



Ayoung “Alice” Phang, PhD

Office of International Services (OIS)

Tell us a bit about yourself.

My name is Alice, and I am from Seoul, South Korea. I received my doctorate degree in Counseling Psychology from the University of Houston and my master’s degree in Psychology from Yonsei University. My passion is to help individuals become the best versions of themselves. I also offer therapy in Korean.

What interests you about working with Office of International Services (OIS) students?

As a former international student myself, I enjoy helping international students with issues related to anxiety, depression, acculturation, and adjustment.

Do you have a favorite quote that keeps you motivated?

“As is a tale, so is life: not how long it is, but how good it is, is what matters.”
- Seneca

What do you do to de-stress?

To de-stress, I enjoy reading books about psychology and business while sipping on a cup of coffee, as well as practicing my golf swing.