

## CURRICULUM VITAE (updated Mar 2019)

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Lecturer

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### *Education*

<u>Year</u>	<u>Qualifications Obtained</u>	<u>Institutions</u>
2010-2016	Doctor of Philosophy in Social Welfare	The Chinese University of Hong Kong
2007-2010	Master of Arts in Parent Education	The Chinese University of Hong Kong
1989-1994	Bachelor of Social Science, Honours, 2 <sup>nd</sup> Class Upper Division (Major in Social Work)	The Chinese University of Hong Kong

### *Academic Awards*

<u>Year</u>	<u>Awards</u>
2009-2010	Faculty Dean's Honours List of the Faculty of Education, The Chinese University of Hong Kong
1993-1994	Hong Kong and Shanghai Bank Social Work Scholarship

### *Academic and Research Interest*

Parenthood and parenting; Parental anxiety; Parent and Family Education; Parents of Children with Special Needs; Humanistic Child Disciplines; Life and Career Development; Narrative Approach to Research and Parent Education; Group Work; Transformative Approach in Education; Personal Growth and Development; Social Theories

Title of the thesis submitted as partial fulfillments for the Degree of Philosophy:  
Making Sense of Parental Anxiety: Narratives of Lived Experiences of Hong Kong Chinese Parents

### *Research Projects*

**2018 - 2020**      **Co-Investigator** - An Exploratory Study on Young Mothers' Needs for Life and Career Development in Hong Kong funded by the Hong Kong Young Women's Association (HKD225,600)

## ***Publications***

To, S.M., Lam, C.M., **So, Y.Y.** (2019). A Qualitative Study of Rural-To-Urban Migrant Chinese Mothers' Experiences in Mother-Child Interactions and Self-Evaluation. *Applied Research Quality Life*. Published Online: 15 Jan 2019. doi: 10.1007/s11482-019-9704-x

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*, doi: 10.1007/s10826-018-1169-2 (SSCI; IF in 2017: 3.596, 5 Year-IF in 2017: 1.397, Ranking: 23/46 (Q2) in Family Studies; 52/73 (Q3) in Psychology, Developmental; 87/142 (Q3) in Psychiatry)

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*, Published Online: 13 Jun 2018, doi: 10.1111/famp.12369 (SSCI; IF in 2017: 3.116, 5 Year-IF in 2017: 3.13, Ranking: 2/46 (Q1) in Family Studies; 28/127 (Q1) in Psychology, Clinical)

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 (SSCI; IF in 2017: 1.09, 5 Year-IF in 2017: 1.325, Ranking: 20/42 (Q2) in Social Work)

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 (SSCI; IF in 2017: 1.09, 5 Year-IF in 2017: 1.325, Ranking: 20/42 (Q2) in Social Work)

## ***Conference Presentation***

**So, Y. Y.** (2018). Making Sense of Parental Anxiety - Narratives of Lived Experiences of Hong Kong Chinese Parents. Symposium Session: Parenting and Family Quality of Life. 16<sup>th</sup> International Society of Quality-of-Life Studies (ISQOLS) Annual Conference. Hong Kong.

To, S. M., **So, Y. Y.** & Wong, V. (2018). 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.

To, S.M. & **So, Y. Y.** (2016) Parental Experience in Non-engaged Youth's Career and Life Development: Implications for Practice CLAP for Youth @ JC 2016

Conference: Towards Meaningful Engagement: Connecting Youth to Stakeholders and Careers

To, S.M. & So, Y. Y. (2016). Understanding and Dealing with the Emergence of Parental Anxiety in Children's Career and Life Planning. Conference on Evidence-Based Practices in Life Planning Education and Career Guidance

Lam, C.M. & So, Y. Y. (2015). Gender Difference in Making Sense of Parental Anxiety: Findings from Narratives of Hong Kong Fathers and Mothers “Gender and Change: Transcending Boundaries” International Conference 2015

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.

### ***Work Experience***

Jan 2019 – Present	Lecturer (Department of Social Work, The Chinese University of Hong Kong)
Aug 2015 – Sep 2018	Research Assistant / Postdoctoral Fellow (Department of Social Work, The Chinese University of Hong Kong)
Nov 1997 – Jul 2010	Deputy Programme Officer / Assistant Publications Officer/ Education Officer / Education Coordinator / Interactive Education Project Manager (Oxfam Hong Kong)
Dec 1996 – Jul 1997	Assistant to Legislative Councillor Dr Law Chi Kwong (Social Welfare Constituency)
Sep 1994 – Dec 1996	Medical Social Worker (Pamela Youde Nethersole Eastern Hospital, Social Welfare Department and Hospital Authority)

### **Courses Taught at the Chinese University of Hong Kong**

<b>Courses</b>	<b>Year</b>
Social Group Work (SOWK5952)	2018/19 (2 <sup>nd</sup> Term)
Social Service: Participation and Reflection (GEUC2101)	2018/19 (2 <sup>nd</sup> Term)
Student-Orientated Teaching I (SOWK2001)	2018/19 (1 <sup>st</sup> Term)
Parenthood in Life (DPT0001)	2018/19 (1 <sup>st</sup> Term)
Project in Parent Education (MAPE6006)	2015/16; 2014/15
Choices in Life: An Invitation to Self-Development (SOWK1150A/UGED1160A)	2014/15 (1 <sup>st</sup> Term)

