

CURRICULUM VITAE

Xiangyou (Sharon) Shen, PhD

The Health, Environment, and Leisure Research (HEAL) Lab
Department of Forest Ecosystems and Society, College of Forestry, Oregon State University
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RESEARCH SUMMARY

I investigate the intersection of play, leisure, wellbeing, and nature through interdisciplinary research. Using diverse methodologies—from experimental to ethnographic—I examine how playfulness and leisure contribute to health, performance, and personal fulfillment, as well as social-ecological wellbeing. My research combines mixed methods with advanced statistical modeling to identify key personal and environmental factors that enhance wellbeing, while developing integrative frameworks and validated assessment tools that advance both theoretical understanding and practical applications in the field. Through collaborative initiatives with diverse stakeholders, my current work emphasizes designing and implementing evidence-based interventions that promote individual and family wellbeing, while exploring innovative, holistic approaches that integrate health promotion with environmental education through play-rich learning.

PROFESSIONAL EXPERIENCE

Assistant Professor, Forest Ecosystems and Society Affiliate Faculty, Environmental Sciences College of Forestry, Oregon State University Corvallis, OR	2023-present
Assistant Professor (visiting), Forest Ecosystems and Society Affiliate Faculty, Environmental Sciences College of Forestry, Oregon State University Corvallis, OR	2019-2023
Research Social Scientist (Courtesy), Tourism Research Center Chinese Academy of Social Science Beijing, China	2015-2023
Founder and Principal Researcher Inno-Solution Research LLC State College, PA	2011-2019
Executive Director, Global Connections Community Partner of the Pennsylvania State University University Park, PA	2016-2017
Research/Teaching Assistant, Recreation, Park & Tourism Management College of Health and Human Development, The Pennsylvania State University University Park, PA	2004-2010
Graduate Fellow College of Health and Human Development, The Pennsylvania State University University Park, PA	2003-2004
Lecturer Golf College, Shenzhen University Shenzhen, China	1999-2003
Research Assistant School of Management, Sun Yat-Sen University Guangzhou, China	1998-1999

EDUCATION

- Doctor of Philosophy in Health and Human Development** 2010
The Pennsylvania State University, University Park, PA, USA
Major: Leisure Studies with a focus in adult play and playfulness
Dual Concentrations: Psychology, Applied Statistics
- Master of Science in Management** 1999
Sun Yat-Sen (Zhongshan) University, Guangzhou, China
Major: Tourism Management with a focus in service marketing
- Bachelor of Science in Civil Engineering and Architecture** 1996
Central South University, Changsha, China
Major: Civil Engineering; Minor: Business English
Graduated with Highest Honor

PEER REVIEWED JOURNAL ARTICLES

- (*Graduate student co-author under my supervision; +Corresponding author if not first author)
- Pan, B., Kerstetter, D., Yi, X., Zhang, G., Li, R., Gao, J., **Shen, X.**, & Li, G. (2024). A Top Model of Urban Residents' Subjective Well-Being in China. *Sage Open*, 14(4). 1-14.
<https://doi.org/10.1177/21582440241289744>
- *Gorrell, L., **Shen, X.**, MacDonald, M., Logan, S. W., Hatfield, B. E., Parkinson, C., D'Antonio, A., & Massey, W. (2024). The Effect of Outdoor Play, Physical Activity, and Screen Time Use on the Emotional Wellbeing of Children and Youth during a Health Crisis. *Leisure Sciences*, 1–18.
<https://doi.org/10.1080/01490400.2024.2335930>
- Shen, X.** & Masek, L. (2023). The playful mediator, moderator, or outcome? An integrative review of the roles of play and playfulness in adult-centered psychological interventions for mental health. *Journal of Positive Psychology*. <https://doi.org/10.1080/17439760.2023.2288955>
- Shen, X.** (2023). Play and scientific creativity: A critical review and an integrative theoretical framework. *Journal of Creative Behavior*, 57(4), 503-515. <https://doi.org/10.1002/jocb.596>
- Shen, X.**, MacDonald, M., Logan, S. W., Parkinson, C., Gorrell, L., & Hatfield, B. E. (2022). Leisure engagement during covid-19 and its association with mental health and wellbeing in U. S. adults. *International Journal of Environmental Research and Public Health*, 19(3), 1081.
<https://doi.org/10.3390/ijerph19031081>
- Kerstetter, D., **Shen, X.**, Yi, X., Pan, B., Zhang, G., Li, R., Gao, J., & Li, G. (2022). Sources of happiness: a mixed methods phenomenological study of factors affecting residents' subjective wellbeing in Shenzhen, China. *Psychological Reports*, 125(1), 167–199.
<https://doi.org/10.1177/0033294120971742>
- Shen, X.**, Liu, H., & Song, R. (2021). Toward a culture-sensitive approach to playfulness research: Development of the Adult Playfulness Trait Scale-Chinese version and an alternative measurement model. *Journal of Leisure Research*, 52(4), 401–423.
<https://doi.org/10.1080/00222216.2020.1850193>
- Shen, X.** (2020). Constructing an interactionist framework for playfulness research: Adding psychological situations and playful states. *Journal of Leisure Research*, 51 (5), 536-558. DOI: [10.1080/00222216.2020.1748551](https://doi.org/10.1080/00222216.2020.1748551)
- Shen, X.**, Hu, T., Pan, B., Chen, K., Qiao, L., & Zhu, J. (2020). Beyond self-selection: The multi-layered online review biases at the intersection of users, platforms and culture. *Journal of Hospitality and Tourism Insights*. <https://doi.org/10.1108/JHTI-02-2020-0012>

- Shen, X.,** Chick, G., & Pitas, N. (2017). From playful parents to adaptable children: A structural equation model of the relationships between playfulness and adaptability among young adults and their parents. *International Journal of Play*, 6(3), 244-254. <https://doi.org/10.1080/21594937.2017.1382983>
- Shen, X.,** Chick, G., & Zinn, H. (2014). Validating the Adult Playfulness Trait Scale (APTS): An Examination of the Personality, Behavioral, Attitudinal, and Perceptual Nomological Network of Playfulness. *American Journal of Play*, 6(3), 345-369. <https://eric.ed.gov/?id=EJ1032064>
- Shen, X.,** Chick, G., & Zinn, H. (2014). Playfulness in adulthood as a personality trait: A reconceptualization and a new measurement. *Journal of Leisure Research*, 46(1), 58-83. <https://doi.org/10.1080/00222216.2014.11950313>
- Song, R., & **Shen, X.** (2014). Leisure Constraints experienced by Chinese: An empirical study based on a national survey, *Journal of Beijing International Studies University (Chinese)*, 36(1), 1-15.
- Houser, K. W., Wei, M., David, A., Krames, M. R., & **Shen, X.** (2013). Review of measures for light-source color rendition and considerations for a two-measure system for characterizing color rendition. *Optics Express*, 21(8), 10393-10411. <https://doi.org/10.1364/OE.21.010393>
- Chick, G., & **Shen, X.** (2011). Leisure and cultural complexity. *Cross-cultural Research*, 45, 59-81. <https://doi.org/10.1177%2F1069397110383490>
- Shen, X.,** & Yarnal, C. (2010). Blowing open the serious leisure-casual leisure dichotomy: What's in there? *Leisure Sciences*, 32 (2), 162-179. <https://doi.org/10.1080/01490400903547179>
- Godbey, G., Crawford, D., & **Shen, X.** (2010). Assessing the constraints theory after two decades. *Journal of Leisure Research*, 42 (1), 111-134. <https://doi.org/10.1080/00222216.2010.11950197>
- Zinn, H., & **Shen, X.** (2007). Wildlife Value Orientations in China. *Human Dimensions of Wildlife*, 12, 331-338. <https://doi.org/10.1080/10871200701555444>
- Su, B., **Shen, X.,** & Zhou, W. (2006). Leisure life in later years: Differences between rural and urban elderly residents in China. *Journal of Leisure Research*, 38 (3), 381-397. <https://doi.org/10.1080/00222216.2006.11950084>
- Shen, X.** (1999). Factors affecting customer satisfaction and evaluation of service quality of travel agency: An empirical study. *Tourism Tribune (Chinese)*, 14 (5), 25-30.
- Shen, X.,** & Ma, L. (2002). Operating an independent golf driving range: An analysis of marketing strategies, *Commercial Research (Chinese)*, 8, 26-29.
- Shen, X.** (1999). Development strategies for Chinese fast-food restaurants. *Commercial Research (Chinese)*, 3, 48-49.
- Shen, X.** (1998). The role of tour guides in sales promotion, *Tourism Review (Chinese)*, 3, 25-27.

PAPERS UNDER REVIEW

- Shen, X.,** King, S., & Geldhof, J. (in review). A brief multidimensional measure of adult playfulness: Development and validation of the Ten-item Adult Playfulness Trait Scale (APTS-10). *Social Indicators Research*.
- Shen, X.,** & *Crawley, Z. (in review). How does playfulness (re)frame the world? Examining the perceptual, emotional and behavioral differences between adults of contrasting levels of playfulness in times of adversity. *Frontier in Psychology - Personality and Social Psychology*
- Qiao, L., & **Shen, X.** (in review). When and how does mind wandering affect purchase intention? A conditional process analysis of the effect of temporal distance and memory. *Journal of Business Research*.
- *Parkinson, C., **Shen, X.,** MacDonald, M., Logan, S. Gorrell, L., & Hatfield, B. (in review) The role of adaptative strategies in outdoor recreation engagement during COVID-19 in the U.S. *PLOS One*.
- *Parkinson, C., **Shen, X.,** MacDonald, M., & Logan, S. Gorrell, L., & Hatfield, B. (in review). Outdoor

recreation and mental health during COVID-19 in US Adults. *Environment and Behavior*.

PAPERS IN PROGRESS

- Shen, X., & *Crawley, Z.** (2024). Play or playful engagement, which matters more? A mediation model of the pathways to mental health and wellbeing through the quantity and quality of leisure experience.
- Shen, X., & *Crawley, Z.** (2024). The playful resilience factor: The moderating effect of playfulness on the experience of social isolation and subjective wellbeing under stress.
- Liu, H., Chen, Y., Shen, X.** (2024). Development and validation of the Chinese Leisure Ethic Scale.
- *Gorrell, L., *Shen, X., Macdonald, M., Bridget, Hatfield, Logan, S.** (2024) Caregiver adaptive outdoor engagement and child outdoor play during COVID-19.
- Shen, X., Siew Sun Wong, Hoke, K.** (2024). A Holistic Outdoor Play-rich Education (HOPE) framework for environmental learning.
- Shen, X., Siew Sun Wong, Lydia Gorrell, Anna Soderlund Hough, Samuel Chan, Lee Ann Mikkelson, Karen Swanger.** (2024). The effect of play-rich outdoor environmental learning on youth climate resilience and environmental health.
- Shen, X., Shorer, M., Tominey, S., Geldhof, J., & Cohen, L.** (2024). Validity and reliability of the Playful Parenting Scale.
- Shen, X., Tominey, S., Geldhof, J., Shorer, M., Ozkoca, N., & Cohen, L.** (2024). The effect of playful parenting on parenting competency, parental satisfaction, and child-parent relationships.
- Shen, X., Shorer, M., Tominey, S., Geldhof, J., Ozkoca, N., & Cohen, L.** (2024). The development and implementation of the Playful Path to Parenting Intervention.
- Godbey, G., **Shen, X., & Chick, G.** (2024). Understanding female genetic advantage: A new beginning of Leisure Studies. *Leisure Studies*
- Shen, X., Luo, X., & Leland, M.** (2024). Play and playfulness in psychological interventions for adults: A systematic integrative review.

PROFESSIONAL MEETINGS AND CONFERENCES

Peer Reviewed Conference Proceedings and Oral Presentations

- Shen, X., & Siew Sun Wong** (2024). Designing play-rich experiences for climate resilience: The Junior Outdoor Food Navigator Program. *7 Experiences Summit*. Waltham, Massachusetts
- Shen, X., Siew Sun Wong, Lydia Gorrell, Anna Soderlund Hough, Samuel Chan, Lee Ann Mikkelson, Karen Swanger, Marieke Daily.** (2024). Climate resilience and environmental health through outdoor play and food experiences: Exploring an innovative interdisciplinary approach to youth climate change education. *The Academy of Leisure Sciences 2024 Conference on Research and Teaching*. New Orleans, Louisiana
- Ozkoca, N., & **Shen, X.** (2024). The playful path to parenting. *Oregon Parenting Education Collaborative Annual Conference* (virtual).
- Shen, X., & Crawley, Z.** (2024). The playful modulator: How does playfulness (re)frame the world? *The Association for the Study of Play 2024 Conference*. Rochester, New York
- Shen, X.** (2023). Fostering scientific creativity through play: An integrative model of the mechanisms and conditions involved in the play-to-create process. *The 17th World Leisure Congress*, Dunedin, New Zealand.
- Shen, X., & *Masek, L.** (2023). The role of play and playfulness in adult-centered psychological interventions. *The Association for the Study of Play 2023 Conference*. New York City, New York
- *Masek, L., & Shen, X.** (2022). Playful Experiences with Games: Empirical Findings from the Playful Life Project. *The 14th Digital Games Research Association Conference*. Guadalajara, Mexico.
- Shen, X., Kirkwood, M., Parkinson, C., & Gorrell, L.** (2022). Play on: The impact of leisure on mental

health during COVID-19 and implications for a post-pandemic world. *The Academy of Leisure Sciences 2022 Conference on Research and Teaching* (remote).

- *Gorrell, L., **Shen, X.** & Parkinson, C. (2022). Active play, screen time, and children's emotional wellbeing during the COVID-19 pandemic. *Western Forestry Graduate Research Symposium*. Corvallis, OR, USA
- *Parkinson, C., **Shen, X.**, Megan, M., Gorrell, L., Logan, S., & Hatfield, B. (2021). Environmental- and individual- level determinants of outdoor recreation participation during the COVID-19 pandemic. *The International Association for Society and Natural Resources (IASNR) 2021 Virtual Conference*.
- *Parkinson, C., **Shen, X.**, Megan, M., Gorrell, L., Logan, S., & Hatfield, B. (2021). Predicting Engagement in Outdoor Recreation During COVID-19. *Western Forestry Graduate Research Symposium*. Corvallis, OR, USA
- Shen, X.**, Liu, H., & Song, R. (2020). Measuring playfulness in China: Implications for cultural adaptation of the Adult Playfulness Trait Scale. *The China-International Leisure Research Association 2020 Conference*. Urbana-Champaign, IL, USA.
- Shen, X.**, Hu, T., & Pan, B. (2020). Star-rating inside the "Great Firewall": Investigating the multi-layered online review biases at the intersection of users, platforms, and culture. *The Academy of Leisure Sciences 2020 Conference on Research and Teaching*. Urbana-Champaign, IL, USA.
- Shen, X.**, Zinn, H., & Chick, G. (2010). Beyond fun and frivolity: Measuring adult playfulness and its relationship with psychological wellbeing. *The 11th World Leisure Congress (WLC)*. Chunchen, South Korea.
- Shen, X.**, Chick, G., & Zinn, H. (2009). Playfulness in adulthood as a personality trait: A new measurement. *2009 National Recreation and Park Association (NRPA) Leisure Research Symposium (LRS)*. Salt lake City, UT, USA.
- Shen, X.**, Godbey, G., & Crawford, D. (2009). A review of hierarchical leisure constraint research. *2009 National Recreation and Park Association (NRPA) Leisure Research Symposium (LRS)*. Salt lake City, UT, USA.
- Shen, X.**, Godbey, G., & Crawford, D. (2009). A review of empirical studies on the hierarchical leisure constraint model. *The 21st Annual Northeastern Recreation Research Symposium (NERR20)*. Syracuse, New York, USA.
- Shen, X.**, Godbey, G., & Crawford, D. (2009). Conceptual and measurement issues in empirical leisure constraint research: *The 21th Annual Northeastern Recreation Research Symposium (NERR21)*. Syracuse, NY, USA.
- Shen, X.**, Zinn, H., & Chick, G. (2009). Assessing playful trait, behavior and situation: An interactionist framework of play intervention. *American Therapeutic Recreation Association 2009 Annual Conference (ARTA)*. Minneapolis, MN, USA.
- Chick, G., & **Shen, X.** (2009). Leisure and Cultural Complexity. *The 108th American Anthropology Association (AAA) Annual Meeting*. Philadelphia, PA, USA.
- Shen, X.**, Chick, G., & Zinn, H. (2009). Playfulness in adulthood as a personality trait: A new measurement. *Proceedings of 2009 National Recreation and Park Association (NRPA) Leisure Research Symposium (LRS)*.
- Shen, X.**, & Wang, W. S. (2009). Adult playfulness: Conception and scale development. *The Association for the Study of Play (TASP) 35th Annual Meeting*. Brownsville, TX, USA.
- Shen, X.**, Zinn, H., & Chick, G. (2008). Constructing a new theoretical framework of playfulness: What is in order? *The Twelfth Canadian Congress on Leisure Research (CCLR12)*. Montreal, Quebec, Canada.
- Shen, X.**, Zinn, H., & Chick, G. (2008). Adult playfulness as a personality trait: A new approach. *The 20th Annual Northeastern Recreation Research Symposium (NERR20)*. Syracuse, New York, USA

- Zinn, H., & Shen, X. (2008). Bases for acceptance of wildlife management actions: The case of mountain lions at the urban-wildland interface. *Pathways to Success: Integrating Human Dimensions into Fisheries and Wildlife Management Conference (HDFW2008)*. Estes Park, Colorado, USA.
- Shen, X., Godbey, G., & Crawford, D. (2008). Assessing the constraints model after two decades. The Tenth World Leisure Congress (WLC10). Québec City, Canada.
- Shen, X., & Chick, G. (2007). Time allocation and cultural complexity: Leisure time use in twelve cultures. *The 19th Annual Northeastern Recreation Research (NERR) Symposium*. Syracuse, NY, USA.
- Zinn, H.C., & Shen, X. (2007). Evaluations of national forest managers' performance. *Thirteenth International Symposium on Society & Resource Management*, Park City, Utah, USA.
- Shen, X., Hampton, R., & Yarnal, C. (2006). Red hatting: Play as seriously casual or casually serious? *The Association for the Study of Play (TASP) 32nd Annual Meeting*. St. Catharines, Ontario, Canada.
- Shen, X., Zinn, H., & Wang, Y. (2006). Assessing wildlife value orientations in China: An exploration of concepts and methods. *The 18th Annual Northeastern Recreation research (NERR) Symposium*. Syracuse, New York, USA.
- Zinn, H.C., & Shen, X. (2006). Human responses to wildlife: Normative beliefs about wildlife and human learning. *The Third International Conference on Monitoring and Management of Visitor Flows in Recreational and Protected Areas*, Rapperswil, Switzerland.
- *Coauthored with graduate student

Peer Reviewed Poster Presentation

- Shen, X., Kerstetter, D., Pan, B., Yi, X., Zhang, G., Li, R., Gao, J., & L., G. (2021). Finding happiness in China: A mixed -method study of factors contributing to urban Chinese residents' subjective wellbeing. *The Academy of Leisure Sciences 2021 (Virtual) Conference on Research and Teaching*.
- Shen, X., & Zinn, H. (2009). Chinese wildlife value orientations: Rural-urban differences. *The 23rd Annual Meeting of the Society for Conservation Biology (SCB)*. Beijing, China.

Peer Reviewed Roundtable

- Shen, X. (2024). From here and now to meanings, fulfillment, and possibilities: The aspirations of play. *The Association for the Study of Play 2024 Conference*. Rochester, New York

Seminar Talk

- Shen, X. (2023). Environmental health through play: Exploring innovative and interdisciplinary approaches to better connecting human and nature. College of Forestry, Oregon State University

Invited Speaker

- Shen, X. (2024). Unleashing the playful energy in parents: Innovative parenting interventions to enhance parent-child bonding and family wellbeing. *Parenting Education Department*, Linn-Benton Community College.
- Shen, X. (2023). Tapping the playful potential in parents to improve parenting competency, parent-child relationship, and child outcomes. A plenary presentation at the *NCFL 2023 Family Learning Conference*. Omaha, NE, USA.
- Shen, X. (2022). Measurement, culture, and intervention: The complexity and promises of adult play and playfulness. A research presentation delivered to *the Health & Development Lab*, Florida International University (via Zoom)
- Shen, X. (2020). Culturally relevant and valid research matters: A response to keynote address by Dr. Gordon Walker. A keynote lecture presented at *The China-International Leisure Research*

Association (CILRA) 2020 Conference. Urbana-Champaign, IL, USA.
<http://cilra.ahs.illinois.edu/speaker-bios>

- Shen, X.** (2018). From play to social equality: Psychological and sociological perspectives in Leisure Studies. Hainan University, Haikou, China. <https://hd.hainanu.edu.cn/tour/info/1050/1914.htm>
- Shen, X.** (2016). Connect, learn, and be Enriched: Maximize the benefits of immersive cultural diversity. DongHwa University, Hualian, Taiwan.
- Shen, X.** (2012). Research design in social science: A review of key concepts and methods. *Asian-Pacific Center for Leisure Studies Research Methodology Workshop*, Hangzhou, Zhejiang, China
- Shen, X.** (2011). Applying social science research methods and collecting data in China: Strategies for enhancing cultural sensitivity. *China One Health: Human-Wildlife Health Resilience Strategies in a Global Change Context Workshop II*. Fort Collins, Colorado, USA

Invited Panelist

Manfredo, M.J. (Panel Chair and Moderator), Teel, T., Gore, M., Zinn, H.C., **Shen, X.**, Jacobs, M., Fulton, D.C. (2009). Human-wildlife conflict — Beyond biology. *International Congress for Conservation Biology*, Beijing, China.

NON-REFEREED CONTRIBUTIONS

Non-Refereed Publications

- Shen, X.**, & Dailey M. (2022, November). *Playful Parent Play Books*. The HEAL Research Lab. Oregon State University. <https://healresearchlab.weebly.com/pp.html>
- Pan, B. Kerstetter, D., Yi, X., Zhang, G. Li, R., Gao, J. **Shen, X.**, Li, G. (2021). A top model of urban residents' subjective well-being in China. Pre-print available at *ResearchGate*
- Shen, X.** (2019, December 19). *The art of connecting: Emotionally intelligent teaching*. Oregon State University Center for Teaching and Learning. Available at: <http://blogs.oregonstate.edu/osuteaching/2019/12/17/the-art-of-connecting-emotionally-intelligent-teaching/>
- Shen, X.** (1999). Setting barrier or creating satisfaction: A comparative analysis of strategies for retaining repeat customer, *Marketing Research (Chinese)*, 1, 39.
- Shen, X.** (1998). Labor shortage in Hong Kong hospitality industry: A new challenge for human resource management, *The Third Industry in China (Chinese)*, 5, 24-25.
- Shen, X.** (1998). Laid-off workers: An alternative labor source for hotel industry, *International Hospitality Management (Chinese)*, 3, 7.
- Shen, X.**, & Wu, X. (1998). The training of need-based promotion skills in hotels, *International Hospitality Management (Chinese)*, 2, 35.

Technical Reports

- Shen, X.**, & MacDonald, M. (2023). *Playful Parent: Evaluating the intervention efficacy and implementation quality of a novel parent-centered playfulness training program*. Report for John C. Erkkila, M. D. Endowment for Health and Human Performance.
- Shen, X.** (2013). *Chinese Recreation and Tourism Behavior National Survey-Part II: An Investigation of Chinese Free Time Use, Leisure Attitude, Satisfaction, and Constraints*. Report for National Tourism Administration, Chinese Government. University Park, PA: Inno-Solution Research LLC.
- Shen, X.** (2012). *Promoting CSU MTM Program in China: A Report of Background Research*. Report for Department of Human Dimensions of Natural Resources, Colorado State University. State College, PA: Inno-Solution Research LLC.
- Shen, X.** (2012). A Multidimensional Scaling Analysis of Light-source Color Rendition Measures. Report for Soraa. State College, PA: Inno-Solution Research LLC.

- Caldwell, L., & Shen, X. (2010). *Säjai® Foundation Wise Kids Milwaukee Evaluation Report: Effects on School Children's Healthy Eating and Activity*. Report for the Säjai® Foundation. University Park, PA: The Pennsylvania State University, Department of Recreation, Park & Tourism Management.
- Shen, X. (2008). *Analysis for Winter Use Recreationists at the Deschutes National Forest Area Project: A survey of Characteristics, Behaviors and Perceptions*. Report submitted to the USDA Forest Service. University Park, PA: The Pennsylvania State University, Department of Recreation, Park & Tourism Management.
- Zinn, H. C., Voorhees, C. S., & Shen, X. (2006). *Social assessment for the Allegheny National Forest*. Report for USDA Forest Service, Allegheny National Forest. University Park, PA: The Pennsylvania State University, Department of Recreation, Park & Tourism Management.
- Shen, X. (1998). *Zhuhai Tourist Market Analysis*. Report for Zhuhai City Government. Guangzhou, Guangdong Province, China. Sun Yat-sen University, Department of Tourism Management.

MEDIA COVERAGE (SELECT)

Shen, X., & Tominey, S. Conversation with David Miller on Think Out Loud. [Oregon State researchers aim to make parenting more playful](#). *OPB*. July 21, 2023.

Shen, X. Interview by Jennifer Lindley, Got game? *Real Simple*. July/August, 2022.

NEWSBREAK. *Pick up a pandemic hobby? It may improve mental health, study shows*. February 24, 2022. <https://www.newsbreak.com/news/2524040835661/pick-up-a-pandemic-hobby-it-may-improve-mental-health-study-shows>

The World (February 24, 2022). *OSU research uncovers impact of leisure activities on mental health during pandemic*. https://theworldlink.com/news/local/osu-research-uncovers-impact-of-leisure-activities-on-mental-health-during-pandemic/article_0240bd6d-c22a-5bd1-85c4-4cd0c9ead556.html

KOIN 6 (February 23, 2022). *OSU study: leisure activities can help cure COVID blues*. <https://www.koin.com/news/health/pick-up-a-pandemic-hobby-it-may-improve-mental-health-study-shows/>

Mirage (Australia February, 18, 2022). *OSU research uncovers impact of leisure activities on mental health during pandemic*. <https://www.miragenews.com/osu-research-uncovers-impact-of-leisure-726987/>

Medical Xpress (February 17, 2022). *Research uncovers impact of leisure activities on mental health during pandemic*. <https://medicalxpress.com/news/2022-02-uncovers-impact-leisure-mental-health.html>

EurekAlert! (February 17, 2022). *OSU research uncovers impact of leisure activities on mental health during pandemic*. The American Association of the Advancement of Science (AAAS), <https://www.eurekalert.org/news-releases/943953>

UK Today News (February 17, 2022). *Research uncovers impact of leisure activities on mental health during pandemic*. <https://todayuknews.com/health/research-uncovers-impact-of-leisure-activities-on-mental-health-during-pandemic/>

College of Forestry Research Spotlight (February 8, 2022). *Leisure activities reduce stress during COVID-19*. <https://blogs.oregonstate.edu/collegeofforestry/2022/02/08/leisure-activities-reduce-stress-during-covid-19/>

Shen, X. Interview by Leon Neyfakh. What playfulness can do for you. *Boston Globe*. July 18, 2014. <https://www.bostonglobe.com/ideas/2014/07/19/what-playfulness-can-for-you/Cxd7Et4igTLkwpkUXSr3cO/story.html>

MENTORING AND ADVISING

Major Professor/Supervisor

Graduate Student

David Leibowitz, Ph D student, Forest Ecosystem & Societies, Oregon State University	2024-present
Tristin Vaughn, M.S student, Environmental Sciences, Oregon State University	2024-present
Kelly Hoke, Ph. D student, Environmental Sciences, Oregon State University	2021-present
Leland Masek, Ph. D student, Communication, Media and Theatre, Tampere University, Finland	2020-present
Chelsea Ball, MNR student, Forest Ecosystem & Societies, Oregon State University	2020-present
Kevin Gallagher, M.S. student, Environmental Sciences, Oregon State University	2023
Lydia Gorrell, M. S. student, Forest Ecosystem & Societies, Oregon State University,	2020-2022
Colby Parkinson, M. S. student, Forest Ecosystem & Societies, Oregon State University	2020-2022

Undergraduate Student

Kaitlyn Scanlon, Undergraduate Honors' thesis, Natural Resources, Oregon State University	2024-present
Sixteen Students, B.S., Tourism/Golf Club Marketing, Shenzhen University	2002-2003

Student Committee

Graduate Student

* Nazli Ozkoca, PhD student, College of Health, Oregon State University	2024-present
Heather Listermann, MNR student, Forest Ecosystem & Societies, Oregon State University	2024-present
Yifan, Zeng, M.S. student, Computer Science. Oregon State University	2024-present
*Chirag Mukesh Jain, M.S. student, Robotics. Oregon State University	2024-present
*Aliya Jamil, PhD student, Ocean Ecology & Biogeochemistry, Oregon State university	2023-present
*Victoria Diederichs, M.Sc. Student, Sustainable Forest Management and Wood Science & Engineering, Oregon State University	2023-present
*Hannah Boone, M.S student, Applied Anthropology, Oregon State University	2023-2024
*Selene Ross, MFA student, Creative Writing, School of Writing, Literature, and Film, Oregon State University	2023-2024
*Wei Xue, MFA student, Fiction writing, College of Liberal Arts, Oregon State University	2023-2024
*Colin Shea-Blymyer, PhD student, Computer Science/Artificial Intelligence, Oregon State University	2023-2024
Kiley Barber, MNR student, Forest Ecosystem & Societies, Oregon State University	2022
Hala Shiblaq, MNR student, Forest Ecosystem & Societies, Oregon State University	2021-2022
*Sharanda Norman, Ph. D student, Adult & Higher Education, Oregon State University	2019-2020
*Serve as a GCR	

Undergraduate Student

Lily Varon, Undergraduate Honor's thesis, Architectural Engineering, Oregon State University	2023-2024
Jensen Davis, Undergraduate Honor's thesis, Mechanical Engineering, Oregon State	2021-2023

University

Non-degree Research/Capstone/Internship Advisor

Graduate Student

Nazli Ozkoca, PhD student, College of Health, Oregon State University	2024-present
Sara King, PhD student, College of Health, Oregon State University	2024-present
Zoe Crawley, M.Ed. Student, Peabody College, Vanderbilt University	2023-2024
McKenzie Liberty-Bibbens, DO student, Osteopathic Medicine, Western University of Health Sciences	2020-2021
Mariah Lane, DO student, Osteopathic Medicine, Western University of Health Sciences	2020-2021

Undergraduate Student

Kaitlyn Scanlon, Natural Resources, Oregon State University (MEP & URSA)	2024-present
Breanna Sisneros, B.S. Natural Resources, Oregon State University (MEP)	2024
Emma Koehmstedt, B.S. Student, Computer Science, Oregon State University	2023-2024
Garrett Berliner, B.S. Student, Computer Science, Oregon State University	2023-2024
Gerald Hendrix, B.S. Student, Computer Science/Artificial Intelligence, Oregon State University	2023-2024
Mitch Stephenson, B.S. Student, Computer Science/Artificial Intelligence, Oregon State University	2023-2024
Kyu Sung Kwon, B.S. Student, Computer Science/Human-Computer Interaction, Oregon State University	2023-2024
Marieke Dailey, B.S. student, Natural Resources, Oregon State University (MEP)	2022-2023
Kyra Thompson, B.S. student, Human Development and Family Studies, Oregon State University	2022-2023
Madison Kirkwood, B.S. student, Human Dimensions in NR, Oregon State University (URSA)	2021

TEACHING EXPERIENCE

Program Development Lead, Oregon State University, Corvallis, OR, USA

Graduate Certificate in Outdoor Recreation Management 2023-2024

Instructor, Oregon State University, Corvallis, OR, USA

FES 202/FES 428 Quantitative Methods in Social Sciences 2021-present
TRAL 251 Recreation Resource Management (Ecampus) 2020-2023
NR 201 Managing Natural Resources for the Future 2020-present
FES 505 Reading and Conference-Nature and Human Health Fall, 2020

Curriculum Development Lead/Instructor, Colorado State University, Fort Collins, CO, USA

NRRT 610 Natural Resource Management and Tourism (Ecampus) 2014-2015
NRRT 615 Sustainable Tourism Development (Ecampus) 2014-2015

Teaching Assistant, Penn State University, University Park, PA, USA

RPTM 120 Leisure and Human Behavior 2010

RPTM 433 Program Evaluation and Research in Recreation Services	2009
RPTM 415 Commercial Recreation Mgmt.	2008
RPTM 390 Legal Issues in Recreational Industry	2008
RPTM 530 Research Methods in Leisure Studies	2007

Instructor, Shenzhen University, Shenzhen, Guangdong, China

An Introduction to Tourism Management	1999-2003
Tourism Marketing	1999-2003
Hospitality and Club Management	1999-2003

Instructor, Guangzhou Economics and Management School, Guangzhou, Guangdong, China

An Introduction to Financial Management	1998-1999
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Instructor, Guangdong Vocational School of Tourism, Guangzhou, Guangdong, China

Professional English in Hospitality Service	1998-1999
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CONTRACTS, GRANTS AND SPONSORED RESEARCH

Research Grants (Pending)

Research Grants (Funded)

Illuminating the path to sustainable park lighting: Developing a transdisciplinary research proposal on nightlight's social-ecological impacts. Funded by Center for the Future of Forests and Society, College of Forestry, Oregon State University. \$25,000. Lead PI with Co-PI Kevin Houser.

The playful path to parenting (P3): Enhancing positive parent-child interactions through an innovative parental playfulness intervention. Funded by the Sharon Darling Innovation Fund (SDIF) Family Learning System Challenge, National Center for Families Learning. \$30,000. Lead PI with Co-PI Shauna Tominey.

Junior Outdoor Food Navigators (JOFN): Fostering youth climate resilience and environmental health through positive outdoor food experiences. Funded by NIH-Environmental Health Sciences through ASP-IRE Center (P2CES033432). 2023-2024. \$59,399. PI: Molly Kile. Co-PI with project Lead PI Siew Sun Wong.

Playful Parents: The Development and Empirical Evaluation of A Play Intervention Program to Enhance Playfulness for Parents of Children with Disabilities. Funded by the John C. Erkkila Endowment for Health and Human Performance. \$24,964. 2022-2023. Lead PI with Co-PI Megan MacDonald.

Dynamic Accurate Forecasting of Tourist Mobility Behavior in Emergencies in the Context of Free Trade Port Construction. Funded by National Science Foundation of China. 2022-2025. ¥318,400 (\$50,230). Senior Personnel and Expert Consultant with PI Hu, Tao

Play2Cope: Leisure Engagement and Mental Health during the COVID-19 Pandemic. Funded by Oregon State University Hallie E. Ford Team Science Seed Grant, 2020-2022, \$12,000. * Lead PI with Co-PIs Megan MacDonald, Sam Logan, Bridget Hatfield.

Virtual Park Ranger. Funded by the eXtension Impact Collaborative, 2019-2020, \$5,000. Co-PI with PI Siew Sun Wong.

Matching Tourist Information Need and Tourism Destination Information Service Model: The Mechanism and its application. Funded by National Science Foundation of China. No. 71361007. 2017-2020. \$44,100. Senior Personnel and Expert Consultant with PI Tao Hu

Investigating the Credibility of Mobile Social Network-based Tourism Information Services and Its application. Funded by National Science Foundation of China. No. 71361007. 2014-2017. \$53,300. Senior Personnel and Expert Consultant with PI Tao Hu.

Chinese Citizen Recreation Survey. Funded by China Tourism Bureau, 2013, 400,000 RMB (approximately \$65,000). Senior Personnel and Expert Consultant with PI Rui Song.

Analysis strategy for categorizing measures for light-source color rendition. Funded by Soraa, 2012-13, \$32,000. Co-PI with PI: Kevin Houser.

Program evaluation of Säjai® Foundation Wise Kids Milwaukee: Effects on school children's healthy eating behavior and physical activities. Funded by Säjai® Foundation, 2010, \$2,500. Expert Consultant with PI Linda Caldwell.

Zhuhai city tourism development master plan. Funded by Zhuhai City Government, 1998-1999, ¥150,000 RMB (\$24,184). Project Lead with PI Jigang Bao.

Research Grants (not funded)

Illuminating the path to sustainable park lighting: Developing a transdisciplinary research proposal on nightlight's social-ecological impacts. Team-building proposal submitted to the Transdisciplinary Research Seed Fund Program, Oregon State University Division of Research and Innovation. Lead PI with Co-PI Kevin Houser.

From Invasive to Innovative: Building Transdisciplinary Partnerships to Weave Sustainable and Climate-Smart Pacific Northwest Food Webs. Team-building proposal submitted to the Transdisciplinary Research Seed Fund Program, Oregon State University Division of Research and Innovation. Co-PI with Lead PI Siew Sun Wong.

Reconnecting to thrive: Nature as intervention for indigenous youth wellbeing. LOI submitted to REI Cooperative Action Fund: Advancing Nature and Health Research Evidence. \$195,406. Project Lead with Co-I Candace Jones and Cathryn Haas.

JOFN Grow: Building capacity to scale up equitable access and sustainability of youth environmental health and climate education. Proposal submitted to ASP-IRE Center. \$40,000. Co-PI with project Lead PI Siew Sun Wong.

5G+ Colibri & Me: Simulating guided youth nature walk with storytelling using 5G wireless technology and drones. A proposal submitted to CATALYST Ctia Wireless Foundation Prize Challenge (Prizes range from \$10,000 - \$100,000). Co-PIs: Siew Sun Wong & Xiangyou Shen

Promoting children's and planetary health through a socially assistive robot that augments nature exploration and climate change education. A brief proposal submitted to Robert Wood Johnson Foundation. 2024-2026. \$480,139. PI: Xiangyou Shen

Encouraging nature play and exploration in young children with a socially assistive mobile robot. A LOI submitted to Caplan Foundation for Early Childhood. 2023-2024. \$75,000. Co-PIs: Naomi Fitter & Xiangyou Shen

Linking Photometry and perception in modern offices based on design priorities: Phase I pre-hypothesis foundations. A proposal submitted to McClung Lighting Research Foundation. 2023-2024. \$107,702. Lead PI: Kevin Houser. Role: Co-PI and Project Coordinator

Playful Parent: Enhancing parental playfulness through a parent-centered play intervention. A LOI submitted to Caplan Foundation for Early Childhood. 2023-2024. \$59,000. PI: Xiangyou Shen

CAREER: Mechanisms and Conditions for Fostering Scientific Creativity. A proposal submitted to National Science Foundation. 2023-2028. \$998, 016. PI: Xiangyou Shen.

CAREER: Conditions and Mechanisms for Fostering Scientific Creativity. A proposal submitted to National Science Foundation. 2022-2027. \$989,538. PI: Xiangyou Shen.

ALANCamp: An Interdisciplinary Outdoor Lighting laboratory to Study Visitor Preference, Ecological Consequences, and Light Pollution. A proposal submitted to USDI National Park Service. 2021-2022, \$390,000. Lead PI: Kevin Houser. Role: PI

Recreation and Chinese Cultural Identity: A study of interaction effect and synergy paths. A proposal submitted to Chinese National Social Science Foundation. No, 2021BH01363. 2021-2022. \$53,408 (¥ 350,000). Lead PI: Huimei Liu. Role: PI

Play2Cope: The Role of Play and Playfulness in Resilient Family Coping during the COVID-19 Pandemic. A pre-proposal abstract submitted to the John, C. Erkkila Endowment for Health and Human Performance. \$25,000. PI: Xiangyou Shen.

PlayWell: An innovative Intervention App That Trains Everyday Playfulness to Improve Wellbeing. An idea pitch submitted to Oregon State University 2020 Advantage Innovation Day Award. \$5,000. PI: Xiangyou Shen.

Outdoor Classroom Equipment Blue Print Development. A proposal submitted to CTIA Catalyst. \$100,000. PI: Siew Sun Wong. Role: Co-PI

Research Support and Sponsored Work

Helping internationals, supporting marginalized population, and providing cultural education: Building a diverse and inclusive Community. Funded by Centre County United Way, 2017, \$10,000. Role: Executive Director, Global Connections

Developing Colorado State University (CSU)-Central China Normal University (CCNU) Masters of Tourism Management Program. Funded by the Department of Human Dimension of Natural Resources, CSU, 2014-2015, \$18,000. Role: Expert Consultant at Inno-Solution Research

Colorado State University (CSU)-Qingdao University (QDU) Partnership initiative in Master of Tourism Management (MTM) Program. Funded by the Department of Human Dimension of Natural Resources, CSU, 2012-2013, \$12,000. Role: Expert Consultant at Inno-Solution Research

* This funding has been redirected to support the Play2Cope project led by me.

SERVICE

University Service

Member, University Graduate Admissions Committee, Oregon State University	2023-2026
Member, Council of Graduate Schools (CGS) and ProQuest Distinguished Dissertation Award Review Committee, Oregon State University	2022-present
Member, College of Forestry TRAL Curriculum Committee, Oregon State University	2019-present
Ad-hoc Reviewer, Peer Review of Teaching, Oregon State University	2021-Present
Member, College of Forestry NR Curriculum Update Task Force, Oregon State University	2021-Present
Member, Search Committee for Urban Forestry Outreach and Engagement Specialist	2024

Member, Search Committee for Urban Forestry Extension Specialist	2024
Lead, Outdoor Recreation Management Graduate Certificate Initiative, FES, Oregon State University	2023-2024
Member, College of Forestry DEI Committee	2023
Member, College of Forestry Community Building and Inclusion Group	2022-2023
Member, Department of Forest Ecosystems & Society P & T Guideline Revision Team	2022-2023
Member, College of Forestry Undergraduate Scholarship Committee, Oregon State University	2019-2022
Reviewer, Western Forestry Graduate Research Symposium, Oregon State University	2022
Faculty representative, 2021 College of Forestry Student Orientation, Oregon State University	2021
Member, Master in Natural Resources-Global Initiative, Oregon State University	2019 -2020
Host, Humphrey Fellows Program, The Pennsylvania State University	2013-2014
Moderator, Survival Skills and Ethics Series Workshop, The Pennsylvania State University	2008
Academic Consultant, Program Evaluation of the Business and Technology Education Council (BTEC) Hotel Management major, Guangzhou International Business and Trade School	2001-2002
Chair, Woman Faculty Committee, Golf College, Shenzhen University	1999-2003
Member, Tourism and Club Management Curriculum Committee, Shenzhen University	1999-2003

Service to Professional Society

Member, Advisory Board, American Journal of Play	2024-present
Member-at-Large, Board and Executive Committee, The Association for the Study of Play (TASP)	2024-present

Ad-Hoc Reviewer

Agency Proposals

National Science Foundation	2023-present
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Journal Articles

Personality and Individual Differences	2023-present
Journal of Personality Assessment	2023-present
Social Development	2024-present
Parenting: Science and Practice	2023-present
Leisure Studies	2023-present
World Leisure Journal	2021-present
Journal of Park and recreation Administration	2021-present
Journal of Leisure Research	2017-present
Leisure Sciences	2006-present
Human Dimensions of Wildlife	2006-present

Scandinavian Journal of Psychology	2015
China Tourism Research	2006

Other Service and Community Leadership

Exhibit Table Host, For-credit educational programs in outdoor recreation, Oregon Outdoor Recreation Summit, North Bend, Oregon	2023
Invited Speaker, Engaging parenting educators in innovative playful parenting intervention. Linn, Benton, & Lincoln Counties Parenting Success Network, Oregon	2023
Organizer, Play fully: Engage yourself across cultures workshop, Corvallis, Oregon	2022
Chair, Chinese Heritage Education Leadership Committee, State College, PA	2018-2019
Volunteer, Women’s Resource Centre	2018-2019
Board Member, Happy Valley Chinese School, State College, PA	2018-2019
Lead Volunteer Chef, Centre Safe/Women’s Resource Center Fundraising Twilight Dinner	2017-2019
Steering Committee Member, Inclusive Excellence in State College Area School District, State College, PA	2017-2019
Steering Committee Member, Cultural Corner Initiative under Community Diversity Group, State College, PA	2016-2019
Member, Heritage is Priority (HiP) Group, State College, PA	2017-2018
Planning Committee Member, State College Multicultural Unity Fair	2018
Volunteer, United Way	2018
Organizing Committee Member, Chinese Cultural Night, State College, PA	2017
Volunteer, Habitat for Humanities,	2011
Volunteer, Penn State Tsunami relief, Penn State international student orientation	2004
Volunteer, Pennsylvania Special Olympics	2006

PROFESSIONAL MEMBERSHIPS

World Leisure Congress (WLC)	2010-present
Experience Research Society (EXPRESSO)	2024-present
The Association for Study of Play (TASP)	2008, 2023-present
US Play Coalition	2022-present
The Academy of Leisure Sciences (TALS)	2020-present
National Center for Faculty Development & Diversity (NCFDD)	2020-present
Shaver’s Creek Environmental Center, The Pennsylvania State University	2018-2019

AWARDS AND HONORS

National and International Awards

Sharon Darling Innovation Award, National Center for Families Learning	2023
Thomas and Ruth Rivers International Scholarship, World Leisure Organization	2010
Distinguished Student, The Ministry of Railways of People’s Republic of China	1996

University and Community Awards

Professional Development Endowment Award, College of Health and Human Development, The Pennsylvania State University	2009
University Graduate Fellowship, The Pennsylvania State University	2003-2004
Sasagawa Ryoichi Young Leader Fellowship for Best Published Papers, Sun Yat-Sen University	1999
Outstanding Student Leader, Central South University	1994,1995
Outstanding Undergraduate Student, Central South University	1993-1996

Nominations

Outstanding Faculty Award, Department of Forest Ecosystems and Society, College of Forestry, Oregon State University	2021
Ecampus Excellence in Online Teaching and Student Engagement Award, Oregon State University	2021

PROFESSIONAL DEVELOPMENT (SELECTED)

Workshop: PROCESS vs. SEM Modeling , Statistical Horizons	2024
Certificate: Longitudinal data analysis using SEM , Statistical Horizons	2023
Workshop: Mentoring Graduate Students , Oregon State University	2022
Workshop: Best Approaches to implementing formative and summative peer observations , Center for Teaching and Learning, Oregon State University	2022
Faculty Success Alumni Program , National Center for Faculty Development & Diversity (NCFDD) Twelve-week bootcamp, collaborative learning on successful grant writing, productive publication development, and effective student advising	2021-present
Career Champions Program , Career Development Center, Oregon State University Six-week workshop, learning and developing tangible ways to incorporate career connection into the classroom while advancing diversity, equity, and inclusion	Fall, 2021
Faculty Success Program , NCFDD Twelve-week bootcamp, developing skills to increase research and writing productivity while maintaining a healthy work-life balance	Fall, 2020
Building and Leading Successful Research Teams , NCFDD Special-topic webinar, building skills for developing a productive and successful research team, group, or lab, managing the work of the team, and creating a collaborative and inclusive culture across research team members.	Sept. 2020
Building A Publishing Pipeline , NCFDD Four-week course, developing skills for managing multiple writing projects and maintaining long-term publication productivity	Dec. 2020 – Jan. 2021
New2OSU , Center for Teaching and Learning, Oregon State University Three-term teaching accelerating/renewal program, developing knowledge and skills to build inclusive, interactive, and instructionally sound learning environment that promotes student engagement, retainment, and deeper learning.	Fall, 2019; Winter, 2020