

The Role of Mindfulness in Supporting Children's Social emotional Well-being

SPEAKER: MS. DAI XIAOLU
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Meeting ID: 954 7140 8795 Password: 596271
Moderator : Prof. Sylvia Kwok (Professor)
Language : English

Abstract

In this presentation, Miss Dai will describe her research on using school-based mindfulness-based interventions (MBIs) to promote children's social-emotional well-being. Miss Dai will share findings from her dissertation, which includes: (1) a meta-analysis synthesizing the effects of MBIs on peer relationships of children and adolescents; (2) a cluster randomized controlled trial that examined the impact of a school-based MBI on peer relationships among Chinese migrant children, utilizing a mixed-methods research design.

Biography

Miss Xiaolu Dai is a licensed social worker in the United States and a certified therapist in mainland China. She is a final-year PhD Candidate (expected graduation July 2023) at the University of Hong Kong, Department of Social Work and Social Administration. With a vision of enhancing the social-emotional well-being of underserved children and youth, Miss Dai's research centers on developing and disseminating effective interventions across diverse contexts such as schools and families. Her passion for applying psychosocial interventions in social work practice and research has driven her academic and professional journey. Prior to her doctoral study, Miss Dai served as a clinical social worker in Cincinnati, U.S., providing social work services to children and youth who were struggling with mental health challenges. Miss Dai also worked as a college lecturer in mainland China for years, teaching core social work curricula and supervising social work field education in healthcare settings.

ALL ARE WELCOME