

# Cai Taylor

*Master's degree holder. Research oriented. Passionate about helping others.*

## EDUCATION

### BA Major in Psychology

**Sep 2022 - Current**

University of British Columbia, BC

Supervisor: Prof. Jessica Tracy

- **Directed studies thesis:** “How does perceived discrimination impact meaning in life”
- Started on second-degree track on path towards Psychology PhD

### MA Child and Youth Care

**2020 - 2021**

Ryerson University, ON

Supervisor: Prof. Kiaras Gharabaghi

- **MA Thesis** “Mistrust of Mental Health Services by the East Asian Community: A Literature Review”
- Researched the impacts of racism on the ability for East Asians to access mental health help

### BA Child and Youth Care

**2016 - 2020**

Humber College, ON

- **BA Thesis** “Impact of Racism on College Students Mental Health”

## RESEARCH/VOLUNTEER EXPERIENCE

### Lab Manager

**June 2023- Present**

Emotion and Self lab at The University of British Columbia

- Leading experiments in the lab that answer current questions purposed in academia
- Hiring and training all research assistants that come into the lab
- Assisting Professor’s and other graduate students in their research
- Ensuring all day to day activities in the lab run smoothly

### Research Assistant

**March 2023- Present**

Emotion and Self Lab at The University of British Columbia

- Currently co leading a Directed Studies project looking into the impacts of Perceived Discrimination on Meaning in Life
- Organizing, collecting, coding and analyzing data
- Leading and guiding other student researchers on current research projects

### Volunteer Co-counsellor

Multiplied By One

**May 2024- Present**

- Working with another counsellor to lead group therapy for those recently diagnosed with a mental health disorder.

- Guiding family members through the difficult times in the family since their loved one's recent diagnoses.
- Creating a safe, empathetic and welcoming environment so individuals can receive the help that they need while on their journey of healing.

**Research Assistant****Sept 2021- Jan 2022**

Tyendinaga Justice Circle (TJC)

- TJC provides cultural programs and support for young people in the criminal justice system.
- Position at the TJC included evaluating, transcribing, and coding qualitative interviews done by staff, community, and service providers.

**Research Student Volunteer****Mar 2021- Aug 2021**

Black Community Action Network (BCAN)

- Authored a white paper for the Provincial Government of Ontario with a focus on community-based interventions for those coming out of the Criminal Justice System.

**President of the Youth Justice Committee****Oct 2016- May 2019**

Students Commission of Canada

- Documented youth's perspectives from all over Canada and presented a white paper to the Federal Government to impact future policies.

**WORK EXPERIENCE**

- **YMCA activity leader** **Nov 2021- Aug 2022**
- **Behavioural Interventionist** **Sept 2021- Sept 2022**
- **Elementary school teacher at Iqra Nejashi** **Sept 2018- June 2020**

**CERTIFICATES**

- **Trauma informed certified** **June 2024**
- **Sexual abuse in Child and Youth certified** **In progress**
- **Alcohol and drug abuse certified** **In progress**

**SCHOLARSHIPS/AWARDS**

- **Ryerson Graduate Fellowship** **Jul 2020**
- **Dean's Making a Difference Award** **Feb 2020**