

How to Maintain Mental Health (during a pandemic)?: Lessons from Applied Psychology

Maintaining mental health is a difficult but important task for many working individuals, and its importance is greater than ever in the current pandemic context. In this FDE, a guest speaker from Taipei Medical University will talk about stress and mental health frameworks and share a few lessons from research in applied psychology.



Coordinators

Junhai GUO, Professor, International Student Center

Xiaoyan LI, Associate Professor, School of Interdisciplinary Science and Innovation

Guest Speaker

Eun-Ae CHO

Assistant Professor, Graduate Institute of Humanities in Medicine,
Taipei Medical University

Dr. Eunae Cho is an industrial-organizational psychologist who is specialized in occupational health and well-being. After earning her PhD from the University of South Florida, Dr. Cho worked at University at Albany, the State University of New York, and Nanyang Technological University, Singapore.

Dr. Cho is currently Assistant Professor at Taipei Medical University. The overarching focus of Dr. Cho's research program is employee health and wellbeing, with a particular focus on work-family issues. Dr. Cho examines health implications of multiple role engagement and takes a lifespan perspective by targeting young adults who juggle study and paid-work, "prime-age" working parents, and middle-aged workers who are caretakers of aging parents.

Date and Venue

Monday, 17th January 12:00 - 13:30
(11:50 ~ Registration open)

Zoom Webinar (Live Streaming)

Program and Pre-registration

12:00 Opening

12:05 Guest speaker lecture

12:40 Q and A



Click or Scan
the QR code
for your registration

Contact



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