



Department of Psychology
The University of Hong Kong

香港大學心理學系

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Departmental Seminar

Beyond Advantage: Understanding Youth Mental Health in High-Achieving School Contexts



Dr. Jacqueline Tilley

Assistant Professor
National Institute of Education
Nanyang Technological University

2:00p.m. – 3:00p.m.

Room 1103-1104, 11/F
The Jockey Club Tower
Centennial Campus
The University of Hong Kong

About the talk:

High-achieving schools are often viewed as positive contexts that promote academic success and desirable developmental outcomes. Yet emerging evidence suggests that these environments may also pose underrecognized risks for youth mental health. Drawing on a program of research conducted in high-achieving private schools in Hong Kong, this talk explores how achievement-oriented contexts shape adolescents' psychological adjustment, with a focus on family-level processes.

Using multi-informant data from adolescent–parent dyads, this work provides a broad overview of youth mental health in high-achieving school contexts in an Asian setting and examines how achievement pressure becomes embedded within cultural norms and practices, with implications for youth risk and resilience. The talk reframes high-achieving schools as complex developmental ecosystems in which opportunity and vulnerability coexist and considers directions for theory and intervention.

About the speaker:

Dr. Jacqueline Tilley is an Assistant Professor in the Psychology and Child & Human Development Academic Group at the National Institute of Education, Nanyang Technological University, Singapore. Her research examines how sociocultural context influences youth mental health and their engagement with treatment, with a particular focus on Asian youth and families. She received her PhD in Psychology (Clinical Science) from the University of Southern California and an MPhil in Education and Psychology from the University of Cambridge. Her work has been presented at major international conferences and published in leading peer-reviewed journals, including *Child Development*, *Journal of Consulting and Clinical Psychology*, and *Annual Review of Clinical Psychology*.

Zoom Meeting (For participants who couldn't attend the Seminar in person)

<https://hku.zoom.us/j/96518485829?pwd=9Klub890brnKrPsBNVyAxJScqFXWwU.1>

Meeting ID: 965 1848 5829 | Password: 869036

~ All are Welcome ~

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