

Xiaowen Han

Ph.D. Candidate
University of Minnesota – Twin Cities

Department of Sociology
1058 Social Sciences Building
267 19th Ave S, Minneapolis, MN 55455

han00208@umn.edu
651-200-0608
<https://xiaowen-han.github.io/>

EDUCATION

- 2019 – Present **University of Minnesota-Twin Cities**, Minneapolis, MN, U.S.
- Ph.D. Candidate in Sociology
 - Dissertation: *More Than Just a Paycheck: Essays on Life Course Inequality in Intrinsic Job Rewards, Economic Mobility, and Health*
 - M.S. in Biostatistics, School of Public Health, 2023-25 (GPA: 4.0/4.0)
 - Ph.D. Minor in Population Studies, Minnesota Population Center, 2022
 - Alumni Trainee, [Graduate Training Program in Population Studies](#)
 - M.A. in Sociology, 2022
- 2016 – 2019 **Beijing Foreign Studies University**, Beijing, China
- M.A., American Studies, School of English and International Studies
- 2012 – 2016 **Xi'an Jiaotong University**, Xi'an, China
- B.A., English Language and Literature
 - Bachelor of Management, Accounting (Dual Degree)

RESEARCH INTERESTS

Life Course, Work and Occupations, Social Stratification and Mobility, Health Disparities, Social Psychology, Race and Ethnicity, Quantitative Methodologies

PEER-REVIEWED PUBLICATIONS

- Burger, Kaspar, Francesca Mele, Monica K. Johnson, Jeylan T. Mortimer, and **Xiaowen Han**. 2025. "The Intergenerational Reproduction of Self-Direction at Work: Revisiting *Class and Conformity*." *Social Forces*. [\[Link\]](#)
- VanHeuvelen, Tom, **Xiaowen Han**, and Jane VanHeuvelen. 2025. "The Mortality Implications of a Unionized Career." *Social Science & Medicine*. [\[Link\]](#)
- Han, Xiaowen***, Jessie Himmelstern*, and Tom VanHeuvelen. 2024. "The Contribution of Work Values to Early Career Mobility." *Research in Social Stratification and Mobility*. [\[Link\]](#)

* Indicates equal first authorship, with names listed alphabetically.

- Swartz, Teresa, Claire Kamp Dush, **Xiaowen Han**, Miranda N. Berrigan, Wendy D. Manning, and Katie Nguyen. 2024. “Racial Discrimination and Mental Health Among Asian Americans During the COVID-19 Pandemic.” *Sociology of Race and Ethnicity*. [\[Link\]](#)
- Han, Xiaowen**. 2024. “Demographic Pathways and Intergenerational Effects of Changes in Women’s Education: Evidence from China.” *Chinese Journal of Sociology* 10(2): 243-73. [\[Link\]](#)
- Han, Xiaowen**, Tom VanHeuvelen, Jeylan T. Mortimer, and Zachary Parolin. 2024. “Cumulative Unionization and Physical Health Disparities among Older Adults.” *Journal of Health and Social Behavior* 65(2): 162-81. [\[Link\]](#)
- Han, Xiaowen** and Jeylan T. Mortimer. 2023. “Dynamic Work Trajectories and Their Interplay with Family over the Life Course.” *Frontiers in Sociology* (Section on Work, Employment, and Organizations), Vol.8. [\[Link\]](#) (Invited Contribution)
- Han, Xiaowen**, Jeylan T. Mortimer, and Tom VanHeuvelen. 2022. “Perceived Discrimination in the Workplace and Mental Health from Early Adulthood to Midlife.” *Longitudinal and Life Course Studies* 14 (1): 22-47. [\[Link\]](#)
- Han, Xiaowen**. 2019. “Cultural Identity in the Age of Globalization: The Influence of Cultural Consumption on Chinese University Students’ Cultural Identity.” (in Chinese). *Forum on Cross-Cultural Studies* 1(2): 56-69.

MANUSCRIPTS IN PROGRESS

Coming Together or Growing Apart: The Trajectories of Intrinsic Rewards from Work and Income Mobility over the Career Life Course.

- **Xiaowen Han** (Dissertation Chapter)

Beyond a Paycheck: Intergenerational Transmission of Intrinsic Rewards at Work

- **Xiaowen Han** (Dissertation Chapter)

The Life Course Causal Dynamics of Work and Health: A Bayesian Approach to Time-Varying Dynamic Treatment Effects

- **Xiaowen Han**, Phyllis Moen, and Steffen Ventz

Cumulative Job Quality and Health in Middle and Older Adulthood.

- Tom VanHeuvelen and **Xiaowen Han**

Constancy of Self-Attitudes from Adolescence to Mid-Life: Does Change Become More Durable or Transient with Age? (R&R for *American Journal of Sociology*)

- Monica K. Johnson, Mike Vuolo, Jeylan Mortimer and **Xiaowen Han**

RESEARCH EXPERIENCE

- 2024 – **Research Assistant** for Prof. Phyllis Moen
Project: Changing Work Conditions and Cognitive Health in Later Adulthood
- Reviewed literature and drafted “Data and Methods” sections for NIH/NIA grant proposal
 - Drafted IRB protocol submission and HRS restricted data application
 - Cleaned and managed longitudinal panel data from HRS, conducted statistical analysis using advanced causal inference methods, and drafted abstracts and a working paper based on preliminary findings
- 2024 – 2025 **Research Assistant** for Minnesota Population Center (MPC)
- Short-term RA for seven interdisciplinary research projects led by faculty affiliates from sociology, economics, public affairs, and pediatrics at MPC and the Life Course Center (LCC), ISRDI
 - Applied R and Stata for data wrangling, visualization, statistical analysis, and survey methodology support
- 2023 – 2024 **Research Assistant** for Prof. Rob Warren
Project: EdSHARe (High School & Beyond, HSB)
- Analyzed longitudinal panel data from HSB and contributed abstracts and working papers examining the long-term impact of adolescent experiences on midlife health outcomes
- 2022 **Research Assistant** for Prof. Tom VanHeuvelen
Project: Cumulative Job Quality and Later-Life Health
- Cleaned and merged complex longitudinal panel data from NLSY79 with external O*NET data to support statistical analysis of job quality and health
- 2021 **Research Assistant** for Prof. Teresa Swartz and Claire Kamp Dush
Project: National Couples’ Health and Time Study (NCHAT)
- Cleaned and analyzed restricted-access data from NCHAT; drafted Data/Methods and Findings sections for a research paper on racial discrimination against Asian Americans during COVID-19
- 2019 – 2022 **Research Assistant** for Prof. Jeylan T. Mortimer
Project: [Youth Development Study \(YDS\)](#)
- Administered data collection for the 2019 wave of the Youth Development Study (YDS), including ICPSR submission, online codebook preparation, data deidentification, and quality control
 - Trained and supervised undergraduate research assistants in contacting survey respondents, digitizing paper questionnaires, and coding occupational data
 - Analyzed longitudinal panel data from YDS for multiple research papers on life course work and health, attitudinal changes, and intergenerational mobility

AWARDS AND HONORS

- Apr 2025 **Poster Award**, Population Association of America
- “Intergenerational Transmission of Intrinsic Rewards at Work.”
- May 2023 **Outstanding Graduate Research Paper**, Department of Sociology, UMN
- “Cumulative Unionization and Physical Health Disparities among Older Adults.”
- Apr 2023 **Poster Award**, Population Association of America
- “Cumulative Unionization and Physical Health Disparities among Older Adults.”

FELLOWSHIPS

- 2025-26 **Doctoral Dissertation Fellowship**
- University of Minnesota (\$25,000 + \$1,000 travel fund)
- May 2025 **Graduate Summer Research Fellowship**
- Department of Sociology, UMN (\$5,000)
- May 2024 **Graduate Summer Research Fellowship**
- Department of Sociology, UMN (\$4,000)
- 2023-24 **Barbara Lobodzinska-Lien Sociology Fellowship** for research in work and family
- Department of Sociology, UMN (\$25,000)
- Oct 2022 **Shimota Family Fellowship**
- Department of Sociology, UMN (\$4,000)
- June 2022 **Graduate Research Partnership Program** (with Prof. Tom VanHeuvelen)
- Department of Sociology, UMN (\$4,000)
- 2021-25 **Professional Development Fund for Conference Travel**
- MPC: PAA conference travel fund (\$1,200 per conference)
 - Additional support for non-PAA conferences (\$500 per conference)
 - Department of Sociology: conference travel support (\$500 per conference)
- 2019-21 **Top-off Graduate Student Fellowship**
- Department of Sociology, UMN (\$5,000 * 2 years)

PRESENTATIONS

* Indicates my role as the presenter

Xiaowen Han*. “Coming Together or Growing Apart: The Trajectories of Intrinsic Rewards from Work and Income Mobility over the Career Life Course.”

- Aug. 2025. American Sociological Association (ASA). Chicago, USA.
- Aug. 2025. RC28 Conference at UCLA. Los Angeles, CA, USA.
- Apr. 2025. Population Association of America (PAA). Washington, D.C., US.

Tom VanHeuvelen and **Xiaowen Han***. “Cumulative Job Quality and Health in Middle and Older Adulthood.”

- Aug. 2025. RC28 Conference at UCLA. Los Angeles, CA, USA.

Xiaowen Han* and Phyllis Moen. “Later Life Course Causal Dynamics of Work and Health: The Case of Cognitive Functioning.”

- Aug. 2025. American Sociological Association (ASA). Chicago, USA.

Xiaowen Han*. “Intergenerational Transmission of Intrinsic Rewards at Work.”

- 2025. Population Association of America (PAA). Washington, D.C., US.
 - Poster Award Winner
- 2024. RC28 Conference at Brown University. Providence, RI, USA.

Xiaowen Han*, John Robert Warren, Eric Grodsky, and Chandra Muller. “The Persistence of Black-White Mental Health Paradox in Later Adulthood: Evidence from the High School and Beyond.”

- 2024. Population Association of America (PAA). Columbus, USA.

Xiaowen Han*, John Robert Warren, and Eric Grodsky. “The Long Arm of Adolescent Psychological Resources: Effects on Later Life Mental, Physical, and Cognitive Health.”

- 2024. Population Association of America (PAA). Columbus, USA.
- 2023. American Sociological Association (ASA). Philadelphia, USA.

Xiaowen Han*, Tom VanHeuvelen, Jeylan Mortimer, and Zachary Parolin. “Cumulative Unionization and Physical Health Disparities among Older Adults.”

- 2023. Population Association of America (PAA). New Orleans, USA.
 - Poster Award Winner
- 2022. “The Health Consequences of Cumulative Unionization.” Society for Longitudinal and Life Course Studies (SLLS). Cleveland, USA.

Kaspar Burger, Francesca Mele, Jeylan Mortimer, and **Xiaowen Han**. “The Intergenerational Reproduction of Self-Direction at Work: Revisiting Class and Conformity.”

- 2023. International Sociological Association (ISA) RC28 Meeting. Paris, France.
- 2023. World Congress of Sociology, International Sociological Association (ISA). Virtual.
- 2023. American Sociological Association (ASA). Philadelphia, USA.
- 2023. Society for Longitudinal and Life Course Studies (SLLS). Munich, Germany.

Monica Kirkpatrick Johnson, Michael Vuolo, **Xiaowen Han**, and Jeylan Mortimer. “Constancy of Self-Attitudes from Adolescence to Mid-Life: Does Change Become More Durable or Transient with Age?”

- 2024. American Sociological Association (ASA). Montreal, Canada.
- 2023. Society for Longitudinal and Life Course Studies (SLLS). Munich, Germany.

Xiaowen Han*. “Demographic Pathways of Intergenerational Educational Reproduction: Evidence from China.”

- 2023. Population Association of America (PAA). New Orleans, USA.
- 2022. International Chinese Sociological Association (ICSA). Virtual.

Xiaowen Han*, Jessie Himmelstern, and Tom VanHeuvelen. “Getting by in Precarious Times: How Work Values and Education Structure Employment and Earnings Mobility in the Early Career.”

- 2022. American Sociological Association (ASA). Los Angeles, USA.
- 2022. Tom VanHeuvelen, Jessie Himmelstern, and Xiaowen Han. “Getting by in Precarious Times: Intragenerational Mobility in the Transition to Adulthood.” Population Association of America (PAA). Atlanta, USA.

Teresa Swartz, Claire M. Kamp Dush, and **Xiaowen Han**. “Racial Discrimination and Mental Health Among Asian Americans During the COVID-19 Pandemic.”

- 2022. Population Association of America (PAA). Atlanta, USA.
- 2022. Association for Asian American Studies (AAAS). Denver, USA.

Abbey Hammel, **Xiaowen Han**, and Jeylan Mortimer. “Agency and Career Uncertainty in the Time of COVID.”

- 2022. Society for Longitudinal and Life Course Studies (SLLS). Cleveland, USA.

Xiaowen Han*, Jeylan T. Mortimer, and Tom VanHeuvelen. “Perceived Discrimination in the Workplace and Mental Health from Early Adulthood to Mid-Life.”

- 2021. American Sociological Association (ASA). Virtual.
- 2021. Society for Longitudinal and Life Course Studies (SLLS). Virtual.

Xiaowen Han*. “Positive Parenting Practices, Parental Socioeconomic Status, and the Intergenerational Transmission of Psychological Well-being: An Empirical Analysis Based on CFPS Data.”

- 2020 International Chinese Sociological Association (ICSA). Virtual.

Xiaowen Han*. “Structure and Determinants of Beliefs About Meritocracy: A Comparison of the United States and China.”

- 2020. American Sociological Association Annual Meeting (ASA). Virtual.

TEACHING AND MENTORSHIP

Spring 2025. **Guest Speaker** for SOC 8811 Advanced Social Statistics
(Instructor: Prof. Tom VanHeuvelen)

Summer 2024 **Instructor** for SOC 1001 Introduction to Sociology (Online)

- Teaching evaluation: 6.00/6.00

Fall 2023 **Guest Speaker** for SOC 8001 Sociology as a Profession
(Instructor: Prof. Cawo Abdi)

- 2022 – 2025 **Student Mentor** for Incoming Graduate Students, Department of Sociology, UMN
- Served on the new PhD cohort orientation student panel (three years)
 - Provided one-on-one mentorship for incoming PhD students (two cohorts)
- 2019 – 2021 **Research Mentor** for Undergraduate Research Assistants
- Trained and supervised five undergraduate RAs for the Youth Development Study (YDS) through the College of Liberal Arts Undergraduate Research Opportunity Program
 - Mentored one undergraduate RA on the NCHAT project on data cleaning and descriptive analysis using Stata

SERVICES

- 2024 – Student Representative on the **ASA-IPM Communications Team**
- Inequality, Poverty, and Mobility Section, American Sociological Association
- 2024 – 2025 Student Representative on the **Advisory Board of the Life Course Center (LCC)**
- Institute for Social Research and Data Innovation (ISRDI), UMN
- 2023 – 2024 Student Representative on the **Diversity, Equity and Inclusion (DEI) Committee**
- Department of Sociology, UMN
- 2023 – Occasional Reviewers
- *Journal of Health and Social Behavior*
 - *Longitudinal and Life Course Studies*
 - *Research in Social Stratification and Mobility*
 - *Social Currents*
 - *Journal of Workplace Behavioral Health*

OTHER RESEARCH TRAINING & PROFESSIONAL CERTIFICATES

- Dec. 2021 Causal Inference, CenterStat (online course)
- Aug. 2021 Research Methods & Workflow Management Workshop, MPC, UMN
- May 2021 Berkeley Workshop in Formal Demography, UC Berkeley (via Zoom)
- 2013-2014 Exchange student, Fu Jen Catholic University, Taipei

PROFESSIONAL MEMBERSHIPS

American Sociological Association (ASA), Population Association of America (PAA), Research Committee 28 on Social Stratification and Mobility (ISA-RC28), Society for Longitudinal and Life Course Studies (SLLS), International Chinese Sociological Association (ICSA)

STATISTICAL SOFTWARE

Stata, R, Python

LANGUAGES

Mandarin Chinese, English

REFERENCES

Jeylan Mortimer

Professor Emeritus
Department of Sociology
University of Minnesota
morti002@umn.edu

Phyllis Moen

McKnight Presidential Chair
Professor Emeritus
Department of Sociology
University of Minnesota
phylmoen@umn.edu

Tom VanHeuvelen

Associate Professor
Department of Sociology
University of Minnesota
tvanheuv@umn.edu