

Yanzhen Kuang

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EDUCATION

University of Connecticut, CT
Ph.D. in Human Development & Family Sciences Expected 05/2026
Major Advisor: Kari Adamsons, Ph.D.
Graduate Certificate: Quantitative Research Methods Expected 12/2025
Culture, Health, and Human Development 02/2023

The University of Edinburgh, UK
M.S. in Education 11/2013
Dissertation Topic: Introduction of the blackboard learning system in a Chinese university, a case study of an online educational innovation

China Jiliang University, China
B.A. in English Language and Literature (English-Chinese Translation and Interpretation) 06/2011
Dual Degree: B.Mgt. in Standardization Engineering (Product Quality Engineering) 06/2011

RESEARCH INTERESTS

Micro-macro linkages in parenting, examining how parenting processes interact with cultural, policy, economic, and social contexts to shape child and family outcomes, with attention to the active agency of parents and children. Focus areas include:

- Influence of evolving policy and macro-level contexts on micro-level fertility decision-making, parenting practices, and family dynamics.
- Dynamic, multidirectional mechanisms linking parenting cognitions and behaviors with children's perceptions, behaviors, and developmental outcomes.
- Parenting and parent-child interactions across diverse cultural and social contexts, and how these patterns change over time.
- Family theory and the process of theorizing

RESEARCH EXPERIENCE

Center for the Study of Culture, Health, and Human Development, UConn 08/2019 – 12/2023
Research Assistant

Supervisors: Dr. Sara Harkness, Dr. Charles Super

Project 1: International Study of Parents, Children, and Schools project

- Coded interviews in Dedoose, quantitatively and qualitatively analyzed children's daily routine and sleep development in six western countries using factor analysis and inductive thematic coding, and presented at the International Society for the Study of Behavioural Development conference (2024).

Project 2: A longitudinal Randomized Controlled Trial to evaluate the effectiveness of national Family Development Credential Program for the Office of Early Childhood, CT

- Conducted interviews with home visitors and intervention program supervisors and coded interviews for three cohorts.

UConn Human Development and Family Sciences (HDFS) Department 2021-2023
Student Principal Investigator

HDFS Internal Support for Graduate Students' Research Award, UConn, \$2000, IRB: #X21-0249

Project title: Chinese Mothers' Parental Ethnotheories and the Evolution of China's Population Policies

Focus: A mixed-method study exploring the changes in Chinese mothers' parental ethnotheories along with the evolution of China's Population Policy and national Educational Policy

- Designed, conducted, and managed the project: developed research plan, wrote IRB protocol, constructed interview protocols and survey, recruited participants, collected data, analyzed data using mixed-method approaches.
- Disseminated research findings for both national and international conference presentations and peer-reviewed manuscripts.

Family Resilience and Mindfulness Empowerment (Frame Lab), UConn
Research Assistant

06/2023-12/2023

Project 1: NIH K01 grant (PI: Dr. Na Zhang): A digital mindfulness-informed parenting intervention for high-risk divorced families

Project focus: To develop a digital mindfulness-informed parenting intervention for high-risk divorced families using a user-center design approach.

- Recruited participants, conducted online interviews, transcribed interviews, and qualitatively analyzed interviews in NVivo, prepared publication (conference presentation and manuscript abstract) for the phase 1 (parents, court professionals, parent educators)

Project 2: Mindfulness and Intergenerational Coparenting Relationships Online Study (MICRO study)

Project focus: Impact of co-residential grandparents on the parenting practices of parents, the psychological distress of parents, and the behavioral and emotional problems of children in three-generational households.

- Contributed to research design and participant recruitment, wrote part of the IRB protocol, and built a Qualtrics survey.

TEACHING AND PROGRAM DEVELOPMENT

University of Connecticut

08/2019-present

Teaching Assistant (2019-present)/Instructor (summer 2023)

Courses: Research Methods in HDFS; Individual and Family Development; Human Development: Infancy through Adolescence; Parent-Child Relations in Cross-Cultural Perspective; Research Methods in Human Development and Family Sciences; Family Interaction Processes; Human Development: Adulthood and Aging.

- Reinforced key concepts on human development from infancy, adolescence to adulthood, parenting and child development across cultural contexts, research methods with learners.
- Prepared course materials, gave lectures, led weekly discussion sections, set up and managed Blackboard course shell, graded course assignments and exams.
- Familiar with both in-person and online course modality.

Shandong Vocational and Technical University of International Studies

09/2014-07/2019

Assistant Professor, Department of English Language Studies

Affiliated Faculty, Institute of Translation Studies

Courses: Business English; Practical Business English-Chinese Interpretation and Translation; International Business Etiquette and Negotiation; An Introduction to English-speaking Countries; English Grammar, Early Childhood Education; IELTS English listening and writing.

- Reinforced key concepts on business English, including cultural nuances and key strategies needed in international business negotiations, translation and interpretation, etc.
- Recognized as one of 55 Dual-Qualified Teachers (out of 508), for combined academic and professional expertise (2019).
- Selected as one of four faculty members (out of over 500) to deliver an open lecture for the Chinese Ministry of Education delegation during their visit to evaluate the university's teaching quality (2018).
- Awarded the Excellent Instructor Award by the Shandong Provincial Education Department (2015).
- Awarded as a member of Shandong Provincial Outstanding Teaching Group in Applied English Program (2014).

Academic Program and Course Development

- Designed a new undergraduate program, Applied English (Business Specialization), developed the program handbook, student cultivation plan, and program courses plan, and selected recommended textbooks and course syllabi (2017).
- Led the team and served as the major instructor in the development of a Shandong provincial-level flagship online course, Business English, developed syllabus and course materials, coordinated the whole instructor team in writing textbooks, taught, filmed, and edited the online course videos (2016).
- Designed and built the online course English-Chinese Translation on the online SPOC teaching platform, developed course syllabus and materials, filmed and edited videos, and made course animation videos (2016).

PROJECT MANAGEMENT

Shandong Vocational and Technical University of International Studies 03/2015-02/2017

- Served as the project manager for the design and construction of the College Simultaneous Interpretation Training Laboratory (3,047 sqft, cost ¥3 million), a national top-tier facility of its kind.
- Led the construction process, including collecting needs and feedback of stakeholders, drafting construction plan and budget report, leading several rounds of bidding process, managing the construction, exterior and interior design, material and equipment purchase, training instructors and students, served as a tour guide to foreign and local government officials and other universities presidents and leaders, and held several international and local conferences.
- Coordinated among various levels of stakeholders (e.g., local government, university board of trustees, finance office, several schools and departments, instructors, students) and various companies throughout the whole process.

FREELANCE INTERPRETATION AND TRANSLATION

Freelance Interpreter and Translator 2009-2017

- Provided Chinese-English interpretation and translation services for international conferences, Chinese government departments, international sports games, and companies.

LEADERSHIP AND VOLUNTEER EXPERIENCE

UConn Human Development and Family Sciences Department

Graduate Student Representative

Assessment Committee

08/2023-05/2024

Diversity, Equity, and Inclusion Committee

08/2021-05/2022

Family Counselor

2014-2024

- Provided free in-person and virtual counseling services to over 90 families on family issues, including parenting, parent-child conflicts, and children and adolescent emotional and behavioral issues.

RESEARCH PRESENTATIONS

Kuang, Y., Zhu, T., Akef, H., Sather, A., & Adamsons, K. (2025, November). *Chinese mothers' maternal identity and parenting practices under China's evolving population policy*. Paper to be presented in a symposium at the National Council on Family Relations Conference, Baltimore, Maryland, USA.

Sather, A., Russell, B., Adamsons, K., Zhu, T., & Kuang, Y. (2025, May). *Family processes during adolescence as mediators of the intergenerational transmission of alcohol use*. Poster presented at the biennial meeting of the Society for Research in Child Development, Minneapolis, MN, USA.

Zhu, T., Sather, A., Kuang, Y., & Adamsons, K. (2025, May). *Associations between Parents' Coparenting and*

- Romantic Relationships and Children's Psychological Development*. Poster presented at the biennial meeting of the Society for Research in Child Development, Minneapolis, MN, USA.
- Sather, A., Zhu, T., **Kuang, Y.**, & Adamsons, K. (2024, October). *The longitudinal effects of parent depression on adolescent risk behaviors*. Poster presented at the 2024 annual meeting of the New England Psychological Association, Springfield College, MA, USA.
- Akef, H., **Kuang, Y.**, Juvino, D., Harkness, S., & Super, C.M. (2024, June). *Parents' free descriptions of their children: Reflections on culture and temperament*. Poster presented at the International Society for the Study of Behavioural Development, Lisbon, Portugal.
- Kuang, Y.**, Akef, H., Juvino, D., Harkness, S., & Super, C.M. (2024, June). *Chinese mothers' parental ethnotheories: shifts in response to socioeconomic and population policy change*. Poster presented at the International Society for the Study of Behavioural Development, Lisbon, Portugal.
- Juvino, D., **Kuang, Y.**, Henz, K., Harkness, S., & Super, C. M. (2023, November). *The role of socioeconomic status on parental stress and parental involvement in children education in Brazil*. Poster presented at the National Council on Family Relations Conference, Orlando, Florida, USA.
- Akef, H., **Kuang, Y.**, Juvino, D., Carvalheiro, D., Harkness, S., & Super, C. M. (2023, October). *Parental ethnotheories of children's temperament in three cultures*. Paper presented in a symposium at the 24th Occasional Temperament Conference, Orford, Québec, Canada.
- Kuang, Y.**, Harkness, S., (2023, March). *Chinese mothers and the Double-Reduction Policy ("shuangjian"): reactions and perceived implications for children's development*. Poster presented at the biennial meeting of the Society for Research in Child Development, Salt Lake City, UT, USA.
- Kuang, Y.** (2022, November). *Chinese academic-related parenting & child outcomes: a mid-range model linking Chinese mothers' academic expectations, behaviors, and child perceptions and outcomes*. Paper presented at the Theory Construction and Research Methodology (TCRM) workshop at the annual meeting of the National Council on Family Relations, Minneapolis, MN, USA.
- Kuang, Y.**, Super, C. M., Harkness, S., Zylicz, O., Bonichini, S., Rios Bermúdez, M., Welles, B., Mavridis, C., & Juvino, D. (2022, June). *Parental ethnotheories about children's sleep in six western countries*. Poster presented at the International Society for the Study of Behavioural Development, Rhodes, Greece.

PUBLICATIONS

- Sather, A., Zhu, T., **Kuang, Y.**, & Adamsons, K. (Under review). Associations between maternal and paternal depression during childhood and adolescent risk behaviors. Submitted to *Journal of Family Psychology*.
- Zhu, T., Adamsons, K., **Kuang, Y.**, & Sather, A. (Under review). Romantic relationship outcomes of young adults raised in stepfamilies: The role of parental relationship transitions. Submitted to *Family Transitions*.
- Zhu, T., Sather, A., **Kuang, Y.**, & Adamsons, K. (Under review). Associations between Parents' Coparenting and Romantic Relationships and Adolescents' Psychological Wellbeing. Submitted to *Family Relations*.
- Kuang, Y.**, & Adamsons, K. (In preparation, presented at TCRM 2022). A mid-range model of mechanisms in academic related parenting and child outcomes.
- Kuang, Y.**, Zhu, T., Akef, H., Sather, A., & Adamsons, K. (In preparation). Chinese mothers' maternal identity and parenting practices under China's evolving population policy.

CERTIFICATES

Teaching Certificate

- Teaching English as a Foreign Language Certificate (certified by TEFL Scotland)
- University Teaching Qualification Certificate (certified by Shandong Provincial Education Department, China)
- High School Teaching Qualification Certificate (certified by Rizhao Municipal Education Bureau, China)

Translation/Interpretation Certificate

- China Accreditation Test for Translators and Interpreters (CATTI) English-Chinese Translation, Level 2

SCHOLARSHIPS AND RESEARCH GRANT

Mattoon-Kline Scholarship, UConn	2025
L. Eugene Thomas Scholarship, UConn	2025
Anonymous Benefactor Scholarship, UConn	2025
HDFS Internal Support for Graduate Students' Research, UConn	2022-2024
Conference Participation Award, The Graduate School, UConn	2022
Outstanding Graduate Award, China Jiliang University	2011
First-Class Scholarship, China Jiliang University (awarded each semester to top 3% students)	2007-2011

MENTORING

UConn HDFS departmental UCCFR pair mentoring program

Grad Student Mentor 08/2024-12/2024

- Provided individualized mentorship to a first-year PhD student, offering guidance on 5-year PhD academic planning, milestone achievement, funding opportunities, effective time and task management strategies, etc.

Shandong Vocational and Technical University of International Studies

Freshman Class Advisor 09/2014-07/2019

- Advised and supported a cohort of around 30 first-year students annually, facilitating their academic and personal transition into college life.

Academic Competition Coach 06/2015-05/2016

- Mentored and coached two sophomore students to win First Prize in the Shandong Provincial-level Vocational College Skills Competition (English Speaking category)