

# Xiaowen Han

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## EDUCATION

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- 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
  - 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

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

## PEER-REVIEWED PUBLICATIONS

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- 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.

## WORK IN PROGRESS

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

- Dissertation chapter

Beyond a Paycheck: Intergenerational Transmission of Intrinsic Rewards at Work

- 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?” Under Review for *American Journal of Sociology*

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

## RESEARCH EXPERIENCE

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June 2024 –	Research Assistant for Prof. Phyllis Moen <ul style="list-style-type: none"> <li>• Research Project on “Changing Work Conditions and Cognitive Health in Later Adulthood”</li> </ul>
Sept. 2024 – May 2025	Research Assistant for Minnesota Population Center (MPC) <ul style="list-style-type: none"> <li>• Short-term RA for interdisciplinary research projects at MPC &amp; LCC (Life Course Center), ISRDI</li> </ul>
Jan. 2023 – May 2024	Research Assistant for Prof. Rob Warren <ul style="list-style-type: none"> <li>• EdSHARe (High School &amp; Beyond)</li> </ul>
Sept. 2022 – Jan. 2023	Research Assistant for Prof. Tom VanHeuvelen <ul style="list-style-type: none"> <li>• Research Project on “Cumulative Job Quality and Later-Life Health”</li> </ul>
June 2021 – Aug. 2021	Research Assistant for Prof. Teresa Swartz and Claire Kamp Dush <ul style="list-style-type: none"> <li>• National Couples’ Health and Time Study (NCHAT)</li> </ul>
Sept. 2019 – May. 2022	Research Assistant for Prof. Jeylan T. Mortimer <ul style="list-style-type: none"> <li>• Youth Development Study (YDS)</li> </ul>

## AWARDS, FELLOWSHIPS, AND HONORS

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2025-26	<b>Doctoral Dissertation Fellowship</b> <ul style="list-style-type: none"><li>• University of Minnesota (\$25,000)</li></ul>
May 2025	<b>Graduate Summer Research Fellowship</b> <ul style="list-style-type: none"><li>• Department of Sociology, UMN (\$5,000)</li></ul>
May 2024	<b>Graduate Summer Research Fellowship</b> <ul style="list-style-type: none"><li>• Department of Sociology, UMN (\$4,000)</li></ul>
2023-24	<b>Barbara Lobodzinska-Lien Sociology Fellowship</b> for research in work and family <ul style="list-style-type: none"><li>• Department of Sociology, UMN (\$25,000)</li></ul>
May 2023	<b>Outstanding Graduate Research Paper</b> <ul style="list-style-type: none"><li>• Department of Sociology, UMN</li></ul>
Apr 2023	<b>Poster Presentation Award Winner</b> , 2023 PAA Annual Meeting. <ul style="list-style-type: none"><li>• “Cumulative Unionization and Physical Health Disparities among Older Adults”, with Prof. Tom VanHeuvelen, Jeylan Mortimer, and Zachary Parolin</li></ul>
Oct 2022	<b>Shimota Family Fellowship</b> <ul style="list-style-type: none"><li>• Department of Sociology, UMN (\$4,000)</li></ul>
June 2022	<b>Graduate Research Partnership Program</b> (with Prof. Tom VanHeuvelen) <ul style="list-style-type: none"><li>• Department of Sociology, UMN (\$4,000)</li></ul>
2021-23	Professional Development Fund for Conference Travel <ul style="list-style-type: none"><li>• Minnesota Population Center, UMN</li><li>• Department of Sociology, UMN</li></ul>
2019-21	Top-off Graduate Student Fellowship <ul style="list-style-type: none"><li>• Department of Sociology, UMN (\$10,000)</li></ul>

## TEACHING AND MENTORSHIP

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Summer 2024	<b>Instructor</b> for SOC 1001 Introduction to Sociology (Online)
2022 – 2024	Student Mentor for Incoming Graduate Students
2019 – 2021	Research Mentor for Undergraduate Research Assistants

## SERVICES

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2024 – 2025	Student Representative on the Advisory Board of the <b>Life Course Center (LCC)</b> <ul style="list-style-type: none"><li>• Institute for Social Research and Data Innovation (ISRDI), UMN</li></ul>
2023 – 2024	Student Representative on the <b>Diversity, Equity and Inclusion (DEI)</b> Committee <ul style="list-style-type: none"><li>• Department of Sociology, UMN</li></ul>
2023 – 2024	Journal Reviewers <ul style="list-style-type: none"><li>• <i>Journal of Health and Social Behavior</i></li><li>• <i>Longitudinal and Life Course Studies</i></li><li>• <i>Research in Social Stratification and Mobility</i></li><li>• <i>Social Currents</i></li></ul>

## PRESENTATIONS

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\* 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 Annual Meeting (ASA). Chicago, USA.
- Aug. 2025. RC28 Conference at UCLA. Los Angeles, CA, USA.
- Apr. 2025. Population Association of America Annual Meeting (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 Annual Meeting (ASA). Chicago, USA.

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

- 2025. Population Association of America Annual Meeting (PAA). Washington, D.C., US.
  - Poster Award Winner
- 2024. Summer Meeting of RC28 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 Annual Meeting (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 Annual Meeting (PAA). Columbus, USA.
- 2023. American Sociological Association Annual Meeting (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 Annual Meeting (PAA). New Orleans, USA.
  - Poster Award Winner
- 2022. “The Health Consequences of Cumulative Unionization.” Society for Longitudinal and Life Course Studies Annual Meeting (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 Annual Meeting (ASA). Philadelphia, USA.
- 2023. Society for Longitudinal and Life Course Studies Annual Meeting (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 Annual Meeting (ASA). Montreal, Canada.
- 2023. Society for Longitudinal and Life Course Studies Annual Meeting (SLLS). Munich, Germany.

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

- 2023. Population Association of America Annual Meeting (PAA). New Orleans, USA.
- 2022. International Chinese Sociological Association Annual Meeting (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 Annual Meeting (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 Annual Meeting (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 Annual Meeting (PAA). Atlanta, USA.
- 2022. Association for Asian American Studies Annual Meeting (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 Annual Meeting (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 Annual Meeting (ASA). Virtual.
- 2021. Society for Longitudinal and Life Course Studies Annual Meeting (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 Annual Conference (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.

## **OTHER RESEARCH TRAINING & PROFESSIONAL CERTIFICATES**

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Dec. 2021      Causal Inference, CenterStat (online course)  
May 2021      Berkeley Workshop in Formal Demography, UC Berkeley (via Zoom)  
2013-2014      Exchange student, Fu Jen Catholic University, Taipei

## **PROFESSIONAL MEMBERSHIPS**

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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**

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Stata, R, Python

## **LANGUAGES**

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Mandarin Chinese, English