

# Qingrui Lou

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## Profile

Psychology graduate with school-based adolescent engagement, independently planned psychoeducation and campus peer-wellbeing experience. Brings youth communication, programme support, research literacy and accessible digital psychology content.

## Education

**Bachelor of Psychological Science** | James Cook University Singapore ([Certificate](#)) May 2025 - Sep 2026  
*Singapore*

Conferred 10 Sep 2026. Coursework in experimental and non-experimental research design, psychological assessment, developmental, social and intercultural psychology, counselling principles, SPSS analysis and ethical reasoning.

**Diploma of Higher Education** | James Cook University ([Certificate](#)) Sep 2024 - May 2025  
*Singapore*

Major: Psychological Science; selected coursework included Multicultural, Child and Adolescent Counselling; awarded 20 June 2025.

## Role-Relevant Skills

Youth engagement; psychoeducation and group facilitation; activity and session planning; active listening and referral awareness; evidence synthesis and APA-style writing; English-Mandarin communication; Microsoft Office; SPSS for academic analysis. **AI tools:** Codex (proficient).

## Youth and Wellbeing Experience

**Psychology Teaching Assistant Intern** | Foshan Shunde Siyao School ([Certificate](#)) Dec 2025 - Jan 2026  
*Foshan, China*

- Independently planned and facilitated a 100-minute Psychology Escape Room and a separate 90-minute psychoeducational session on scientific memory skills.
- Conducted five student-support conversations of approximately 50 minutes each; supported English teaching and speaking practice with adolescents.

**Wellness Buddy Volunteer** | James Cook University Singapore ([Certificate](#)) Jun 2025 - Jul 2026  
*Singapore*

- Completed four workshops in wellbeing, listening, confidentiality and referral awareness; participated in one formal one-to-one peer-support interaction within programme boundaries.

**Psychology Content Creator & Writer** | Independent Feb 2026 - Present  
*China / Singapore, remote*

- Produce Mandarin psychology-education videos and livestreams for more than 2,500 followers on Douyin (Chinese TikTok), including a classroom-punishment and learning-aversion explainer using everyday examples. ([Content samples](#))
- Independently authored Substack essays and LinkedIn commentary on AI literacy, authorship and fair evaluation of AI-assisted writing. ([Substack](#))

**Mental Rehabilitation Intern, two short placements** | Maxstar Feb and Aug 2024  
*Shenzhen, China*

- Completed 178.5 documented hours across two supervised placements: 74.5 hours in February and 104 hours in August, gaining mental-rehabilitation service exposure and professional communication experience. ([Internship record](#))

## Selected Psychology and Research Evidence

- Voluntary Research Assistantship Program (RAP)** | James Cook University Singapore ([Certificate](#))  
**Sep 2025 - Jul 2026**  
Completed 36 certificate-documented hours in literature review, research discussions and early-stage concept development on evolutionary mismatch, AI-supported counselling, client agency and AI-use shame; translated the 36-item Evolutionary Mismatch Lifestyle Scale into Mandarin, adapted one social-media example for mainland China and coordinated an independent back-translation for supervisor review.
- OCD-Related Stigma in Chinese Middle Schools:** Synthesised research into a practical, culturally responsive briefing paper. ([Briefing](#))
- School Refusal in Chinese Senior High Schools:** Applied motivation theory with ethical, cultural and safeguarding considerations in a written academic analysis. ([Analysis](#))

## Professional Development

**ACT Essentials with Joe Oliver:** 7.5-hour workshop, Contextual Consulting (Aug 2026). ([Certificate](#))