

CURRICULUM VITAE (updated August 2020)

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ACADEMIC & PROFESSIONAL QUALIFICATIONS

INSTITUTIONS

QUALIFICATIONS OBTAINED

The Chinese University of Hong Kong	2006 Doctor of Philosophy (Social Welfare)
The Chinese University of Hong Kong	1998 Bachelor of Social Science (Major in Social Work) (Graduated with 1 st Class Honors)
Social Workers Registration Board	Registered Social Worker

AWARD

The Vice-Chancellor's Exemplary Teaching Award 2013, CUHK

The Exemplary Teaching Award 2013 of Faculty of Social Science, CUHK

2018 Best Article Award, China Journal of Social Work

RESEARCH INTERESTS & RESEARCH PROJECTS

My research interests are in the areas of life and career development of young people and disadvantaged youth, parenting and parent education, youth sexuality and sex education, youth empowerment, and program evaluation. Since joining the Department of Social Work, CUHK in August 2010, either as Principal Investigator (PI) or Co-Principal Investigator (Co-PI), I have successfully obtained 15 research grants, totaling over HK\$74.75 million (HK\$74,761,846). Among these research grants, 11 of them are external grants funded by government funding bodies/NGOs/foundations in Hong Kong, totaling approximately HK\$74,470,786. Details of the research projects and sponsored grants are as follows:

- 2020-2023 **Principal Investigator** – “Parent Empowerment Project,” granted by the Hong Kong Jockey Club Charities Trust (\$2,520,000)
- 2020-2021 **Principal Investigator** – “The Influence of Intrapersonal, Interpersonal and Community Protective Factors on Hong Kong Adolescents’ Stress during Political Life Events and their Mental Health,” granted by the Public Policy Research Funding Scheme (\$344,655)

- 2017-2021 **Principal Investigator** – “Project Evaluation and Impact Assessment of the Youth Service Innovation Programme,” granted by the Hong Kong Jockey Club Charities Trust (\$4,590,000)
- 2018-2020 **Principal Investigator** – “An Exploratory Study on Young Mothers’ Needs for Life and Career Development in Hong Kong,” granted by the Young Women’s Christian Association (\$225,600)
- 2015-2020 **Co-Principal Investigator** – “Community-based Interventions of the Career and Life Adventure Planning for Youth Project (CLAP for Youth @ JC),” granted by the Hong Kong Jockey Club Charities Trust (\$62.21 million)
- 2016-2017 **Principal Investigator** – “Childrearing at a Distance: Development of an Evidence-Based Parent Support Group and Education Program for Migrant Mothers of Left-behind Children in China,” granted by the General Research Fund of the Research Grant Council (\$536,140)
- 2015-2018 **Principal Investigator** – “A Holistic Parent Counselling, Education and Support Program for Drug-Abusing Parents,” granted by the Beat Drugs Fund Association, Hong Kong (\$3,730,103)
- 2015-2017 **Principal-Investigator** – “An Evaluation Study on the Sexual Health Project for Youth Having Compulsive Sexual Behaviors,” commissioned by the Caritas – Youth and Community Service Division and granted by the Lee Hysan Foundation (\$217,350)
- 2012-2015 **Principal Investigator** – “Evaluation Study on the Women’s Foundation Life Skills Program 2012-14,” granted by the Women’s Foundation, Hong Kong (\$439,875)
- 2012-2014 **Principal Investigator** – “A Comparative Study on the Work Experience and Life Adjustment of Migrant Workers in the Eastern and Southern Coastal Areas of Mainland China,” granted by the South China Program, Hong Kong Institute of Asia-Pacific Studies, The Chinese University of Hong Kong (\$122,440).
- 2011-2014 **Principal Investigator** – “Evaluation Study on The Women’s Foundation’s Financial Literacy Program for Marginalized Women,” granted by the Women’s Foundation, Hong Kong (\$201,430).
- 2011-2013 **Principal Investigator** – “A Shared Journey of Parent Growth and Development: School-Based Parent Education and Parent Support Network,” granted by the Quality Education Fund, Hong Kong (\$1,695,000).
- 2011-2013 **Principal Investigator** – “Development and Validation of the Parental Meaning Questionnaire,” granted by the Hong Kong Institute of Educational Research, The

Chinese University of Hong Kong (\$54,500).

- 2011-2013 **Principal Investigator** – “Research on Chinese Workers’ Life Concerns, Work Values, and Job Decision-making,” granted by the Jetta Company Limited (\$595,288).
- 2010-2012 **Principal Investigator** – “A Study of the Impacts of Accessing Sexually Explicit Online Materials on Adolescents’ Attitudes, Knowledge and Behavior Relating to Sex,” granted by the Direct Grant for Research, Social Science Panel, CUHK (\$63,920).
- 2010-2012 **Principal Investigator** – “Exposure to Sexually Explicit Online Materials among Adolescents in Hong Kong: An Exploratory Study of its Prevalence and Underlying Factors,” granted by the Madam Tan Jen Chiu Fund, Department of Social Work, CUHK (\$50,200).
- 2009-2011 **Principal Investigator** - “An Action Research on the Family Education Supportive Project organized by the Federation of Parent-Teacher Association, Kowloon City,” commissioned by the Federation of Parent-teacher Association, Kowloon (\$30,000).
- 2018-2020 Co-investigator – “Enhancing Competence in Anti-drug Work among Practitioners and Students of Social Work and Healthcare Professions: An Integrated Humanistic and Cognitive-Behavioral Training Program with Focus on High-risk Youth and Drug Rehabilitation Service Settings,” granted by the Beat Drug Fund (\$946,910)
- 2017-2020 Co-investigator – “Enhancing University Students’ Well-being and Positive Learning Experience – Application of Positive Education,” granted by the Research Grant Council (\$5,703,000)
- 2016-2018 Co-investigator – “An Integrated Humanistic and Cognitive-Behavioral Training Program to Promote Effective and Sustained Anti-drug Works among Practitioners and Students of Social Work and Healthcare Professionals,” granted by the Beat Drugs Fund (817,650)
- 2015-2017 Co-investigator – “An Evaluation Study of the Student Counseling Services in Macau,” granted by the Education and Youth Affairs Bureau of the Macau SAR Government (\$804,120)
- 2015-2017 Co-investigator – “Raising Children in Hong Kong: A Mixed Method Study of Generational Shifts in Parental Beliefs and Practices,” granted by the Research Grant Council (\$1,252,656)
- 2016-2017 Co-investigator – “Micro-Modules for Flipped Classroom Teaching,” granted by University’s Micro-Module Courseware Development Grant (\$99,983)

- 2014-2016 Co-investigator – “Toward a Drug-Free Campus: An Integrated Humanistic and Cognitive-Behavioral Training on Anti-Drug Work for Practitioners and Students of the Teaching Profession,” granted by the Beat Drugs Fund, Hong Kong (HK\$583,500).
- 2014-2018 Co-investigator – “Evaluation Study on Incentive Scheme to further encourage Comprehensive Social Security Assistance Recipients of the Integrated Employment Assistance Programme for Self-reliance to Secure Employment,” granted by the Social Welfare Department, HKSAR Government (HK\$1,430,000).
- 2013-2015 Co-investigator – “Building Competence for Sustained Anti-Drug Work: An Integrated Humanistic and Cognitive-Behavioral Training for Practitioners and Students of Social Work and Healthcare Professions,” granted by the Beat Drugs Fund, Hong Kong (HK\$717,200).
- 2012-2015 Co-investigator – “Reflective-action Learning in the Social Work Undergraduate Program,” granted by the Teaching Development Grants, CUHK (\$250,000)
- 2013-2015 Co-investigator – “A Study on the Society Security Model for Rural Migrant Workers from a Developmental Social Policy Perspective,” granted by the National Social Science Fund of China, National Planning Office of Philosophy & Social Science (CNY180,000)
- 2013-2014 Co-investigator – “Motivating Experiences for Securing a Job: A Study of Unemployed Youth in Hong Kong and Mainland China,” granted by the South China Program, Hong Kong Institute of Asia-Pacific Studies, The Chinese University of Hong Kong (\$142,800)
- 2013-2014 Co-investigator – “A Process-Outcome Study of a ‘Learner-Responsive Approach’ to Parent Education: How Parents Learn and What They Learn in a Four-Session ‘Self-Learning in Parenthood’ Programme, granted by the Strategic Research Grant, City University of Hong Kong (\$100,000)
- 2011-2013 Co-investigator – “The Evaluation Study on the Family Support Program Organized by the Residential Care Home for the Elderly of the Pok Oi Hospital,” granted by the Pok Oi Hospital, Hong Kong (\$156,860).

PUBLICATIONS

Until August 2020, I have had a total of 124 publications, including 55 refereed journal articles, 4 edited books/manuals, 7 book chapters, 8 research/evaluation reports, and 50 articles in conference proceedings. Details of my publications are as follows:

REFEREED JOURNAL ARTICLES

- To, S.M.,** Wong, C.W.V., Leung, D.M.D., Lau, C.D., & Su, X. (2020). Navigating Risk Discourses: A Narrative Analysis of Parental Experiences in the Career and Life Development of Youth Not in Education, Employment, or Training. *Applied Research in Quality of Life*, Advance Online Publication, DOI 10.1007/s11482-020-09855-w
- To, S. M.,** Chun-Sing Cheung, J., Liu, X., Lau, C. D., Zeng, H. J., & Chan, A. M. Y. (2020). Youth Empowerment in the Community and Young People's Creative Self-Efficacy: The Moderating Role of Youth-Adult Partnerships in Youth Service. *Youth & Society*, Advance Online Publication, DOI: 0044118X20930890.
- To, S.M.,** Wong, C.W.V., Yan, M.W., & Su, X. (2020). Psychometric evaluation of the Chinese version of the Parent Career Behavior Checklist in a sample of non-engaged youth and their parents. *Child & Youth Care Forum*, 49, 469-487.
- To, S. M.,** Lam, C. M., & So, Y. Y. (2020). A qualitative study of rural-to-urban migrant Chinese mothers' experiences in mother-child interactions and self-evaluation. *Applied Research in Quality of Life*, 15, 813-833.
- Cui, K., & **To, S.M.** (2020). School Climate, Bystanders' Responses, and Bullying Perpetration in the Context of Rural-to-Urban Migration in China. *Deviant Behavior*, Advance Online Publication, DOI: 10.1080/01639625.2020.1752601
- Cui, K., & **To, S. M.** (2020). Rural-to-urban migration, strain, and bullying perpetration: the mediating role of negative emotions, attitude toward bullying, and attachment to school. *International Journal of Offender Therapy and Comparative Criminology*, Advance Online Publication, 0306624X20909207.
- Su, X., Wong, V., & **To, S.M.** (2020). Factor Structure of the Chinese Career Adapt-Abilities Scale in Youth with a Longer Spell of Status of not in Education, Employment, or Training. *Child & Youth Services*, Advance Online Publication, DOI: 10.1080/0145935X.2020.1768843.
- To, S.M.** (2019). Youth mental health in precarious socio-political contexts: Implications for mental health interventions and clinical research. *Child Health Education and Advocacy Bulletin*, 11, 20-23.
- To, S.M.,** Lam, C.M., & So, Y.Y. (2019). Reflections of parents and parent work practitioners on the changing experiences and circumstances of parenting in Hong Kong. *International Journal of Social Science & Humanity*, 9(3), 57-62.
- To, S.M.** (2019). Are there any differences in the work experiences of local and rural-to-urban migrant female factory workers? An exploratory study in Guangzhou, China. *International Journal of Social Science & Humanity*, 9(3), 75-80.
- To, S.M.,** Wong, K.S.P., Tam, H.L.C., Kwok, K.D., & Lau, C.D. (2019). Sexual compulsivity, sexual self-concept, and cognitive outcomes of sexual behavior of young Chinese Hong

- Kong males with compulsive sexual behavior: Implications for intervention and prevention. *Children and Youth Services Review*. <https://doi.org/10.1016/j.chidyouth.2019.104400>
- Cui, K., & **To, S. M.** (2019). Migrant status, social support, and bullying perpetration of children in mainland China. *Children and Youth Services Review*. <https://doi.org/10.1016/j.chidyouth.2019.104534>
- Shek, D.T.L., **To, S.M.**, & Dou, D. (2019). Parental beliefs about parental roles and responsibilities in Chinese parents: Pioneer findings. *International Journal of Child & Adolescent Health*, 12(4), 379-389.
- Yu, M., Qi, C. Y., & **To, S. M.** (2019). The Evolution and Involution of Service Provision: Interactional Understanding of the Welfare of Urban Youth with Disabilities in China. *Children and Youth Services Review*. <https://doi.org/10.1016/j.chidyouth.2019.104707>
- Lam, C.M., Kwong, W.M., & **To, S.M.** (2019). Has parenting changed over past decade? A qualitative study of generational shifts in parenting. *International Journal of Social Science & Humanity*, 9(2), 42-47.
- To, S.M.**, Kwok, C.M., So, Y.Y., & Yan, M.W. (2018). Parent education for migrant mothers of left-behind children in China: A pilot randomized controlled trial. *Family Process*, 58(2), 318-333.
- Lam, C.M., **To, S.M.**, & Kwong, W.M. (2018). Development and validation of a questionnaire on Chinese parents' beliefs in parental roles and responsibilities. *Applied Research in Quality of Life*. <https://doi.org/10.1007/s11482-018-9682-4>
- To, S.M.**, So, Y.Y., & Kwok, C.M. (2018). Meaning-making of motherhood among rural-to-urban migrant Chinese mothers of left-behind children. *Journal of Child and Family Studies*, 27, 3358-3370.
- To, S.M.**, So, Y.Y., Iu Kan, S.M., Tsoi, K.W., & Chan, T.S. (2018). Supporting parents in late modernity through parent education: A mixed methods study in Hong Kong. *Journal of Social Work*, 18(2), 164-184.
- Yu, M., & **To, S.M.** (2018). Exploring the identity constitution and identity capital of youth with physical disabilities: A qualitative study in mainland China. *Children and Youth Services Review*, 96, 163-171.
- To, S. M.** (2018). Parental self-esteem, parent-child relationships, and authoritative parenting of Chinese migrant parents of left-behind children: Implications for social policy and services. *Asian Social Work and Policy Review*, 12(3), 183-190.
- To, S.M.**, Tam, H.L., & Kwok, C.M. (2018). Qualitative analysis of rural-to-urban migrant Chinese mothers' perceived outcomes and experiences in a parent support and education

- programme with an existential-narrative approach. *China Journal of Social Work*, 11(2), 167-185.
- To, S.M., & Sung, W.L.** (2017). Presence of meaning, sources of meaning, and subjective well-being in emerging adulthood: A sample of Hong Kong community college students. *Emerging Adulthood*, 5(1), 69-74.
- Lam, C.M., **To, S.M.**, & Chan, W.C.H. (2017). Learning pattern of social work students: A longitudinal study. *Social Work Education*. Advance online publication. DOI: 10.1080/02615479.2017.1365831
- Yu, M., & **To, S.M.** (2017). The identity status of being socially excluded and self-exclusion: A study on the experience of disabled youth in Shenzhen. *Youth Studies*, 415, 11-22. (in Chinese)
- To, S.M.** (2016). Loneliness, the search for meaning, and the psychological well-being of economically disadvantaged Chinese adolescents living in Hong Kong: Implications for life skills development programs. *Children and Youth Services Review*, 71, 52-60.
- To, S.M.**, & Chan, W.C.H. (2016). Psychometric evaluation of the Chinese Version of the Existential Anxiety Questionnaire in a sample of Chinese adolescents living in Hong Kong. *Child & Youth Care Forum*, 45, 487-503.
- To, S.M.**, & Tam, H.L. (2016). Work values, perceived job rewards and life outcomes of the new generation of Chinese migrant labourers' in Guangzhou, China: Implications for social work practice. *British Journal of Social Work*, 46, 27-45.
- To, S.M.**, Iu Kan, S.M., & Ngai, S.S.Y. (2015). Interaction effects between exposure to sexually explicit online materials and individual, family, and extra-familial factors on Hong Kong high school students' beliefs about gender role equality and body-centered sexuality. *Youth & Society*, 47(6), 747-768.
- To, S.M.**, Iu Kan, S.M., Tsoi, K.W., & Chan, T.S. (2015). Reviving parents' life momentum: A qualitative evaluation of a parent education program adopting an existential approach. *Open Family Studies Journal*, 7, 103-111.
- Chan, W.C.H., & **To, S.M.** (2015). Intimacy as a distinct construct: Validating the Intimacy Scale among older adults of residential care homes in Hong Kong. *Open Family Studies Journal*, 7, 60-67.
- To, S.M.** (2015). Development and validation of a quantitative measure for the Chinese Sources of Parental Meaning. *Journal of Child and Family Studies*, 24, 3580-3594.
- To, S.M.**, Tam, H.L., Ngai, S.S.Y., & Sung, W.L. (2014). Sense of meaningfulness, sources of meaning, and self-evaluation of economically disadvantaged youth in Hong Kong: Implications for youth development programs. *Children & Youth Services Review*, 47, 352-

361.

- To, S.M., & Tam, H.L.** (2014). Generational differences in work values, perceived job rewards, and job satisfaction of Chinese female migrant workers: Implications for social policy and social services. *Social Indicators Research, 118*, 1315-1332.
- To, S.M., So, Y.Y., & Chan, T.S.** (2014). An exploratory study on the effectiveness and experience of a parent enhancement group adopting a narrative approach. *Journal of Social Work, 14*(1), 41-61.
- Ngai, S.S.Y., Cheung, J.C.K., **To, S.M.**, Luan, H., & Zhao, R. (2014). Economic disadvantage and transitional outcomes: a study of young people from low-income families in Hong Kong. *International Journal of Adolescence and Youth, 19*(3), 318-335.
- To, S.M.**, Iu Kan, S.M., Tsoi, K.W., & Chan, T.S. (2013). A qualitative analysis of parents' perceived outcomes and experiences in a parent education program adopting a transformative approach. *Journal of Social Work Practice: Psychotherapeutic Approaches in Health, Welfare and the Community, 27*(1), 79-94.
- To, S.M.**, & Chan, T.S. (2013). Searching for the meaning of parenthood: An existential approach to parent education in the Hong Kong-Chinese context. *International Social Work, 56*(4), 467-481.
- To, S.M.**, Tam, H.L., & Chu, F. (2013). A qualitative study of the lived experiences of young Chinese females in condom use negotiations. *International Journal of Adolescence and Youth, 18*(4), 248-262.
- To, S.M.**, Tam, H.L., & Chan, W.C. (2013). Life education for Hong Kong adolescents: Current status and future directions. *Journal of Youth Studies, 16*(1), 111-121. (in Chinese)
- Ngai, S.S.Y., Cheung, C.K., **To, S.M.**, Liu, Y., & Song, H.Y. (2013). Parent-child relationships, friendship networks, and developmental outcomes of economically disadvantaged youth in Hong Kong. *Children and Youth Services Review, 35*, 91-101.
- To, S.M.**, Ngai, S.S.Y., & Iu Kan, S.M. (2012). Direct and mediating effects of accessing sexually explicit online materials on Hong Kong adolescents' attitude, knowledge, and behavior relating to sex. *Children and Youth Services Review, 34*, 2156-2163.
- To, S.M.** (2012). A qualitative analysis of the field experiences of Hong Kong school social workers in encountering different forms of power. *International Journal of Adolescence and Youth, 17*(2-3), 149-154.
- Ngai, N.P., Ngai, S.S.Y., & **To, S.M.** (2012). Youth leadership training in Hong Kong: Current development and the way ahead. *International Journal of Adolescence and Youth, 17*(2-3), 165-179.

- To, S.M.** (2011). Empowerment-oriented youth work: Theory & practice. *Youth Inquiry*, 165, 5-11. (in Chinese)
- Ngai, N.P., & **To, S.M.** (2010). Development of youth service in Hong Kong: An analysis of intervention models. *Youth Inquiry*, 156, 16-21. (in Chinese)
- To, S.M.** (2009). Conceptualizing empowerment in youth work: A qualitative analysis of Hong Kong school social workers' experiences in generating empowering practices. *International Journal of Adolescence and Youth*, 15, 257-276.
- To, S.M.** (2009). Empowering school personnel for positive youth development: The case of Hong Kong school social workers. *Adolescence*, 44(174), 465-476.
- To, S.M.**, & Chu, F. (2009). An interpretive phenomenological analysis of the lived experiences of Chinese young females in the course of unintended pregnancy. *International Journal of Adolescence Medicine and Health*, 21(4), 531-543.
- Ngai, S.S.Y., Cheung, C.K., Ngai, N.P., & **To, S.M.** (2009). Public assistance reception, social service use, and developmental outcomes among economically disadvantaged young people. *International Journal of Adolescence and Youth*, 15, 103-120.
- Ngai, S.S.Y., Cheung, C.K., Ngai, N.P., & **To, S.M.** (2008). Service participation, hardiness and developmental outcomes among low-income young people in Hong Kong. *International Journal of Adolescence and Youth*, 14, 185-203.
- Ngai, S.Y., Ngai, N.P., Cheung, C.K., & **To, S.M.** (2008). The effects of service participation, friendship networks, and family support on developmental outcomes: A study of young people from low-income families in Hong Kong. *Adolescence*, 43(170), 399-416.
- To, S.M.**, Ngai, S.Y., Ngai, N.P., & Cheung, C.K. (2007). Young people's existential concerns and club drug abuse. *International Journal of Adolescence and Youth*, 13, 327-341.
- To, S.M.** (2007). Empowering school social work practices for positive youth development: Hong Kong experience. *Adolescence*, 42(167), 555-567.
- To, S.M.** (2006). Using Foucault's concept of power to analyze school discipline and draw implications for school social work service in Hong Kong. *International Social Work*, 49(6), 779-790.

BOOKS / CHAPTERS IN BOOKS

Edited Books/Manuals

- To, S.M.**, and colleagues (2020). *Community-based intervention: Parent support and education practice manual*. Hong Kong: CLAP for Youth@JC.

To, S.M., Wan, K.Y., Cheng, W.F., So, Y.Y., Liu, X.Y., & Chung, M.Y. (2018). *Providing holistic parent counseling and support for drug-abusing parents: A practice manual*. Hong Kong: The Chinese University of Hong Kong. (in Chinese)

Chan, T.S., **To, S.M.**, Iu Kan, S.M., Tsoi, K.W., Yeung, K.S., Chui H.Y., Ho, L.Y., & Chan, P.Y. (2013). *A shared journey of parent growth and development: Handbook of parent education*. Hong Kong: Quality Education Funds & The Chinese University of Hong Kong. (in Chinese)

To, S.M., Iu Kan, S.M.A., Tsoi K.W., & Chan T.S. (Eds.). (2011). *Shared path, synchronized steps, collection of wisdom on parent education*. Hong Kong: Hong Kong Institute of Educational Research. (ISBN: 9628908359)

Chapter in Books

Shek, D.T.L., **To, S.M.**, & Dou, D. (2020). Parental beliefs about parental roles and responsibilities in Chinese parents: Pioneer findings. In D.T.L. Shek, M.Y.M. Law, & J. Merrick (Eds.), *Parenting and family life in a Chinese society* (pp. 73-94). New York: Nova Science Publishers.

To, S.M., & Iu Kan, S.M. (2014). Gender differences in the patterns and psychosocial correlates of Hong Kong Chinese adolescents' exposure to sexually explicit online materials: Implications for sex education in the Chinese context. In M.C. Kenny (Ed.), *Sex Education: Attitudes of Adolescents, Cultural Differences and Schools' Challenge* (pp. 187-218). Hauppauge, NY: Nova Science Publishers.

To, S.M. (2013). The theoretical foundation of parent education. In T.S. Chan, S.M. To, S.M. Iu Kan, K.W. Tsoi, K.S. Yeung, H.Y. Chui, L.Y. Ho & P.Y. Chan (Eds.), *A shared journey of parent growth and development: Handbook of parent education*. Hong Kong: Quality Education Funds & The Chinese University of Hong Kong. (in Chinese)

To, S.M., Iu Kan, S.M.A., Tsoi, K.W., & Chan, T.S. (2012). Policy and practice in the field of family education: Using parent education in Hong Kong as an example. In N.P. Ngai, X.P. Guan, S.S.Y. Ngai, & X. Wang (Eds.), *Social policies and services in Chinese societies: Issues & opportunities* (pp. 206-224). Beijing: Social Sciences Academic Press (China). (in Chinese)

To, S.M., Iu-Kan, S.M.A., Tsoi K.W. (2011). Evaluation of the effectiveness of parent education programs in Hong Kong: Designs, measures and related issues. In S.M. To, S.M.A. Iu-Kan, K.W. Tsoi, & T.S. Chan (Eds.), *Shared path, synchronized steps, collection of wisdom on parent education* (pp. 1-23). Hong Kong: Hong Kong Institute of Educational Research. (in Chinese)

To, S.M., & Chu, F. (2010). Young females' premarital pregnancy and their existential concerns. In N.P. Ngai, G.Q. An, C.Z. Yang, & S.S.Y. Ngai (Eds.), *New issues on the youth in information age: Theory, policy and practice* (pp. 119-136). Beijing: Social Sciences

Academic Press (China). (in Chinese)

To, S.M., & Chan, B.K.K. (2009). Counselling centre for young psychotropic substance abusers. In Lee, F.W.L. (Ed.), *Initiatives with youth-at-risk* (pp. 79-97). Hong Kong: City University of Hong Kong Press.

RESEARCH/EVALUATION REPORTS

To, S.M., Ngai, S.S.Y., Kwok, K., & Tam, H.L. (2018). *Evaluation Study on the Sexual Health Project for Youth Having Compulsive Sexual Behaviors: Evaluation Report*. Hong Kong: Caritas – Youth and Community Service Division.

To, S.M., Tam, H.L., Thong, Y.Y. (2015). *Evaluation Study on The Women’s Foundation’s Life Skills Programme 2013-14: Evaluation Report*. Hong Kong: The Women’s Foundation.

To, S.M., Lau, Y.K., & Yau Ng, L.T.M. (2014). *Evaluation Study on The Women’s Foundation’s Financial Literacy Program for Marginalized Women: Evaluation Report*. Hong Kong: The Women’s Foundation.

To, S.M., Iu Kan, S.M.A., Tsoi K.W., Chan, T.S. (2014). *Development and validation of the Chinese Sources of Parental Meaning Questionnaire*. Hong Kong: Faculty of Education & Hong Kong Institute of Educational Research, The Chinese University of Hong Kong.

To, S.M., Tam, H.L., Ho, S.M.Y., & Yeung, D.Y. (2013). *Evaluation Study on The Women’s Foundation’s Life Skills Programme 2012-13: Evaluation Report*. Hong Kong: The Women’s Foundation.

To, S.M., Tam, H.L., & Tsoi, K.W. (2013). *Research on Chinese Workers’ Life Concerns, Work Values, and Job Decision-making: Research Report*. Hong Kong: The Jetta Company Limited.

Chan, C.H.W., **To, S.M.**, & Wong, L.Y.K. (2013). *Enhancing the relationship between the elderly and the family caregiver: Report for the evaluation study on the family support programme organized by the residential care home for the elderly of the Pok Oi Hospital*. Hong Kong: Pok Oi Hospital.

To, S.M., Iu-Kan, S.M.A., Tsoi K.W. (2011). *A report of an action research on the family education supportive project organized by the Federation of Parent-Teacher Association, Kowloon City*. Hong Kong: The Federation of Parent-teacher Association, Kowloon City.

KEYNOTED AND INVITED CONFERENCE & SYMPOSIUM PRESENTATIONS

To, S.M. (2020 May). Childrearing at a Distance: Development of an Evidence-based Parent and Support Education Program for Migrant Mothers of Left-behind Children in China [**Invited Speaker**]. *Webinar on Implementation Science: Evidence-based Clinical Social Work Practice Research in Hong Kong*. Hong Kong, China.

- To, S.M.** (2019 September). Youth Mental Health in the Recent Social Movement in Hong Kong **[Invited Speaker]**. *Professional Forum of The Hong Kong Paediatric Foundation (HKPF) and the Hong Kong Paediatric Society (HKPS)*. Hong Kong, China.
- To, S.M.** (2019 March). Dialogues with Risks: Implications for the Creation of Student Care and Support System **[Invited Speaker]**. *Finding Life through Death: A Symposium on the Self-Reflections of Youth Work Practitioners in Encountering Life and Death Issues*. Hong Kong, China.
- To, S.M.** (2018 October). Empowerment and Innovation in Youth Service **[Invited Speaker]**. *CUHK Social Work 55th Anniversary International Conference on Social Welfare Policy, Practice, Research and Education: Public Engagement and Social Impact*. Hong Kong, China.
- To, S.M., & Chan, H.F.** (2018 October). An Existential Approach to Substance Abuse Counseling and Treatment: Making the Familiar Unfamiliar **[Invited Speaker]**. *CUHK Social Work 55th Anniversary International Conference on Social Welfare Policy, Practice, Research and Education: Public Engagement and Social Impact*. Hong Kong, China.
- To, S.M., & So, Y.Y.** (2018 June). When parents also have dreams...A sharing session on “let me fly, let you fly – Award Scheme for Parents in Fulfilling their Dreams.” **[Invited Speaker]**. *CLAP for Youth @ JC 2018 Annual Conference*. Hong Kong, China.
- To, S.M.** (2017 June). Parental Needs and Experiences of Drug-Abusing Parents: Implications for Practice **[Keynote Speaker]**. *Supporting Drug-Abusing Parents: Symposium on Holistic Parent Counselling and Education*. Hong Kong, China.
- To, S.M., & Wan, K.Y.** (2017 June). An Existential Approach to Parent Counselling: Case Intervention for Drug-Abusing Parents **[Invited Speaker]**. *Supporting Drug-Abusing Parents: Symposium on Holistic Parent Counselling and Education*. Hong Kong, China.
- To, S.M.** (2016 October). An existential-narrative approach to parent education **[Invited Speaker]**. *International Conference on Parenting in the 21st Century*, Hong Kong.
- To, S.M., & So, Y.Y.** (2016 June). Parental experience in non-engaged youth’s career and life development: Implications for practice **[Invited Speaker]**. *CLAP for Youth @ JC 2016 Conference – Towards Meaningful Engagement: Connecting Youth to Stakeholders & Careers*. Hong Kong, China.
- To, S.M.** (2016 May). Evaluation of the counseling service for youth with compulsive sexual behaviors and sexual offences: Implications for practice and research **[Keynote Speaker]**. *Conference on Youth and Sexual Offences: Policy, Issues, and Practice*. Hong Kong, China.
- To, S.M.** (2016 May). Response of sexuality education in schools to adolescents’ exposure to sexually explicit online materials: Focus groups with students, parents, and teachers

[Invited Speaker]. *Conference on Youth and Sexual Offences: Policy, Issues, and Practice*. Hong Kong, China.

To, S.M. (2016 May). Parent education in the risk society **[Keynote speaker]**. *Symposium on Parent Education 2016: Changing Families and Parent Education*. Hong Kong, China

To, S.M. (2016 May). Drug-abusing Mothers' Experience in and Reflections on Parenthood: Implications for Practice **[Invited Speaker]**. *Symposium on Parent Education 2016: Changing Families and Parent Education*. Hong Kong, China.

To, S.M. (2015 July). Understanding and dealing with the emergence of parental anxiety in children's career and life planning **[Invited Speaker]**. *Conference on Evidence-Based Practices in Life Planning Education and Career Guidance*. Hong Kong, China.

To, S.M. (2014 September). When young people have no dreams: Social policies and community practices for promoting youth purpose **[Keynote Speaker]**. *Symposium on Youth Work and Youth Support in a Changing Society: Challenges, Opportunities, and Innovations*. Hong Kong, China.

To, S.M. (2012, December). Evaluation of the effectiveness of social service programs in Hong Kong: Designs, measures and related issues **[Invited Speaker]**. *Symposium on Social Service Evaluation & Management*. Tianjin, China.

To, S.M. (2012 October). The promise of qualitative evaluation: What is it and how does it work? **[Keynote Speaker]**. *Hong Kong Speech and Hearing Symposium 2012*. Hong Kong, China.

OTHER SCHOLARLY CONFERENCE PRESENTATIONS

To, S.M., Tam, H.L.C., & Kwok, K.D. (July 2019). Sexual Compulsivity, Sexual Self-Concept, and Cognitive Outcomes of Sexual Behaviour of Young Males with Compulsive Sexual Behaviour: Implications for Intervention and Prevention. 9th International Conference on Social Work in Health and Mental Health. York, UK.

To, S.M., So, Y.Y., & Chung, M.Y. (July 2019). Experiences and Outcomes of an Existential-Narrative-Informed Parent Support Group with Mothers who have a Substance Use Problem. 9th International Conference on Social Work in Health and Mental Health. York, UK.

To, S.M., Leung, D.M.D., & Wong, V.C.W. (2019 May). Understanding parental influences on the career and life development of non-engaged youth: A comparison of parent and child perceptions. *2019 Asia-Pacific Career Development Association Conference*. Ho Chi Minh City, Vietnam.

To, S.M. (2019 April). Are There any Differences in the Work Experiences of Local and Rural-to-Urban Migrant Female Factory Workers? An Exploratory Study in Guangzhou, China. *2019 8th International Conference on Social Science and Humanity*. Osaka, Japan.

- To, S.M., Lam, C.M., & So, Y.Y.** (2019 April). Reflections of Parents and Parent Work Practitioners on the Changing Experiences and Circumstances of Parenting in Hong Kong. *2019 8th International Conference on Social Science and Humanity*. Osaka, Japan.
- To, S.M., So, Y.Y., & Wong, V.C.W.** (2018 July). Parenting As a Risky Venture: A Narrative Analysis of the Parental Experience in Non-Engaged Youth's Life and Career Development. *XIX ISA World Congress of Sociology*. Toronto, Canada.
- To, S.M., & So, Y.Y.** (2018 July). Narratives of Chinese Rural-to-Urban Migrant Mothers' Experiences in Mother-Child Interactions and Self-Evaluation: A Symbolic Interactionist Perspective. *XIX ISA World Congress of Sociology*. Toronto, Canada.
- To, S.M., Lam, C.M., Kwong, W.M., & Shek, D.T.L.** (2018 May). Assessment of beliefs in parental roles and responsibilities of Hong Kong Chinese parents. *16th ISQQLS Annual Conference: Promotion of Quality of Life in the Changing World*. Hong Kong, China.
- To, S.M.** (2017 July). Meaning in life and existential anxiety among Chinese adolescents living in Hong Kong: Implications for meaning-oriented youth counselling and youth development programmes. *International Meaning Conference: Joining Forces in Practice and Research*. London, United Kingdom.
- To, S.M., Lam, C.M., Wu, Q.B., Chen, J., & Tam, H.L.** (2017 May). Searching for the meaning of parenthood through parent education: A practice research on Chinese rural-to-urban migrant mothers of left-behind children in Shenzhen, China. *4th International Conference on Practice Research*. Hong Kong, China.
- To, S.M.** (2016 July). Is Mobile Parenting Possible? a Qualitative Study on the Parenting Experiences of Chinese Rural-to-Urban Migrant Mothers of Left-behind Children. *Third International Sociological Association Forum*. Vienna, Austria.
- To, S.M., Lam, C.M., Tam, H.L., Wu, Q., & Chen, J.** (2016 June). Childrearing at a distance: A qualitative study on the parenting needs and experiences of Chinese rural-to-urban migrant mothers of left-behind children. *Joint World Conference on Social Work, Education and Social Development 2016*. Seoul, Korea.
- To, S.M.** (2015 June). Dealing with parental anxiety: A qualitative study of parents' perceived outcomes of a parent education program. *Joint US-Hong Kong International Social Work Conference - East Meets West: Using Cutting Edge Strategies to Implement Social Work Research, Practice and Policy*. San Francisco, US.
- To, S.M.** (2015 June). A comparison of the work and life outcomes among local and migrant factory workers of different generations in Guangzhou, China. *International Conference: Labour, Mobility and Development in PRD and Beyond*. Hong Kong, China.
- To, S.M., & Tam, H.L.** (2014, July). The new generation of Chinese rural-to-urban migrant

labourers' work values, perceived job rewards and life outcomes: Implications for social work practice. *Joint World Conference on Social Work, Education & Social Development: Promoting Social & Economic Equality*. Melbourne, Australia.

- Tam, H.L., & To, S.M. (2014, July). Generational differences of the post 80s' rural migrant workers in Mainland China: Their life expectations and social consciousness. *Joint World Conference on Social Work, Education & Social Development: Promoting Social & Economic Equality*. Melbourne, Australia.
- To, S.M., & Tam, H.L. (2013, December). Gender variations in the influences of work values and perceived job rewards on job satisfaction and life satisfaction of Chinese rural-to-urban migrant workers. "*Gender and Migration: Changes and challenges*": *International Conference 2013*. Hong Kong, China.
- To, S.M. (2013, October). Generational differences in work values, perceived job rewards, and job satisfaction of Chinese female migrant workers: Implications for social policy and social services. *International Conference on Social Welfare Policies in Chinese Societies*. Taipei, Taiwan.
- To, S.M., Tam, H.L., & Sung, W.L. (2013, May). Chinese young migrant workers' intrinsic work values orientation and job satisfaction: Implications for education. *A Knowledge Exchange Forum on Rural and Migrant Education*. Hong Kong, China.
- To, S.M., Chung, M.Y., & So, Y.Y (2013, March). An exploratory study on the mediating effect of Hong Kong parents' self-evaluation of childrearing practices on parental stress. *International Conference on Demographic and Institutional Change in Global Families*. Taipei, Taiwan.
- To, S.M., Ngai, S.S.Y., & Iu Kan, S.M. (2012, September). Exposure to sexually explicit online materials among adolescents in Hong Kong: An exploratory study of its pattern and psychosocial correlates. *International Conference on Social Welfare Policies in Chinese Societies*. Hong Kong, China.
- To, S.M., Tam, H.L., Tsoi, K.W., & Sung, W.L. (2012, June). An exploratory study on the life concerns, work values, and job satisfaction of Chinese young female migrant workers. *Social Work Social Development 2012: Action and Impact Conference*. Stockholm, Sweden.
- To, S.M., Chu, F., & Sung, W.L. (2011, November). A qualitative study of the lived experiences of young Chinese females in condom use negotiations. *2011 Annual Conference of the Taiwan Youth Project*. Taipei, Taiwan.
- To, S.M., Iu Kan, S.M.A., Tsoi, K.W., & Chan, T.S. (2011, June). Effectiveness of a humanistic-existential approach to parent education – A clinical experience in the Chinese cultural context. *42th Annual Meeting of the Society for Psychotherapy Research*. Bern, Switzerland.
- To, S.M., Iu Kan, S.M.A., Tsoi, K.W., & Chan, T.S. (2010, December). Policy and practice in the

field of family education: Using parent education in Hong Kong as an example. *International Conference on Comparative Social Welfare Policies in Chinese Societies*. Hong Kong, China.

To, S.M., Iu Kan, S.M.A., & Tsoi, K.W. (2009, December). Evaluation of the effectiveness of parent education programs in Hong Kong: Designs, measures and related issues. *International Conference on Globalization and Family Changes: Policy Implications, Service Initiatives and Evidence-based Practice*. Hong Kong, China.

Ngai, N.P., Ngai, S.S.Y., & **To, S.M.** (2007, October). Youth leadership training in Hong Kong: Current development and the way ahead. *International Symposium on Youth Leadership in a Transformational Society*. Beijing, China.

To, S.M. (2007, May). Strengthening the home-school partnership: Empowering school social work practices with families. *International Conference on: Family and Family Interventions across Different Cultures*. Hong Kong, China.

To, S.M., & Chu, F. (2007, May). Young females' existential concerns in the course of unintended pregnancy. *Roundtable Conference on Youth Studies in the Mainland China, Hong Kong and Macao*. Hong Kong, China.

Ngai, S.Y., Ngai, N.P., Cheung, C.K., & **To, S.M.** (2007, May). Young people thriving out of low-income families. *National Youth Affairs Conference*. Melbourne, Australia.

To, S.M. (2005, December). Beyond the realms of possibility? Exploring empowering practices among school social workers in Hong Kong. *The 7th International Conference on Asian Youth Issues: Opportunities and Challenges of Youth in New Era*. Macao, China.

To, S.M. (2003, November). Using Foucault's concept of power to analyze school discipline and draw implications for school social work service in Hong Kong. *International Conference on Working with Youth in a Rapidly Changing World*. Hong Kong, China.

RESEARCH-RELATED & SCHOLARSHIP-OTHER CONTRIBUTIONS

SERVICE TO CONFERENCE

Member of the Organizing Committee, International Conference on *Diverse Practices of Positive Education* organized by the Joint University Mental-wellness Project (August 21-22, 2020)

Member of the International Technical Committee, 8th International Conference on Social Science and Humanity, organized by the International Economics Development and Research Center (April 10-12, 2019)

Member of the Organizing Committee, Symposium on Service-Learning, organized by the Service-Learning Centre, Chung Chi College, The Chinese University of Hong Kong (30 March

2019).

Member of the Organizing Committee, *Finding Life through Death: A Symposium on the Self-Reflections of Youth Work Practitioners in Encountering Life and Death Issues*, organized by Department of Social Work, The Chinese University of Hong Kong (8 March, 2019)

Member of the Organizing Committee, CUHK SWK 55th Anniversary International Conference on Social Welfare Policy, Practice, Research and Education: Public Engagement and Social Impact, organized by Department of Social Work, The Chinese University of Hong Kong (18-19 October, 2018)

Member of the Program Committee, International Conference on “Parenting in the 21st Century, co-organized by the Tung Wah Group of Hospitals and the Faculty of Social Sciences, The University of Hong Kong (20-22 October, 2016)

Member of the Organizing Committee, Conference on “Young People and Sexual Offences: Policy, Issues, and Practice, co-organized by the Caritas Youth and Community Service, Caritas Hong Kong and the Youth and Childhood Research Programme, Social Welfare Practice Research Centre, Department of Social Work, The Chinese University of Hong Kong (27-28 May, 2016)

Member of the Scientific Program Committee, the International Conference “Discovery and Innovation in Social Work Practicum Education,” organized by the Department of Applied Social Sciences at the City University of Hong Kong, and co-organized by the Department of Social Work and Social Administration of The University, of Hong Kong, and the Department of Social Work of the Chinese University of Hong Kong (20-21 May, 2015).

Member of the Organizing Committee, Symposium on “Youth Work and Youth Support in a Changing Society: Challenges, Opportunities, and Innovations,” organized by the Women’s Foundation and the Youth and Childhood Research Programme, Social Welfare Practice Research Centre, Department of Social Work, The Chinese University of Hong Kong (27 September, 2014).

Member of the Organizing Committee, Symposium on Service-Learning, organized by the Service-Learning Centre, Chung Chi College, The Chinese University of Hong Kong (22 March 2014).

SERVICE TO JOURNALS / REFERRED ACADEMIC WORK

Editorial Board Member, *Research on Social Work Practice*

Editorial Board Member, *Journal of Evidence-based Social Work*

Editorial Review Board Member: *Applied Research in Quality of Life*

Peer Review Panel Member: *Asia Pacific Journal of Social Work & Development*

Editorial Board Member, *Madridge Journal of Behavioral and Social Sciences*

Editorial Board Member, *The Encyclopedia of Child and Adolescent Development (Vol. VII): History, Theory, and Culture*

Reviewer, Journal of Research on Adolescence
 Reviewer, Children & Youth Social Services Review
 Reviewer, Journal of Child and Youth Care Forum
 Reviewer, Journal of Youth Studies
 Reviewer, British Journal of Social Work
 Reviewer, Journal of Social Work
 Reviewer, Journal of Child and Family Studies
 Reviewer, International Social Work
 Reviewer, China Journal of Social Work
 Reviewer, Education Journal
 Reviewer, Social Indicators Research
 Reviewer, Journal of Sex & Marital Therapy
 Reviewer, Journal of Child Sexual Abuse

SERVICES TO FUNDING ORGANIZATIONS

External Reviewer of the Czech Science Foundation (the main public funding agency in the Czech Republic supporting all areas of basic research) (2018-2019)

Non-Panel Review Member of the Public Policy Research Funding Scheme, HKSAR Government (2017 to present)

Vetting Committee Member of the Keswick Foundation Champion for Change Award (Sep 2018)

MEMBERS OF RESEARCH CENTERS

Member of Centre for Youth Studies, Hong Kong Institute of Asia-Pacific Studies

Member of the CUHK-Naikai Joint Research Center in Social Policy

Member of the Social Work and Social Welfare in China Research Program, Social Work Practice and Research Center, CUHK

Member of the Youth and Childhood Research Program, Social Work Practice and Research Center, CUHK

Member of the Research Program on Social Work Education, Social Work Practice and Research Center, CUHK

POSTGRADUATE SUPERVISION & EXAMINATION

I have been supervising/co-supervising 9 PhD students:

1. Supervisor (PhD Student: Cun Kunjie; Doctor of Philosophy in Social Welfare; Full-time from September 2019 to present)

2. Supervisor (PhD Student: Jim Hoe; Doctor of Philosophy in Social Welfare; Part-time from September 2019 to present)
3. Supervisor (PhD Student: Dong Lei; Doctor of Philosophy in Social Welfare; Full-time from September 2018 to present)
4. Supervisor (PhD Student: Alex Fong; Doctor of Philosophy in Social Welfare; Part-time from September 2018 to present)
5. Supervisor (PhD Student: Kooni Ma; Doctor of Philosophy in Social Welfare; Part-time from September 2017 to present)
6. Supervisor (PhD Student: Zhang Yiyin; Doctor of Philosophy in Social Welfare; Full-time from November 2016 to present)
7. Supervisor (PhD Student: Wu Xuan; Doctor of Philosophy in Social Welfare; Full-time from December 2015 to present)
8. Supervisor (PhD Graduate 2018: Liu Xiao Yu; Doctor of Philosophy in Social Welfare)
9. Co-Supervisor (PhD Graduate 2016: Yu Miao; Doctor of Philosophy in Social Welfare)

INTERNAL SERVICE

DEPARTMENT OF SOCIAL WORK, CUHK

Head, Graduate Division

COLLEGE

College Fellow, Chung Chi College, The Chinese University of Hong Kong

Director and Management Board Member of the Service-Learning Center, Chung Chi College, The Chinese University of Hong Kong

UNIVERSITY

Steering Committee for Promoting Personal Development through Social and Civic Engagement, I-CARE Programme, The Chinese University of Hong Kong

Program Committee Member Professional Diploma Program in Guidance & Counseling, Professional Diploma Program in School Discipline & Classroom Management, Professional Diploma Program in Parent Education, Hong Kong Institute of Educational Research, The Chinese University of Hong Kong

EXTERNAL SERVICE**COMMUNITY SERVICE**

Honorary Consultant	Hong Kong Parent Education Association
Member	Management Committee, The Boys' and Girls' Clubs Association of Hong Kong
Member	Social Work Programme Advisory Group, HKCT Institute of Higher Education (till July 2018)
Member	Commission on Youth, HKSAR Government (till March 2018)
Member	Specialized Committee on Children and Youth Service, The Hong Kong Council of Social Service (till Oct 2017)
Member	Professional Development Committee, Hong Kong Academy of Social Work, Hong Kong Social Workers Association (till Dec 2017)

WORK EXPERIENCE

2016 – Present	Associate Professor Department of Social Work, CUHK
2010 – 2016	Assistant Professor Department of Social Work, CUHK
2008 – 2010	Professional Consultant Hong Kong Institute of Educational Research, CUHK
2007 – 2008	Instructor I Hong Kong Institute of Educational Research, CUHK
2006 – 2007	Relief Worker Po Leung Kuk Social Services
1999 – 2002	Assistant Social Work Officer Po Leung Kuk Tong Nai Kan College (Practical School)
1998 – 1999	Assistant Social Work Officer, Cheer Lutheran Centre (Substance Abuse Counseling Center) Hong Kong Lutheran Social Service