

# Xiaowen Han

Ph.D. Candidate  
University of Minnesota – Twin Cities

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<https://xiaowen-han.github.io/>

## 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
    - 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

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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.

## MANUSCRIPTS 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.

- **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? (Under Review for *American Journal of Sociology*)

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

## RESEARCH EXPERIENCE

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- 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

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- 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

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- 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

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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 (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

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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

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- 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

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- 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

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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

## REFERENCES

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### **Jeylan Mortimer**

- Professor Emeritus of Sociology, University of Minnesota
- [morti002@umn.edu](mailto:morti002@umn.edu)

### **Phyllis Moen**

- McKnight Presidential Chair, Professor Emeritus of Sociology, University of Minnesota
- [phylmoen@umn.edu](mailto:phylmoen@umn.edu)

### **Tom VanHeuvelen**

- Associate Professor of Sociology, University of Minnesota
- [tvanheuv@umn.edu](mailto:tvanheuv@umn.edu)