

ZiYoung Kang, Ph.D., NCC

Counselor Education Program
Department of Counselor Education and School Psychology
School of Education
Duquesne University

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1. Background Information

Educational Background

Ph.D. 2014 **Counselor Education and Supervision**, The Pennsylvania State University, PA
M.A. 2008 **Educational Counseling**, Seoul National University, Seoul, Korea
B. A. 2006 **Education**, Seoul National University, Seoul, Korea
B. S. 2006 **Earth Science Education**, Seoul National University, Seoul, Korea

Additional Degrees

M.A. 2020 **Won-Buddhist Studies**, Won Institute of Graduate Studies, PA
B. A. 2018 **Won-Buddhist Studies**, Youngsan University of *Sŏn* Studies, Korea

Employment History

08/2024 – Present **Assistant Professor**
Department of Counselor Education and School Psychology
School of Education, Duquesne University, Pittsburgh, PA

01/2021 – 11/2023 **Won-Buddhist Minister**
Won-Buddhist Temple of North Carolina, Chapel Hill, NC

01/2011 – 06/2011 **Lecturer, Supervisor & Researcher**
Won Study Mentoring Program for Adolescents,
Won-Buddhism Bureau of Adolescents, Seoul, Korea

03/2008 – 06/2010 **Counselor & Campus Mentoring Program Coordinator**
Student Counseling Center, Center for Campus Life and Culture,
Seoul National University, Seoul, Korea

2. Research & Scholarly Activities

Peer-Reviewed Journal Articles

Kang, Z., Robinson, J. N., Srsic, A., & Green, B. (under review). Using mindfulness to address burnout and compassion fatigue in vocational evaluation. *Vocational Evaluation and Career Assessment Professionals (VECAP) Journal*.

Lemberger-Truelove, M. E., Li, D., Kim, H., Hill, D. D., Dickson, R., & **Kang, Z.** (under review). School mental health interventions for adolescents: A meta-analysis of effectiveness and relevant moderators. *Adolescents*.

Sharma, G., Yukhymenko-Lescroart, M., & **Kang, Z.** (2018): Sense of Purpose Scale: Development and initial validation. *Applied Developmental Science*, 22(3), 188-199. <http://dx.doi.org/10.1080/10888691.2016.1262262>

Kang, Z., Kim, H., & Trusty, J. (2017). Constructivist and social constructionist career counseling: A Delphi study. *The Career Development Quarterly*, 65(1), 72-87. <https://doi.org/10.1002/cdq.12081>

Kim, D., & **Kang, Z.** (2009). Effects of the metacognitive strategy program on attention process for elementary students. *Asian Journal of Education*, 10(4), 195-216.

Book Chapters

Balin, E., & **Kang, Z.** (2018). Advancing social justice by advocating for decent work. In C. C. Lee (Ed.), *Counseling for social justice* (3rd ed., pp. 65–86). American Counseling Association Foundation.

Trusty, J., Niles, S. G., & **Kang, Z.** (2016). A practical approach to career assessment in schools. In B. T. Erford, (Ed.), *Professional school counseling: A handbook of theories, programs, and practices* (3rd ed., pp. 407–418). Austin, TX: PRO-ED.

Kang, Z., & Gottfredson, G. D. (2015). Environments: Diversity in theoretical foundations of career intervention. In P. J. Hartung, M. L. Savickas, & W. B. Walsh (Eds.), *APA handbook of career intervention, Vol. 1. Foundations* (pp159–185). American Psychological Association. <https://doi.org/10.1037/14438-010>

Kang, Z., & Gottfredson, G. D. (2015). Using Holland's theory to assess environments. In P. J. Hartung, M. L. Savickas, & W. B. Walsh (Eds.), *APA handbook of career intervention, Vol. 2. Applications* (pp. 41–56). American Psychological Association. <https://doi.org/10.1037/14439-004>

Non–Peer-Reviewed Publications

Ostvik-de Wilde, M., Hammes, J. P., Sharma, G., **Kang, Z.**, & Park, D. (2012, June). A students' perspective on 20/20: A vision for the future of counseling. *Counseling Today*, 54, 46-48.

Conference Presentations & Workshops

Kang, Z., Bryan, P. & Lee-Chong, E. (2025, Oct). Mindfulness in Action: Navigating Heated Discussions in Multicultural Counseling Courses. Poster Presentation at the Association for Counselor Education and Supervision (ACES) Conference. Philadelphia, PA.

- Kang, Z.**, Green, B. & Robinson, J. (2025, Oct). Implementing Mindfulness to Improve Emotional Regulation on the Job. Poster Presentation at the Division on Career Development and Transition (DCDT) International Conference. Denver, CO.
- Kim, H. & **Kang, Z.** (2025, March). Theory-informed School Counseling Practice. Roundtable Presentation at the 10th Annual Conference of the Korean Counseling Association International Chapter. Orlando, FL.
- Kang, Z.** & Green, B. (2025, March). Using Mindfulness to Improve Emotional Regulation in Transitioning Students. Poster Presentation at the Council for Exceptional Children (CEC) Convention & Expo. Baltimore, MD.
- Gottfredson, G. D., & **Kang, Z.** (2022, March). Using the Holland typology to quickly assess career personality. Recoded webinar, Asian Pacific Career Development Association. <https://apcda.wildapricot.org/event-4683188>
- Kang, Z.**, Jo, Y., Matsuda, S. & Baek, C. (2020, December). Youth and global citizens: How can we promote global citizenship education for our future? Session moderator at the Interfaith Coalition Conference for Global Citizens 2020. Seoul, Korea.
- Sa, Y., Nam, K., Hwang, S., & **Kang, Z.** (2020, September). The future of the movement for the United Religions. Panel member at the Seminar Commemorating the 50th Anniversary of the Proposal for the United Religions. Seoul, Korea.
- Choi, Y., & **Kang, Z.** (2016, February). Realizing the main principle of character education: Focusing on the case of Won Study Mentoring Program. Presentation at the Seoul National University & New Mind New Life Association Consortium Seminar. Seoul, Korea.
- Kang, Z.** (2015, July). Applying the *Won*-Buddhist teachings in society: Focusing on the Won coaching program for adolescents. Presentation at the Catholic University of America, Won Institute of Graduate Studies, & Youngsan University of *Sŏn* Studies Consortium Seminar "Religion in the 21st century: The relevancy of doctrine in a digital age." Rockville, MD.
- Kang, Z.** (2014, March). Sense of purpose scale: A validation study. Poster Presentation at the Annual Conference of the American Counseling Association (ACA). Honolulu, HI.
- Niles, S., Su, N., In, H., & **Kang, Z.** (2014, March). The hope-centered model of career development and interventions: A new approach to effective career counseling. Presentation at the Annual Conference of the American Counseling Association (ACA). Honolulu, HI.
- Sharma, G. & **Kang, Z.** (2013, November). Role of sense of purpose in educational persistence: Implications for minority female student. Poster Presentation at the Annual Conference of the Pennsylvania Counseling Association (PCA). State College, PA.

- In, H., & **Kang, Z.** (2013, July). Career development for international students: Helping students achieve their career goals through hope-based career interventions. Round Table Presentation at the National Career Development Association (NCDA) Global Conference. Boston, MA.
- Niles, S., Amundson, N., In, H., & **Kang, Z.** (2013, March). The hope-centered model of career development and intervention toolkit: A new approach to effective career counseling. Presentation at the Annual Conference of the American Counseling Association (ACA). Cincinnati, OH.
- Sharma, G., **Kang, Z.**, & Ostvik-de Wilde, M. (2012, September). Positive youth development: Sense of purpose and educational resilience. Presentation at the Annual Conference of the Southern Association for Counselor Education and Supervision. Savannah, GA.
- Kim, D., & **Kang, Z.** (2009, October). Effects of the metacognitive strategy program on attention process for elementary students. Presentation at the 10th International Conference on Education Research. Seoul, Korea.
- Kang, Z.**, Kim, D., & Heo, E. (2008, August). Effects of the metacognitive strategy program on attention process for elementary students. Presentation at the Annual Grand Conference of the Korea Counseling Association. Seoul, Korea.
- Kim, D., Lee, E., Jung, Y., Choi, S., **Kang, Z.**, Yoon, H., Heo, E., & Lee, J. (2007, August). Identifying and counseling PTSD. Workshop conducted at the Annual Grand Conference of the Korea Counseling Association. Seoul, Korea.
- Kim, D., Choi, S., Lee, E., Jung, Y., **Kang, Z.**, Yoon, H., Heo, E., & Lee, J. (2007, August). Assessment of learning strategies for adolescents. Workshop conducted at the Annual Grand Conference of the Korea Counseling Association. Seoul, Korea.
- Kim, D., Lee, E., Choi, S., Park, A., Yoon, E., **Kang, Z.**, & Yoon, H. (2006, October). Issues and perspectives of complex PTSD in Korea: With special regard to domestic violence and child abuse. Poster Presentation at the 7th International Conference on Education Research, Seoul, Korea.
- Kim, D., Lee, E., Choi, S., Park, A., Yoon, E., **Kang, Z.**, & Yoon, H. (2006, August). Assessment & program of learning strategies for adolescents. Presentation at the Annual Grand Conference of the Korea Counseling Association, Seoul, Korea.

Grants

- Kang, Z.** & Green, B. (2025). Effectiveness of a Mindfulness-Based Intervention in Reducing Psychological Distress and Enhancing Coping Skills Among College Students. Submitted to the Duquesne University Faculty Development Fund. Budget: \$6,542.00.

Editorial Service**Ad hoc Reviewer**, the Career Development Quarterly (CDQ)

05/2013 – 10/2014

ScholarshipsSeoul National University (SNU) Scholarship
Scholarship of top-honors, SNUSpring 2003 – Fall 2005
Spring 2003**3. Teaching Experiences**

Counseling Courses**Multicultural Issues and Strategies in Counseling**

Fall 2024; Fall 2025

Career Development and Counseling

Spring 2025

Project Investigations Seminar

Spring 2025

Leadership and Professional Issues in Counseling

Fall 2024

*Counselor Education Program, Duquesne University, PA***Foundations and Practice of School Counseling (Co-taught)**

Fall 2013

*Counselor Education Program, The Pennsylvania State University, PA***Group Procedures in Counseling (Co-taught)**

Fall 2013

*Counselor Education Program, The Pennsylvania State University, PA***Guidance and Counseling (Invited Lecturer)**

Spring 2010

*Seoul National University, Seoul, Korea,***Educational Counseling (Invited Lecturer)**

Fall 2008; Fall 2009

*Kangnam University, Yongin-si, Gyeonggi-do, Korea***Problem-Solving Based Brief Intervention for School Problems (Invited Lecturer)** 12/2006*School Counselor Training Program, Gyeonggi Provincial Office of Education, Korea***Other Teaching Experiences*****Won-Buddhist Minister***

01/2021– 11/2023

Won-Buddhism of North Carolina, Chapel Hill, NC

- Led mindfulness meditation sessions including qigong, yoga, walking, seated meditation
- Gave dharma talks (short lectures) on how to apply Buddhist teachings in daily life, timeless & placeless *Sŏn* (Zen) meditation, the notion of no-self in practice, the principle of the mind, cultivating wisdom, letting go of discrimination and attachment, etc.

Mindfulness Lecturer*Penn Buddhism Club, University of Pennsylvania, PA*

Fall 2018 – Spring 2020

New Life Frontiers Society, Penn State University, PA

Spring 2019 – Fall 2019

- Lecture topics: how to deal with stress and anxiety, mindfulness, the principle of the mind, timeless & placeless *Sŏn* (Zen) meditation, self-trust, sense of purpose, concentration, time management, forming habits through mindfulness practice, managing the way of mind's functioning, renewing myself and renewing the world, etc.

Mindfulness Lecturer & Program Developer

Spring 2019 – Spring 2020

The Lotus School of Liberal Arts (Grade 9-12), Ottsville, PA

- Developed the contents, activities, and lecture materials of the Mindfulness Program "Limitless Potential Starts with Ignition"
- Program contents: uncovering limitless potential, managing the way of mind's functioning, enhancing concentration, mindful time management, forming wholesome habits through mindfulness practice, digital detox without ditching technology, and preparing for the future with great vision and ideal
- Provided the mindfulness program to grade 9-12 students

Mindfulness Workshop Lecturer

Won Institute of Graduate Studies, PA

- Mindfulness – Renew Yourself and Change the World 07/2019
- Mindfulness for Education – Shaping Human Nature with Digital Detox 07/2018
- Mindfulness for Educators – Teaching with Heart 07/2017

Won Study Mentoring Program Developer & Lecturer

10/2014 – 07/2018

New Mind New Life Association, Seoul, Korea

11/2009 – 07/2011

- Developed program contents, activities, lecture materials, and mentoring manual
- Lectured on mindfulness, self-trust, sense of purpose, career exploration, time management, concentration, self-control, critical thinking, decision making, social skills, etc.

Digital Detox Program Developer & Lecturer

11/2022

New Mind New Life Association, Seoul, Korea

08/2015 – 01/2020

- Developed a digital detox program based on mindfulness practice for children, adolescents, and adults
- Developed the program contents, activities, and lecture materials
- Gave lectures to children, adolescents, and adults

4. Counseling & Supervision Experiences

Counseling Experience

Career Counseling (Doctoral Internship)

01/2014 – 07/2014

Career Services, The Pennsylvania State University, PA

Career Counseling (Doctoral Practicum)

02/2013 – 05/2013

Career Services, The Pennsylvania State University, PA

School Counseling (Doctoral Practicum)

02/2012 – 05/2012

Eleanor Roosevelt High School, Prince George's County, MD

Clinical Mental Health Counseling (as an Employed Counselor) 03/2008 – 06/2010
*Student Counseling Center, Center for Campus Life and Culture,
 Seoul National University, Seoul, Korea*

Clinical Mental Health Counseling (Master's Practicum & Internship) 09/2006 – 12/2007
*Student Counseling Center, Center for Campus Life and Culture,
 Seoul National University, Seoul, Korea*

Group Counseling (Master's Practicum & Internship) 03/2006 – 12/2007
*Student Counseling Center, Center for Campus Life and Culture,
 Seoul National University, Seoul, Korea*

Supervision Experience

Clinical Supervisor Fall 2012 – Spring 2013
Counselor Education Program, Pennsylvania State University, PA

School Counseling Supervisor Spring 2012
Counselor Education Program, University of Maryland, MD

Mentoring Program Supervisor 09/2015 – 07/2018
*Won Study Mentoring Program, New Mind New Life Association,
 Seoul, Korea* 06/2010 – 07/2011

Mentoring Program Supervisor 09/2008 – 06/2010
Campus Mentoring Program, Seoul National University, Seoul, Korea

5. Fellowships & Assistantships

Editorial Assistant, the Career Development Quarterly (CDQ) 08/2012 – 05/2013
*The National Career Development Association (NCDA),
 A Division of the American Counseling Association (ACA)*

Research Fellow 08/2011 – 07/2012
*Counseling and Personnel Services (CAPS) Department,
 University of Maryland, College Park, MD*

Graduate Research Assistant 01/2009 – 06/2009
*Global Talent Indicator Development Project,
 Education Research Institute, Seoul National University, Korea*

Graduate Research Assistant 04/2007 – 02/2008
*Hynix Aptitude Test (3 sets) Development Project,
 Education Research Institute, Seoul National University, Korea*

- Graduate Research Assistant** 09/2007 – 12/2007
Development of Learning Strategy Program for ADHD in elementary school,
Center for Educational Research, Seoul National University, Korea
- Graduate Research Assistant** 04/2007 – 11/2007
Effects of the CYS-Net (Community Youth Safety-Net)
Korea Youth Counseling Institute, Ministry for Health, Welfare and Family Affairs, Korea
- Graduate Research Assistant** 07/2006; 11/2006
A Study on Educational Computer Game of Interpersonal Relationship for Elementary Students
Korea Game Industry Agency, Ministry of Culture, Korea
- Graduate Research Grant** 06/2006 – 12/2006
Brain Korea 21 Academic Leadership Institute for Competence-based Education,
Seoul National University, Seoul, Korea (\$3,500)

6. Professional Service

- Certification Consultant** 07/2016 – 07/2018
Won Study Mentoring Program, New Mind New Life Association,
Seoul, Korea
 - Drafted Won Study Mentoring Program mentor & supervisor certification policy
 - Had the certification approved by and registered at the Korean Ministry of Education
 - Managed the administration of the certification process
- Mentor & Program Coordinator** 09/2015 – 07/2018
Won Study Mentoring Program, New Mind New Life Association, 06/2010 – 07/2011
Seoul, Korea
 - Coordinated the implementation of the Won Study Mentoring Program at high schools and provided weekly mentoring to K-12 students
 - Mentoring topics: mindfulness, self-trust, sense of purpose, career exploration, time management, concentration, self-control, critical thinking, decision making, social skills, etc.

7. Certification & Licensure

- National Certified Counselor (NCC #: 1734424)** August 2024
The National Board for Certified Counselors (NBCC)
- Won-Buddhist Minister Ordination Certificate** December 2020
The Central Headquarters of Won-Buddhism, Iksan, Korea
- Certified Professional Counselor** August 2009
Korea Counseling Association, Seoul, Korea (No. 825)
- Teacher's License in Education** February 2006

Korean Ministry of Education, Seoul, Korea

Teacher's License in Earth Science Education
Korean Ministry of Education, Seoul, Korea

February 2006

8. Membership in Professional Associations

American Counseling Association (ACA)	2024 – Present 2011 – 2014
Association for Counselor Education and Supervision (ACES)	2024 – Present
Korean Counseling Association (KCA)	2006 – 2009
Association for Group Counseling (KCA division)	2008 – 2009
Association for Marriage and Family Counseling (KCA division)	2006 – 2007