

RESUME

基本信息

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教育背景

2021.09-2025.07 海南师范大学 应用心理学 (理学学士) GPA: 3.59/4.0

消费者心理学、社会心理学、心理测量与统计等课程, 提供了理解人的决策行为与需求背后逻辑的系统框架——对销售场景中的客户洞察有直接支撑。

Coursework in Consumer Psychology, Social Psychology, and Psychological Measurement provided a systematic framework for understanding how and why people make decisions — directly applicable to client insight in a sales context.

2022.09-2025.01 爱达心理 心理咨询师长程培训结业

系统学习人际交往, 精准洞察客户隐性需求。 Build interpersonal skills to pinpoint clients' hidden needs.

工作经历

2023.03 – 2023.11 自由职业 青年社交社群主理人

搭建并运营 1000+成员的线下社群, 负责用户沟通、活动策划与执行

独立策划并落地百人规模活动, 完成从方案设计、现场组织到用户反馈收集的全流程执行

在无企业资源支持的环境下实现社群持续增长, 提升用户参与度与活动转化率

长期进行陌生人沟通与关系维护, 形成较强的用户洞察与人际沟通能力

Built and operated an offline community of 1,000+ members, taking responsibility for user communication, event planning, and execution.

Independently planned and delivered multiple 100-person scale events, managing the end-to-end process from proposal design and on-site organization to user feedback collection.

Achieved continuous community growth without corporate resource support, significantly improving user engagement and event conversion rates.

Maintained long-term communication and relationships with new contacts, developing strong user insights and interpersonal communication skills.

2023.11 – 2024.07 海口市精神病防治所 (皮精所) 兼职心理咨询师

在复杂沟通环境中快速建立信任关系, 完成多例青少年心理咨询与沟通工作

通过公众讲座与咨询服务, 积累大量面对面沟通与说服经验

主讲多场心理科普讲座, 面向 20-70 岁的不同年龄群体进行内容转化与表达

Quickly established trust in complex communication environments, successfully completing

multiple adolescent psychological counseling and communication cases.

Accumulated extensive face-to-face communication and persuasion experience through public lectures and consulting services.

Delivered numerous popular psychology lectures, adapting the content and delivery for different age groups ranging from 20 to 70 years old.

2024.06-2025.01

杭州市第一人民医院

临床心理实习生 (科研方向)

参与省级科研项目从零到一的组织与推进, 承担多方协作沟通与项目协调任务

在资源有限与结构不完善的环境中推动项目执行与数据收集

工作中约 20%使用英语, 与来自加拿大和印度的合作者进行日常科研沟通, 在真实工作场景中提升专业英语表达与跨文化沟通能力

Participated in the organization and advancement of a provincial-level scientific research project from initiation to execution, undertaking multi-party collaboration and project coordination.

Drove project execution and data collection within an environment of limited resources and an underdeveloped organizational structure.

Utilized English for approximately 20% of work-related tasks, including daily research discussions with collaborators from Canada and India, enhancing professional English and cross-cultural communication skills in a real-world setting.

2025.08-2026.02

首都医科大学安定医院 & 首都医科大学三博脑科医院

科研助理

跨界参与顶尖专科医院临床科研, 快速学习 EEG 相关新技术与高难度科研范式, 在真实高压工作环境中沉淀敏捷学习能力, 能迅速吃透复杂业务与产品逻辑

深入临床与重症精神病患者交涉, 在对方抗拒与不配合的场景下主导有效沟通并寻找突破口, 擅长破冰并高效开拓陌生型客户

Engaged in cross-disciplinary clinical research at a top-tier specialty hospital, rapidly mastering new EEG-related technologies and advanced research paradigms. Developed agile learning abilities in a high-pressure, real-world work environment, demonstrating the capacity to quickly grasp complex business operations and product logic.

Interacted extensively with patients with severe mental illness in clinical settings, initiating effective communication and finding breakthroughs in situations involving resistance and non-cooperation. Skilled at breaking the ice and efficiently developing relationships with new clients.

成果、资质与工作能力

中国心理卫生协会心理咨询师 | 累计发表 4 篇论文 (含 1 篇在投, 一篇一作 SSCI) | 雅思英语 6.5/9

客户洞察 | 跨文化沟通 | 关系建立 | 敏捷学习 | 活动策划与执行 | 项目协调 | 海外驻派意愿