

Mykim Tran, PhD
mykimtran@wake-upfoundation.org

EDUCATION

PhD, Psychology, Saybrook University, July 2022

Concentrations: Humanistic Psychology

Dissertation Title: Evaluating the Effectiveness of how Asian-American Young Adults Apply Growth Mindset Skills in Achieving Their Career, Relationship, and Health Goals.

MA, Psychology, Walden University, August 2013

Concentrations: Health Psychology

Capstone Project Topic: Relationship between Mental and Physical Health

GPA: 3.9

BA, Communications, California State University, Sacramento, May 2008

Concentrations: Media Communications

EXPERIENCE

Executive Director/CEO, March 2013 – Present

Wake-Up Foundation

- Teach, coach, mentor, and assist teenagers and young adults with behavioral changes toward psychological wellbeing
- Develop personal development, self-esteem, stress management, career development, and goal development training courses and programs
- Recruit and supervise staff and volunteers
- Research and write grants and proposals

Thesis Supervisor for MS Psychotherapy, February 2014 – May 2022

Pebble Hills University

- Supervised, assisted, and graded master student's thesis

Adjunct Faculty, Fall 2016

California State University, Sacramento

- Taught graduate students in the course of Health Psychology

The Learning Center Director, June 2015 – June 2016

Ser-Jobs For Progress, Inc.

- Created and implemented life skill workshops for children, teenagers, and adults
- Developed programs and supervised youths in enrichment activities

Health and Wellness Instructor, November 2010 - 2015

Asian Community Center

- Created and taught nutrition, stress management, and chronic pain management workshops and programs to seniors

Community Education Instructor, May 2012- May 2013

City of Davis, Parks and Recreation

- Created and taught stress management courses to adults

Community Education Instructor, July 2012 – March 2013

San Joaquin Delta College

- Created and taught personal development courses to students

SKILLS

Computer: Excellent in Microsoft Word, Excel, PowerPoint presentation, Internet and Emailing, online software

Language: Fluent in Vietnamese, speaking and writing

VOLUNTEERISM

Studentmentor.org

April 2012-June 2014

Student Mentor

- Mentor students on career exploration and development

MEMBERSHIP

PSI CHI, The International Honor Society in Psychology

PsySR, Psychologists for Social Responsibility