast Track Master's In Psychology (MPhil)

Aug 2025 - Present

- Supervisors: Dr. Tsai Ming Hong & Dr. Andree Hartanto

SINGAPORE MANAGEMENT UNIVERSITY

Bachelor of Social Science

Aug 2022 – Dec 2025

- Major in Psychology
Expected year of graduation – December 2025

KEIO UNIVERSITY

May 2024 – July 2024

International Exchange Student

- Semestral exchange during Keio's Spring Semester.

AWARDS & SCHOLARSHIPS

SMU RESEARCH SCHOLARSHIP

School of Social Science, Singapore Management University

DEAN'S LIST AY24/25

School of Social Science, Singapore Management University

RESEARCH & WORK EXPERIENCE

DAWNLAB, SINGAPORE MANAGEMENT UNIVERSITY - Singapore

May 2023 – Present

Research Assistant

- I attended various workshops on discussions about research, researcher skills and on meta-analytic skills.
- Assisted in data collection, coding tasks and miscellaneous administrative matters pertaining to the many studies and projects handled by the lab, under the supervision of Prof. Andree Hartanto and by other PhD mentors in the lab. Projects that I was involved in include:
 - "Stereotype Threat" – Created and provided Qualtrics surveys for the purpose of data collection.
 - "Your Phone and Your Day" – Assisted in providing regular, timely updates and reminders to participants to experiment-related administrative procedures.
 - "Fear of Being Idle" – Main experimenter for the study conducted at SMU's Psychology Lab and assisted with data collection from participants.
 - "Social Media Usage and Wellbeing – A Latent Profile Analysis" – Coded and handled weekly data for a longitudinal study regarding participants' screen time.

THERAPEUTIC & EDUCATIONAL RIDING IN SINGAPORE (THERIS) - Singapore

Dec 2023 – Feb 2024

Intern

- Provided hands-on support for individual and therapeutic riding sessions, facilitating client interactions with horses, and assisting with activities based on therapist plans.
- Monitored client progress during sessions, documenting observations and contributing to progress reports under therapist supervision.
- Prepared horses for sessions, ensuring their safety and welfare, and participated in routine stable maintenance tasks.

SINGAPORE COLLEGE OF INSURANCE - Singapore

Mar 2022 – May 2022

Intern, Strategy Department

- Conducted in-depth market research and industry analysis under the CEO's guidance to add value to company's strategic outlook.
- Designed impactful slide decks to visually present strategic proposals and innovative ideas as part of updated training package.
- Utilized data analytics tools (e.g. Microsoft Excel) to extract actionable insights from student data, identifying key trends and student challenges.

CO-CURRICULAR ACTIVITIES

Member, SMU Aquathlon

Aug 2023 – Present

- Trained and competed in local races alongside fellow capable teammates.

Communication Coach, SMU Centre of English Communication

Jan 2023 - May 2023

- Provided consultation sessions for students to review and critique their writing and presentation assignments.
- Rendered service to 33 students; 78.79% students of these students rated my service as “exceeded expectations”, while the rest rated as “met expectations”.

Safety and Conservation IC, SMUX Diving

Jan 2023 - Dec 2023

- Collaborated effectively with diving instructors and dive-masters to ensure the smooth and safe operation of all diving activities.
- Reviewed and enforced all safety protocols during diving activities for both local and overseas trips.
- Advocated for sustainability and pro-marine conservation initiatives.

HR Deputy Director, SMU Psychology Society

Jan 2023 – Dec 2023

- Oversaw and streamlined recruitment process by utilizing an internal role preference system.
- Collaborated effectively with other leadership positions within the CA to ensure smooth running of events and initiatives.

COMMUNITY SERVICE

PROJECT WHITE DOVE - VIETNAM

Feb 2023 – Aug 2023

Events Team Deputy

- Assisted in the research of personal financial, mental health, and self-discovery concepts to be used for teaching and learning material.
- Created and curated content for teaching modules for the beneficiaries.
- Contributed to planning process of program outline and project development phase.

TOTAL WELLNESS SINGAPORE - SINGAPORE

Sept 2021 – April 2025

Community and Engagement Team Member

- Brainstormed, planned, and curated a selection of wellness content for monthly EDMs.
- Played a key role in developing innovative event concepts and strategies to enhance internal volunteer initiatives.
- Contributed to the facilitation of team-wide, external/community initiatives, e.g. Design for Wellness 2021

BEYOND THE LABEL CAMPAIGN, NATIONAL COUNCIL OF SOCIAL SERVICES - SINGAPORE

Aug 2021 – Sept 2021

Event Facilitator

- Hosted and coordinated various online group activities and discussions for participants during the event.
- De-escalated tense situations through empathetic communication and problem-solving skills.
- Provided confidential emotional support to participants-in-need during open dialogue segments.

SKILLS

Language: English and Mandarin

Software/IT Skills: Qualtrics, R, Microsoft Word, Microsoft PowerPoint, Microsoft Excel, Canva, Adobe Lightroom

HOBBIES AND INTERESTS

Triathlon, Scuba Diving, Photography, Animal Welfare, Community Service

REFERENCES

Available upon request.