

# PORTFOLIO

PRESENTATION BY

ANDREW ZENG





"Inside Out"  
Psychology  
Seminar



Reading Support  
Program for Inner  
Mongolia



Student  
Researcher



Public Education  
System Interview  
Project in Hunan  
Province



Yuanpei  
Young Scholars



Shuttlecock  
Kicking Club



Psycade Media  
Psychology  
Club



Personal  
Blog



House Qilin  
House Captain



HOSA Ads  
Director, Video Editor



# "Inside Out" Psychology Seminar



## Film Presenter & Discussion Leader

Screened "Inside Out" for 150 students; led a 40-min discussion on psychology, emotional regulation & managing negative emotions under academic stress



Watch  
the video

# "Inside Out" Psychology Seminar



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## Speech Slides



## Speech Outline

### Speech Outline: Inside Out — Understanding Our Emotions

#### I. What Is Psychology?

- The science that studies mental phenomena, consciousness, and behavior in humans and animals
- Studies why people think, feel, and act the way they do
- Categories: theoretical psychology / applied psychology
- Transition: back to the movie

#### II. Emotions

- Basic emotion theory: sadness, joy, fear, disgust, surprise (corresponding to the movie characters)
- Complex emotions: comfort, nostalgia... (mixtures of basic emotions)
- Play a movie clip
- Discussion question: Why could Sadness and Joy be sucked away, but not Fear?

#### III. Memory Orbs

- The three stages of memory: sensory memory → short-term memory → long-term memory
- Discussion question: Why are the images in the memory orbs all in the third person?
- Answer: Memory is reconstructive; memories change over time and are not exact recordings

#### IV. Core Memories and Personality Islands

- Self-concept and self-identity: Who am I?
- Discussion question: The order in which the islands collapse
- Related theory: Erik Erikson's eight stages of psychosocial development (trust vs. mistrust → autonomy vs. shame and doubt → initiative vs. guilt → industry vs. inferiority → identity vs. role confusion → intimacy vs. isolation → generativity vs. stagnation → integrity vs. despair)
- Key point: The core task of adolescence is establishing identity, which corresponds to P's situation

#### V. Joy, Sadness, and Riley

- Discussion question: Why doesn't Joy want Sadness to touch the console at first?
- Is being happy all the time really a good thing?
- The dangers of emotional suppression
- Learning to accept sadness

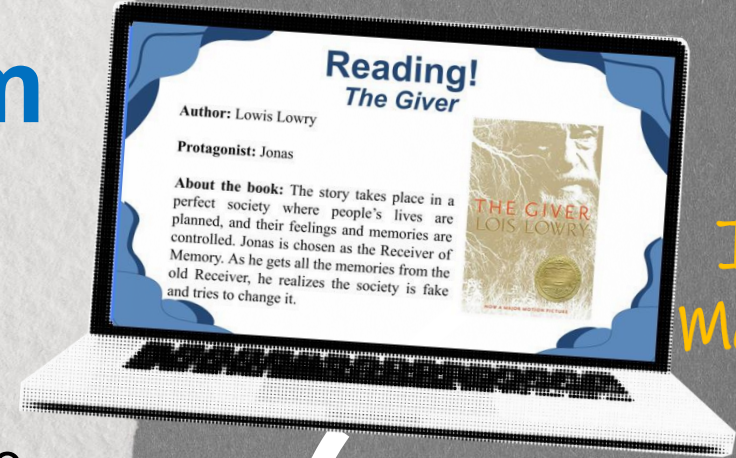
## Discussion



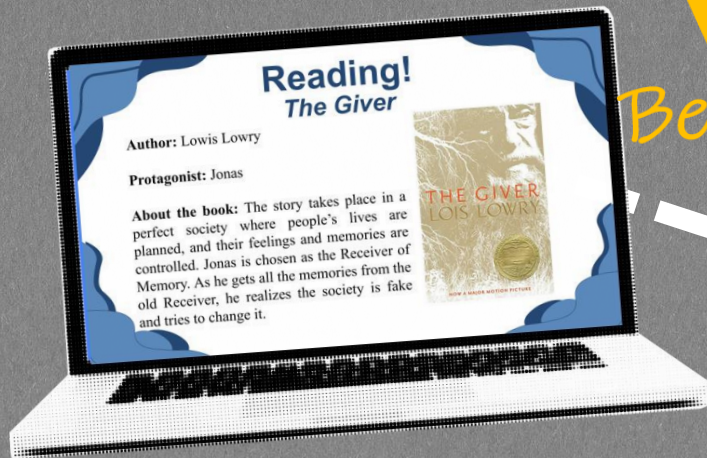
# Reading Support Program for Inner Mongolia

## Students Leader and Instructor

Design/teach English courses; recruited/trained 30 volunteer teachers for a partner school; explored how to spark curiosity and motivation in learning



Inner  
Mongolia



Beijing

Grade 10, 11 and 12  
3 hours a week  
15 weeks a year  
And will continue...

# Materials Prepare

- Novels
- Student Profile
- 内蒙古历年英语真题
- 历年高考英语真题试卷
- Course Outline
- Feedback Chart
- Novel Recommendation
- Pre-Class Quiz
- Sentence Structure
- Writing Prompt
- 问卷

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## English Course Lesson 3

By Andrew Zeng

From basic to intermediate stages with exciting and fun lessons.

### Reading! The Giver

Author: Lois Lowry  
Protagonist: Jonas

About the book: The story takes place in a perfect society where people's lives are planned, and their feelings and memories are controlled. Jonas is chosen as the Receiver of Memory. As he gets all the memories from the old Receiver, he realizes the society is fake and tries to change it.

### Writing! Brainstorming

给定你是李华，暑假在伦敦学习，参加当地美术馆举办的中国书画展。请写一封申请信给馆长，内容包括：

- 写信目的；
- 个人优势；
- 绘画的事情。

### Final Presentation! Brainstorming

No fixed style (can be a pre, a video or a creative writing recitation)  
Can be about what have been taught on this course or personal hobbies  
Take it easy 😊

## Reading Support Program for Inner Mongolia

### Students Leader and Instructor

Design/teach English courses; recruited/trained 30 volunteerteachers for a partner school; explored how to spark curiosity and motivation in learning

## Homework Correction

Good !  
advantages. With this popularity come advantages. For example, we can enjoy flexible study time with abundant live and recorded courses with the help of the internet. It also has disadvantages, however. Difficulties also lie in this process, however. Lacking face-to-face interaction may make us lonely isolates people. What's more, it is easy to be distracted by or even be addicted to entertainment-recreational content online. Worse, some students believe in online information without giving it a second thought, from answers to their assignments to rumors, some students copy answers without thinking, believe rumors easily and long screen time causes eye strains. Here are my suggestions. First, students should be self-disciplined and setting set a proper schedule, and taking regular breaks to protect our eyes. What's the most important vital for students is that we can't be persuaded by rumors easily; they we should think independently and distinguish the truth and false evaluate the information. Let us be smart online learners.

From the vehicles of horses to today's convenient transport, Chinese transport has an undergone enormous development. There are noteworthy changes in transport. Nowadays, people are able to travel more conveniently. Dockless shared bicycles offer an affordable choice for short journeys. People can simply scan the QR code to use them. Besides, high-speed trains, as the a domestic cutting-edge transportation, greatly shorten travel time so that people's life is more efficient allows people to travel between cities within hours, significantly improving people's quality of life. Meanwhile, an increasing number of eco-friendly transportation options have emerged. New energy vehicles are eco-friendly. With zero carbon emissions, they help building a sustainable society. Dockless shared bicycles offer an affordable choice for short journeys. People can simply scan the QR code to use them. The progress of transport makes our life much easier and greener. This development trend also shows that people are not only seeking faster modes of transportation, but also more environmentally friendly ones. I believe the development of vehicles will always keep.

"Oh, look!" Lily squealed in delight. "Isn't he cute? Look how tiny he is! And he has funny eyes like yours, Jonas!" Jonas glared at her. He didn't like it that she had mentioned his eyes. He waited for his father to chastise Lily. But Father was busy unstrapping the carrying basket from the back of his bicycle. Jonas walked over to look.

It was the first thing Jonas noticed as he looked at the newchild peering up curiously from the basket. The pale eyes. Almost every citizen in the community had dark eyes. His parents did, and Lily did, and so did all of his group members and friends. But there were a few exceptions: Jonas himself, and a female Five who he had noticed had the different, lighter eyes. No one mentioned such things; it was not a rule, but was considered rude to call attention to things that were unsettling or different about individuals. Lily, he decided, would have to learn that soon, or she would be called in for chastisement because of her insensitive chatter.

Father put his bike into its port. Then he picked up the basket and carried it into the house. Lily followed behind, but she glanced back over her shoulder at Jonas and teased, "Maybe he had the same Birthmother as you."

Jonas shrugged. He followed them inside. But he had been startled by the newchild's eyes. Mirrors were rare in the community; they weren't forbidden, but there was no real need of them, and Jonas had simply never bothered to look at himself very often even when he found himself in a location where a mirror existed. Now, seeing the newchild and its expression, he was reminded that the light eyes were not only a rarity but gave the one who had them a certain look—what was it? Depth, he decided, as if one were looking into the clear water of the river, down to the bottom, where things might lurk which hadn't been discovered yet. He felt self-

## Online Class Notes

# Public Education System Interview Project in Hunan Province (Documentary Video)

## Interviewer, Director

Interviewed 10 educators (kindergarten-college);  
Visited schools & educators' families to explore  
motivations for staying in underpaid rural education



Watch  
the video



# Yuanpei Young Scholars

For completing a series of rigorous college-level academic challenges and completing research project, report and oral defense, focusing on **Social Psychology: Understanding Cyberspace through the Lens of Social Psychology in the discipline of Psychology**, during the Yuanpei Young Scholars Academic Research Program, from May 2025 to July 2025.



元培少年学者  
YUANPEI YOUNG SCHOLARS

Yuanpei Young Scholars Program  
Academic Evaluation Report

Report Date 2025-6-10

**Section 1: Basic Information**

Student Name: Qingduo Zeng 曾庆多  
Field: Psychology  
Research Focus: Social Psychology: Understanding Cyberspace through the Lens of Social Psychology  
Leading Scholar: Dr. Tonglin Jiang  
Research Advisor: Dr. Xinyu Pan

**Section 2: Program Learning Outcomes and Research Process**

1. Description of the group's research focus that the student chose:  
The group used social psychological approaches to explore online phenomena. Through reading classic literature and taking courses on basic social psychological methods, students became familiar with mainstream social psychological research and acquired basic social psychology research methods. Students determined their topics of interest and independently completed empirical studies.

2. Please give an evaluation of the student's academic performance in the program (academic potential, work ethics, class participation, curiosity, language, etc.):  
Qingduo is a conscientious researcher with excellent execution skills. He showed great curiosity about psychology and actively participated in class. He approached his project with great seriousness and commitment. From the early stage of designing his plan to the careful process of collecting and analyzing data, he showed patience, persistence, and attention to detail. His ability to follow through each step thoughtfully reflected a strong sense of responsibility and genuine engagement with the project. Overall, he has shown good academic potential and a reliable attitude toward learning.

3. Please describe the what kind of research topic the student chose, his/her research method and process, challenges he/she encountered, solutions and achievements.

元培少年学者  
YUANPEI YOUNG SCHOLARS

arch method and process, challenges he/she encountered, solutions and achievements.

Qingduo identified an important real-life phenomenon, nomophobia, the fear of being without one's mobile phone, which has become increasingly common in modern society. To address this issue, he applied the perspective of positive psychology. Specifically, he selected a widely recognized intervention, the Best Possible Self exercise, and tested its effectiveness in reducing nomophobia. In his study, participants who engaged in the BPS intervention reported significantly lower levels of nomophobia compared to the control group, thereby supporting his hypothesis. Although the underlying mechanism he proposed has not yet been fully demonstrated, his project offered valuable insights into strategies for managing nomophobia and carries meaningful implications for both research and practice.

**Section 3: Evaluation Result and Summary**

1. Program evaluation:  
Class Participation: 100  
Class Presentation or Quiz: 94  
Weekly Homework: 94  
Mid-term Presentation: 100  
Final Paper Quality: 90.8  
Final PPT & Presentation: 89.42  
Overall Grade: A-

2. Overall Academic Evaluation and Recommendations for Future Development:  
I was impressed by Qingduo's clear sense of what kind of research he wanted to focus on, which is rare among his peers and suitable for a scholar. He is intelligent, hardworking, and demonstrates excellent execution skills. Every time he received feedback, he took action quickly, reviewed the literature, and came up with a new solution. He demonstrated a good command of many necessary skills throughout the project, such as presentation, data analysis, and data visualization. His experiments yielded interesting and meaningful conclusions, which will be an excellent start to his academic career.

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He would be an outstanding scholar if he wanted to be. Overall, I am delighted with Qingduo's accomplishments and wish him all the best in the future.

Research Advisor  
Xinyu Pan

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YUANPEI YOUNG SCHOLARS

**CERTIFICATE OF COMPLETION**

This certificate is awarded to

**QINGDUO ZENG**

for completing a series of rigorous college-level academic challenges and completing his/her own research project, report/paper and oral defense, focusing on Social Psychology: Understanding Cyberspace through the Lens of Social Psychology in the discipline of Psychology, during the Yuanpei Young Scholars Academic Research Program, from May 2025 to July 2025.

Organizing Party  
Harvard Undergraduate Association for US-China Relation

Academic Advisory Party  
Institute of Examinations, Peking University

Granted: August 2025

# Yuanpei Young Scholars

For completing a series of rigorous college-level academic challenges and completing research project, report and oral defense, focusing on

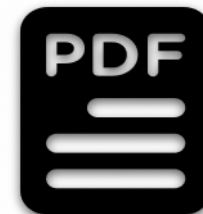
**Social Psychology: Understanding Cyberspace through the Lens of Social Psychology in the discipline of Psychology**, during the Yuanpei Young Scholars Academic Research Program, from May 2025 to July 2025.

## Research Paper

Social Psychology: Understanding  
Cyberspace through the Lens of Social  
Psychology in the discipline of  
Psychology

Thinking of the best possible self may decrease the  
level of nomophobia among adolescents in Beijing

Name: Qingduo Zeng



Research  
Paper

# Student Researcher

## The Impact of Educational Video Display Styles on Elementary Students' Learning Outcomes, (Mentor: Dr.Linda Andreev)

Investigated how animated vs. human-presented educational videos affect one's learning outcome; paper accepted by American Journal of Student Research



Visit  
the page

# ResearchGate



Visit  
the page

My research paper has been indexed and published by

## American Journal of Student Research

# Human Participants Form

Human Participants Form (4)

Required for all research involving human participants not at a Regulated Research Institution.  
If at a Regulated Research Institution, use institutional approval forms for documentation of prior review and approval. (IRB approval required before recruitment or data collection.)

Congxiang Zeng 曾祥祥

Student's Name(s)

Will the display style of the video impact student learning?

Title of Project

zengxiangxiao2004@163.com

Adult Sponsor

Phone/Email

MUST BE COMPLETED BY STUDENT RESEARCHER(S) IN COLLABORATION WITH THE ADULT SPONSOR/DIRECT SUPERVISOR/QUALIFIED SCIENTIST:

1. ☒ I have submitted my Research Plan/Project Summary which addresses ALL areas indicated in the Human Participants Section of the Research Plan/Project Summary Instructions.

2. ☒ I have attached any surveys or questionnaires I will be using in my project or other documents provided to human participants.

3. ☒ Any published instrument(s) used was/were legally obtained.

4. ☒ I have attached an informed consent that I would use if required by the IRB.

5. ☒ Are you working with a Qualified Scientist? If yes, attach the Qualified Scientist Form 2.

BELOW – IRB USE ONLY

MUST be completed by Institutional Review Board (IRB) after review of the research plan. All questions must be answered for the approval to be valid. (If not approved, return paperwork to the student with instructions for modifications.)

☒ Approved with Full Committee Review (3 signatures required) and the following conditions: (All 6 must be answered)

1. Risk Level (check one):

☒ Minimal Risk

☐ More than Minimal Risk (a risk assessment form 3 is required)

2. Qualified Scientist (QS) Required (Form 2):

☒ Yes

☐ No

3. Risk Assessment Required (Form 3):

☒ Yes

☐ No

4. Written Minor Assent and written parental permission required for minor participants:

☒ Yes

☐ Not applicable (No minors in this study)

5. Written informed Consent required for participants 18 years or older:

☒ Yes

☐ No

6. Facilitated or "protected" group(s), written approval has been obtained:

☒ Yes

☐ No

IRB SIGNATURES (All 3 signatures required) None of these individuals may be the adult sponsor, direct supervisor, qualified scientist or related to (e.g., mother, father of) the student (conflict of interest).

I attest that I have reviewed the student's project, that the checkboxes above have been completed to indicate the IRB determination and that I agree with the decisions above.

Medical or Mental Health Professional (a psychologist, medical doctor, licensed social worker, licensed clinical professional counselor, physician's assistant, doctor of pharmacy, or registered nurse) with expertise related to this project:

Print Name below

Degree/Professional License

You Qianchun

Level 3/License of Psychological Counsellor

Signature

Date prior to experimentation

Email

1.6.2026

hayley.qianchunyou@beijing101id.com

Educator

Signature

Date

## Student Researcher

### The Impact of Educational Video Display Styles on Elementary Students' Learning Outcomes, (Mentor: Dr.Linda Andreev)

Investigated how animated vs. human-presented educational videos affect one's learning outcome; paper accepted by American Journal of Student Research

## Citation

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| The Effectiveness of Interactive Videos in Incre... | 2/13/2026 12:29 AM | Microsoft Edge PDF ... |           |

## References

|                                                  |                    |                        |          |
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## Data Analysis

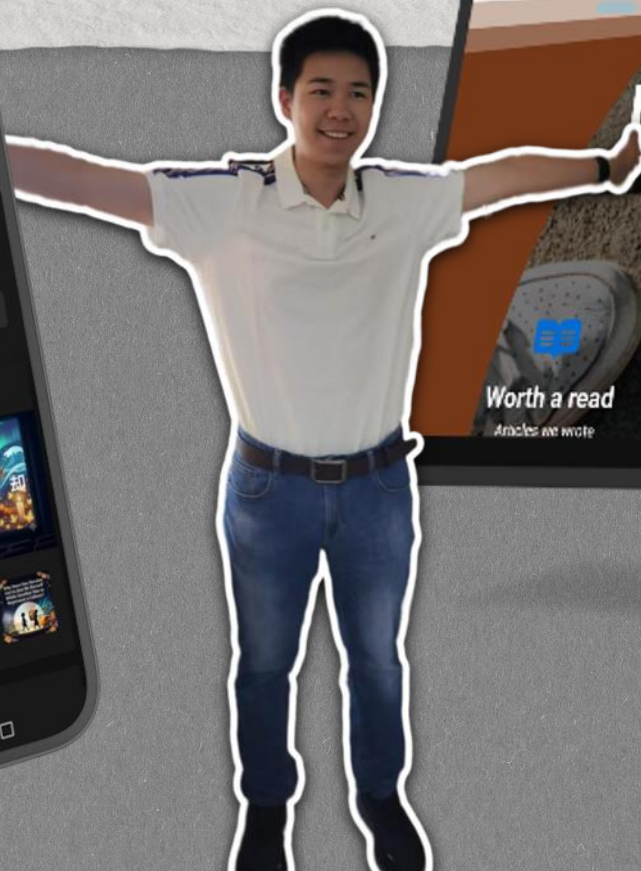
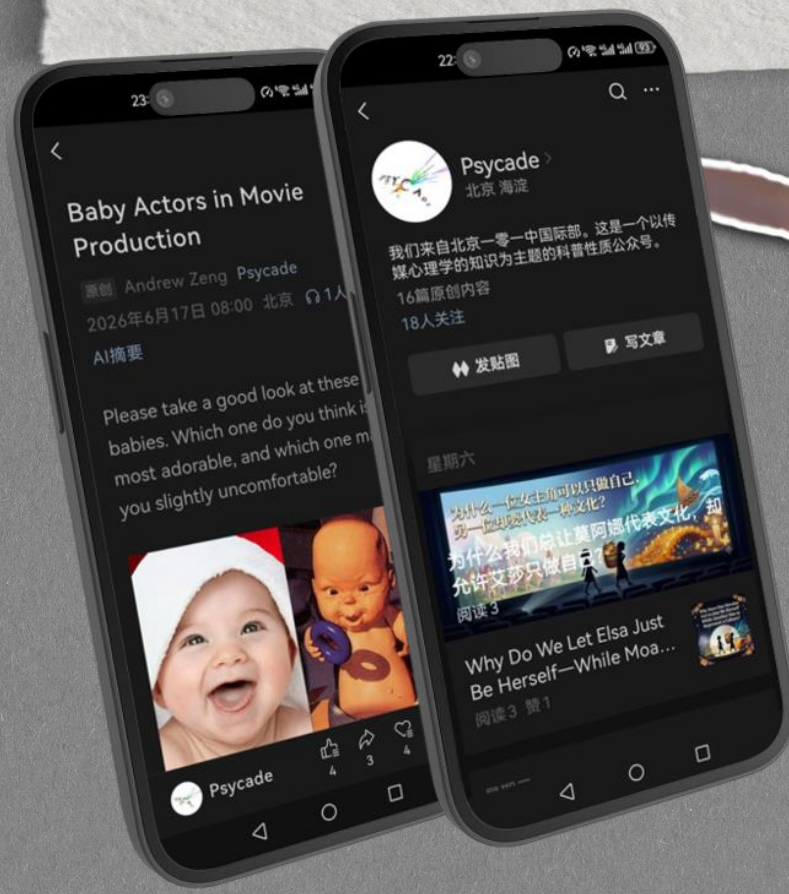
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lecture video

# Psycade Media Psychology Club

## Founder, Writer & Editor

Wrote/edited WeChat, Instagram & X articles on how films, ads & games shape behavior; built a site to host them; led weekly meetings for 7 members.



Visit  
the website

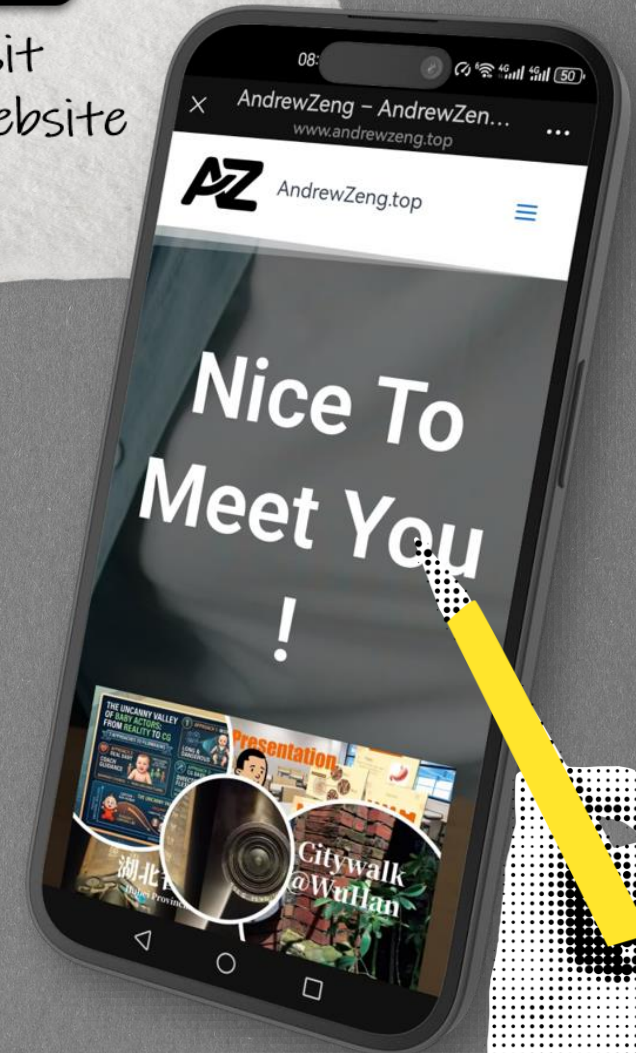
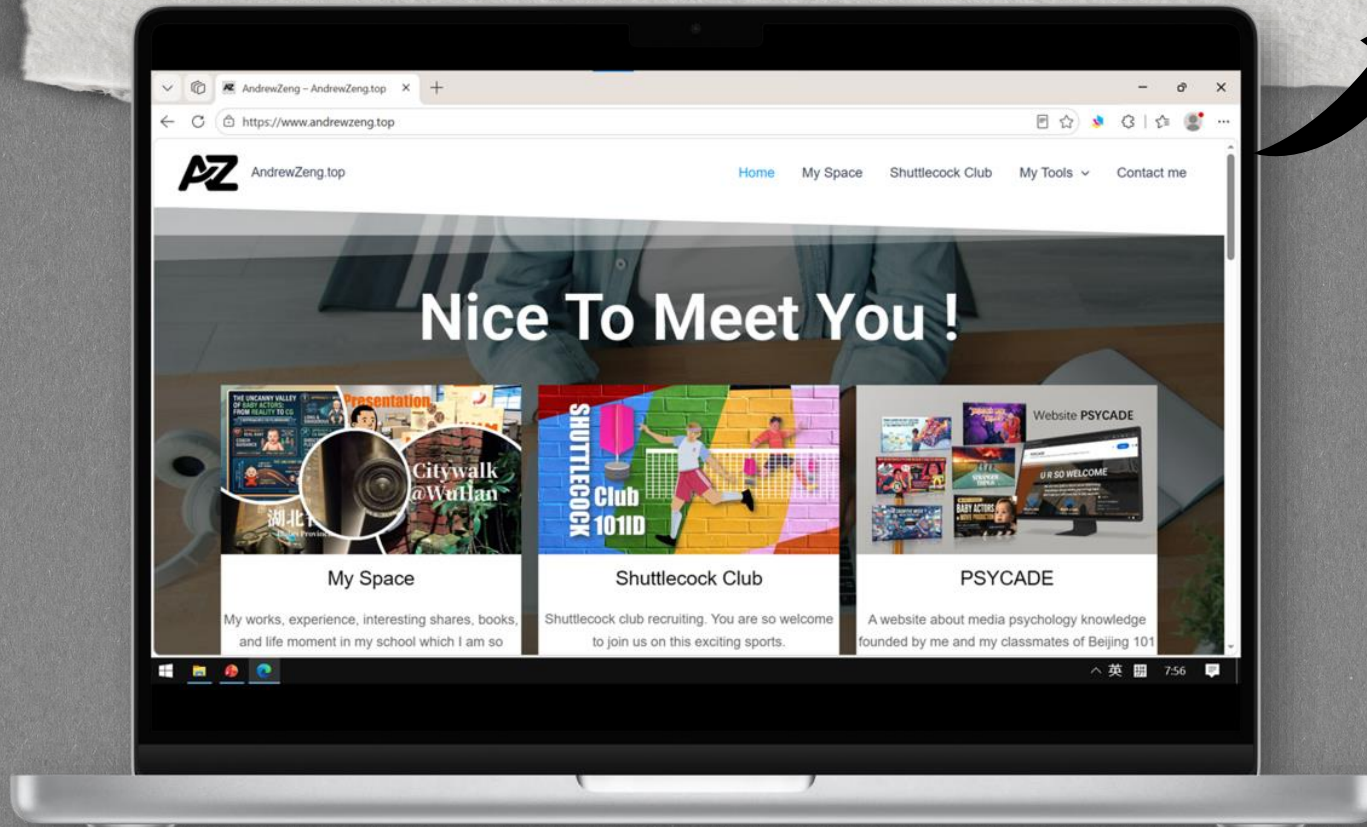
# Personal Blog

## Writer, Site Developer

Built the site from scratch; posted reflections on education system, film/book reviews, digital artwork and travel vlogs; Blog link: [andrewzeng.top](http://andrewzeng.top)



Visit  
the website



# Shuttlecock Kicking Club

## Founder

Grew club to 30 members through weekly lunch meetups & a promo webpage; hosted an all-school tournament; made shuttlecock kicking part of campus life

**SHUTTLECOCK**  
**Club**  
**101ID**



Visit  
the page



# House Qilin

## House Captain

Produced House annual recruitment & promotional videos;  
Led cheerleading for House Qilin;  
Guided visitors during open days; hosted award ceremonies.



**House Qilin  
Regatta 2026  
We ! Champion!**



And on the match day, as the cheer leader for team QILIN , I lost my voice by the end of the day.



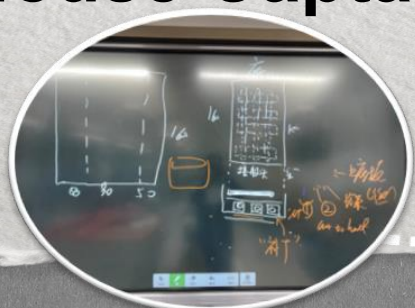
# House Qilin

## House Captain

# Road to the CHAMPION !



Watch  
the video



Design



Build



Done



Test  
and failed



Brainstorm



Decorate



Do it better



Restart

Test  
again



We fought !



And we triumphed

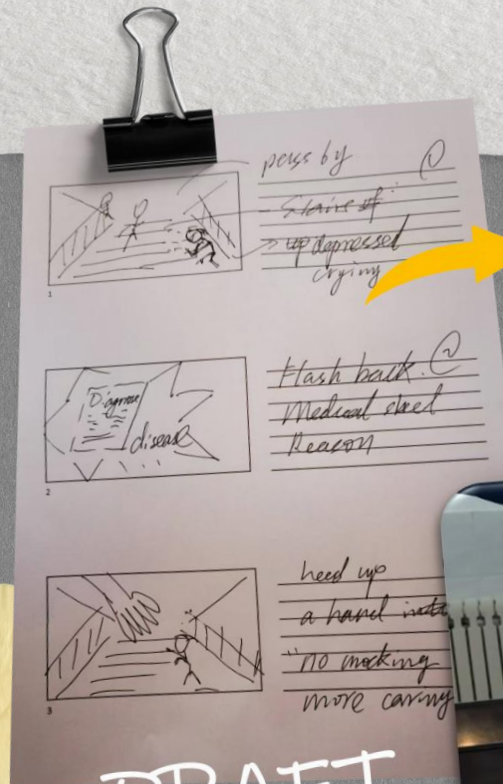


**WE  
WON  
!**

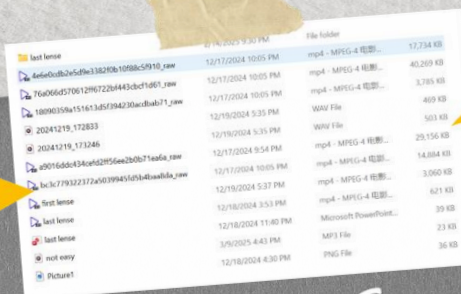
Created a public service announcement video for HOSA  
National Bronze Honor.



National  
Bronze  
Honor.



DRAFT



# CLIPS



# EDITING



WORKS

**Thank you so much**

