

Mykim Tran (She/Her)

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SUMMARY

I am a humanistic psychologist and behavioral researcher with expertise in mindset, motivation, and creativity, and with the passion for psychological well-being.

EDUCATION

PhD, Psychology, Saybrook University, July 2022

Concentrations: Humanistic Psychology

MA, Psychology, Walden University, August 2013

Concentrations: Health Psychology

BA, Communications, California State University, Sacramento, May 2008

Concentrations: Media Communications

EXPERIENCE

Founder/Executive Director, March 2013 – Present

Wake-Up Foundation

- Design educational and outreach programs
- Teach, present, and provide workshops and presentations to youth and businesses
- Coach and mentor youth, intern, and volunteer in personal and professional development
- Network and collaborate with community partners
- Supervise, manage, and delegate tasks and expertise to staff, interns, and volunteers
- Research and write grants to gain funding to support programs and services

Peer Reviewer, July 2024 – Present

ResearchHub

- Peer review articles, manuscripts, and preprints in psychology, medicine, philosophy, and related fields

Brainz Magazine, February 2023 - Present

Executive Contributor

- Write articles related to humanistic psychology, with topics such as motivation, mindset, human potential, psychological well-being, productivity, and related topics

Thesis Supervisor for MS Psychotherapy, February 2014 – May 2022
Pebble Hills University

- Oversee master student's theses
- Mentor, critique, and grade student's theses

Lecturer, Fall 2016

California State University, Sacramento

- Course taught: Health Psychology
- Mentor over 50 students to produce quality work

The Learning Center Director, June 2015 – June 2016

Ser-Jobs For Progress, Inc.

- Develop life skill workshops for children, teenagers, and adults
- Work with parents and colleagues to support youths 3-18
- Supervise and delegate tasks to youths and parents

Health and Wellness Instructor, November 2010 - 2015

Asian Community Center

- Develop health, wellness, and stress management programs
- Teach health and wellness workshops
- Facilitate health chronic management programs

Community Education Instructor, July 2012 – March 2013

San Joaquin Delta College

- Develop and teach personal development classes

CONFERENCE PRESENTATION

Tran, M. (2023, August). The life purpose pyramid: 7 steps to reach self-actualization. Poster presentation accepted at the American Psychological Association (APA), Division 32, Society for Humanistic Psychology, Washington, DC.

VOLUNTEERISM

Studentmentor.org, April 2012-June 2014

Student Mentor

- Mentor students in career exploration and development

Junior Achievement, July 2011 – December 2013

Program Presenter

- Present economic and entrepreneurial programs to students

SKILLS

Computer: Proficiency in Microsoft Applications, Zoom and Team Meetings, Internet and Emailing, and online software

Fluent Language: English and Vietnamese

HONOR AND AWARD

Dissertation with Distinction Awards
Issued by Saybrook University - May 2023

CREA Global Award
Issued by Brainz Magazine - June 2023

MEMBERSHIP

APA Division 32: Society for Humanistic Psychology, June 2023 – Present
Member

American Psychological Association (APA), August 2023 – Present
Member

APA Division 42: Psychologists in Independent Practice, January 2024 – Present
Member