Lucy Zhang Benchari is a doctoral candidate in Affective Science in the Department of Psychology. Lucy completed her B.A. and M.A. in psychology at New York University. Her research focuses on how to leverage cultural values around emotion to promote positive outcomes in employment, work, and classroom settings. Specifically, she examines how individuals from Western cultural contexts, which value excitement, and East Asian cultural contexts, which value calm, express themselves and are perceived by others in work and classroom settings.