

ZiYoung Kang, Ph.D., NCC

Counselor Education Program
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I. PROFESSIONAL PREPARATION AND EXPERIENCE

A. Education

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

B. Work History

1. Academic Appointments

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

2. Pertinent Non-Academic Work

- **Won-Buddhist Minister** 01/2021 – 11/2023
Won-Buddhist Temple of North Carolina, Chapel Hill, NC
- **Lecturer, Supervisor & Researcher** 01/2011 – 06/2011
Won Study Mentoring Program for Adolescents, Won-Buddhism Bureau of Adolescents, Seoul, Korea
- **Counselor & Campus Mentoring Program Coordinator** 03/2008 – 06/2010
Student Counseling Center, Center for Campus Life and Culture, Seoul National University, Seoul, Korea

C. Pertinent Professional Certifications

- **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** February 2006
Korean Ministry of Education, Seoul, Korea

D. Memberships in Professional Organizations

- **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

II. TEACHING

A. Graduate Courses Taught

Duquesne University, Counselor Education Program

- **GCNE 549: Multicultural Issues and Strategies in Counseling** 3 times (Fall 2024 – Present)
- **GCNE 652: Career Development and Counseling** 2 times (Spring 2025 – Present)
- **CESD 825: Project Investigations Seminar** 2 times (Spring 2025 – Present)
- **CESD 826: Leadership and Professional Issues in Counseling** 1 time (Fall 2024)

The Pennsylvania State University, Counselor Education Program

- **Foundations and Practice of School Counseling (co-taught)** 1 time (Fall 2013)
- **Group Procedures in Counseling (co-taught)** 1 time (Fall 2013)

Invited Graduate Lecturer

- **Guidance and Counseling** Spring 2010
Seoul National University, Seoul, Korea
- **Educational Counseling** 2 times (Fall 2008; Fall 2009)
Kangnam University, Yongin-si, Gyeonggi-do, Korea
- **Problem-Solving Based Brief Intervention for School Problems** 12/2006
School Counselor Training Program, Gyeonggi Provincial Office of Education, Korea

B. Academic Advisement or Supervision

1. Dissertation Committees as a Member

- **Emily Lee-Chong** Content Expert
Successfully defended June 16, 2026.
- **Samantha Lalama** Content Expert
In progress (preparing for proposal defense).
- **Aleta Rowe** Member
In progress (proposal defense complete; IRB approved).

2. Approximate Number of Graduate, Undergraduate Advisees

- **Master's-Level Advisees (Clinical Mental Health Counseling)** 28 current
- **Doctoral Graduate Assistants (GA) Supervised** 1 current; 3 previously
- **Doctoral Teaching Assistants (TA) Supervised** 2 previously
Counselor Education faculty also directly supervise doctoral students' teaching responsibilities, separate from GA supervision.

C. Other Activities Relevant to Teaching

1. 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

2. Supervision Experience

- **Clinical Supervisor** Fall 2012 – Spring 2013
Counselor Education Program, The 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
- **Mentoring Program Supervisor** 06/2010 – 07/2011
09/2008 – 06/2010
Campus Mentoring Program, Seoul National University, Seoul, Korea

3. Other Teaching Experience (Pre-Duquesne)

- **Won-Buddhist Minister** 01/2021 – 11/2023
Won-Buddhist Temple of North Carolina, Chapel Hill, NC
 - Led mindfulness meditation sessions including qigong, yoga, walking, and seated meditation
 - Gave dharma talks (short lectures) on how to apply Buddhist teachings in daily life, timeless & placeless Sōn (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** Fall 2018 – Spring 2020
Penn Buddhism Club, University of Pennsylvania, PA
 - Lecture topics: how to deal with stress and anxiety, mindfulness, the principle of the mind, timeless & placeless Sōn (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** Spring 2019 – Fall 2019
New Life Frontiers Society, Penn State University, PA
 - Lecture topics: how to deal with stress and anxiety, mindfulness, the principle of the mind, timeless & placeless Sōn (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

III. SCHOLARSHIP

A. Scholarly Publications

Articles Presenting Original Work Published or Accepted for Publication in Scholarly Journals

* indicates doctoral student co-author.

- **Kang, Z.**, Choi, Y., Ahn, G., *Blackwell, L., *Bryan, P. A., *Lee-Chong, E., & Glymour, M. (2026). Bridging the gap between contemporary and Buddhist definitions of mindfulness: A scoping review. *Mindfulness*. <https://doi.org/10.1007/s12671-026-02979-4>
- **Kang, Z.**, Robinson, J. N., Srsic, A., & Green, B. (2026). Using mindfulness to address burnout and compassion fatigue in vocational evaluation. *Vocational Evaluation and Career Assessment Professionals (VECAP) Journal*, 21(1), 48–65.
- Lemberger-Truelove, M. E., Li, D., Kim, H., Hill, D. D., Dickson, R., & **Kang, Z.** (2026). School mental health interventions for adolescents: A meta-analysis of effectiveness and relevant moderators. *Adolescents*, 6(1), Article 6. <https://doi.org/10.3390/adolescents6010006>
- Kim, H., Lemberger-Truelove, M. E., Kim, S. R., **Kang, Z.**, & Bang, N. (accepted pending minor revisions). The role of hope and school connectedness in life satisfaction: Implications for school-based bullying interventions. *Counseling Scholarship & Practice in Educational Communities*.
- 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.

B. Publications by Major Academic Publishing Companies

Book Chapters Published or Accepted for Publication in Works by Major Scholarly Publishers

- Kim, H., Um, B., & **Kang, Z.** (In Press). Quantitative methods and approaches in professional counseling research. In C. Storlie & H. Woo (Eds.), *Principles of Professional Counseling Research: A Guide for Graduate Students & Practitioners*. Routledge.
- 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). 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* (pp. 159–185). 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>

C. Grants Awarded

- **Kang, Z.** (PI), & Green, B. (Co-I). (2025). Effectiveness of a mindfulness-based intervention in reducing psychological distress and enhancing coping skills among college students. Duquesne University Faculty Development Fund (internal, competitive). Awarded: \$6,542.00 (participant-incentive funding only; no stipend for either investigator). Project period: May 2025 – April 2027.

D. Scholarly Presentations

* indicates doctoral student co-presenter.

International

- **Kang, Z.** (2026, October). *Bridging the gap between contemporary and Buddhist definitions of mindfulness: A scoping review* [Paper presentation]. International Conference on Mindfulness-Asia Pacific, Seoul, Korea.
- Green, B., **Kang, Z.**, & Robinson, J. (2025, October). *Implementing mindfulness to improve emotional regulation on the job* [Poster presentation]. Division on Career Development and Transition (DCDT) International Conference, Denver, CO.
- Kim, H., & **Kang, Z.** (2025, March). *Theory-informed school counseling practice* [Roundtable discussion]. 10th Annual Conference of the Korean Counseling Association International Chapter, Orlando, FL.
- Gottfredson, G. D., & **Kang, Z.** (2022, March). *Using the Holland typology to quickly assess career personality* [Webinar]. Asian Pacific Career Development Association.
- **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]. 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]. 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* [Seminar presentation]. Seoul National University & New Mind New Life Association Consortium Seminar. Seoul, Korea.
- Kim, D., & **Kang, Z.** (2009, October). *Effects of the metacognitive strategy program on attention process for elementary students* [Paper presentation]. 10th International Conference on Education Research. 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]. 7th International Conference on Education Research. Seoul, Korea.

National

- **Kang, Z.**, *Bryan, P. A., & *Lee-Chong, E. (2025, October). *Mindfulness in action: Navigating heated discussions in multicultural counseling courses* [Poster presentation]. Association for Counselor Education and Supervision (ACES) Conference, Philadelphia, PA.
- **Kang, Z.**, & Green, B. (2025, March). *Using mindfulness to improve emotional regulation in transitioning students* [Poster presentation]. Council for Exceptional Children (CEC) Convention & Expo, Baltimore, MD.
- **Kang, Z.** (2015, July). *Applying the Won-Buddhist teachings in society: Focusing on the Won coaching program for adolescents* [Seminar presentation]. Catholic University of America, Won Institute of Graduate Studies, & Youngsian University of Sŏn Studies Consortium Seminar. Rockville, MD.

- **Kang, Z.** (2014, March). *Sense of purpose scale: A validation study* [Poster presentation]. 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*. 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]. 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* [Roundtable discussion]. 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*. 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*. Annual Conference of the Southern Association for Counselor Education and Supervision. Savannah, GA.
- **Kang, Z.**, Kim, D., & Heo, E. (2008, August). *Effects of the metacognitive strategy program on attention process for elementary students*. 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]. 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]. 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, August). *Assessment & program of learning strategies for adolescents*. Annual Grand Conference of the Korea Counseling Association. Seoul, Korea.

E. Works in Progress

- Kim, H., Lemberger-Truelove, M. E., Um, B., **Kang, Z.**, Bang, N., & Nolfi, D. (in progress). Promoting school connectedness through social and emotional learning programs: A systematic review and meta-analysis.
- **Kang, Z.**, et al. (in progress). Development and initial validation of the Mindfulness in Action Inventory.
- **Kang, Z.**, *Bryan, P. A., *Lee-Chong, E., & Nolfi, D. (in progress). Pedagogical approaches for addressing resistance and conflict in multicultural counseling education: A scoping review.
- **Kang, Z.**, & Gottfredson, G. D. (in progress). Pilot study of a Career and Life Status Checklist.
- **Kang, Z.**, et al. (in progress). A randomized controlled trial evaluating the effectiveness of an online mindfulness-based intervention.

IV. SERVICE

A. University, School, or Department Service

School of Education

- **Awards Committee** August 2024 – July 2027
Member. Reviewed application materials for student scholarships, faculty awards, and student/alumni awards.
- **Committee on Student Standing** August 2026 – July 2028
Department of Counselor Education and School Psychology representative (remaining two years of a three-year renewable term). Met with the committee and teacher candidates to review concerns and jointly develop action plans (goals, timelines, and improvement criteria); three meetings to date.

Program (Counselor Education)

- **Comprehensive Exam Committees** AY 2024–2025 & 2025–2026
7 committees (4, AY 2024–2025; 3, AY 2025–2026). Reviewed doctoral students' written comprehensive exams against the program rubric; provided feedback across up to 3 rounds as needed.
- **Student Review Committees** AY 2024–2025 & 2025–2026
4 committees, formed ad hoc. Met with students to review professional, academic, ethical, or personal concerns; determined need for remediation plans and followed up on progress.
- **Accreditation Site Visit Participation & Post-Visit Documentation Support** November 2025
Council for Accreditation of Counseling and Related Educational Programs (CACREP)
Reaccreditation site visit for the Counselor Education program. Participated in group and individual faculty meetings with the site visit team; prepared course-specific narrative documentation connecting two courses to three CACREP standards.

B. Other Publications Not Included Under Scholarship

- 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.
 - Non-peer-reviewed; Counseling Today is the American Counseling Association's flagship magazine.

C. Community Service

New Mind New Life Association, Seoul, Korea

- **Mindfulness-Based Program Development** July 2026
Volunteer developer of two mindfulness-based program sessions (Relational Competence; Collective Responsibility) for a South Korean Ministry of the Interior and Safety (MOIS)-funded intergenerational-conflict-resolution initiative, including its camp for children and youth.

- Certification Consultant** 07/2016 – 07/2018
 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
 Coordinated implementation of the Won Study Mentoring Program at high schools and provided weekly mentoring to K-12 students 06/2010 – 07/2011
 Mentoring topics: mindfulness, self-trust, sense of purpose, career exploration, time management, concentration, self-control, critical thinking, decision making, social skills, etc.

D. Professional

Membership on Various Scholarly or Professional Committees

- Reviewer** December 2025
Asia Pacific Education Review (APER)
- Ad hoc Reviewer** 05/2013 – 10/2014
The Career Development Quarterly (CDQ)
- Editorial Assistant** 08/2012 – 05/2013
The Career Development Quarterly (CDQ), The National Career Development Association (NCDA), a Division of the American Counseling Association (ACA)