

Joanna Xiao
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EDUCATION

ISA Wenhua Wuhan High School

09/2024-Present

AP Program: AP Macroeconomics, AP Microeconomics, AP Calculus BC, AP Chemistry, AP Psychology, AP Biology, AP Business with Personal Finance, AP Statistics

IGCSE Course: IGCSE Chinese, IGCSE Further Mathematics; IGCSE Science

Honors & Distinctions

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| • First Prize, Young Investors Society Investment Simulation | 2026 |
| • Shortlisted, John Locke Essay Competition History Category | 2025 |
| • Grand Gold Award, Taoli Cup Dance Art General Performance Competition | 2025 |
| • Finalist, United Nations Sustainable Development Goals Program | 2025 |
| • Best Presenter, Global Future Space Scholars Meet | 2025 |
| • Certificate of Excellence, American Invitational Mathematics Examination | 2025 |
| • Grand Gold Award, Taoli Cup Dance Art General Performance Competition | 2024 |
| • Certificate of Distinction, American Mathematics Competition 10 | 2024 |

ACADEMIC EXPERIENCE

Chinese Ethnic Dance Therapy Research Review

Wuhan, China

Independent Researcher

02/2026-Present

- Under the instruction of a Ph.D in music and dance studies at Minzu University of China, conducting a 4,000-word research review titled “Review of Chinese Ethnic Dance Therapy”, tracing the academic review of the cultural symbols and intentional expressions in contemporary Chinese ethnic dances and their role in psychological healing practices.
- By interviewing participants in music therapy and conducting secondary literature research, examined how rhythm, collective movement, ritual, and bodily memory may function as forms of psychological support, while comparing the theoretical foundations, methods, and evaluation standards used across existing studies.

Barnard NextGen Leadership Institute

New York, U.S

Participant

07/2026-08/2026

- Took Barnard’s humanities courses and focused on research about collective ritual and refugee trauma.
- Studied how refugee communities use collective singing, dancing, and ritual to process shared trauma, learned why embodied practices can rebuild belonging when language feels insufficient, identities have been disrupted, or communities have been fractured, considered how researchers can learn from culturally specific rituals without reducing them to generic therapeutic tools.

Research on the Enshi Nuo Theatre

Enshi, China

Project Researcher

08/2025-11/2025

- Conducted research on Enshi Nuo Opera as both a minority cultural tradition and a dramatic form of collective identity-shaping, examining the *Tujia* customs, religious philosophy, and group psychology behind its performance.
- Interviewed the inheritors of the Nuo Theatre to understand why traditional performance can still offer emotional grounding, identity, and community in contemporary life, [finally produced a 15-minute short documentary](#).
- Published the research results in the form of articles and vlogs on social media, collectively received 20,000+ views of articles, while the vlogs garnered 6,000+ views.

GFSSM Lunar-Crater Space Settlement Design

Beijing, China

Operation Director & Presenter

08/2025-08/2025

- Served as Operations Director of the team, responsible for designing a human settlement inside a lunar crater.
- During the discussion on the design concept and functional positioning of the settlement, led the team to extend the project beyond the architectural domain to the question of how to ensure the basic operation of a civilized society, focusing on resource allocation, social organization, group psychology, and ethical boundaries, finally advanced to the national finals and received the Best Presenter award.

COMMUNITY CONTRIBUTION & LEADERSHIP

ISA Dance Therapy Club & PLC Dance Therapy Workshop

Wuhan, China

President & Founder

09/2024-Present

- As the president of the ISA dance therapy club, led members to turn daily dance training into a mental-health practice that teachers, parents, and students could experience together, organized school mental-health events three times and guided 150+ participants to release the pressure through ribbon writing and dance movement.
- Organized the PLC Dance & Arts Therapy Workshop with the ISA Parent-Teacher Association, invited 30+ educators across China to explore how movement-based practices might support adolescent mental well-being.

Wuhan Mental Health Center Dance Therapy Project

Wuhan, China

Leader & Organizer

08/2026-08/2026

- Cooperated with the Wuhan Mental Health Center to explore how dance movement therapy could work in real clinical and mental-health settings, carried out a two-week dance therapy project.
- Interviewed the vice president of the center and four psychiatrists to learn about professional boundaries, patients' needs, and the limits of current treatment means.
- Conducted a dance therapy practice on 15 short-term hospitalized teenagers, through observing the patients' movement patterns, helped them perceive their own bodies and guided the participants to perform improvisational movements and mirroring therapy, the mental states of 11 participants showed significant improvement after the project was completed.

RICI Foundation Left-behind Children Mental Health Education Program

Shanghai, China

Curriculum Designer

07/2025-08/2025

- Cooperated with the RICI Foundation to introduce dance and art therapy methods into instruction for rural left-behind children's mental health education, designed and produced a 15-hour dance therapy curriculum benefiting over 1,000 left-behind children in rural areas of Hunan and Guangdong.
- As the representative of RICI, served as Tencent 99 Giving Day Ambassador to promote the Internet-based charity activities and enhance the fundraising effectiveness, finally raised around 58,000 yuan through online donations.

EXTRACURRICULAR EXPERIENCE

ISA Gender Equality Club

Wuhan, China

Vice President

10/2024-Present

- Organized a workshop to discuss workplace discrimination, sexual harassment, and legal barriers faced by female laborers and artists in Hubei, invited a civil-rights lawyer as a regular guest to explain why discrimination and harassment can be difficult to defend rights through existing legal systems, guided club members to understand and discuss the impact of structural pressure, social culture, and other factors on women's rights.

ISA Student Council

Wuhan, China

Public Relations Department Head

10/2024-Present

- Responsible for organizing events and coordinating with partners, served as the host in important school events.
- Responsible for managing the exhibitions of various school clubs at ISA Day Exhibition, designed and sold wearable "energy badges" for school uniforms at the ISA Day, finally sold over 1,000 badges and was invited by Guangzhou ISA to participate in the design of the school's emblem.

ISA Model United Nations

Wuhan, China

Member & Conference Delegate

02/2025-06/2026

- Participated in the school's Model United Nations club and attended the monthly conferences and debates.
- Participated in the 2026 North American MUN conference as the representative of the Mozambique, conducted materials collection on the issue of African refugees, held free consultations with other countries, and finally completed the draft resolution, enhanced instant reaction capabilities and perspective on international relations.

The Han Show Theatre

Wuhan, China

Intern & Documentary Director

06/2025-11/2025

- During the internship, showcased the daily work of theater staff and actors through vlogs posted on RedNote to let public be aware of the hardships of the artists' lives behind the scenes, the vlogs received a total of 100,000+ views.
- Produced a micro-documentary titled "Stories of Dancers" to show the life situations of dancers under the influence of female responsibilities, social biases, art entrance examinations and survival pressures, appealed to society to pay greater attention to the rights of artists, the documentary has received high praise from the public on social media platforms such as Bilibili.

SKILLS & INTERESTS

- Language Skills: IELTS: 7
- Sports & Arts: Ballet (Grade 10), Chinese Dance (Grade 10), Skateboarding (CRSA Intermediate Certification)