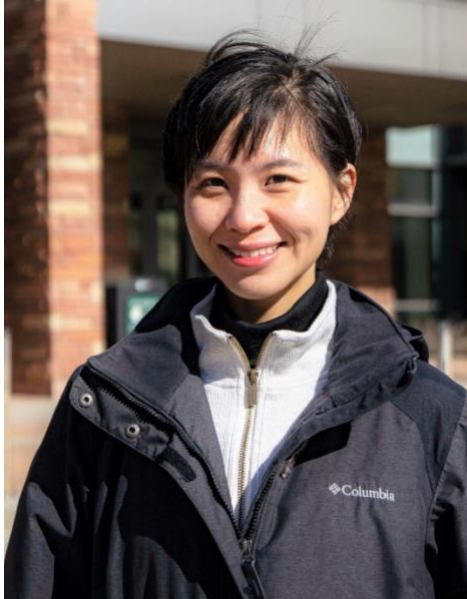


2023 UDP Scholarship Winner
Han-Yun Tseng (Heidi)
College of Health and Human Sciences



My name is Han-Yun Tseng, and I go by Heidi. I am a fifth-year Ph.D. student in the Applied Developmental Science (ADS) program. My research focuses on views of aging, subjective well-being, and promoting healthy aging throughout adulthood. I have advanced quantitative and statistical skills for analyzing longitudinal and experimental datasets from Taiwan, Germany, and the United States, addressing questions about adult development and aging. Substantively, I am particularly interested in the "well-being paradox of aging," where older adults maintain high levels of subjective well-being despite experiencing losses and declines.

My dissertation aims to lay the foundation for a future research program that empowers individuals to optimize their aging process. Throughout my time at CSU, I have had the privilege of collaborating with Dr. Manfred Diehl, also a University Distinguished Professor and expert in psychosocial aging. My ultimate goal is to become an independent investigator in aging and health, contributing to interdisciplinary research collaborations and promoting healthy and optimal aging across the adult lifespan.