

# Wen Fan

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## CONTACT INFORMATION

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📄: [Google Scholar](#)

## RESEARCH INTERESTS

Work and family, health, life course, quantitative methods

## ACADEMIC APPOINTMENTS

Associate Professor, Department of Sociology, Boston College, 2022–present  
Director of Graduate Admissions, Department of Sociology, Boston College, 2019–2025  
Assistant Professor, Department of Sociology, Boston College, 2015–2022  
Faculty Affiliate, [Sloan Research Network on Aging & Work](#), 2016–present  
Faculty Affiliate, [Medical Humanities, Health, and Culture](#), 2016–present

## EDUCATION

University of Minnesota, Minnesota

**Ph.D., Sociology**, 2008–2015

**M.S., Statistics**, 2012–2014

Renmin University of China, Beijing, China

**B.A., Public Administration/Demography**, 2004–2008

## JOURNAL ARTICLES (<sup>S</sup> denotes student coauthors) (PEER-REVIEWED)

39. **Fan, Wen**, and Phyllis Moen. Forthcoming. “The Future(s) of Work? Disparities around Changing Job Conditions when Remote/Hybrid or Returning to Working at Work.” *Work and Occupations*.
38. Guo, Ya<sup>S</sup>, Wanying Ling<sup>S</sup>, **Wen Fan**, and Senhu Wang. 2025. “Work-Schedule Instability and Workers’ Health and Well-being Across Different Socioeconomic Strata in China.” *Research in Social Stratification and Mobility* 95: 101008.
37. **Fan, Wen**. 2024. “Becoming a Parent: Trajectories of Family Division of Labor in Germany and the United States.” *Advances in Life Course Research* 60: 100611.
36. **Fan, Wen**, and Phyllis Moen. 2024. “The Shifting Stress of Working Parents: An Examination of Dual Pandemic Disruptions—Remote Work and Remote Schooling.” *Social Sciences* 13(1): 36.
35. Qian, Yue, and **Wen Fan** (equal authorship). 2024. “Stressful Life Events and Depressive Symptoms During COVID-19: A Gender Comparison.” *British Journal of Sociology* 75(1): 38-47.
34. Qian, Yue, and **Wen Fan** (equal authorship). 2023. “The Early-2020 COVID-19 Outbreak in China and Subsequent Flourishing: Medium-Term Effects and Intervening Mechanisms.” *Society and Mental Health* 13(3): 208-226.
33. Qian, Yue, and **Wen Fan**. 2023. “Student Loans, Mental Health, and Substance Use: A Gender Comparison among U.S. Young Adults.” *Journal of American College Health* 71(3): 930-941.
32. **Fan, Wen**, and Yue Qian (equal authorship). 2023. “State Contexts, Job Insecurity, and Subjective Well-being in the Time of COVID-19.” *Journal of Happiness Studies* 24: 2039–2059.

31. Yucel, Deniz, and **Wen Fan**. 2023. “Workplace Flexibility, Work–Family Interface, and Psychological Distress: Differences by Family Caregiving Obligations and Gender.” *Applied Research in Quality of Life* 18: 1825–1847.
30. **Fan, Wen**, and Phyllis Moen. 2023. “Ongoing Remote Work, Returning to Working at Work, or In Between during COVID-19: What Promotes Subjective Well-being?” *Journal of Health and Social Behavior* 64(1): 152–171.
29. Nano, Joseph P.<sup>S</sup>, Mina H Ghaly<sup>S</sup>, and **Wen Fan**. 2022. “Lessons from Early COVID-19: Undergraduate Students’ Academic Performance, Social Life, and Mental Health in the United States.” *International Journal of Public Health* 67:1604806.
28. **Fan, Wen**. 2022. “Breadwinning, Occupational Sex Composition, and Stress: Examining Psychological Distress and Heavy Drinking at the Intersection of Gender and Race.” *Gender and Society* 36(6): 922–960.
- Blogs in [Gender & Society Blog](#) and [Work in Progress](#).
27. **Fan, Wen**, and Phyllis Moen. 2022. “Working More, Less or the Same During COVID-19? A Mixed Method, Intersectional Analysis of Remote Workers.” *Work and Occupations* 49(2): 143–186.
- Blog in [Work in Progress](#).
  - Top 5 most read articles in *Work and Occupations* in 2022
26. **Fan, Wen**, and Yue Qian. 2022. “Constellations of Gender Ideology, Earnings Arrangements, and Marital Satisfaction: A Comparison Across Four East Asian Societies.” *Asian Population Studies* 18(1): 24–40.
25. **Fan, Wen**, Yue Qian, and Yongai Jin (first two authors equal authorship). 2021. “Stigma, Perceived Discrimination, and Mental Health during China’s COVID-19 Outbreak: A Mixed-methods Investigation.” *Journal of Health and Social Behavior* 62(4): 562–581.
24. **Fan, Wen**, and Jack Lam. 2021. “Educational Differences in Risk of All-cause Mortality After Acute Cardiovascular Events: Examining Cohort and Gender Variations.” *Research on Aging* 43(9-10): 403–415.
23. **Fan, Wen**, and Siqi Han. 2020. “Explaining Cross-national Variation in the Health Benefits of Tertiary Education: What are the Roles of the Skills Gap and the Earnings Gap?” *European Sociological Review* 36(6): 957–975.
22. **Fan, Wen**, and Liying Luo. 2020. “Understanding Trends in the Concentration of Infant Mortality among Disadvantaged White and Black Mothers in the United States, 1983-2013: A Decomposition Analysis.” *Demography* 57: 979–1005.
21. Qian, Yue, and **Wen Fan** (equal authorship). 2020. “Who Loses Income During the COVID-19 Outbreak? Evidence from China.” *Research in Social Stratification and Mobility* 68: 100522.
20. Woo, Bongki, **Wen Fan**, Thanh V. Tran, and David T. Takeuchi. 2020. “The Psychological Cost of Racial Discrimination: What is the Role of Residential Segregation?” *American Journal of Community Psychology* 65(1-2): 78–89.
19. Qian, Yue, and **Wen Fan**. 2019. “Men and Women at Work: Occupational Gender Composition and Affective Well-Being in the United States.” *Journal of Happiness Studies* 20(7): 2077–2099.
- Featured in [The Conversation](#), [CBC News](#), [NPR Planet Money](#), [International Business Times](#),

Phys.org, and Independent Online (South Africa).

18. **Fan, Wen**, Jack Lam, and Phyllis Moen (equal authorship). 2019. “Stress Proliferation? Precarity and Work–Family Conflict at the Intersection of Gender and Household Income.” *Journal of Family Issues* 40(18): 2751–2773.

- Selected as a nominee (15 out of over 2,500 articles) for the 2020 Rosabeth Moss Kanter International Award for Research Excellence in Work and Family.

17. Yucel, Deniz, and **Wen Fan** (equal authorship). 2019. “Work–family Conflict and Well-being among German Couples: A Longitudinal and Dyadic Approach.” *Journal of Health and Social Behavior* 60(3): 377–395.

16. **Fan, Wen**, and Yue Qian. 2019. “Rising Educational Gradients in Mortality among U.S. Whites: What are the Roles of Marital Status and Educational Homogamy?” *Social Science & Medicine* 235: 112365.

15. Woo, Bongki<sup>S</sup>, **Wen Fan**, Thanh V. Tran, and David T. Takeuchi. 2019. “The Role of Racial/Ethnic Identity in the Association between Racial Discrimination and Psychiatric Disorders: A Buffer or Exacerbator?” *SSM - Population Health* 7: 100378.

14. **Fan, Wen**, Phyllis Moen, Erin Kelly, Leslie Hammer, and Lisa Berkman. 2019. “Job Strain, Time Strain, and Well-being: A Longitudinal, Person-Centered Approach in Two Industries.” *Journal of Vocational Behavior* 110: 102–116.

- Featured in PBS.

13. **Fan, Wen**, Fangsheng Zhu<sup>S</sup>, and Phyllis Moen. 2018. “Micro-level Experiences of Macro-level Change: A Cohort Perspective on China’s Shift Away from State-sector Employment.” *Advances in Life Course Research* 35: 77–86.

12. **Fan, Wen**. 2017. “Education Delayed but not Denied: The Chinese Cultural Revolution Cohort Returning to School.” *Advances in Life Course Research* 33C: 53–65.

11. **Fan, Wen**, and Yue Qian. 2017. “Native-Immigrant Occupational Segregation and Worker Health in the United States, 2004-2014.” *Social Science & Medicine* 183: 130–141.

10. Moen, Phyllis, Erin Kelly, Shi-Rong Lee, J. Michael Oakes, **Wen Fan**, Jeremy Bray, David Almeida, Leslie Hammer, David Hurtado, and Orfeu Buxton. 2017. “Can a Flexibility/Support Initiative Reduce Turnover Intentions and Exits? Results from the Work, Family, and Health Network.” *Social Problems* 64: 53–85.

9. **Fan, Wen**. 2016. “Turning Point or Selection? The Effect of Rustication on Subsequent Health for the Chinese Cultural Revolution Cohort.” *Social Science & Medicine* 157: 68–77.

8. Moen, Phyllis, Erin Kelly, **Wen Fan**, Shi-Rong Lee, David Almeida, Ellen Kossek, and Orfeu Buxton. 2016. “Does a Flexibility/Support Organizational Initiative Improve High-Tech Employees’ Well-Being? Evidence from the Work, Family, and Health Network.” *American Sociological Review* 81(1): 134–164.

7. **Fan, Wen**, Jack Lam, Phyllis Moen, Erin Kelly, Rosalind King, and Susan McHale. 2015. “Constrained Choices: Linking Employees’ and Spouses’ Work Conditions to Health Behaviors.” *Social Science & Medicine* 126: 99–109.

6. **Fan, Wen**, and Phyllis Moen. 2015. “Comment: Capturing Linked Lives—A Promising New

Method.” *Sociological Methodology* 45: 51–56.

5. **Fan, Wen**, and Yue Qian. 2015. “Long-Term Health and Socioeconomic Consequences of Early-Life Exposure to the 1959-1961 Chinese Famine.” *Social Science Research* 49: 53–69.

- Frank Mott Award, Department of Sociology, Ohio State University.

4. Lam, Jack, Kimberly Fox, **Wen Fan**, Phyllis Moen, Erin Kelly, Leslie Hammer, and Ellen Kossek. 2015. “Manager Characteristics and Employee Job Insecurity around a Merger Announcement: The Role of Status and Crossover.” *The Sociological Quarterly* 56(3): 558–580.

3. Kelly, Erin, Phyllis Moen, J. Michael Oakes, **Wen Fan**, Cassandra Okechukwu, Kelly D. Davis, Leslie Hammer, Ellen Kossek, Rosalind Berkowitz King, Ginger Hanson, Frank Mierzwa, and Lynne Casper. 2014. “Changing Work and Work-Family Conflict: Evidence from the Work, Family, and Health Network.” *American Sociological Review* 79(3): 485–516.

- 2015 Rosabeth Moss Kanter International Award for Research Excellence in Work and Family.

2. Lam, Jack, **Wen Fan**, and Phyllis Moen. 2014. “Is Insecurity Worse for Well-being in Turbulent Times? Mental Health in Context.” *Society and Mental Health* 4(1): 55–73. (Featured podcast)

1. Moen, Phyllis, **Wen Fan**, and Erin Kelly. 2013. “Team-Level Flexibility, Work-Home Spillover, and Health Behavior.” *Social Science & Medicine* 84: 69–79.

BOOK  
CHAPTERS/BOOK  
REVIEWS  
(INVITED/PEER-  
REVIEWED)

4. **Fan, Wen**, and Ruilin Chen<sup>S</sup>. 2022. “Chapter 20: Temporal Work Arrangements and Well-being in China,” in Yaojun Li, and Yanjie Bian (eds.) *Social Inequalities in China*. London, UK: Imperial College Press.

3. **Fan, Wen**. 2022. “Easy Living: The Rise of the Home Office.” *Contemporary Sociology* 51(3): 177-179.

2. **Fan, Wen**. 2020. “Chapter 6 Couples’ Conjoint Work Hours and Health Behaviors: Do Gender and Sexual Identity Matter?” in Hui Liu, Corinne Reczek, and Lindsey Wilkinson (eds.) *Marriage and Health: The Well-Being of Same-Sex Couples*. New Brunswick, NJ: Rutgers University Press.

1. **Fan, Wen**. 2020. “Workplace Flexibility.” in Lynette Spillman (ed.) *Oxford Bibliographies in Sociology*. New York, NY: Oxford University Press. Invited Contribution.

WORK (R&R AND  
UNDER REVIEW)

**Fan, Wen**, and Phyllis Moen. “Remote Work in Flux: Work-Place/Preference Mismatch and Adaptations.” Revise and resubmit.

**Fan, Wen**, Juliet Schor, Orla Kelly, and Guolin Gu. “Does Work Time Reduction Improve Workers’ Well-being? Evidence from Global Four-day Workweek Trials.” Revise and resubmit.

**Fan, Wen**, and Yue Qian (equal authorship). “Whose Parents Matter? Intergenerational Transmission of Earnings Arrangements in Different-sex Couples: A Research Note.” Revise and resubmit.

**Fan, Wen**, and Yue Qian (equal authorship). “Economic Risks and Mental Health during China’s 2020 COVID-19 Outbreak: A Mixed-Methods Approach.” Under review.

**Fan, Wen**, and Duanyi Yang. “What did the COVID-19 Pandemic Teach Us about Flexible Working Arrangements?” A Research Agenda for Flexible Working Arrangements. Revise and resubmit.

Gu, Guolin<sup>S</sup>, and **Wen Fan**. “Painful hopes? The health and well-being impacts of land expropri-

ation in Chinese villages.” Under review.

Petts, Richard, Daniel L. Carlson, and **Wen Fan**. “Work-Place Mismatch and Parents’ Psychological Well-Being.” Under review.

Qian, Yue, and **Fan, Wen**. “Did the COVID-19 Pandemic Make it Worse? Working from Home and Affective Well-being at the Intersections of Parental Status and Occupation.” Revise and resubmit.

OTHER  
PUBLICATIONS

Phyllis Moen, and **Wen Fan**. 2023. “Changing Nature of Work Policies and Practices: Implications for Midlife and Older Adults.” White Paper commissioned by the NIA.

**Fan, Wen**, and Richard J. Petts. 2023. “**Can Remote and Hybrid Work Fuel Gender Equality? Evidence Shows Cause for Optimism but Challenges Remain.**” *The Council on Contemporary Families*.

Juliet Schor, and **Wen Fan**. 2023. “**Opinion: Can a Four-day Workweek Really Work? Many Companies Have Already Learned the Answer.**” *Los Angeles Times*.

**Fan, Wen**, and Juliet Schor. 2023. “**U.S. Has an Overwork Problem. A Four-day Workweek Can Fix It.**” *The Boston Globe*.

Schor, Juliet B., **Wen Fan**, Orla Kelly, Guolin Gu, Tatiana Bezdenezhnykh, Niamh Bridson-Hubbard. 2022. “**The Four Day Week: Assessing Global Trials of Reduced Work Time with No Reduction in Pay.**” Four Day Week Global, Auckland, NZ.

Kelly, Orla, Juliet B. Schor, **Wen Fan**, Tatiana Bezdenezhnykh, Guolin Gu, Niamh Bridson Hubbard. 2022. “The Four Day Week: Assessing Global Trials of Reduced Work Time with No Reduction in Pay: Evidence from Ireland.” University College Dublin Press.

GRANTS

**External**

UK Research and Innovation (UKRI) Future Leaders Fellowships. 2024-2028. “How do Healthy Brains Drive a Healthy Economy? A Novel Occupational Neuroscience Approach.” Wen Fan (Project Partner) (PI: Charlotte Rae).

National Science Foundation. 2023-2025. “Collaborative Research: Assessing Impacts of a Four Day Workweek.” Wen Fan (Co-PI) (PI: Juliet Schor; Co-PI: Phyllis Moen). \$205,084 to Boston College.

Russell Sage Foundation. 2022-2024. “Assessing the Economic, Social, and Environmental Impacts of a Four Day Workweek.” Wen Fan (Co-PI) (PI: Juliet Schor; Co-PI: Phyllis Moen). \$198,818 to Boston College.

Washington Center for Equitable Growth. 2022-2025. “Triple Jeopardy of Remote Work? Disparities in Labor Market Dynamics Since the COVID-19 Outbreak.” Wen Fan (PI) (Co-PI: Phyllis Moen). \$99,966. Invited full proposal but not funded.

National Social Science Fund of China. 2022-2024. “Fertility Intentions and Fertility Levels: A Policy Analysis.” Wen Fan (Senior Personnel). (PI: Fang Chen).

National Science Foundation. 2021-2024. “Collaborative Research: Continuity and Change in Remote Work.” Wen Fan (MPI) (MPIs: Wen Fan and Phyllis Moen). \$322,101 to Boston College.

National Science Foundation. 2020-2021. “RAPID: Remote Work in the Time of COVID-19.” Wen Fan (PI) (Co-PI: Phyllis Moen). \$199,999.

Canadian Institutes of Health Research. 2020-2022. “City Shutdown as a Response to COVID-19: Understanding Human Experiences and Mental Health Consequences of the Quarantine in Wuhan.” Wen Fan (Co-Investigator). (PI: Yue Qian; Co-Investigator: Amy Hanser). \$400,468.

### *Internal*

Boston College. 2025. Teaching, Advising and Mentoring Expense Grant. Wen Fan (PI). \$1,500.

Boston College. 2024-2026. Schiller Institute's grants for Research in Targeted and Emerging Areas (SI-RITEA). Wen Fan (MPI) (MPIs: Juliet Schor and Wen Fan). \$40,000.

Boston College. 2024-2025. Research Incentive Grant. Wen Fan (PI). \$15,000.

Boston College. 2022-2023. ILA Major Grant. Wen Fan (MPI) (MPIs: Juliet Schor, Wen Fan, and Matthew Rutledge). \$25,000.

Boston College. 2021-2022. Ignite Grant. Wen Fan (MPI) (MPIs: Juliet Schor and Wen Fan). \$20,000.

Boston College. 2020-2021. Research Expense Grant. Wen Fan (PI). \$2,000.

Boston College. 2018-2019. Teaching, Advising and Mentoring Expense Grant. Wen Fan (PI). \$2,000.

Boston College. 2017-2018. Research Expense Grant. Wen Fan (PI). \$2,000.

Boston College. 2017-2018. Research Incentive Grant. Wen Fan (PI). \$15,000.

University of Minnesota. 2013. Graduate Research Partnership Program Grant (\$4,500).

Life Course Center, University of Minnesota. 2012. Life Course Center Graduate Research Partnership Program Grant (\$4,800).

### HONORS AND AWARDS

Nominee (15 out of over 2,500 articles), Rosabeth Moss Kanter International Award for Research Excellence in Work and Family, 2020.

Fellow, Nanjing University Zheng Gang Visiting Scholars Program, 2020-2021.

**Early Career Fellowship**, Work and Family Researchers Network, 2018-2019.

Faculty Fellowship, Boston College, 2017.

**Best Dissertation Award (Honorable Mention)**, University of Minnesota, 2016.

Rosabeth Moss Kanter International Award for Research Excellence in Work and Family, 2015.

Frank Mott Award, Department of Sociology, Ohio State University, 2015

Professional Development Award (\$775), Department of Sociology, University of Minnesota, 2014.

**Doctoral Dissertation Fellowship** (\$22,500), University of Minnesota. Most university-wide prestigious fellowship awarded to graduate students, 2013-2014.

Doctoral Dissertation Fellowship Conference Travel Grant (\$748), University of Minnesota, 2014.

Professional Development Award (\$1,750), Department of Sociology, University of Minnesota, 2014.

Professional Development Award (\$500), Department of Sociology, University of Minnesota, 2013.

Student Travel Grant (\$100), Midwest Sociological Society, 2013.

Richard and Beverly Fink Fellowship (\$34,729), University of Minnesota, 2012-2013.

Student Travel Grant (\$200), Midwest Sociological Society, 2011-2012.

Graduate School Fellowship (\$22,000), University of Minnesota. Most university-wide prestigious fellowship awarded to incoming graduate students, 2008-2009.

National Distinction Scholarship (¥10,000), Ministry of Education of China, 2007.

### FUNDED ACTIVITIES

Participant. Data-Intensive Research Conference. Minneapolis, MN. July 2022.

Participant. China Multigenerational Panel Datasets Workshop. Los Angeles, CA. January 2016.

Participant. Stanford Biodemography Workshop. Stanford University, CA. 2009.

INVITED TALKS

- Rethinking Work: How Hybrid and Remote Work impact Gender, Racial, and Other Inequalities. 120th Annual Meeting of the American Sociological Association. August 2025.
- Social Policy Interventions for More Equitable Work. 120th Annual Meeting of the American Sociological Association. August 2025.
- Consortium of Race, Gender, and Equity Scholars (CORGES) Webinar. Spring 2025.
- Knowledge Sharing Seminar on the Four-Day Work Week (4DWW). University of Birmingham. March 2025.
- Boston College Chinese Students Association × the Women’s Center Event. November 2024.
- Brown Bag Lecture Series. Penn State’s Population Research Institute. October 2024.
- 2024 Marconi Research Conference. The Office Ergonomics Research Committee (OERC). April 2024.
- Workshop on New Perspectives on Work: Unemployment, Remote Work, Platform Work, and Workplace Inequality. Rutgers University. March 2024.
- “Organizational Success with the 4 Day Week: Evidence from Global Trials.” Inaugural Seminar of the Work Time Reduction Research Network. February 2024.
- The Environmental and Occupational Health Sciences (EOHS) Research Seminar Series. The University of Texas Health Science Center at Houston. December 2023.
- “The Four Day Work Week.” Michigan Department of Labor and Economic Opportunity (LEO) May Mental Health Awareness Webinar. May 2023.
- “Flexible Work and Worker Retention.” NEEBC (New England Employee Benefits Council) Annual Summit. May 2023.
- “Remote Work in Flux: Intersectional Inequities in Mismatches Between Preference and Place and Subsequent Strategic Adaptations.” Seminar at CUNY institute for Demographic Research. April 2023.
- “Remote Work and Gender (In)Equality: An Intersectional Approach.” Symposium on The Future of Gender Equality: Three Years into the Global Pandemic (organized by New America and the Council on Contemporary Families). March 2023.
- “Results From Four Day Week Global Trials.” Department of Labor. March 2023.
- “Results From Four Day Week Global Trials.” BAWWIN Workshop Seminar. March 2023.
- “The Four Day Work Week: Results From Recent Company Trials.” Boston College Center for Work & Family Distinguished Speaker Series. February 2023.
- “Lessons Learned: Enduring Changes for Telework and Telehealth.” House Committee on Education and Labor Democratic Members Only, Closed-door Briefing. December 2022.
- “Results From Four Day Week Global Trials.” 4 Day Week Global Results Briefing (Pilot Participant Session). November 2022.
- “Older Workers, the Future of Work, and the COVID-19 Pandemic: Lessons Learned and Future Directions.” National Academies of Sciences, Engineering, and Medicine Webinar (The Future of Work: Implications for an Aging Workforce). October 2022.
- Citywide Analytics Team, City of Boston. August 2022.
- “Remote Work Policies During the COVID-19 Pandemic.” 117th Annual Meeting of the American Sociological Association, Pandemic Policies and Inequalities: The Racialized and Gendered Consequences of COVID-19. Los Angeles, CA. August 5-9, 2022.
- “Preliminary Evidence from an International Four Day Workweek Trial.” 2022 WFRN Conference. The Four Day Workweek as “The Future of Work–Life”? New York, NY. June 23-25, 2022.
- “Changing Work Locations, Changing Job Conditions: Examining Intersectional Disparities at Dif-

ferent Life Course Stages.” 2022 WFRN Conference. Special Symposium: The Hybrid Office: Opportunities and Perils. New York, NY. June 23-25, 2022.

“Academic Paper Publishing.” Nanjing University of Posts and Telecommunications. June 2022.

“Reimagining How We Work: Flextime, Flexplace, and Shorter Workweeks.” Renmin University of China. May 2022.

“COVID-19 and the Uneven Stress of Social Change: Remote Work and Subjective Well-Being”. University of Minnesota. February 2022.

“Gender and Work–Family Issues in Working from Home”. Canadian Economics Association: The Economics of Working from Home Panel. June 2021.

“Academic Paper Publishing.” Boston Area Medical Sociologist Meeting. November 2020.

“The Role of Work in Health Disparities” Workshop. National Institute on Minority Health and Health Disparities (NIMHD), NIH. September 2020.

Conversations with Professors of Color. Boston College Graduate Students of Color Association. 2020.

“What does it Mean to be American? Today’s American Identity.” Panel discussion organized by Asian Caucus at Boston College. 2018.

School of Population & Public Health, University of British Columbia. Canada. March 2018.

China Sociology Dinner Meeting. Harvard University. March 2017.

Department of Sociology, National University of Singapore. Singapore. 2015.

Department of Sociology, Boston College. November 2014.

School of Sociology and Population Studies, Renmin University of China. China. June 2014.

MEDIA COVERAGE SciLine Experts on Camera: Return-to-office Mandates.

Rise of the 4-Day Workweek (APA Monitor on Psychology).

[Can a Four-Day Workweek Work? Two BC Professors Think So](#) (BC Heights).

[“You can hear your body scream for rest,” say overworked Canadians struggling to beat inflation](#) (CBC).

[What to do with an extra day off? Progressive Mass. lawmakers pitch 4-day workweek](#) (Telegram).

[Younger workers want a 4-day workweek — and some would give up remote work or higher pay for it](#) (Bankrate).

[UAW workers asking automakers for shorter workweek](#) (Scripps News).

[The 4-day workweek is among the UAW’s strike demands: Why some say it’s a good idea](#) (USA TODAY).

[Why a 4-day work week is on the table for auto workers](#) (NPR).

[So You’ve Decided to Implement a 4-day Workweek. Now What?](#) (Fast Company).

[KBS WORLD Radio Korea 24.](#)

[The Evolution of Work.](#) (Green American Magazine).

[How a Flexible Workforce Approach Helps Organizations Grow and Thrive?](#) (New England Em-



ployee Benefits Council Benefits Blog).

[Is the Four-day Week the Future of Work?](#) (Al Jazeera Podcast).

[Could a Four-day Work Week Become Reality?](#) (Boston Globe).

[One Credit Union’s Experiment with a Four-day Workweek.](#) (American Banker).

[Vermont Edition.](#) (Vermont Public).

[Detroit Today with Stephen Henderson.](#) NPR Detroit (WDET-FM).

[NYC Workers are Spending Roughly 30% Less Time at Work.](#) (RTVI Television Network).

[Dört Dörtlük Bir Plan: 4 Gün Çalış, 3 Gün Dinlen.](#) (in Turkish).

[NightSide with Dan Rea.](#) (WBZ News Radio).

[Going Four-ward? BC Researchers Aiding Global Study of Four-day Week Pilot Program.](#) (Boston College Chronicle).

[How a 4 Day Work Week with No Reduction in Pay Improves Employee Wellness and Company Revenues.](#) (BNN Bloomberg).

[4 Day Week Pioneering Pilot Program a Huge Success, New Research Reveals.](#) (Four Day Week Global).

[He Can’t Find Work Due to Prior COVID Infection. He’s Not Alone.](#) (Sixth Tone).

[How to Deal with Work Stress—and Actually Recover from Burnout](#) (Knowable Magazine).

- [Chinese translation](#)

[NBC 10 Boston](#)

[Work at the Office, Work from Home or Both? Companies are Still Deciding What’s Best](#) (NPR).

[How ‘Severance’ and ‘WeCrashed’ Hold an Uncomfortable Mirror to the Post-COVID Office](#) (Commercial Observer).

[An RTO Clash Is Coming for Employers Eager to Bring Back Workers](#) (Bloomberg).

[Will Some Workers be Left Behind if They Work from Home?](#) (NPR Marketplace).

[Why Community & Connection Matter in a Digital World](#) (PlaceLab).

[The Pandemic’s Effects on Everyday Life](#) (Boston College Magazine).

[BC Sociologist Studies Work-from-home Model](#) (BC News).

[Expert panel on 2017’s Best & Worst States for Working Dads.](#)

[America’s Hidden Long-Term Care Problem](#) (PBS).

EXPERT TESTIMONY [An Act Relative to A Four-day Work Week Pilot Program.](#) Massachusetts Joint Committee on Labor and Workforce Development. November 14, 2023.

[The Four-Day Workweek Act.](#) Maryland Economic Matters Committee. February 14, 2023.

SELECTED PRESENTATIONS TO ACADEMIC AUDIENCES [“Does Work Time Reduction Improve Workers’ Well-being? Evidence from Global Four-day Work-week Trials.”](#) WHAFL workgroup, Boston College. October 7, 2024.

[“Remote Work in Flux: Intersectional Inequities in Mismatches Between Preference and Place and Subsequent Strategic Adaptations.”](#) 2024 Work and Family Researchers Network Conference, Remote Work and Employee Wellbeing. Montreal, Canada. June 19-22, 2024.

[“Does Work Time Reduction Improve Workers’ Well-being? Evidence From Global Four-day Work-week Trials.”](#) 2024 Work and Family Researchers Network Conference, Four Day Workweek Redu-

Distribution, Issues and Progress. Montreal, Canada. June 19-22, 2024.

“Remote Work in Flux: Preference/Place Mismatch and Adaptations.” 2024 Annual Meeting of the Population Association of America, Remote Work, Families, and Inequality. Columbus, OH. April 17-20, 2024.

“The Future(s) of Work? Disparities around Changing Job Conditions when Remote/Hybrid or Returning to Working at Work.” 2023 Society for Longitudinal and Life Course Studies International Conference. Munich Germany. October 9-11, 2023.

“The Future of Work? Disparities around Remote and Hybrid Work during the COVID-19 Pandemic.” 118th Annual Meeting of the American Sociological Association, Session on What Have We Learned From COVID-19? Reimagining Paid Work. Philadelphia, PA. August 17-21, 2023.

“The Future(s) of Work? Disparities around Changing Job Conditions when Remote/Hybrid or Returning to Working at Work.” XX ISA World Congress of Sociology, Uncertainty and Inequality: The Long-Term Effects of the Pandemic on Workers Careers and Experiences. Melbourne, Australia. June 25-July 1, 2023.

“Two Years Later: The Early-2020 COVID-19 Outbreak in China and Subsequent Flourishing.” XX ISA World Congress of Sociology, Measuring and Analyzing the Impact of the 2020-2022 Pandemic on Quality of Life and Well-Being. Melbourne, Australia. June 25-July 1, 2023.

“The Future(s) of Work? Disparities around Changing Job Conditions when Remote/Hybrid or Returning to Working at Work.” 2023 Annual Meeting of the Population Association of America, Impacts of the COVID-19 Pandemic on Paid and Unpaid Work. New Orleans, LA. April 12-15, 2023.

“COVID-19 and the Uneven Stress of Social Change: Remote Work and Subjective Well-being.” 2022 Society for Longitudinal and Life Course Studies International Conference. Cleveland, OH. October 23-25, 2022.

“Workplace Flexibility, Work–Family Interface, and Psychological Distress: Differences by Family Caregiving Obligations and Gender.” 117th Annual Meeting of the American Sociological Association, Regular Section on Working Conditions, Resources, and the Gendered Work-Family Nexus. Los Angeles, CA. August 5-9, 2022.

“COVID-19 and the Uneven Stress of Social Change: Remote Work and Subjective Well-being.” 117th Annual Meeting of the American Sociological Association, Regular Section on Work and the Workplace. Los Angeles, CA. August 5-9, 2022.

“COVID-19 and the Uneven Stress of Social Change: Remote Work and Subjective Well-being.” 2022 WFRN Conference. Paper Symposium: Intersectional Inequalities in Work and Family during COVID-19. New York, NY. June 23-25, 2022.

“State Contexts, Job Insecurity, and Mental Well-being in the Time of COVID-19.” 2022 Annual Meeting of the Population Association of America, Flash Session on Unemployment, Job Insecurity, and Economic Insecurity. April 6-9, 2022.

“Working More, Less or the Same During COVID-19? A Mixed Method, Intersectional Analysis of Remote Workers.” 116th Annual Meeting of the American Sociological Association, Regular Section on How the COVID-19 Pandemic is Transforming Gendered Divisions of Labor in the United States. August 6-10, 2021.

“Stigma, Perceived Discrimination, and Mental Health during China’s COVID-19 Outbreak: A Mixed-Methods Investigation.” 2021 Annual Meeting of the Population Association of America, Regular Session on COVID-19 and Mental Health. May 5-8, 2021.

“Becoming a Parent: Trajectories of Family Economy and Family Structure around Childbirth and the Health Implications in the United States.” 2019 Society for Longitudinal and Life Course Studies International Conference. Potsdam, Germany. September 25-27, 2019.

“Educational Differences in Survival Following Heart Attacks and Strokes: The Intersectionality of Gender and Cohort.” 114th Annual Meeting of the American Sociological Association, Regular Section on Inequalities in the Health Returns to Education. New York, NY. August 10-13, 2019.

“Work-Family Conflict and Well-being Among Married Couples Revisited: A Longitudinal and Dyadic Approach.” 2019 Annual Meeting of the Population Association of America, Regular Session on Family-Level Perspectives on Work and Care. Austin, TX. April 10-13, 2019.

“Do Grandparents Matter? Multigenerational Transmission of Socioeconomic Status and Impacts on Health in the United States.” 113th Annual Meeting of the American Sociological Association, Regular Section on Health and Well-being across the Life Course. Philadelphia, Pennsylvania. August 11-14, 2018.

“Wife-Breadwinning and Its Health Implications Within U.S. Heterosexual Families.” 2018 WFRN (Work and Family Researchers Network) Conference. Paper Session: Work, Family and Health. Washington, DC. June 21-23, 2018.

“Occupational Sex Composition and Men’s and Women’s Affective Well-being At Work.” 2018 WFRN (Work and Family Researchers Network) Conference. Paper Session: The Context of Industry & Occupations. Washington, DC. June 21-23, 2018.

“Wife-Breadwinning and Its Health Implications Within U.S. Heterosexual Families.” RC28 Spring Meeting 2018. Seoul, Korea. May 25-27, 2018.

“Wife-Breadwinning and Its Health Implications Within U.S. Heterosexual Families.” Joint Conference for RC06 (Family) and RC41 (Population). Singapore. May 17-19, 2018.

“Rising Educational Gradients in Mortality: What are the Roles of Marital Status and Educational Assortative Mating?” 112th Annual Meeting of the American Sociological Association, Regular Section on Mortality and Morbidity. Montreal, Quebec, Canada. August 12-15, 2017.

“A Decomposition of Trends in the Nonmarital Infant Mortality Ratios in the United States: 1983-2010.” 112th Annual Meeting of the American Sociological Association, Regular Session on Sociological Approaches to Population Processes. Montreal, Quebec, Canada. August 12-15, 2017.

“Rising Educational Gradients in Mortality: What are the Roles of Marital Status and Educational Assortative Mating?” 2017 Annual Meeting of the Population Association of America, Regular Session on Marriage, Education, and Health Inequalities. Chicago, IL. April 27-29, 2017.

“A Decomposition of Trends in the Nonmarital Infant Mortality Ratios in the United States: 1983-2010.” 2017 Annual Meeting of the Population Association of America, Regular Session on Maternal Health and Mortality. Chicago, IL. April 27-29, 2017.

“Rising Educational Gradients in Mortality: What are the Roles of Marital Status and Educational Assortative Mating?” RC28 Spring Meeting 2017. Cologne, Germany. March 30-April 1, 2017.

“Job Strain, Time Strain and Well-being: A Dynamic Holistic Approach.” 2016 WFRN (Work and Family Researchers Network) Conference. Symposium: Consequences of Job Strain and Overwork. Washington, DC. June 23-25, 2016.

“Changing Work and Well-being among U.S High-Tech Professionals: Findings from the Work, Family and Health Study.” 2016 WFRN (Work and Family Researchers Network) Conference. Symposium: Happy Workers and Productive Organizations. Washington, DC. June 23-25, 2016.

“Linking Job Insecurity with Work-Family Conflict: Do Gender and Breadwinning Status Matter?” 110th Annual Meeting of the American Sociological Association, Section on Organizations, Occupations and Work. Chicago, IL. August 22-25, 2015.

“Micro-Level Experiences of Macro-Level Change: A Cohort Perspective on Urban China’s De-emphasis of State Sector Employment.” 80th Annual Meeting of the Population Association of America. San Diego, CA. April 30-May 2, 2015.

“Findings from the Flexible Work and Wellbeing Project.” Sociology Workshop Series, Department of Sociology, University of Minnesota. February 3, 2015.

“Education Delayed but not Denied: The Cultural Revolution Cohort Returning to School.” XVIII ISA World Congress of Sociology. World Atlas of Adult Education. Yokohama, Japan. July 13-19, 2014.

“Timing Matters: Disrupted Education, Returning to School, and Self-Reported Health of Three Chinese Cohorts.” Department of Demography. Renmin University of China. May 21, 2014.

“Born to be Better-Educated? Comparison of Seasonality Tests and Application on Educational Attainment in China.” 108th Annual Meeting of the American Sociological Association, Regular Session on Methodology: New Methods for Stratification Research. New York, NY. August 10-13, 2013.

“Unemployment and its Consequences on Workers’ and Spouses’ Health: Evidence from China’s 1990s-2000s Massive Layoff.” 108th Annual Meeting of the American Sociological Association, Regular Session on Health Disparities. New York, NY. August 10-13, 2013.

“Costs of Coming of Age in China’s Cultural Revolution? Disrupted Education and Its Consequences on Mid-Life Health.” 78th Annual Meeting of the Population Association of America, Regular Session on SES and Health and Mortality. New Orleans, LA. April 11-13, 2013.

“Long-Run Health Consequences of Early-Life Exposure to the 1959-61 China Famine.” 78th Annual Meeting of the Population Association of America, Regular Session on The Long-Term Impact of Famines and Environmental Shocks. New Orleans, LA. April 11-13, 2013.

“Costs of Coming of Age in China’s Cultural Revolution? Disrupted Education and Mid-Life Health.” 76th Annual Meeting of the Midwest Sociological Society, Regular Session on Sociological Perspectives on China II. Chicago, IL. March 27-30, 2013.

“Educational Attainment and Its Effects on Mid-Life Health: Evidence from the Chinese Cultural Revolution Cohort.” Inequality & Methods Workshop. Department of Sociology, University of Minnesota. March 1, 2013.

“Constrained Choices: Linking Employees’ and Spouses’ Work Conditions to Health Behaviors.” American Sociological Association Annual Meetings, Regular Session on Interactions between Work and Family. Denver, CO. Aug. 17-20, 2012.

“Long-run Health Consequences of Early-life Exposure to the 1959-1961 China Famine.” American Sociological Association Annual Meetings, Regular Session on Life Course. Denver, CO. Aug. 17-20, 2012.

“Constrained Choice of Food and Exercise: Linking Work Environment to Employees’, Their Spouses’, and Their Children’s Health Behaviors.” 75th Annual Meeting of the Midwest Sociological Society, Regular Session on Sociology of Health & Health Care. Minneapolis, MN, March 29-April 1, 2012.

“Constrained Choices: Linking Employees’ and Spouses’ Work Conditions to Health Behaviors.” 82nd Annual Meeting of the Eastern Sociological Society, Regular Session on Under Pressure: Workers’ Time on the Job. New York City, NY, February 23-26, 2012.

“The Dynamics of Work-Home Spillover and Health-Related Behaviors under Conditions of Organizational Change.” 74th Annual Meeting of the Midwest Sociological Society, Session on Work and Family. St. Louis, MO, March 24-27, 2011.

“Linking Organizational Flexibility with Health Behaviors: Do Gender, Spillover and Family Contexts Matter?” American Sociological Association Annual Meetings, Regular Session on Family and Work: Time, Flexibility, and Shifting Meanings of Family and Work. Las Vegas, NV. Aug. 20-23, 2011.

TEACHING

Multivariate Statistics. Spring 2021, Spring 2022, Fall 2023, Fall 2024.

Event History Analysis and Sequence Analysis. Spring 2019.

Regression Models for Categorical Data. Fall 2015, Fall 2016, Spring 2018, Fall 2018, Fall 2019, Fall 2020, Fall 2021, Spring 2023, Spring 2024, Spring 2025.

Medical Sociology. Spring 2017.

Introductory Sociology for Healthcare Professions (Core Course). Fall 2015—Fall 2021, Fall 2023, Fall 2024.

FORMAL  
MENTORING

***Dissertation Chair, Department of Sociology, Boston College***

Shuangshuang Yang (ongoing)

Ying Qu (ongoing)

***Dissertation Committee Member, Department of Sociology, Boston College***

Saber Khani (ongoing)

Ashley Parry (ongoing)

Ruilin Chen (ongoing)

Kyle Carr

Jared Fitzgerald (Current Position: Assistant Professor, Oklahoma State University)

Isak Ladegaard (Current Position: Assistant Professor, The University of Hong Kong)

Iyar Mazar (Current Position: Analysis Group)

***Dissertation Committee Member, non-Sociology departments, Boston College***

Julia Medzhitova, Lynch School of Education

Yoosun Chu, School of Social Work (Current Position: Korea Institute for Health and Social Affairs)

Bongki Woo, School of Social Work (Current Position: Assistant Professor, College of Social Work,

University of South Carolina)

***Dissertation Committee Member, Other Universities***

Haolin Shao, Department of Geographical Sciences, University of Maryland

***Graduate Area Exam Committee Chair/Member, Department of Sociology, Boston College***

Medical Sociology: Kyle Carr

Quantitative Methods: Bennet Pellows; Ruilin Chen

Carework: Ashley Parry

Telework during COVID-19: Ashley Parry

Environment Sociology: Jiayu Huang

Gender, Family, and Health: Shuangshuang Yang

Health and Rural Sociology: Guolin Gu

Gender and Health: Jier Yang

***Masters Committee Chair, Department of Sociology, Boston College***

Xiaoyi Cui

Annette Donald

Yue Qin (Current: Ph.D. student, University of Wisconsin-Madison)

Xiao Zhang

***WFRN Early Career Fellows Mentor, WFRN***

Mengyi Xu

***Gabelli Presidential Scholars Program Mentor, Boston College***

Manny Espinoza

***Undergraduate Honors Thesis Advisor, Department of Sociology, Boston College***

Yutong (Heather) Guo

Cedrick Chiu (Current: UMass Chan Medical School)

Isabelle Luke

Bridgette Merriman (Scholar of the College; Current: Boston University School of Medicine)

Soojin Park (thesis project awarded Fulbright Fellowship; Current: Harvard Law School)

***Other Undergraduate Mentoring, Boston College***

Julie Suh (Current: Georgetown University School of Medicine)

PROFESSIONAL  
SERVICE

***Editor/Editorial Board***

Deputy Editor, *Journal of Health and Social Behavior* 2023-2026

Editorial Board, *Journal of Marriage and Family* 2024

Editorial Board, *Sociology Compass* 2020-2022

Editorial Board, *Journal of Health and Social Behavior* 2018-2020

***Organizational Founding Member***

Work Time Reduction Research Network (WTR-RN)

### ***Organizational Board/Committee***

- Executive Board, Work and Family Researchers Network **2020-2022**  
International Committee, Work and Family Researchers Network **2019-2022**

### ***Conference Organizer***

- Co-organizer, MC13: Working Time Reduction: Rethinking Work for a More Balanced, Just and Sustainable Socioeconomic Life. 2025 SASE Conference **2025**  
Co-organizer (with Lonnie Golden), Session on Four Day Workweek Redux–Distribution, Issues and Progress. 2024 WFRN Conference **2024**  
Co-organizer (with Jaeseung Kim), Graduate Students Pre-conference Workshop. 2024 WFRN Conference **2024**  
Co-organizer, Boston College ILA Conference on the Four Day Week **2023**  
Organizer, Session on What Have We Learned From COVID-19? Reimagining Paid Work. 118th Annual Meeting of the American Sociological Association **2023**  
Co-organizer (with Yvonne Lott), Graduate Students Pre-conference Workshop. 2022 WFRN Conference **2022**  
Organizer, Session on Socioeconomic Inequalities in Health, Life Expectancy and Mortality. 2022 Annual Meeting of the Population Association of America **2022**  
Organizer, Session on Health and the Workplace. 115th Annual Meeting of the American Sociological Association **2020**

### ***Conference Discussant***

- Discussant, Session on Work-Family Supports and Gender Inequality. 2024 Annual Meeting of the Population Association of America **2024**  
Discussant, Session on Work–Family Conflict and Well-being. 2024 Annual Meeting of the Population Association of America **2024**  
Discussant, The Future of Work: Implications for an Aging Workforce Webinar. National Academies of Sciences, Engineering, and Medicine **2022**  
Discussant, Session on Opioid Use and Mortality. 2020 Annual Meeting of the Population Association of America **2020**  
Discussant, Session on The Roots of Inequality: Early and Mid-Life Determinants of Health and Well-being in Later Life. 113th Annual Meeting of the American Sociological Association **2018**  
Discussant, Session on Gender and Population Health. 2018 Annual Meeting of the Population Association of America **2018**

### ***Conference Chair/Moderator/Presider***

- Chair, Session on The Impact of Parental Leave and Employment Policies. 2024 Annual Meeting of the Population Association of America **2024**  
Moderator, Session on Gender, Work Hours, and Work–Family Commitments. 2020 WFRN (Work and Family Researchers Network) Virtual Conference Series **2021**  
Chair, Session on Immigrant, Refugee, and Transnational Families. 2020 Annual Meeting of the Population Association of America **2020**  
Chair, Session on Historical Mortality: Perspectives on Health and Mortality. 2020 Annual Meeting of the Population Association of America **2020**  
Presider, Session on Mate Preferences and Selection. 113th Annual Meeting of the American Sociological Association **2018**  
Presider, Session on The Context of Industry & Occupations. 2018 WFRN (Work and Family Researchers Network) Conference **2018**

***Award Reviewer***

Reviewer, Rosabeth Moss Kanter Award. Center for Families, Purdue University **2015-2021**

***Department Service***

Graduate Admissions Committee (Chair) **2019-2025**

Ph.D. Placement **2019-2025**

Graduate Statistics Task Force **2017-2022**

Faculty Hire Screening Committee **2019-2021, 2024-2025**

Scholarly Events/Seminar Committee **2018-2019**

Graduate Admissions Committee **2015-2019**

Assessment Committee **2015-2016, 2017-2018**

***University Service***

MCAS Undergraduate Educational Policy Committee **2023-2026**

JOURNAL/BOOK  
PRO-  
POSAL/FUNDING  
ORGANIZATIONS  
REFEREEING

*Acta Sociologica, Advances in Life Course Research, American Journal of Epidemiology, American Journal of Sociology, American Sociological Review, Asian Population Studies, Biodemography and Social Biology, British Journal of Nutrition, Chinese Sociological Review, Community, Work & Family, Demography, European Sociological Review, Feminist Economics, Gender & Society, Health Education & Behavior, Human Relations, ILR Review, Industrial Health, Journal of Asian Public Policy, Journal of Family Issues, Journal of Family Research, Journal of Health and Social Behavior, Journal of Marriage and Family, Journal of Women & Aging, Journal of Workplace Behavioral Health, Law & Society Review, PLOS ONE, Research in Social Stratification and Mobility, Research on Aging, Social Currents, Social Forces, Social Problems, Social Science & Medicine, Social Science Research, Social Sciences, Society and Mental Health, Sociological Forum, Sociological Methods and Research, Sociological Theory, Sociology of Development, Sociological Perspectives, The Harvard Undergraduate Research Journal, The International Journal of Human Resource Management, The Journal of International Development, Work and Occupations.*

Oxford University Press; Polity; SAGE Publications.

National Science Foundation (Future of Work at the Human-Technology Frontier; Science of Organizations; Sociology); Israel Science Foundation; Swiss National Science Foundation.

American Council of Learned Societies; Heising-Simons Foundation.

PROFESSIONAL  
MEMBERSHIPS

American Sociological Association (Aging and the Life Course; Medical Sociology; Organizations, Occupations, and Work; Race, Gender, and Class; Sociology of Mental Health; Sociology of Population; Sociology of Sex and Gender)

Population Association of America

Society for Longitudinal and Life Course Studies

Work and Family Researchers Network

COMPUTER SKILLS

R; Stata; SAS; L<sup>A</sup>T<sub>E</sub>X; LISREL; MAXQDA; Mplus; Python

REFERENCES

Available upon request.



*Updated: January 1, 2025*