

Belle Liang, PhD

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Research Interests

My research focuses on how to cultivate purpose and belonging in schools and workplaces. These goals involve the design, study, and implementation of developmentally appropriate curricula and innovative technology for diverse communities, especially those from marginalized and first-generation student backgrounds.

Appointments

Ascione Family Formation Fellow, Boston College (2023 -)
University Missions and Ministry Fellow, Boston College (2023 -)
Chair of Department, Boston College, Counseling, Developmental, and Educational Psychology (2021-2022)
Full Professor, Boston College, Counseling, Developmental, and Educational Psychology (2017-present)
Associate Professor, Boston College, Counseling, Developmental, and Educational Psychology (2006-2017)
Assistant Professor, Boston College, Counseling, Developmental, and Educational Psychology (2001-2006)
Adjunct Professor, Wellesley College, Department of Psychology (1998-2001)
Research Associate, Harvard Medical School (1995-2001)
Research Scientist, Wellesley College, Dean's Office of Institutional Research (1999-2001)
Research Scientist, Wellesley College, Stone Center (1997-2001)
Director of Quality Improvement, Wayside Youth & Families Network (1996-1997)

Education

Postdoctoral Fellowship in the Victims of Violence Program, Harvard Medical School, Department of Psychiatry (1994-1995)
Predoctoral Clinical Internship (Clinical Fellow in Psychology), The Cambridge Hospital/Harvard Medical School, Department of Psychiatry (1993-1994)
Ph.D. in Clinical Psychology, Michigan State University, East Lansing, MI (1994)
M.A. in Clinical Psychology, Michigan State University, East Lansing, MI (1991)

B.S. in Psychology & Chemistry, Indiana University, Bloomington, IN (1989)

Books

- [1] **Liang, B.** & Klein, T. (Aug, 2022). *How to Navigate Life: The New Science of Finding Your Way in School, Career, & Beyond*. NY, NY: St. Martin's Press.
- [2] Hoffman, A. J., Alamilla, S., & **Liang, B.** (2018). *The Role of Community Development in Reducing Extremism and Ethnic Conflict*. NY, NY: Palgrave MacMillan.

Peer-Reviewed Journal Publications

(* denotes student co-authors)

- [3] Liang, B., & Klein, T. (in press). Response to extended review of *How to Navigate Life: The New Science of Finding Your Way in School, Career, and Beyond* [Response to book review]. *Journal of Moral Education*.
- [4] Do, M. H., Cui, Y., Hill, N. E., **Liang, B.**, & Perella, J. (conditionally accepted). Adolescent Self-Efficacy and Orientation about the Future: Longitudinal Associations with Family/School Support and Sense of Purpose. *Journal of Adolescent Research*.
- [5] Lincoln, B.*, Patel, K. N.*, Binder, M.*, Lund, T. J., & **Liang, B.** (2024). Transforming service into civic purpose: A qualitative study of adolescent civic engagement and purpose development. *Adolescents*, 4(1), 90–106.
<https://doi.org/10.3390/adolescents4010007>
- [6] Lund, T. J., Fongemy, G.*, Lincoln, B.*, Snow, H., Hakovirta, A. L. S.*, & **Liang, B.** (2024). Predictors of purpose among young adults in college: An exploratory analysis of the importance of relational supports and experiential learning. *Youth*, 4(4), 1494-1504.
- [7] Kang, A. S.*, Hoskova, B. *, Liu, C. Y. *, Viddayakorn, A. *, Binder, M. *, **Liang, B.**, & Lai, B. (2023). Students of Color and COVID-19: Experiences, Coping Strategies, and Supports. *Journal of Educational Research & Practice*. 13(1), 345-364. <https://doi.org/10.5590/JERAP.2023.13.1.23>
- [8] Patel, K. N.*, Lincoln, B. *, Gomez, L. A. M. *, Lopez, A. C. *, Ting, T. *, Lund, T. J., & **Liang, B.** (2023). MentorOn: A peer mentoring program developed for COVID-19 times. *Journal of community psychology*, 51(8), 3152–3170.
<https://doi.org/10.1002/jcop.23030>

- [9] Lincoln, B.* , White, A. E., Lund, T. J., **Liang, B.**, Blustein, D. L., & Barnett, G. M. (2023). Moving From Passion to Purpose: A STEM-Focused After-school Program's Influence on Purpose Outcomes. *Journal of Adolescent Research*, 0(0). <https://doi.org/10.1177/07435584231182137>
- [10] Konowitz, L.* , Lund, T., Chia, S. W. C.* , Reed, M.* , Wood, W.* , **Liang, B.**, Blustein, D., & Barnett, M. (2023). The Powerful Role of Mothers in Adolescent Purpose Development. *Journal of Psychological Research*, 5(1). <https://doi.org/10.30564/jpr.v5i1.5236>
- [11] Zhou, M.* , Rauen, J.* , Sepulveda, J.* , Lund, T., **Liang, B.**, Mousseau, A.D. (2022). Purpose in the face of adversity: The roles of meaning-making and adversity among purposeful college students. *Journal of Character Education*. 19(2), 1-22.
- [12] Sepulveda, J.* , Zhou, M.* , Amorosi, A.* , Rauen, J.* , Boyer, M.* , **Liang, B.**, Lund, T., Mousseau, A.D. (2022). The R and R of Purpose in College Students: Refining and Redefining Purpose Over Time. *Journal of Adolescent Research*, 0(0). <https://doi.org/10.1177/07435584221093724>
- [13] Lai, B.S., Hoskova, B.* , Riobueno-Naylor, A.* , Colgan, C.A.* , Aubé, S.S.* , **Liang, B.** (2022). College students and COVID-19: Mental health and purpose formation. *Journal of Emergency Management*, 20(9), 65-77
- [14] Lund, T., **Liang, B.**, Lincoln, B., White, A.E., Mousseau, A.M.D., Gomez, L., & Akins, E. (2022). Purpose in Life Among First-Generation College Students: Friends Make a Difference. *Youth*, 2, 12-22.
- [15] Konowitz, L.* , Lund, T., Lincoln, B.* , Reed, M.* , **Liang, B.**, Barnett, M., & Blustein, D. (2022). Changemakers: Influences on Engagement in STEM Curricula Among Underrepresented Youth. *European Journal of Psychology and Educational Research*, 5(2), 103-113.
- [16] Lund, T., **Liang, B.**, Sepulveda, J.* , White, A., Patel, K.* , Mousseau, A.D., & Spencer, R. (2021). Parenting and Youth Purpose: Fostering Other-Oriented Aims. *Youth*, 1, 2-13. <https://doi.org/10.3390/youth1010002>
- [17] Sepulveda, J., Lincoln, B.* , **Liang, B.**, Klein, T., White, A.E.* , Hill, N., & Perella, J. (2021). MPOWER: The impact of a youth purpose program on intrinsic and extrinsic motivations. *Frontiers in Psychology*, 12, 1-11. doi: 10.3389/fpsyg.2021.761580.
- [18] Lincoln, B., Wood, W., Reed, M., Sepulveda, J., **Liang, B.**, Hill, N. E., & Perella, J. (2021). 'MPOWER shows me who I want to be': A qualitative study of a

youth purpose program. *European Journal of Psychology and Educational Research*, 4(2), 113-122. <https://doi.org/10.12973/ejper.4.2.113>

- [19] Lai, B.S. Hoskova, B. *, Riobueno-Naylor, A. *, Colgan, C.A. *, Aubé, S.S. *, **Liang, B.** (2021). College Students, Faculty, and Academic Advisors During COVID-19: Mental Health and Sense of Purpose. *Natural Hazards Center Quick Response Reports*.
<https://hazards.colorado.edu/quick-response-report/college-students-faculty-and-academic-advisors-during-covid-19>
- [20] White, A. *, Lincoln, B. *, **Liang, B.**, Sepulveda, J. *, Matyjaszczyk, V. *, Kupersmith, C. *, Hill, N., & Perella, J. (2020). "My mentor thinks that I can be someone amazing": Drawing out youths' passions and purpose. *Journal of Adolescent Research*. <https://doi.org/10.1177/0743558420942481>
- [21] Hailes, H. *, Ceccolini, C. *, Gutowski, E. *, & **Liang, B.** (2020). Ethical Guidelines for Social Justice in Psychology. *Professional Psychology: Research and Practice*. <https://doi.org/10.1037/pro0000291>
- [22] Price, M. *, Polk, W. *, Hill, N., **Liang, B.**, & Perella, J. (2019). The intersectionality of adolescent discrimination and identity-based bullying: A person-centered examination of mental health and academic functioning in a U.S. High School. *Journal of Adolescence*, 76, 185-196.
<https://doi.org/10.1016/j.adolescence.2019.09.002>
- [23] Lund, T., **Liang, B.**, Mousseau, A., Matyjaszczyk, V. *, & Fleurizard, T. * (2019). The Will and the Way?: Associations between purpose and grit among students in three U.S. universities. *Journal of College Student Development*, 60, 361-365.
- [24] Lund, T., **Liang, B.**, Konowitz, L. *, White, A., & Mousseau, A. (2019). Quality over Quantity?: Mentoring Relationships and Purpose Development Among College Students. *Psychology in Schools*, 6(9), 1472-1481.
(doi:<http://dx.doi.org.proxy.bc.edu/10.1002/pits.22284>)
- [25] Price, M. *, **Liang, B.**, Hill, N., & Perella, J. (2019). Teacher relationships and adolescents experiencing identity-based victimization what matters for whom among stigmatized adolescents. *School Mental Health*.
(doi:<http://dx.doi.org.proxy.bc.edu/10.1007/s12310-019-09327-z>)
- [26] Klein, T., **Liang, B.**, Sepulveda, J. *, & White, A. * (2019). MPower: An evidence-based youth purpose intervention. *Journal of Character Education*, 15(2), 103-113.

- [27] Kenny, M., Blustein, D., **Liang, B.**, Klein, T., & Etchie, Q. (2019). Applying the psychology of working theory for transformative career education. *Journal of Career Development*, 46(6), 623–636.
- [28] Savitz-Romer, M. Nicola, T., Jensen, A., Hill, N.E., **Liang, B.** & Perella, J. (2019). Data-Driven School Counseling: The Role of the Research–Practice Partnership. *Professional School Counseling*, 22(1), 1-9.
- [29] Hill, N., **Liang, B.**, Liu, P. P.* , Price, M.* , Perella, J., & Savitz-Romer, M. (2018). Envisioning a meaningful future and academic engagement: The role of parenting practices and school-based relationships. *Psychology in the Schools*, 55, 595-608.
- [30] Hill, N. E., **Liang, B.**, Bravo, D. Y.* , Price, M.* , Polk, W.* , Perella, J., & Savitz-Romer, M. (2018). Adolescents' perceptions of the economy: Its association with academic engagement and the role in school-based and parental relationships and academic engagement. *Journal of Youth and Adolescence*, 47(5), 895-915. (doi: 10.1007/s10964-017-0802-5)
- [31] Gutowski, E.* , White, A.* , **Liang, B.**, Diamonti, A. J.* , & Berado, D.* (2018). How stress influences purpose development: The importance of social support. *Journal of Adolescent Research*, 33.
- [32] Polk, W.* , Hill, N., Price, M.* , **Liang, B.**, Perella, J., & Savitz-Romer, M. (2018). Adolescent profiles of marginalization and connection at school: Relations with academics and mental health. *Journal of Research on Adolescence*. (DOI: 10.1111/jora.12460)
- [33] Liu, P.* , Savitz-Romer, M., Perella, J., Hill, N., & **Liang, B.** (2018). Representational Models of Teacher-Student Relationships: Self-Determination, Affinity, and Negativity in Student Perceptions. *Contemporary Education Psychology*, 54, 281-296.
- [34] Williams, K.* , Lund, T.J., **Liang, B.**, Mousseau, A.M.D., & Spencer, R. (2018). Associations between stress, psychosomatic complaints, and parental criticism among affluent adolescent girls. *Journal of Child and Family Studies*, 27(5), 1384-1393.
- [35] **Liang, B.**, White, A.* , Rhodes, H.* , Strodel, R.* , Gutowski, E.* , Mousseau, A.* , & Lund, T. (2017). Pathways to purpose among impoverished youth from the Guatemala City Dump Community. *Community Psychology in Global Perspective*, 3(2), 1-21.
- [36] **Liang, B.**, Chung, A.* , Diamonti, A.J.* , Douyon, C.M.* , Gordon, J.* , Joyner, E.* , Meerkins, T.M.* , Rene, K.* , Sienkiewicz, S.* , Weber, A.* , White, A.* , Wilson, E.*

(2017). Ethical social justice: Do the ends justify the means? *Journal of Community and Applied Social Psychology*, 27, 298-311.

- [37] **Liang, B.**, Lund, T. J., Mousseau, A., White, A. *, Spencer, R., & Walsh, J. * (2018). Adolescent girls finding purpose: The role of parents and pro-sociality. *Youth & Society*, 50(6) 801–817. (<https://doi.org/10.1177/0044118X17697850>)
- [38] West, J. *, **Liang, B.**, & Spinnazola, J. (2017). Trauma Sensitive Yoga as a complementary treatment for posttraumatic stress disorder: A qualitative descriptive analysis. *International Journal of Stress Management*, 24(2), 173-195. (doi: 10.1037/str0000040)
- [39] **Liang, B.**, & Ketcham, S. G. (2017). Emerging Adults Perceptions of their Development of Faith-Related Purpose. *Psychology of Religion and Spirituality*, 9, 22-31. (<http://dx.doi.org/10.1037/rel0000116>)
- [40] **Liang, B.**, White, A. *, Mousseau, A., Hasse, A. *, Knight, L. *, Berado, D. *, & Lund, T. (2016). The four P's of purpose among College Bound students: People, propensity, passion, and pro-social benefits. *Journal of Positive Psychology*, 12(3), 281-294. (<http://dx.doi.org/10.1080/17439760.2016.1225118>).
- [41] **Liang, B.**, Lund, T., Mousseau, A., & Spencer, R. (2016). The mediating role of engagement in mentoring relationships and self-esteem among affluent adolescent girls. *Psychology in the Schools*, 53(8), 848-860.
- [42] Spencer, R., Walsh, J. *, **Liang, B.**, Mousseau, A., & Lund, T. (2016). Having it all?: A qualitative examination of affluent adolescent girls perceptions of stress and their quests for success. *Journal of Adolescent Research*, 33(1), 3-33. (doi:10.1177/0743558416670990)
- [43] Mousseau, A., Lund, T., **Liang, B.**, Spencer, R., & Walsh, J. * (2016). Stress and losing sleep: Sleep duration and perceived stress among affluent adolescent females. *Peabody Journal of Education*, 9(5), 628-644. (<http://dx.doi.org/10.1080/0161956X.2016.1227186>)
- [44] West, J. *, Duffy, N., & **Liang, B.** (2016). Creating SPACE through Africa Yoga Project: A qualitative study. *International Journal of Yoga Therapy*, 26(1), 73-82. (doi:10.17761/1531-2054-26.1.73)
- [45] Schwartz, S. *, Rhodes, J., **Liang, B.**, Sanchez, B., Spencer, R., Kremer, S. *, & Kanchewa, S. * (2014). Mentoring in the digital age: Social media use in adult-youth relationships. *Child and Youth Services Review*, 47, 205-213.

- [46] Lund, T., Chan, P.* & **Liang, B.** (2014). Depression and relational health in Asian American and European American college women. *Psychology in the Schools*, 51, 493-505.
- [47] Blattner, M.C.*, **Liang, B.**, Lund, T., & Spencer, R., (2013). Searching for a sense of purpose: The role of parents and effects on self-esteem among female adolescents. *Journal of Adolescence*. 36, 839-848.
- [48] **Liang, B.**, Spencer, R., West, J.* & Rappaport, N. (2013). Expanding the reach of youth mentoring: Partnering with youth for personal growth and social change. *Journal of Adolescence*, 36(2), 257-67.
- [49] **Liang, B.**, Tummala-Narra, P., & West, J.* (2011). Revisiting community work from a psychodynamic perspective. *Professional Psychology: Research and Practice*, 42(5), 398-404.
- [50] **Liang, B.** & West, J.* (2011). Relational health, alexithymia, and psychological distress in college women: Testing a mediator model. *American Journal of Orthopsychiatry*, 81, 246-254.
- [51] **Liang, B.**, Tracy, A., Kenny, M., Brogan, D.*, & Gatha, R.* (2010). The Relational Health Indices for youth: An examination of reliability and validity aspects. *Measurement and Evaluation in Counseling and Development*, 42(4), 255 – 274.
- [52] **Liang, B.**, Commins, M.*, & Duffy, N.* (2010). Using social media to engage youth: Education, social justice, & humanitarianism. *The Prevention Researcher*, 5, 13-16.
- [53] Rhodes, J., **Liang, B.**, & Spencer, R. (2009). First do no harm: Ethical guidelines for youth mentoring relationships. *Professional Psychology*, 40, 452-458.
- [54] Spencer, R. & **Liang, B.** (2009). "She gives me a break from the world": Formal youth mentoring relationships between adolescent girls and adult women. *Journal of Primary Prevention*, 30, 109-130.
- [55] **Liang, B.**, Spencer, R., Brogan, D.*, & Corral, M.* (2008). Mentoring relationships from early adolescence through emerging adulthood: A qualitative analysis. *Journal of Vocational Behavior*, 72, 168-182.
- [56] **Liang, B.**, Tracy, A., Kenny, M., & Brogan, D.* (2008). Gender differences in the relational health of youth participating in a social competency program. *Journal of Community Psychology*, 36, 499-515.

- [57] Bogat, G.A., & **Liang, B.** (2008). Stages of mentoring: An analysis of an intervention for pregnant and parenting adolescents. *Child & Adolescent Social Work Journal*, 25, 325-341.
- [58] Grossman, J.* & **Liang, B.** (2008). Discrimination distress among Chinese American adolescents. *Journal of Youth and Adolescence*, 37, 1-11.
- [59] **Liang, B.** & Rhodes, J. (2007). Cultivating the vital element of youth mentoring. *Applied Developmental Science*, 11, 104-107.
- [60] **Liang, B.**, Tracy, A., Glenn, C.*, Burns, S.*, & Ting, D. (2007). The Relational Health Indices: Confirming factor structure for use with men. *Australian Community Psychologist*, 19, 35-52.
- [61] **Liang, B.**, Grossman, J.*, & Deguchi, M.* (2007). Chinese American middle school youths' experiences of discrimination and stereotyping. *Qualitative Research in Psychology*, 4, 187-205.
- [62] **Liang, B.**, Tummala-Narra, P., Bradley, R.*, & Harvey, M.R. (2007). The Multidimensional Trauma Recovery and Resiliency Instrument: Preliminary examination of an abridged version. *Journal of Aggression, Maltreatment and Trauma*, 14, 55-74.
- [63] Tummala-Narra, P., **Liang, B.**, & Harvey, M.R. (2007). Aspects of safe attachment in the recovery from trauma. *Journal of Aggression, Maltreatment and Trauma*. 14(3),1-18.
- [64] Rhodes, J., Spencer, R., Keller, T., **Liang, B.**, & Noam, G. (2006). A model for the influence of mentoring relationships on youth development. *Journal of Community Psychology*, 34(6), 691-707.
- [65] **Liang, B.**, Tracy, A., Kauh, T.*, Taylor, C., & Williams, L. (2006). Mentoring Asian and Euro-American college women. *Journal of Multicultural Counseling and Development*, 34, 143-154.
- [66] **Liang, B.**, Williams, L., & Siegel, J. (2006). Relational outcomes of childhood sexual trauma in female survivors: A longitudinal study. *Journal of Interpersonal Violence*, 21, 42-57.
- [67] **Liang, B.**, Goodman, L., Tummala-Narra, P., & Weintraub, S.* (2005). A theoretical framework for understanding help-seeking processes among survivors of intimate partner violence. *American Journal of Community Psychology*, 36, 71-84.

- [68] Morray, E.* & **Liang, B.** (2005). Peace talk: A relational approach to group negotiation among Arab and Israeli youths. *International Journal of Group Psychotherapy*, 55, 481-506. (Lead Article)
- [69] **Liang, B.**, Glenn, C.*, & Goodman, L. (2005). Feminist ethics in advocacy relationships: A relational vs. rule-bound approach. *The Community Psychologist*, 38, 25-39. (Lead Article)
- [70] Goodman, L., **Liang, B.**, & Helms, J., Latta, R.*, & Sparks, E. (2004). Training counseling psychologists as social justice agents: Feminist and multicultural principles in action. *The Counseling Psychologist*, 32, 793-836. (Major Contribution)
- [71] Goodman, L., **Liang, B.**, Weintraub, S.*, Helms, J., & Latta, R.* (2004). Warts and all: Personal reflections on social justice in counseling psychology. Reply to Kiselica (2004), Palmer (2004), Thompson & Shermis (2004) and Watts (2004). *The Counseling Psychologist*, 32, 886-899.
- [72] Harvey, M., **Liang, B.**, Harney, P., Koenan, K.*, Tummala-Narra, P., & Lebowitz, L. (2003). A multidimensional approach to the assessment of trauma impact, recovery and resiliency: Initial psychometric studies. *Journal of Aggression, Maltreatment, and Trauma*, 6, 87-109.
- [73] **Liang, B.**, Tracy, A., Taylor, C., Williams, L., Jordan, J., & Miller, J. B. (2002). The Relational Health Indices: A study of women's relationships. *Psychology of Women's Quarterly*, 26, 25-35. (Lead Article)
- [74] **Liang, B.**, Tracy, A., Taylor, C., & Williams, L. (2002). Mentoring college-age women: A relational approach. *American Journal of Community Psychology*, 30(2), 271-288.
- [75] Taylor, C. A., **Liang, B.**, Tracy, A. J., Williams, L. M., & Seigel, P. (2002). Gender differences in middle school adjustment, physical fighting, and social skills: Evaluation of a social competency program. *Journal of Primary Prevention*, 23(2), 259-272.
- [76] **Liang, B.**, & Bogat, G. A. (1994). Culture, control, and coping: New perspectives on social support. *American Journal of Community Psychology*, 22, 123-147.
- [77] **Liang, B.**, Bogat, G. A., & McGrath, M. P. (1993). Differential learning of sexual abuse prevention concepts among preschoolers. *Child Abuse and Neglect*, 17, 641-650.

- [78] Bogat, G. A., **Liang, B.**, Caldwell, R. A., Davidson, W. S. II, Bristor, M., Phillips, M., & Suurmeyer, M. (1993). Alternative schools: A school transition for adolescent mothers. *Prevention in Human Services*, 10, 151-168.

Book Chapters

- [79] **Liang, B.**, Lai, B., & Lincoln, B. (in press). Covid-19, Coping, and Careers. In L. Flores & D. Blustein (Eds.). *Revisiting Work*. N.Y., N.Y.: Routledge.
- [80] Kenny, M. E., Liang, B., Blustein, D. L., Konowitz, L., Meerkins, T., White, A., Medvide, M. B., Gao, X., Shuqom, A. (2019). Coping with uncertainty: Cultivating a sense of purpose among youth through innovations in work-based learning experiences. In Maree, J. G. (Ed.), *Handbook of innovative career counseling* (pp. 335–355). Springer. https://doi.org/10.1007/978-3-030-22799-9_19.
- [81] **Liang, B.** (2018). Racial Constructs in Youth Mentoring: Reconsidering Race and Ethnicity. In A. Hoffman (Ed.) *The Role of Community Development in Reducing Extremism and Ethnic Conflict*. NY, NY: Palgrave MacMillan.
- [82] **Liang, B.**, Rhodes, J., & Spencer, R. (2017). Ethical issues in youth mentoring. In C. Jurkiewicz (Ed.) *The Global Encyclopedia of Public Administration and Public Policy*. N.Y., N.Y.: Springer.
- [83] **Liang, B.** (2017). Race and ethnicity in out-of-school learning. In K. Peppler (Ed.) *The SAGE Encyclopedia of Out-of-School Learning*. Thousand Oaks, CA: Sage Publications. <http://dx.doi.org/10.4135/9781483385198.n248>
- [84] Goodman, L., **Liang, B.**, Tummala-Narra, P., Borges, A.* , Claudius, M.* , & Woulfe, J.* (2013). A model for integrating social justice roles in psychology doctoral training: A case study of counseling psychology. In C. Johnson, H. Friedman, J. Diaz, B. Nastasi, & Z. Franco (Eds.), *Handbook of social justice and psychology*. (pp. 249-266). Westport, CT: Praeger.
- [85] **Liang, B.**, Bogat, G.A., & Duffy, N.* (2013). Gender in mentoring relationships. In D. DuBois, & M. Karcher (Eds.), *Handbook of youth mentoring, 2nd Edition*. (pp. 159-174). Sage, CA.
- [86] **Liang, B.**, Duffy, N.* , & Commins, M.* (2013). The online world, the internet, social class, and counseling. In W.M. Liu (Ed.) *The Oxford handbook of social class and counseling*. (pp. 260-274). Oxford University Press.
- [87] Rhodes, J., Spencer, R., & **Liang, B.** (2013). Ethical issues in youth mentoring. In D. DuBois, & M. Karcher (Eds.), *Handbook of youth mentoring, 2nd Edition*. (pp. 511-522). Sage, CA.

- [88] Castricum, S., & **Liang, B.** (2012). GenerationPulse: Web-based service-learning in psychology courses. In C. Cheal, J. Coughlin, & S. Moore (Eds.) *Transformation in teaching: Social media strategies in higher education*. (pp. 115-137). Santa Rosa, California: Informing Science Institute.
- [89] **Liang, B.** & Grossman, J. (2007). Diversity and youth mentoring. In T. Allen, & L. Eby (Eds.) *Blackwell handbook of mentoring: A multiple perspectives approach*. (pp. 239-258). Malden, MA, US: Blackwell Publishing.
- [90] Bogat, G. A., & **Liang, B.** (2005). Gender in mentoring relationships. In D. DuBois, & M. Karcher (Eds.), *Handbook of youth mentoring*. (pp. 205-217). Sage, CA.
- [91] Bogat, G. A., **Liang, B.**, Caldwell, R. A., Davidson, W. S. II, Bristor, M., Phillips, M., & Suurmeyer, M. (1993). Alternative schools: A school transition for adolescent mothers. In Jason, L. A., Danner, K. E., & Kurasaki, K. S. (eds), *Prevention and school transitions* (pp. 151-168). New York: The Haworth Press, Inc. (Reprint)

Book Reviews

- [92] Tummalanarra, P. & **Liang, B.** (2009). Battered women know best. *Journal of Community Psychology*, 37, 418-421.
- [93] Gatha, R.* & **Liang, B.** (2006). Time for some action. *The Community Psychologist*, 39, 10-12.
- [94] **Liang, B.** (2005). The roots of relational health. *Psychology of Women Quarterly*, 29, 224-225.

Other Publications

- [95] **Liang, B.** & Klein, T. (Aug 08, 2022). Obsessing about success makes us unhappy. Surprisingly, so does a focus on passion. There is a healthier way to approach our lives. *Wall Street Journal's Market Watch*.
- [96] **Liang, B.** & Klein, T. (June 23, 2022). The Science of How to Enjoy Your Vacation. *Psychology Today*.
- [97] **Liang, B.** & Klein, T. (Oct, 2022). If we're serious about student well-being, we must change the systems students learn in. *Edsurge*.

- [98] **Liang, B.** & Klein, T. (Aug, 2022). How to Send Your Kid Off to College. Listed as the Top Essential Read in *Psychology Today*.
- [99] **Liang, B.** & Klein, T. (Aug, 2022). Obsessing about success makes us unhappy. Surprisingly, so does a focus on passion. There is a healthier way to approach our lives. *Market Watch/Wall Street Journal*.
- [100] **Liang, B.** & Klein, T. (Aug 2, 2022). How to be a purpose and belonging informed leader. *Quick & Dirty Tips: Do Things Better*.
- [101] **Liang, B.** & Klein, T. (Aug 2, 2022). [How to Create the Right Environment for Students to Develop a Growth Mindset](#). *Greater Good Magazine: Science-Based Insights for a Meaningful Life*.
- [102] Klein, T. & **Liang, B.** (June 14, 2022). It's Time To Take Teacher Burnout Seriously. Here's How. *Edsurge*.
- [103] Aubé, S. S.*, Hoskova, B.*, Riobueno-Naylor, A.*, DeLoreto, K.*, Colgan, C.* A., Liang, B., & Lai, B. S. (2021). Colleges and the COVID-19 Crisis: Students at Time 2. <https://bit.ly/3i0ZFNp>
- [104] Klein, T. & **Liang, B.** (Sept 9, 2020). Using Tech to Boost the Value of Higher Education During COVID-19. *Edutech: Focus on Higher Education*. <https://edtechmagazine.com/higher/k12/article/2020/09/using-tech-boost-value-higher-education-during-covid-19>
- [105] **Liang, B.** & West, J.* (2007). Youth mentoring: Do race and ethnicity really matter? *Research in Action Series*, 9.
- [106] Spencer, R., **Liang, B.**, Rhodes, J., West, J.*, & Singer, R.* (2007). Boundaries in youth mentoring relationships. *The Community Psychologist*, 35, 35-37.
- [107] **Liang, B.**, Glenn, C.*, & Goodman, L. (2005). Feminist ethics in advocacy relationships: A relational vs. rule-bound approach. *The Community Psychologist*, 38, 25-39. (Lead Article)
- [108] **Liang, B.**, Taylor, C., Williams, L., Tracy, A., Jordan, J., & Miller, J. B. (1999). *The Relational Health Indices: An exploratory study*. Work in Progress 293. Wellesley, MA: Center for Research on Women Working Paper Series.
- [109] Colgan, C.A. *, Hoskova, B. *, Aube, S. *, Kiernan, S. *, **Liang, B.**, & Lai, B.S. (2020). Colleges and the COVID-19 crisis: Students. https://sites.google.com/bc.edu/lai-lab-boston-college/colleges-and-the-covid-19-crisis/preliminary-results_1?authuser=0

- [110] Hoskova, B. *, Colgan, C.A. *, Kang, A. *, Konowitz, L. *, **Liang, B.**, & Lai, B.S. (2020). Colleges and the COVID-19 crisis: Faculty and Academic Advisors. https://sites.google.com/bc.edu/lai-lab-boston-college/colleges-and-the-covid-19-crisis/preliminary-results_1?authuser=0
- [111] Aubé, S. S., Hoskova, B., Riobueno-Naylor, A., DeLoreto, K., Colgan, C. A., **Liang, B.**, & Lai, B. S. (2021). *Colleges and the COVID-19 Crisis: Students at Time 2*. <https://bit.ly/3i0ZFNp>
- [112] Aubé, S. S., Hoskova, B., Riobueno-Naylor, A., DeLoreto, K., Colgan, C. A., **Liang, B.**, & Lai, B. S. (2021). *Colleges and the COVID-19 Crisis: Faculty/Academic Advisors at Time 2*. <https://bit.ly/3i0ZFNp>

Media Contributions & Podcasts

Liang, B. (2024, January 29). "How to Navigate Life: Psychological Tools to Find Your Purpose with Dr. Belle Liang." With/For Podcast with Dr. Pam King, Thrive Center, Fuller School of Psychology & Marriage and Family Therapy. Episode S1:E4 | 57:01.

Liang, B. & Klein, T. (2024). "Adversity as a Catalyst for Purpose with Authors Belle Liang and Tim Klein." Lassoing Leadership Podcast. Episode S2E12.

Liang, B. & Klein, T. "Navigating Life with Purpose and Value with Belle Liang and Timothy Klein." Negotiate Anything. March 27, 2023. [Negotiate Anything: Navigating Life with Purpose and Value with Belle Liang and Timothy Klein on Apple Podcasts](#).

J. Wilson (1/16/23). [Is Blue Monday Really the Saddest Day of the Year](#), *Huffington Post*.

Taitz, J. (11/19/22). Many teens struggle with mental health issues. Here are tips for parents. *Washington Post*.

Vander Ark, T. (10/6/22). How A Purpose Mindset Helps Navigate Life. *Forbes*.

Zimmerman, E. (10/6/22). Meeting the Mental Health Challenge in School and at Home. *New York Times*.

Clayson, J. (08/10/22). [‘How to Navigate Life’ helps students find their purpose outside of academic achievement](#). *NPR’s Here & Now*.

Quach, H. (08/08/22). [San Diego Moms: Why You Should Teach Compassion and How to Do It](#). *Times of San Diego*.

Liang, B. & Klein, T. "How to Find Your Purpose with a Simple Mindset Shift." The Art of Charm. August 2022. [How To Find Your Purpose With A Simple Mindset Shift | Belle Liang & Timothy Klein - The Art of Charm | Podcast on Spotify](#)

Liang, B. & Klein, T. How to Navigate Life. August 8, 2022. Alain Guillot on Life, Leadership, and Money Matters. [528 Belle Liang and Timothy Klein: How to Navigate Life | Alain Guillot](#)

Slack, M. (08/08/22). [5 ways to create a 'self-care space': 5 expert tips | \(homesandgardens.com\)](#). *Homes and Gardens*.

Marcus, J. (07/23/21). Some colleges ease up on pushing undergrads into picking majors right away. *Washington Post & Hechinger Report*.

Presentations

Liang, B. (2025, May). Distinguished Speaker. *How to Navigate Life*. Western Psychological Association, Las Vegas, NV.

Liang, B. (2025, April). Keynote presented at ERB Conference, Austin, TX

Liang, B. (2025, April). Panelist. *Admitted Eagle Eye Day*. Boston College, Chestnut Hill, MA.

Liang, B. (2025, March). Workshop for Student Affairs Advisors, Boston College, Chestnut Hill, MA.

Liang, B. (2025, January). Lunch with Legends at Boston College Summit, Chestnut Hill, MA.

Liang, B. & Klein, T. (2024, October 29). Keynote presented at Havergal College, Toronto, Canada.

Liang, B. (2024, October 2). Keynote presented at Parent Venture, CA.

Liang, B. (2024, September 4). Keynote presented at Wingate University, Wingate, NC.

Liang, B. (2024, August 22). Coaching session at Messina College/Davis Foundation Grant.

Klein, T. & Liang, B. (2024, July 27). Workshop presented at Heights Retreat.

Liang, B. (2024, June 16). Workshop presented at Havergal College, Toronto, Canada.

Liang, B. (2024, May 21). Workshop presented at Capstone at BC, Chestnut Hill, MA.

Liang, B. (2024, May 16). Keynote presented at Horace Mann School, Bronx, NY.

Liang, B. (2024, May 1). Keynote presented at Common Retreat, Boston College, Chestnut Hill, MA.

Liang, B. (2024, April 24). Keynote presented at Midland Center for the Arts, Midland, MI.

Liang, B. (2024, April 4). Workshop presented at Wingate University, Wingate, NC.

Liang, B. (2024, March 22). Keynote presented at Halftime 113 Retreat.

Liang, B. (2024, March). Guest Speaker. *How to Navigate Life Book Club for Asian Pacific Islander Employees*. Boston College, Chestnut Hill, MA.

Liang, B. (2024, March). Keynote Speaker (Webinar). *Redefining Success: Empowering College-Bound Seniors for Achievement that's Both Personally Meaningful and Contributes to the World Beyond SelfThemselves*. Lexington High School, Lexington, MA.

Liang, B. (2024, February). Keynote Speaker (Webinar). *How to Navigate Life through a Purpose-Driven Education*. Taipei American School, Taipei, Taiwan.

Klein, T. & Liang, B. (2024, January 23). Workshop presented at Newton Country Day & Belmont Hill, Newton, MA.

Liang, B. (2024, January). Guest Speaker (Webinar). *Beyond the Ivory Tower: Embracing Purpose in Retirement's Second Act*. Boston College Association of Retired Professors, Chestnut Hill, MA.

Liang, B. (2023, November). Keynote Speaker. *How to Navigate School*. Pingree School, MA.

Liang, B. (2023, December). Invited Speaker. Boston College Board of Trustees. Boston College

Liang, B. (2023, December). Invited Panelist. *Soaring Higher: The Campaign for Boston College*. Gotham Hall, NY., NY.

Liang, B. (2023, October). Invited Talk. *Authoring How to Navigate Life: The New Science of Finding Your Way in School, Career, & Beyond*. Forefront Social, Intersections, Boston College, MA.

Liang, B. (2023, October). Invited Keynote Speaker. *How to Navigate Life*. Park School of Baltimore, Baltimore, MD.

- Liang, B. (2023, September). Invited Keynote Speaker. *Is this My Party? Are these My People?* Agape Latte, Boston College, MA.
- Liang, B. (2023, May). Invited Panelist. *ACE Heritage Month Panel: Authenticity, Finding Purpose, and Bringing Multiple Identities to Work as Asian Americans*. Harvard Business School, Cambridge, MA.
- Liang, B. & Klein, T. (2023, April). Invited Workshop. *Cultivating Purpose in the Arts*. Midland Performing Arts Center, Midland, MI.
- Liang, B. (2023, March). Invited Keynote Speaker and Workshops, *The Power of Purpose: Nurturing the Next Generation of Changemakers*. Boys Hope Girls Hope Leadership Conference, Phoenix, AZ.
- Liang, B. (2023, Feb 28). Invited Panelist. *What Just Happened? Finding Faith through the Pandemic*. C21: The Church in the 21st Century Center, Chestnut Hill, MA.
- Liang, B. (2023, Feb 16). Invited Keynote Speaker, *Nurturing Lives of Meaning and Significance: The Art of Purpose-Driven Parenting*. Lewisville ISD Gifted & Talented Conference, Lewisville, TX.
- Liang, B. (2023, Feb 17). Invited Keynote Speaker, *Working Wise & Living Whys*. Lewisville ISD Gifted & Talented Conference, Lewisville, TX.
- Liang, B. (2023, Jan 26). Invited Keynote Speaker, Performance, *Passion, and Purpose: Science for Navigating College and Career Directions*. Park Street School, Boston, MA.
- Liang, B. & Klein, T. (2023, Jan 24). Invited Keynote Speaker, *How to Navigate Life*. Concord Christian Academy, Concord, NH.
- Liang, B. & Klein, T. (2023, Jan 21). Invited Keynote Speaker, *Cracking the Code on Anxiety, Pressure, and Purpose*. Brentwood School Parent University, Los Angeles, CA.
- Liang, B. (2023, Jan 14). Invited Keynote Speaker, *The New Science of Finding Your Way in School, Career, & Beyond*, 2023 Rise Above Leadership Expedition, Beverly, MA.
- Liang, B. (2022, December 3). Invited Keynote Speaker, *How to Navigate Life*, Ignatius College Preparatory, San Francisco, CA.
- Liang, B. & Klein, T. (2022, December 1). Invited Keynote Speaker, *From Burning Out to Burning Bright*. NEASC Conference, Boston, MA.

- Klein, T. & Liang, B. Invited Keynote Speaker and Workshop. *The Power of Purpose*. University of Southern Maine, ME.
- Liang, B. & Klein, T. (2022, November 29). Invited Keynote Speaker, *Purpose Mindset*. University School-Milwaukee & REDGEN, Milwaukee, WI.
- Liang, B. (2022, October 27). Invited Keynote Panelist, *What is the Good Life Now? Work, Relationships, Faith, and Wholeness Today*. Georgetown University's School of Continuing Studies (640 Massachusetts Ave NW, Washington, DC). In person and live streamed.
- Liang, B. (2022, October 26). Invited Keynote Speaker, *Purpose and Belonging in Jesuit Higher Ed Human Resources*, Association of Jesuit Colleges and Universities (AJCU) Annual Meeting of HR Departments, Boston College, Chestnut Hill, MA.
- Liang, B. & Klein, T. (2022, October). Invited Workshop Speakers, *Cultivating the Elements of Purpose*. St. Ignatius College, Australia.
- Liang, B. (2022, October 22). Invited Keynote Speaker, *How to Navigate Life*, Chinese American Association of Lexington and Grace Chapel, Lexington, MA.
- Liang, B. (2022, October 7). Invited Keynote Speaker, *Life Purpose in the Third Quarter*, EPIC, Lexington, MA.
- Liang, B. (2022, October 6). Invited Speaker, *Infusing Purpose and Belonging into Jesuit Higher Education Institutions*, Association of Jesuit Colleges and Universities (AJCU) Annual Meeting of Deans, Boston College, Chestnut Hill, MA.
- Liang, B. & Klein, T. (2022, September). Invited Keynote Speaker, *Virtual Forum on Teacher Retention*. Whiteboard Advisors.
- Liang, B. (2022, September - 2023, March). Invited Keynote Speaker and Workshop Series, *How to Navigate Life*, Gordon College.
- Liang, B. & Klein, T. (2022, August 22). Invited Keynote Speaker, *Navigate College to Navigate Life*. Parents/Families of Freshmen Session at the Boston College Freshman Orientation.
- Liang, B. & Klein, T. (2022, August 11). Invited Keynote Speaker, *How to Navigate Life*, Holzbrinck Group Global Speaker Series. MacMillan Publishers.
- Liang, B. & Klein, T. (2022, July 25). Invited Keynote Speaker, *Navigate College to Navigate Life*. Parents/Families of Freshmen Session at the Boston College Freshman Orientation.

Liang, B. & Klein, T. (2022, July 18). Invited Keynote Speaker, *Navigate College to Navigate Life*. Parents/Families of Freshmen Session at the Boston College Freshman Orientation.

Liang, B. & Klein, T. (2022, July 11). Invited Keynote Speaker, *Navigate College to Navigate Life*. Parents/Families of Freshmen Session at the Boston College Freshman Orientation.

Liang, B. & Klein, T. (2022, June 27). Invited Keynote Speaker, *Navigate College to Navigate Life*. Parents/Families of Freshmen Session at the Boston College Freshman Orientation.

Liang, B. & Klein, T. (2022, June 20). Invited Keynote Speaker, *Navigate College to Navigate Life*. Parents/Families of Freshmen Session at the Boston College Freshman Orientation.

Liang, B. & Klein, T. (2022, June 13). Invited Keynote Speaker, *Navigate College to Navigate Life*. Parents/Families of Freshmen Session at the Boston College Freshman Orientation.

Liang, B. (2022, May 12). Invited Keynote Speaker, *Belonging in the Workplace: Asian American Heritage Month*. Social Finance, Boston, MA.

Liang, B. (2022, May). *Boosting the Value of Higher Ed in Covid Times*. Keynote Speaker at Johns Hopkins University.

Liang, B. (2022, April 5). *Cultivating Purpose and Belonging: Higher Education's Value Proposition*. Keynote Speaker at Elon University.

Klein, T. & Liang, B. (2022, March 28). *Navigating an Uncertain Future: Applying the New Science of Purpose in School & Life*. Parenting Online Webinar, Texas Association of Gifted & Talented Leadership Conference.

Liang, B. & Klein, T. (2022, March 28). *From Surviving to Thriving: How Purpose + Belonging Informed Education Can Combat the Great Resignation*. Keynote Speaker at the Texas Association of Gifted & Talented Leadership Conference, Georgetown, TX.

Liang, B. (2022, January). Invited Keynote Speaker. *How to Navigate Life*. Concord Christian Academy, Concord, NH.

Aubé, S.S.*, Hoskova, B.*, Riobueno-Naylor, A.*, Colgan, C.A.*, Liang, B., & Lai, B.S. (2021, July 11-14). The Impact of COVID-19 on U.S. College Student and Faculty Mental Health. [Presentation]. The 46th Annual Natural Hazards Workshop.

- Liang, B., Hurd, A., Lai, B., Lerner, J., Rowan-Kenyan, H., Proctor, P., & Seider, S. & Paez, M. (November, 2021). *Improving the Human Condition*. Lynch School of Education & Human Development.
- Liang, B., Homza, A., Lerner, J., & Paez, M. (September, 2021). *What Advising Means to Us*. Lynch School of Education & Human Development.
- Lai, B. S., Hoskova, B., Riobueno-Naylor, A., Aubé, S., Colgan, C., & Liang, B. (2021, August). COVID-19 Among Emerging Adults: Impact on Mental Health Symptoms and Purpose. In La Greca, A. M. (Chair), *Impact of COVID-19 Stressors on Youth and Family Mental Health and Implications for Intervention* [Symposium]. American Psychological Association 2021 Convention.
- Polk, W., Hill, N., Liang, B., & Perella, J. (2021, April). *Discriminatory Discipline and School Climate: The Moderating Role of Racial Identity*. Paper presented in K., Wantchekon & J. Karras-Jean Giles (Chairs), Identity Development across Developmental Stages and Contexts: Considering Processes and Implications among Ethnic-Racial Minority Youth. Symposium conducted at the Society for Research on Child Development (online).
- Lund, T., Liang, B., Mousseau, A.D., & Lai, B. (2021, April). *Pursuit of Purpose in the Pandemic: A Study of Purpose Formation among College Students during COVID-19*. Poster presented in Moral Development Panel. Society for Research on Child Development (online).
- Liang, B. & Dik, B. (2021, April). *Working Wise & Living Whys in the Age of Covid-19 & Beyond*. Invited Workshop (Online), Webinar Program for Law Professionals, Professional Development Consortium, McLean, VA.
- Liang, B. (2020, October). *Dignified Decision-Making*. Invited Workshop presented in Dignity at Work: Purposeful Formation in the post-COVID Organization with Blustein, D., Dik, B., & Wortham, S. Webinar Training Program for Sullivan & Cromwell LLP, NY, NY.
- Aubé, S., Kiernan, S., DeLoreto, K., Hoskova, B., Riobueno-Naylor, A., Colgan, C.A., Liang, B., & Lai, B.S. (2020, October). *College Students and COVID-19: Mental Health & Common Stressors*. Boston College Advancing Research and Scholarship Day: Responding to COVID-19, online, Chestnut Hill, MA.
- Reed, M., Lincoln, B., Konowitz, Barnett, M., Blustein, D., & Liang, B. (2020, October). *Creativity, Curiosity, and Science Engagement for Marginalized Youth*. Diversity Challenge, online, Chestnut Hill, MA.

- Liang, B. & Klein, T. (2020, May 7). *Navigating an uncertain world: Applying the new science of purpose in school, career & life*. Buckingham, Browne, & Nichols School, Cambridge, MA.
- Liang, B. & Klein, T. (2020, April 23). *Purpose mindset: Applying the new science of purpose in school, career & life*. Belmont High School, Belmont, MA.
- Liang, B. & Klein, T. (2020, April 2). *Navigating the new educational landscape in the age of Covid-19 with purpose*. Newton North High School, Newton, MA.
- White, A., Liang, B., Barnett, G., & Doyle, S. (2019, August). *Making stem meaningful: The infusion of purpose in STEM curriculum*. Paper presented in D. Blustein (Chair), New Directions in STEM Career Development: Interrogating Assumptions. Symposium conducted at the American Psychological Association, Chicago, IL.
- Liang, B., Braun, H., Shirley, D., & Wortham, S. (2018, March). *Whole Child for the Whole World: Educating for Meaning and Purpose*, ACSD Empower Conference. Boston, MA.
- Liang, B. & Shirley, D. (2017, October). *An Education for Meaning and Purpose: The Journey Ahead*. Whole Person Whole Child Summit, Boston College ACSD. Boston, MA.
- Liang, B., (2017, September). *Purpose*. Invited Speaker at Harvard University Graduate Commons Forum. Harvard University, Cambridge.
- Liang, B. (2017, July). *Youth in the Civic Space: From Transforming Youth to Transforming Society*. Invited Research Fellow at Summer Institute on Mentoring, Portland State University.
- Liang, B. (2017, July). *Mentoring Youth Toward Passion, Power, and Purpose*. Invited Research Fellow at Summer Institute on Mentoring, Portland State University.
- Mousseau, A., Liang, B., Sepulveda, J., White, A., Hill, N., Savitz-Romer, M., Perella, J., & Lund, T. (2017, April). *Mapping the Path to Purpose: Advancing Qualitative Methods in Research on Youth*. Paper presented in B. Liang (Chair), Cultivating a Generation of Purposeful Youth: Transforming Lives at Home and School. Symposium conducted at the Society for Research on Child Development, Austin, TX.
- Lund, T., Liang, B., Mousseau, A., Spencer, R. (2017, April). *Parenting Youth Toward Prosocial Purpose*. Paper presented in B. Liang (Chair), Cultivating a Generation of Purposeful Youth: Transforming Lives at Home and School. Symposium conducted at the Society for Research on Child Development, Austin, TX.

- Liang, B. (2017, March). *Enhancing the Human Condition: Diverse Strands of Education for Meaning and Purpose*. Invited Presentation for Faculty Scholars, Boston College, MA.
- Liang, B., Perella, J., & Klein, T. (2016, April). *Transforming Purpose at Medford High School*. Invited Presentation for Collaborative Fellows, Boston College, MA.
- Liang, B. (2017, January). *Aligning Wellbeing and Achievement*. Invited presentation at Buckingham, Browne & Nichols, Head Speaker's Series, Cambridge, MA
- Liang, B. (2016, October). *Youth Mentoring*. Invited presentation at Diversity Challenge, ISPRC, Boston College, Chestnut Hill, MA
- Liang, B. (2016, December). *Adolescent girls finding purpose: The role of parents and prosociality*. Association of Moral Education 2016 Conference, Cambridge, MA.
- Liang, B., Mousseau, A., & Lund, T. (2016, March). *Pathways to Purpose Among Youth from the Guatemala City Dump Community*, SRA Biennial Conference, Baltimore, MD.
- Liang, B., Lund, T., Mousseau, A., & Spencer, R. (2016, March). *Mentoring Girls on Purpose*, SRA Biennial Conference, Baltimore, MD.
- Mousseau, A., Liang, B., & Lund, T. (2016, March). *4 P's of Purpose*, SRA Biennial Conference, Baltimore, MD
- Liang, B. (2015, October). *Sources and strategies regarding stress among adolescent girls*. Invited presentation at Conversations on Stress and Girls, Dana Hall and Wellesley College, Wellesley, MA.
- White, A., Sernoffsky, J., Liang, B., Mousseau, A., Hasse, A., Knight, L., Berado, D. & Lund, T. (2015, August). *Hopes for the future: A qualitative examination of College Bound Students' perceptions of purpose*. Presented at American Psychological Association Convention, Toronto, Canada.
- Liang, B. & Spencer, R. (2013, October). *Girls, stress, and well-being: What parents need to know*. Invited presentation at Center for Research on Girls Symposium: 21st Century Athenas, Laurel School, Shaker Heights, OH.
- Liang, B. Spencer, R., Lund, T., Mousseau, A. D., & Walsh, J. (2013, October). *Purpose and relationships*. Plenary session presented at Center for Research on Girls Symposium: 21st Century Athenas, Laurel School, Shaker Heights, OH.

- West, J., Duffy, N., Liang, B. (2013, June). *Creating S.P.A.C.E. through yoga: Africa Yoga Project teachers promote personal transformation, peaceful communities, and purpose-filled service*. Poster presented at Symposium of Yoga Research, Boston, MA
- Frederick, A. F., Harvey, K., & Liang, B. (2013, May). *Because I said so: The effects of perceived parental expectations on female adolescents' development of purpose*. Poster presented at Association for Psychological Science, Washington, D.C.
- Nam, S., Frederick, A.F., Unzueta, E., Lee, A., & Liang, B. (2012, August). *It takes two: A qualitative examination of mentoring relationships*. Poster presented at American Psychological Association Convention, Orlando, FL.
- Liang, B. (2010, May). *GenerationPulse: Social networking for social justice*. Invited speaker at Boston College e-Teaching Conference.
- Liang, B. (2010, May). *Ethical issues in youth mentoring*. Quality in Action Webinar Series.
- Liang, B. (2009, October). *Does race matter in youth mentoring?* Research In Action Webinar Series.
- Liang, B. (2009, October). *Does race and ethnicity matter in youth mentoring?* Invited Speaker at the Diversity Challenge Conference, Boston College.
- Liang, B. (2008, July). *Developmental mentoring*. Guest Speaker at Summer Institute on Mentoring, Portland State University.
- Liang, B. (2007, July). *Relational health and spirituality*. Key Note Speaker at Annual Youth Leaders' Conference 2007, Malawi, Africa.
- Liang, B. (2007, March). *Mentoring youth*. Invited Speaker at Grace Chapel, Lexington, MA.
- Liang, B. (2006, September). *Top ten lessons learned from youth mentoring research*. Invited Speaker for Mentor Research and Policy Council, Boston, MA.
- Liang, B. (2006, May). *GenerationPulse: Innovations in technology and pedagogy*. Invited Speaker at Boston College Technology Conference, Chestnut Hill, MA
- Liang, B. (2006, May). *Relational mentoring across the developmental stages of adolescence*. Paper presented in T. Allen & L. Eby (Co-Chairs), Diversity and Mentoring. Symposium to be conducted at the Society for Industrial & Organizational Psychology Annual Conference (APA Div. 14), Dallas, TX.

- Liang, B., Glenn, C., & Grossman, J. (2005, August). *The Relational Health Indices: Confirming factor structure for use with men*. Poster presented at American Psychological Association Convention, Washington, D.C.
- Gatha, R., and Liang, B. (2005, August). *Relational health, perceived discrimination, and assertion in Asian American youths: Towards an understanding of voice in Asian American boys*. Poster presented at American Psychological Association Convention, Washington, D.C.
- Grossman, J., and Liang, B. (2005, August). *Discrimination distress among Asian American adolescents*. Poster presented at American Psychological Association Convention, Washington, D.C.
- Liang, B. (2004, July). *Assessment of mentoring relationships: Multicultural and gendered perspectives*. Invited Paper presented in S. Jenkins (Chair), Division 12, Section IV Presidential Symposium, "Gender, Culture, and Clinical Assessment: Celebrating Best Practices: New Directions in Assessment of Women's Psychological Development. American Psychological Association Convention, Honolulu, Hawaii.
- Liang, B. (2003, October). *Youth mentoring relationships: How do we assess them?* Invited Speaker at the National Research Summit on Mentoring. Kansas City, MO.
- Liang, B. (2003, August). *Complexities in the nature and process of Asian social support*. Paper presented in B. Liang (Chair), Culture, Control and Coping: Asian American Relational Health. Symposium conducted at the Asian American Psychological Association, Boston, MA.
- Liang, B. (1999, August). *Relational Health Indices*. Paper presented in B. Liang & D. Tolman (Co-Chairs), New Directions in Assessment of Women's Psychological Development. Symposium conducted at the American Psychological Association, Boston, MA.
- Liang, B. & Kauh, T. (1999). Young women's mentoring relationships. Invited Speaker at the American Association of University Women Conference.
- Liang, B. (1998, November). *Childhood trauma and adult attachments*. Paper presented in L. Williams & M. Harvey (Co-Chairs), An Ecological Perspective of Adult Relational Outcomes among Trauma Survivors. Symposium conducted at the International Society of Traumatic Stress Studies Conference, Washington, DC.
- Liang, B. & Williams, L. (1998, July). *The impact of childhood sexual trauma on*

marital relationships. Paper presented at the Sixth annual National Colloquium of the American Professional Society on the Abuse of Children, Chicago, IL.

Liang, B., Harney, P., Tummala-Narra, P., & Shorin, J. (1998, May). *Assessing trauma recovery and resiliency*. Workshop conducted at the Learning from Women Conference (sponsored by Stone Center, Wellesley College and Harvard Medical School), Boston, MA.

Liang, B. (1997). *Stage by dimension model of trauma resiliency*. Paper presented in P. Harney (Chair), Clinical Dilemmas in the Assessment and Treatment of Trauma: A Stages X Dimensions Model. Symposium conducted at the International Society of Traumatic Stress Studies Conference, Montreal, CA.

Liang, B. (1996, November). *The new multidimensional trauma recovery and resiliency instrument: preliminary findings*. Paper presented in M. Harvey (Chair), An Ecological Perspective of Recovery and Resiliency in Trauma Survivors. Symposium presented at the International Society of Traumatic Stress Studies Conference, San Francisco, CA.

Liang, B. (1996, September). *A multidimensional approach to the measurement of trauma recovery and resiliency*. Paper presented in M. Harvey (Chair), Recovery and Resiliency in Trauma Survivors: Toward an Understanding of Adaptation and Coping. Symposium presented at the American Psychological Association Women's Health Conference, Washington, D.C.

Burke, L., Liang, B., & Bogat, G. A. (1994, June). *Children's perceptions of authority in sexually abusive and non-sexually abusive situations*. Paper presented at the American Psychological Association Annual Convention, Los Angeles, CA.

Bogat, G.A., Liang, B., Caldwell, R.A., & Davidson, W.S. (1993, June). *Applying developmental theory to a mentoring program for pregnant adolescents*. Paper presented at the 4th Biennial Conference on Community Action and Research, Williamsburg, VA.

Liang, B., Bogat, G.A., Davidson, W.S., & Caldwell, R.A. (1993, April). *Evaluating a social support versus education intervention for pregnant teenagers*. Paper presented at the Midwestern Psychological Association Conference, Chicago, IL.

Liang, B. (1992, November). *West meets East: A cultural-theological exegesis on adolescent development*. Paper presented at the 2nd International Congress on Christian Counseling, Atlanta, GA.

Liang, B., Burke, L., Bogat, G.A., & White, A. (1992, October). *Research collaborations in an alternative school for pregnant teens and a day care center--The nature of site specific and general challenges to the researcher/site relationship*. Paper

presented at the Annual Midwestern Ecological/Community Conference, MI.

Liang, B., & Phillips, M. (1991, October). *Child abuse prevention programming*. Workshop conducted at the Annual Legislative Conference of the Children's Trust Fund of Michigan, Lansing, MI.

Liang, B., & Bogat, G. A. (1992, August). *Culture, control, and coping: A comprehensive model of social support*. Paper presented at the American Psychological Association Annual Convention, Washington, D.C.

Liang, B., & Le, P. L. (1992, April). *Empowering the Asian Pacific American woman*. Paper presented at the Asian Pacific American Annual Midwestern Conference, East Lansing, MI.

Liang, B., & Smith, E. (1991, October). *Before another generation is lost: A parent education and support model for teen mothers*. Paper presented at the Michigan Association Concerned with School-Aged Parents Annual Conference, East Lansing, MI.

Liang, B., Caldwell, R., & Mills, D. (1991, October). *Child abuse prevention*. Invited Speaker at the Annual Michigan State University Social Sciences Convention: Windows on our Global Future, East Lansing, MI.

Liang, B., & McGrath, M. P. (1991, August). *How well do children learn child sexual abuse prevention concepts?* Paper presented in M. P. McGrath (Chair), New perspectives on sexual abuse education for preschoolers. Symposium conducted at the American Psychological Association Annual Convention, San Francisco, CA.

Consultation and Professional Services

2022-present Board Member, Compass Program.

2016-present Board Member, Western Europe Young Life

2014-2017 Advisory Board Member, Considine Foundation, B4Kids

2009-2012 Advisory Board Member, The Center for Advancement of Mentoring's National Cadre of Mentoring Researchers

2006-present Member, MENTOR/National Mentoring Partnership Research and Policy Council

2008-2012 Consulting Editor, Journal of Counseling Psychology

2004-present Conference Reviewer, APA Div. 27

2004-2005 Conference Reviewer, Asian American Psychological Association

2002-present Ad-hoc Reviewer, *Sex Roles, Cultural Diversity and Ethnicity, The Counseling Psychologist, Violence and Victims, Violence Against Women, American Journal of Community Psychology, Psychology of Women*

Quarterly, American Journal of Orthopsychiatry, Journal of Adolescence, Journal of Vocational Behavior, Journal of Counseling Psychology

2003-2005 Consultant, Writer's Express, Lexington, MA.

2003-2005 Consultant, CityDance, Inner-city Project of Boston Ballet, Boston, MA.

2002-2003 Steering Committee Member, Northeastern Society of Group Psychotherapy Conference, Wellesley, MA.

2002-2003 Consultant, Progressive Chinese Association, Boston, MA.

1998-2003 Consultant, Open Circle Social Competency Program, Wellesley, MA.

1994-2005 Consultant, Victims of Violence, Harvard Medical School, Cambridge, MA.

1998-1999 Consultant, Better Homes Fund, Newton, MA.

1995-1996 Member, Community Crisis Response Team, Cambridge, MA.

1990-1993 Consultant and Grant Reviewer, Children's Trust Fund, Lansing, MI.

1991-1993 Steering Committee Member, East Lansing Community Lay Counseling, East Lansing, MI.

1991-1992 Consultant and Educator, Multi-Ethnic Counseling Center, MSU.

University Service

Boston College

Department/Program

2023-2025 Section Coordinator, Department Self-Study Counseling Ph.D. Program

2023- Coordinator, Qualifying Paper for Doctoral Program

2021-2022 Chair, Counseling, Developmental, & Educational Psychology Dept.

2017-2022 Coordinator, Applied Psychology Practicum

2013-2017 Director of Training, Ph.D. Counseling Psychology Program

2008-2012 Director, M.A. Mental Health Program (60-90 students per cohort)

2011-2012 Member, Master's Program Advisory Group

2008-2010 Faculty Advisor/Co-Facilitator, Program Diversity Committee

2000-2014 Clinical Supervisor, Doctoral Student Training

Lynch School of Education & Human Development

2024-present Member, Advisory Committee to Dean for Formative Initiatives

2024-5 Chair, Faculty Awards Committee

2024-5 Member, Faculty Search Committee for Higher Education

2023 Member, Faculty Search Committee for Dept of Formative Education

2016- Member, Faculty Awards Committee

2015-2017 Member, Nominations Committee

2012-2015 Member, Promotion and Tenure Committee

2012-2013 Member, Faculty Search Special Education

2011-2012 Member, Faculty Search for Teacher Education Social Studies

2008-2010 Member, Faculty Search Committee for ERME

2008-2009 Member, Faculty Search for Higher Education

2008-2009 Member, Faculty Search for Counseling Psychology
 2005-present Member, Technology Advisory Committee
 2004-2006 Member, Educational Policy Committee
 2006-present Representative, Lynch School Open House for Prospective Students

University

2025 Speaker, BC Companions Program Keynote
 2024- Consultant, University Core Curriculum
 2024- Consultant & Training, Ignatian Leadership Development Program (ILDLP)
 2024- Consultant & Workshops, Student Athletes Advising
 2024- Consultant, Academic Affairs
 2024- Advisor, BC Companions Program
 2024- Speaker, Parents Leadership Council (PLC)
 2024- Speaker & Advisors Training, Student Affairs Student Advising Leaders
 2024- Speaker & Staff Training, Student Affairs Elevate Program
 2024- Speaker, Board of Regents
 2024- Speaker, Board of Trustees
 2024- Mentor, BC Rise Program
 2023- Speaker, BC Soar: NYC campaign launch event
 2023- Speaker, BC Capstone Program
 2023- Speaker, Board of Trustees Student Affairs Presentation
 2023- Speaker and Representative of BC, Office of Univ. Advancement
 2023- Mentoring Program Design & Implementation, Messina College
 2023- Fellow, University Missions and Ministry
 2023- Consultant, SVP of Student Affairs & Division Heads
 2023- Member, Integrative Learning Working Group, Ctr for Digital Innovation in Learning
 2018-2020 Member, Institutional Review Board
 2015- Collaborator/Consultant, Thea Bowman AHANA and Intercultural Center
 2014- Consultant, Center of Health Promotion
 2013- Consultant, Women's Resource Center
 2012-2015 Member, Institutional Review Board
 2007-2009 Member, University Grievance Committee
 2006-present Faculty Advisor, Intersections, Half-time, and Senior Consilium
 2001-2002 Consultant/Faculty Advisor, WebCT Development
 2001-present Invited workshop presenter, Annual Academic Technology Conference

Wellesley College

1999-2001 Member, Policy Review Committee for Academic Dean's Office
 1999-2001 Member, Health Center Services Evaluation
 1999-2001 Member, Campus Center Design and Evaluation
 1999-2001 Member, Academic Technology Committee

Accreditation

1996-present Licensed Psychologist (#7014), Commonwealth of Massachusetts

Grants and Contracts

External Grants

- **Walton Family Foundation**
 - *Cultivating Purpose & Belonging in K-12 Schools*. \$2,225,000. Principal Investigators: Belle Liang & Kendall Bronk. (2024–2027).
- **Walton Family Foundation**
 - *Cultivating Purpose & Belonging*. \$110,000. Principal Investigator: Belle Liang & Kendall Bronk. (2023–2024).
- **Davis Education Foundation**
 - *True North at Messina Purpose Initiative*. \$160,000. Principal Investigator: Erick Berrelleza. Role: Contributor (Curriculum and grant development led by Belle Liang). (2024–2026).
- **RedGen**
 - *Purpose & Belonging Curriculum in K-12 RedGen Schools*. \$64,000. Principal Investigator: Belle Liang. (2023–2025).
- **Melkus Foundation**
 - *True North 2.0*. \$64,000. Principal Investigator: Belle Liang. (2022–2024).
 - *True North*. \$200,000. Principal Investigator: Belle Liang. (2019–2021).
- **National Science Foundation (NSF)**
 - *Change Makers: Urban Youth Food Justice Ambassadors*. \$1,998,290. Co-Principal Investigators: Mike Barnett, Belle Liang, & David Blustein. (2017–2023).
 - *ITEST Strategies: Seeding the Future of STEM Researchers through Emerging Agricultural Technologies*. \$1,197,756. Principal Investigator: Mike Barnett; Co-Principal Investigators: Belle Liang & David Blustein. (2018–2023).
 - *Advancing Informal STEM Learning (AISL): Broadening Participation by Middle-School Students in STEM via Integrating Hands-on Experiences in Science Learning*. \$299,780. Co-Investigators: Meghan E. Hill, Belle Liang, Helen Zhang, & Mike Barnett. (2018–2020).
- **Center for Research on Girls Grant (Laurel School)**
 - *21st Century Athenas: Aligning Achievement and Well-being*. \$250,000. Principal Investigator: Belle Liang. (2010–2013).
- **CityDance, Boston Ballet**
 - *The Impact of CityDance Intervention on Relational Health and Body Image in Inner-City Girls and Boys*. \$2,000. Principal Investigator: Belle Liang. (2004–2005).
- **Children's Trust Fund, Lansing, Michigan**

- *Young Parents Educational Development: Mentors of Mothers Project, Lansing School District.* \$35,000 (plus \$5,000 research stipend). (1991–1994).

Internal Grants

- **Boston College**
 - *Working Wise & Living Whys: Purpose from School to the Workplace.* \$50,000. Principal Investigator: Belle Liang; Co-Investigator: Andrew Hession-Kunz. (2021–2022).
 - *Formative Education: The Role of Purpose and Critical Consciousness in College Students.* \$15,000. Principal Investigator: Belle Liang. (2019–2020).
 - *MAPP Purpose Profiles.* \$40,000. Principal Investigator: Belle Liang. (2017–2019).
 - *Transforming Stress and Storm to Power and Purpose.* \$30,000/year. Co-Investigators: Maureen Kenny, Belle Liang, & David Blustein. (2013–2016).
 - *Youth Mentoring and College-Bound Students.* \$7,500. Principal Investigator: Belle Liang. (2013–2014).
 - *GenerationPulse: Global Classroom.* \$42,000. Principal Investigator: Belle Liang. (2008–2011).
 - *Web Teens of New Orleans: Restoring the Community of Youth.* \$12,000. Principal Investigator: Belle Liang. (2006–2007).
- **Other Internal Grants**
 - *Research Expense Grant, Boston College.* \$2,000. (2017–2018).
 - *MediaKron, ATAB Special Project: Global Classroom.* \$2,500. (2016–2017).
 - *The Ethical Dilemmas in Youth Mentoring Study.* \$2,000. (2005).
 - *The Relational Health Study.* \$1,500. (2002).
- **Teaching, Advising, and Mentoring (TAM) Grant**
 - *Building Community for Teens of New Orleans.* \$1,000. (2006–2007).
- **Robert S. and Grace W. Stone Primary Prevention Initiatives Grant**
 - *The Relational Health Indices: A Study of Girls' and Boys' Relationships.* \$80,000. (2003–2005).

Awards/Honors

Inaugural Recipient of the Illuminations Award, recognizes Boston College faculty/staff who have provided the spark for students to discern their career interests and pursue journeys that serve the world.

Distinguished Alumni Award (Inaugural Distinguished Asian Alumni Award),

Indiana University Alumni Association.

Boston College Corcoran Center Community Engagement Award for BC MentorOn -St. Columbkille School Collaboration.

Inaugural Many Faces of Counseling Psychology Award, International Counseling Psychology, for innovations in strength-based, developmental, and preventive approaches to psychological issues.

Andrew Carnegie Fellows Boston College's 2020 Senior Fellow Nominee.

Lawrence O'Toole Award, Innovative Practices in Education Award.

American Psychological Association Fellow, Division 17, for unusual and outstanding contributions to research and the field of Counseling Psychology.

Finalist, *SPSSI Outstanding Teaching & Mentoring Award*.

Commitment to Change Award, Boston College, to my research team for outstanding contributions in and demonstrated commitment to social change.

Summa Cum Laude Award, *Teaching with New Media Award at Boston College* for exemplary uses of technology in teaching.

Magnum Cum Laude Award, *Teaching with New Media Award at Boston College* for exemplary uses of technology in teaching.

Finalist, *The Counseling Psychologist Outstanding Contribution Award* for major contribution, "Training Counseling Psychologists as Social Justice Agents: Feminist and Multicultural Principles in Action."

American Psychological Association Convention, Division 27 Best Paper Award for "Culture, control, and coping: A comprehensive model of social support."

Courses/Subjects Taught

Adolescence in the Digital Age (Undergraduate core course)
Applied Psychology Practicum (Undergraduate)
Adolescent Psychology (Undergraduate)
Introduction to Psychology (Undergraduate)
Research Methods (Undergraduate)

Psychological Research Practicum (Undergraduate and Post-doc)
Cross-Cultural Psychology: Clinical Applications Seminar (Undergraduate)
Group Work and Group Theory (M.A.)
Applied Adolescence (M.A.)
Advanced Counseling Practicum (Ph.D.)
Supervision and Consultation (Ph.D.)
Counseling Theories (Ph.D.)
Professional & Ethical Issues (Ph.D.)
Dissertation Seminar (Ph.D.)

Professional Affiliations

1995-present Member, American Psychological Association
1997-2000 Member, American Professional Society on the Abuse of Children
2001-2006 Member, Northeastern Group Psychotherapy Association
2003-2007 Member, Asian American Psychological Association
2003-2008 Member, Society for Research on Child Development
2008-present Member, Division 17.
2010-present Member, SPSSI
2015-present Member, Society for Research on Adolescence