CURRICULUM VITAE

Lisa C. Walsh

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EMPLOYMENT

2025-Present	Assistant Professor, Nanyang Technological University (NTU), Singapore
2021-2025	Postdoctoral Research Associate, University of California, Los Angeles (UCLA), USA
2015-2021	Graduate Student Researcher, University of California, Riverside (UCR), USA
2007-2014	Account Executive, Digital and Mobile Sales, Universal Music Group (UMG), USA

EDUCATION

2021 **Ph.D. in Social/Personality Psychology, University of California, Riverside (UCR)**
Dissertation: *Does your smartphone make you unhappy? The effects of digital media and social media on well-being* |Committee: Sonja Lyubomirsky (Chair), Kate Sweeny, and Will Dunlop | 3.94 GPA

2005 **B.S. in Music Industry, minor in Gender Studies, University of Southern California (USC)**
Graduated *Magna Cum Laude* | 3.87 GPA

FELLOWSHIPS, HONORS, & AWARDS

2026	NTU Global Research Excellence Award for Travel (GREAT) [SGD $10,000]
2024-2025	M3EWB Fellowship (NIH Grant U24AT011281; 1 of 13 national fellows) [USD $1,750]
2022	Best Flash Talk Award – Honorable Mention, Society for Affective Science (SAS)
2022	Dissertation Award, Psychology of Technology Institute [USD $1,000]
2020-2021	UCR Robert Rosenthal Research Award Social/Personality Area Nominee
2020	Best Novel Research Question in Social/Personality Area, UCR R'Psyc Research Conference
2019-2020	UCR Social/Personality Area Graduate Student Research Award
2018	Poster Award, Society for Affective Science (SAS) Positive Emotions Preconference
2016-2020	UCR Graduate Student Association Travel Grants [7 awards totaling USD $1,343]
2015	UCR Chancellor's Distinguished Fellowship [USD $23,000]
2002-2005	Honors/Dean's List, USC Thornton School of Music

RESEARCH INTERESTS

In broadest terms, I research the who, what, where, when, why, and how of happiness. I investigate the architecture of subjective well-being, including its outcomes (e.g., positive emotions, life satisfaction), predictors (e.g., extraversion, friendship satisfaction), mediators (e.g., social connection), moderators (e.g., culture, gender), and downstream consequences (e.g., career success, physical health). My research tests the causal effects of positive social behaviors (e.g., expressing gratitude, doing acts of kindness) on well-being, and examines associations among different types of close relationships (with romantic partners, friends, family) and well-being. Considering the rise of digital communications, I also explore the effects of technology (e.g., smartphones, social media, AI).

KEYWORDS: well-being, happiness, positive activities, close relationships, technology, social/personality psychology

PUBLICATIONS

*Indicates mentee co-author

PEER-REVIEWED JOURNAL ARTICLES

1. Knapp-Loker, S., **Walsh, L. C.**, Rodriguez, A., & Kaufman, V. A. (2026). Anxiety, depression, and friendship: Friends don't run from trouble. *Personal Relationships, 33,* no. 3: e70080. https://doi.org/10.1111/pere.70080
2. Vannoy, T. K., **Walsh, L. C.**, Liao, L., & Lyubomirsky, S. (2026). Individual differences in the affective experience of writing a gratitude letter: Who benefits most? *Behavioral Sciences, 16*, 232. https://doi.org/10.3390/bs16020232
3. Horton, C. J., **Walsh, L. C.,** Rodriguez, A., & Kaufman, V. A. (2025). Who does singlehood best? A latent profile analysis. *Frontiers in Psychology, 16: 1509349*. https://doi.org/10.3389/fpsyg.2025.1509349
4. Regan, A., **Walsh, L. C.,** Horton, C., Rodriguez, A., & Kaufman, V. A. (2025). Contextualizing marital dissatisfaction: Examining profiles of discordant spouses across life domains. *Frontiers in Psychology, 16:* 1458129. https://doi.org/10.3389/fpsyg.2025.1458129
5. **Walsh, L. C.**, Regan, A., Okabe-Miyamoto, K., & Lyubomirsky, S. (2024). Does putting down your smartphone make you happier? The effects of restricting digital media on well-being. *PLOS ONE, 19*(10), e0306910. https://doi.org/10.1371/journal.pone.0306910
6. **Walsh, L. C.**, Horton, C., Kaufman, R., Rodriguez, A., & Kaufman, V. A. (2024). Heterogeneity in happiness: A latent profile analysis of single emerging adults. *PLOS ONE*, *19*(10), e0310196. https://doi.org/10.1371/journal.pone.0310196
7. Horton, C. J., **Walsh, L. C.**, Rodriguez, A., & Kaufman, V. A. (2024). The diversity of well-being indicators: A latent profile analysis. *Frontiers in Psychology, 15*. https://doi.org/10.3389/fpsyg.2024.1304074
8. Okabe-Miyamoto, K., **Walsh, L. C.**, Ozer, D., & Lyubomirsky, S. (2024). Measuring the experience of social connection within specific social interactions: The Connection During Conversations Scale (CDCS). *PLOS ONE, 19*(1): e0286408. https://doi.org/10.1371/journal.pone.0286408
9. Hunter, J. F., **Walsh, L. C.**, Chan, C. K., & Schueller, S. M. (2023). Editorial: The good side of technology: How we can harness the positive potential of digital technology to maximize well-being. *Frontiers in Psychology*, 14:1304592. https://doi.org/10.3389/fpsyg.2023.1304592
10. **Walsh, L. C.**, Horton, C., & Rodriguez, A., & Kaufman, V. A. (2023). Happily ever after for coupled and single adults: A comparative study using latent profile analysis. *Journal of Social and Personal Relationships, 40*(12), 3955-3982. https://doi.org/10.1177/02654075231197728
11. **Walsh, L. C.**, Montemayor-Dominguez, M., Horton, C. *Boz, S. G., & Lyubomirsky, S. (2023). Worker well-being: A continuous improvement framework. *Applied Research in Quality of Life, 18, 2993–3017.* https://doi.org/10.1007/s11482-023-10217-5
12. **Walsh, L. C.**, Regan, A., Twenge, J. M., & Lyubomirsky, S. (2022). What is the optimal way to give thanks? Comparing the effects of gratitude expressed privately, one-to-one via text, or publicly on social media. *Affective Science, 4*, 82-91. https://doi.org/10.1007/s42761-022-00150-5
13. Regan, A., **Walsh, L. C.**, & Lyubomirsky, S. (2022). Are some ways of expressing gratitude more beneficial than others? Results from a randomized controlled experiment. *Affective Science, 4,* 72-81. https://doi.org/10.1007/s42761-022-00160-3
14. **Walsh, L. C.**, *Gonzales, A., *Shen, L., Rodriguez, A., & Kaufman, V. A. (2022). Expanding relationship science to unpartnered singles: What predicts life satisfaction? *Frontiers in Psychology*, *13*:904848. https://doi.org/10.3389/fpsyg.2022.904848

15. Kaufman, V. A., Horton, C. J., **Walsh, L. C.**, & Rodriguez, A. (2022). The unity of well-being: An inquiry into the factor structure of subjective well-being using the bifactor model. *International Journal of Applied Positive Psychology, 7*, 461-486. https://doi.org/10.1007/s41042-022-00077-z
16. Regan, A., Fritz, M. M., **Walsh, L. C.**, Lyubomirsky, L., & Cole, S. (2022). The genomic impact of kindness to self vs. others: A randomized controlled trial. *Brain, Behavior, and Immunity, 106*, 40-48. https://doi.org/10.1016/j.bbi.2022.07.159
17. **Walsh, L. C.**, Armenta, C. N., Itzchakov, G., Fritz, M. M., & Lyubomirsky, S. (2022). More than merely positive: The immediate affective and motivational consequences of gratitude. *Sustainability, 14*(14), 8679. https://doi.org/10.3390/su14148679
18. Haydon, M. D., **Walsh, L. C.**, Fritz, M. M., Rahal, D., Lyubomirsky, S., & Bower, J. E. (2022). Kindness interventions for early-stage breast cancer survivors: An online pilot randomized controlled trial. *The Journal of Positive Psychology, 18(*5), 743-754. https://doi.org/10.1080/17439760.2022.2093786
19. Kaufman, V., Rodriguez, A., **Walsh, L. C.**, Shafranske, E., & Harrell, S. P. (2022). Unique ways in which the quality of friendships matter for life satisfaction. *Journal of Happiness Studies, 23,* 2563-2580. https://doi.org/10.1007/s10902-022-00502-9
20. **Walsh, L. C.**, Regan, A., & Lyubomirsky, S. (2022). The role of actors, targets, and witnesses: Gratitude exchanges within a social context. *The Journal of Positive Psychology,* 17(2), 233-249. https://doi.org/10.1080/17439760.2021.1991449
21. Armenta, C. N., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (2022). Satisfied yet striving: Gratitude promotes life satisfaction and improvement motivation in youth. *Emotion, 22*(5), 1004-1016. https://doi.org/10.1037/emo0000896
22. Shin, L. J., Margolis, S. M., **Walsh, L. C.**, Kwok, Y. C., Yue, X., Chan, A., Siu, N., Sheldon, K. M., & Lyubomirsky, S. (2021). Cultural differences in the hedonic rewards of recalling kindness: Priming cultural identity with language. *Affective Science, 2*, 80-90. https://doi.org/10.1007/s42761-020-00029-3
23. Fritz, M. M., **Walsh, L. C.**, Cole, S. W., Epel, E., & Lyubomirsky, S. (2020). Kindness and cellular aging: A pre-registered experiment testing the effects of prosocial behavior on telomere length and well-being. *Brain, Behavior, and Immunity – Health, 11*, 100187. https://doi.org/10.1016/j.bbih.2020.100187
24. Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (2019). Gratitude facilitates healthy eating behavior in adolescents and young adults. *Journal of Experimental Social Psychology, 81*, 4–14. https://doi.org/10.1016/j.jesp.2018.08.011
25. Rankin, K., **Walsh, L. C.**, & Sweeny, K. (2019). A better distraction: Exploring the benefits of flow during uncertain waiting periods. *Emotion, 19*(5), 818–828. https://doi.org/10.1037/emo0000479
26. **Walsh, L. C.**, Boehm, J. K. & Lyubomirsky, S. (2018). Does happiness promote career success? Revisiting the evidence. *Journal of Career Assessment, 26*(2), 199–219. https://doi.org/10.1177/1069072717751441

BOOK CHAPTERS

27. **Walsh, L. C**., *Boz, S. G., & Lyubomirsky, S. (2023). Well-being and career success. In B. Walsh, L. Flores, P. Hartung, & F. Leong (Eds.), *Career psychology: Models, concepts, and counseling for meaningful employment* (1st ed., pp. 235-256). American Psychological Association. https://doi.org/10.1037/0000339-012
28. Revord, J., **Walsh, L. C.**, & Lyubomirsky, S. (2018). Positive activity interventions to enhance well-being: Looking through a social psychological lens. In J. E. Maddux (Ed.), *Subjective well-being and life satisfaction* (1st ed., pp. 451–471). Routledge. https://doi.org/10.4324/9781351231879

29. Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (2017). Staying happier. In M. D. Robinson & M. Eid (Eds.), *The happy mind: Cognitive contributions to well-being* (pp. 95–114). Springer. https://doi.org/10.1007/978-3-319-58763-9_6

UNDER REVIEW

30. Kaufman, V. A., Rodriguez, A., Tissera, H., **Walsh, L. C.**, Horton, C., Villamil, A., Martin, L., Pressman, S. D., Reise, S. P. (under review). From many measures to three dimensions: A data-driven structure of well-being.
31. Tissera, H.*, Horton, C. J.*, Miao, G. Q., **Walsh, L. C.**, Rodriguez, A., Kaufman, V.A. (under review). Who is your best friend? A person-centered approach to understanding the role of best friend for married individuals.
32. Girme, Y. U., Dupuis, H. E., **Walsh, L. C.,** Fisher, A. N., Kaufman, V. A., & Stern, J. (under review). Couples everywhere! Associations between single people's perceptions of social network composition, pressure to partner, and singlehood dating outcomes.
33. **Walsh, L. C.,** Okabe-Miyamoto, K., Regan, A., Twenge, J. M., & Lyubomirsky, S. (under review). Are some apps better for well-being? A correlational study of iPhone users. PsyArXiv Preprint: https://doi.org/10.31234/osf.io/zcwmv

SCIENCE COMMUNICATION/POPULAR PRESS

34. **Walsh, L. C.,** & Kaufman, V. K., (2023, May 22). Breaking stereotypes: What makes single people happy? *Society for Personality and Social Psychology (SPSP) Character & Context Blog.* https://spsp.org/news/character-and-context-blog/walsh-kaufman-single-people-happiness-stereotypes
35. Rankin, K., **Walsh, L. C.**, & Sweeny, K. (2019, October 23). Forget your worries and find your flow. *Society for Personality and Social Psychology (SPSP) Character & Context Blog.* http://www.spsp.org/news-center/blog/rankin-walsh-sweeny-find-your-flow
36. **Walsh, L. C.**, Boehm, J. K. & Lyubomirsky, S. (2019, May 24). Happiness doesn't follow success: it's the other way around. *Aeon Magazine.* https://aeon.co/ideas/happiness-doesnt-follow-success-its-the-other-way-round
    - Reprinted in: (in press). Moore, M. (Ed.), *Real writings with readings* (9th Ed.). Macmillan Learning.
    - Reprinted in: (2019, May 28). *Business Insider*. https://www.businessinsider.com/happiness-doesnt-follow-success-its-the-other-way-2019-5?IR=T&r=UK
37. **Walsh, L. C.**, Boehm, J. K. & Lyubomirsky, S. (2018, August 13). Is happiness a consequence or cause of career success? *London School of Economics and Political Science (LSE) Business Review Blog.* https://blogs.lse.ac.uk/businessreview/2018/08/13/is-happiness-a-consequence-or-cause-of-career-success/
    - Reprinted in: (2018, August 15). *World Economic Forum.* https://www.weforum.org/agenda/2018/08/is-happiness-a-consequence-or-cause-of-career-success
    - Reprinted in: (2018, August 14). *Psychology Today.* https://www.psychologytoday.com/us/blog/how-happiness/201808/is-happiness-consequence-or-cause-career-success

MEDIA COVERAGE

Our last wi-fi-less refuge is gone. *The Atlantic* (2026, August 13)
Three faculty members honored with GREAT grants. *NTU News & Events* (2026, June 5)
The quiet war on your happiness, and how to win it. *Psychology Today* (2026, April 15)
Celebrating research grant successes. *NTU News & Events* (2026, April 13)
The right attitude to gratitude. *The Atlantic* (2025, November 27)
A happier country equals a healthier one – but only above a certain threshold. *CNN* (2025, Oct 30)

Paralysis of the crowd: Experts weigh in on why bystanders hesitate. *The New Paper* (2025, October 9)
Was the bystander effect to blame in a recent drowning tragedy? *CNA TODAY* (2025, September 12)
How to Use Your Smartphone – and Protect Your Mental Health. *U.S. News & World Report* (2025, July 21)
Dare to act differently and be happier. *The Atlantic* (2025, June 12)
Friendship satisfaction is key to happiness in singles ... *SPSP Psychology News Roundup* (2025, March 21)
Friendship satisfaction is key to happiness among single emerging adults. *PsyPost* (2025, March 18)
Marriage, monogamy, and the modern mind. *How God Works Podcast* (2025, March 9)
Best and worst states for singles. *Wallethub* (2025, February 11)
"Siento que la compatibilidad con mis amigas ya no es lo que era." *Marie Claire* (2025, January 24)
7 things to add or subtract for happiness... *The Washington Post* (2024, December 18)
20 minutes to greater social connection. *Psychology Today* (2024, December 11)
7 ways being kind is good for your health and well-being. *Everyday Health* (2024, November 20)
Downgraded or dissolved: What to do when you break-up with your friends. *BBC* (2024, October 25)
Supportive friendships improve well-being of single young adults. *Forbes* (2024, October 23)
Small forms of connection that can have a surprising impact. *Psychology Today* (2024, October 22)
Good friendships crucial to young adults' happiness. *U.S. News & World Report* (2024, October 3)
Friendships key to single Gen Z happiness, study says. *Newsweek* (2024, October 2)
Satisfying friendships could be key for young, single adults' happiness. *EurekAlert!* (2024, October 2)
The paradox of modern friendships. *IFL Science* (2024, September 17)
Why work should make you less lonely. *Fast Company* (2024, June 18)
Why singles can be just as happy as partnered people. *Psychology Today* (2024, April 26)
The single generation. *WNUR News* (2024, February 16)
Here's the happiness research that stands up to scrutiny. *Scientific American* (2024, January 31)
Scientists scrutinize happiness research. *Big Think* (2024, January 18)
Four ways to be grateful—and happier. *The Atlantic* (2023, November 23)
Are singles less happy? *Statisfied?* (2023, August 31)
Gratitude really is good for you. Here's what the science shows. *The New York Times* (2023, June 8)
Reduce stress and boost happiness with 4 daily gratitude practices. *CNN* (2023, March 11)
New apps aim to douse the social media dumpster fire. *Scientific American* (2023, January 30)
Skip the angry, never-sent letter – try a grateful one instead. *UC Riverside News* (2022, December 15)
Top 10 insights from the "science of a meaningful life." *Greater Good Magazine* (2022, December 14)
The science of happiness. *John Stossel TV* (2022, December 13)
New research on feast, thanks, and retail. *ConscienHealth* (2022, November 24)
Six new studies that can help you rediscover gratitude. *Greater Good Magazine* (2022, November 22)
Sonja Lyubomirsky: The How of Happiness. *The Psychology Podcast* (2022, October 27)
One simple way to be happier on your phone. *Techno Sapiens* (2022, October 24)
Dr. Lisa Walsh: Episode 134. *The QTS Experience* (2022, September 28)
9 ways to cope when your "friends" let you down. *Unwanted Life* (2022, August 24)
Gratitude letter for teens. *Greater Good in Action* (2022, June 7)
The science of gratitude. *Mindful* (2022, February 17)
Harvard wants MBAs to learn how to be happy at work. *The Wall Street Journal* (2022, February 14)
One simple choice enhances the benefits of gratitude. *Psychology Today* (2022, January 17)
What is the secret to achieving 'flow'? *World Economic Forum* (2022, January 7)
Research lead: Oversimplifying effects of tech. *Behavioral Scientist* (2021, December 1)
Can gratitude help you live more sustainably? *Greater Good Magazine* (2021, April 21)
What to expect when you're expecting the worst. *The New York Times* (2021, January 14)
Congratulations, you're average. *Psychology Today* (2020, November 12)
The world's best dive retreats. *Wander Wellness Travel Magazine* (2020, November 2)
Next time you're feeling particularly stressed ... play Tetris. *Good News Network* (2020, April 17)

Getting good at waiting. *The Guardian* (2020, April 12)
Why gratitude is wasted on Thanksgiving. *The New York Times* (2019, November 23)
You're spending your free time wrong—what to do to be happier. *CNBC* (2019, November 6)
Are happy workers more productive? *LinkedIn Pulse* (2019, June 19)
Measuring and adapting happiness. Part 2. *BTRtoday* - The Daily Beat (2019, June 13)
Does happiness lead to success? Part 1. *BTRtoday* - The Daily Beat (2019, June 12)
The zen of video games. *NPR Wow in the World* (2018, December 31)
If you feel thankful, write it down. It's good for your health. *NPR Shots* (2018, December 24)
This emotion can help you eat healthier. *Greater Good Magazine* (2018, December 14)
Can't stop worrying? Try Tetris to ease your mind. *NPR Shots* (2018, November 5)
Tetris is a great distraction for easing an anxious mind. *Ars Technica* (2018, November 2)
Classic video games can help people achieve flow state. *KQED News* (2018, October 31)
Tetris: It could be the salve for a worried mind. *UC Riverside News* (2018, October 26)
University of California Well-Being Conference Highlights. *SPSP Character & Context* (2017, August 28)

PRESENTATIONS

*Indicates mentee collaborator

TALKS

1. **Walsh, L. C.,** Bedrov, A., Kaufman, V. (awaiting approval; expected 2027, February 2-3). Loneliness despite friends: Who is socially connected but still lonely? In A. Bedrov (Chair), *Friendship and Well-Being (title TBC)* [Symposium]. Society for Personality and Social Psychology Annual Convention, Philadelphia, PA, USA.
2. **Walsh, L. C.** (2026, September 3). *The science of happiness* [Invited talk]. Wellbeing Discovery Talk Series, University Wellbeing Office (UWO), Nanyang Technological University, Singapore.
3. **Walsh, L. C.** (2026, August 4). Freshmen Academic Talk [Invited talk]. Psychology Division, Nanyang Technological University, Singapore.
4. **Walsh, L. C.**, Horton, C. J., Rodriguez, A., & Kaufman, V. A. (2026, July 8-12). Heterogeneity in singlehood: A latent profile approach to understanding well-being among American singles. In H. Dupuis (Chair), *Desire drivers: What contributes to if and when single people want romantic relations?* [Symposium]. International Association for Relationship Research 2026 Main Conference, Glasgow, Scotland.
5. Dupuis, H. E., Girme, Y. U., **Walsh, L. C.**, Fisher, A. N., Kaufman, V. A., Stern, J. A. (2026, July 8-12). Couples everywhere! Associations between single peoples' perceptions of social network composition, pressure to partner, and singlehood dating outcomes. In H. Dupuis (Chair), *Desire drivers: What contributes to if and when single people want romantic relations?* [Symposium]. International Association for Relationship Research 2026 Main Conference, Glasgow, Scotland.
6. Oh, J., Beauparlant, E., O'Halloran, M., Lucas, R. E., Adamczyk, K., Dennet, B., Dupuis, H., Girme, Y. U., Kislev, E., Machia, L., Ochnik, D., Tan, K., & **Walsh, L. C.** (2026, July 8-12). Reliability and validity of single-item singlehood satisfaction measures. In B. Dennett (Chair), *Measuring singlehood: Novel measurement and methods* [Symposium]. International Association for Relationship Research 2026 Main Conference, Glasgow, Scotland.
7. Ricon-Becker, I., **Walsh, L. C.**, Boyle, C., Blades, R., Korecki, J. R. T., West, T., Kaplan, D. M., Mehl, M., Fredrickson, B., Raison, C., Fulligni, A., Eisenberger, N., Lyubomirsky, S., Bower, J., & Cole, S. (expected 2026, June 23). *Social genomics biomarker to predict response to social well-being interventions* [Oral conference presentation]. PsychoNeuroImmunology Research Society (PNIRS) Annual Meeting, New Orleans, LA, USA.

8. Ricon-Becker, I., **Walsh, L. C.**, Boyle, C., Blades, R., Korecki, J. R. T., West, T. , Kaplan, D. M., Mehl, M., Fredrickson, B., Raison, C., Fulligni, A., Eisenberger, N., Lyubomirsky, S., Bower, J., & Cole, S. (2026, April 24-26). *Social genomics biomarker to predict response to social well-being interventions* [Oral conference presentation]. California Well-Being Conference (CaWBC), University of California, Riverside, CA, USA.
9. **Walsh, L. C.** (2026, March 17). *Discovering the science of gratitude* [Invited talk]. Circles of Resilience (CoRe) by The Wellbeing Collective, University Wellbeing Office, NTU, Singapore.
10. **Walsh, L. C.** (2025, October 15). *International academic job market panel* [Invited talk]. Washington University in St. Louis, MO, USA.
11. **Walsh, L. C.** (2025, September 19). *An American studies happiness in Singapore* [Invited talk]. Syracuse University. Syracuse, NY, USA.
12. Horton, C. J., **Walsh, L. C.,** Rodriguez, A., Kaufman, V. A. (2025, May 1-4). *Nine ways to be single: A latent profile analysis of singles' lived experience* [One-speaker presentation]. Western Psychological Association Convention 2025, Las Vegas, NV, USA.
13. Guan, J., Cooper, J. M., Daniels, M., & **Walsh, L. C.** (2025, March 26). *Emotional well-being in adolescence: An in-progress systematic review of measures* [Conference session]. Emotional Well-Being (EWB) Research Summit. San Francisco, CA, USA.
14. Hong, H., **Walsh, L. C.**, Krems, J. A., & Kaufman, V. A. (2025, March 14). *How can we make our friendships better? A friendship intervention* [Invited talk]. Friendship Research Group (FRIG). University of California, Los Angeles, CA, USA.
15. **Walsh, L. C.**, & Kaufman, V. A. (2024, November 1). *The science of friendship: Insights from the Marriage & Close Relationships Lab* [Invited talk]. Friendship Research Group (FRIG). University of California, Los Angeles, CA, USA.
16. **Walsh, L. C.**, *Gonzales, A., *Shen, L., Rodriguez, A., & Kaufman, V. A. (2024, July 5-9). Unpacking happiness in singlehood: The role of personality, self-esteem, and relationships. In G. MacDonald (Chair), *Individual differences in experiences of singlehood* [Symposium]. International Association for Relationship Research 2024 Main Conference, Boston, MA, USA.
17. **Walsh, L. C.**, Horton, C., Rodriguez, A. & Kaufman, V. A. (2024, February 8-10). Happily ever after for coupled and single adults: A comparative study using latent profile analysis. In L. C. Walsh (Chair), *Redefining singlehood: From stereotypes to real-life experiences* [Symposium]. Society for Personality and Social Psychology Annual Convention, San Diego, CA, USA.
18. Fisher, A., **Walsh, L. C.**, Kaufman, V. A., & Girme, Y. (2024, February 8-10). Heteronormative pressure to partner engenders greater relationship desire and loneliness among singles. In **L. C. Walsh** (Chair), *Redefining singlehood: From stereotypes to real-life experiences* [Symposium]. Society for Personality and Social Psychology Annual Convention, San Diego, CA, USA.
19. Fisher, A., **Walsh, L. C.**, Kaufman, V. A., & Girme, Y. (2023, December 14-17). *Heteronormative pressure to partner engenders greater relationship desire and loneliness among singles* [Individual paper presentation]. International Conference on Singlehood, Adam Mickiewicz University, Poznań, Poland.
20. **Walsh, L. C.** (2023, July 15). Discover the science of gratitude: Pathways to a happier life [Invited talk]. In Palos Verdes Library District's *"Find Your Own Voice" Summer Reading Program*. Peninsula Center Library, Palos Verdes, CA, United States.
21. **Walsh, L. C.** (2023, June 29). *The social layers of gratitude* [Invited talk]. Workhuman iQ (WHiQ) Brown Bag Research Talk. Virtual, USA.
22. **Walsh, L. C.**, Regan, A., Twenge, J. M., & Lyubomirsky, S. (2023, April 27-30). What is the optimal way to give thanks? Comparing the effects of gratitude expressed privately, one-to-one via text, or publicly on

social media. In Bono, G. (Chair), *Recent advances in gratitude research: Various practices for thriving in today's world* [Symposium]. Western Psychological Association Annual Convention, Riverside, CA, USA.

23. **Walsh, L. C.**, Regan, A., Twenge, J. M., & Lyubomirsky, S. (2023, March 30 – April 1). *What is the optimal way to give thanks? Comparing the effects of gratitude expressed privately, one-to-one via text, or publicly on social media* [Flash talk]. Society for Affective Science Annual Convention, Long Beach, CA, USA.
    - ❖ One of the top/highest-ranking abstracts of the conference
24. **Walsh, L. C.** (2022, October 20). *Gratitude within dynamic social networks* [Invited talk]. Social Colloquium Series, University of California, Los Angeles, CA, USA.
25. **Walsh, L. C.**, Regan, A., Okabe-Miyamoto, K., Lyubomirsky, S. (2022, March 30 – April 2). *Does putting down your smartphone make you happier? The effects of restricting digital media and social media on well-being* [Flash Talk]. Society for Affective Science Annual Conference, Virtual, USA.
    - ❖ Received Best Flash Talk Award Honorable Mention
    - ❖ One of the top/highest-ranking abstracts of the conference
26. **Walsh, L. C.** (2022, January 15). The Science of Happiness. In A. Villamil (Organizer), *Fellowship Forum: The emerging research symposium* [Invited Talk]. Garrison Institute, Virtual, USA.
27. **Walsh, L. C.** & Lyubomirsky, S. (2021, February 9-13). Does your smartphone make you happy? The effects of restricting digital media and social media on well-being. In P. Ewell, S. Müller, & S. Talaifar (Organizers), *Psychology of Media and Technology Preconference* [Invited talk]. Society for Personality and Social Psychology Annual Convention, Virtual, USA.
28. **Walsh, L. C.**, Regan, A., Stapley, A., & Lyubomirsky, S. (2021, February 9-13). Give thanks: Comparing the effects of gratitude expressed privately, one-to-one via text, or publicly on social media. In *Student/Early Career Data Blitz 2* [Symposium]. Society for Personality and Social Psychology Annual Convention, Virtual, USA.
29. **Walsh, L. C.** (2020, October 8). *Some findings from the Restrict Digital Media Study: An experimental investigation of the effects of smartphones and social media on well-being* [Invited talk]. Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, Virtual, USA.
30. **Walsh, L. C.** & Lyubomirsky, S. (2020, May 21). *The science of happiness* [Online master class with four sessions]. Instituto Europeo de Psicologia Positiva (IEPP). Madrid, Spain.
    - Session 1: What is happiness, what is it good for, and what are its myths?
    - Session 2: Is it possible to become happier and, if yes, how?
    - Session 3: Other benefits (and possible costs) of the pursuit of happiness
    - Session 4: Identifying and using strengths
31. *Boz, S. G., **Walsh, L. C.**, & Lyubomirsky, S. (2020, May 21). *An experimental gratitude face-off study: Letters vs. lists* [Flash talk]. R' Psyc 2nd Annual Psychology Undergraduate Research Conference, University of California, Riverside, Virtual, USA.
    - ❖ Received Best Novel Research Question Award
32. **Walsh, L. C.** (2020, January 23). *The science of happiness* [Invited talk]. Workplace Health and Wellness Program, University of California, Riverside, CA, USA.
33. **Walsh, L. C.** (2020, January 16). *Actors, targets, and witnesses: Gratitude within dynamic social networks* [Invited talk]. Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA, USA.
34. Fritz, M. M., Armenta, C. N., **Walsh, L. C.** & Lyubomirsky, S. (2019, April 25-28). Gratitude facilitates healthy eating behavior in adolescents and young adults. In Bono, G. (Chair), *Promising horizons in gratitude research: Harnessing its social dynamics to make life meaningful* [Symposium]. Western

Psychological Association Annual Convention, Pasadena, CA, USA.

35. **Walsh, L. C.** & Lyubomirsky, S. (2019, April 25-28). The unselfish side of gratitude: The benefits of recalling, sharing, and receiving. In Bono, G. (Chair), *Promising horizons in gratitude research: Harnessing its social dynamics to make life meaningful* [Symposium]. Western Psychological Association Annual Convention, Pasadena, CA, USA.
36. **Walsh, L. C.** (2019, January 10). *Does your smartphone make you unhappy? The effects of restricting digital and social media on well-being* [Invited talk]. Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA, USA.
37. Fritz, M. M., **Walsh, L. C.**, Lyubomirsky, S., Cole, S., & Epel, E. (2019, February 7-9). Kindness, loneliness, and cellular aging: An experimental investigation of the impact of a prosocial behavior intervention on physical health. In *Intervention Science Preconference* [Data blitz talk]. Society for Personality and Social Psychology Annual Convention, Portland, OR, USA.
38. Sweeny, K., Rankin, K., & **Walsh, L. C.** (2018, October 4-6). *Finding flow during life transitions* [Symposium]. Society of Experimental Social Psychology Annual Conference, Seattle, WA, USA.
39. Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (2018, July 17-21). *Gratitude facilitates healthy eating behavior in adolescents and young adults* [Data blitz talk]. 19th European Conference on Personality, Zadar, Croatia.
40. Fritz, M. M., Armenta, C. N., **Walsh, L. C.**, & Lyubomirsky, S. (2018, January 18-19). *Gratitude facilitates healthy eating behavior in adolescents and young adults* [Flash talk]. Gratitude Insights Conference, University of North Carolina, Chapel Hill, NC, USA.
41. **Walsh, L. C.** (2018, January 9). *Is gratitude only for the self? Exploring the benefits of expressing, sharing, receiving, and witnessing* [Invited talk]. Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA, USA.
42. **Walsh, L. C.**, Armenta, C. N., Fritz, M. M., & Lyubomirsky (2017, July 14). *The effects of sharing gratitude on adolescents* [Invited talk]. Character Lab 2017 Educator Summit Research Convening, Philadelphia, PA, USA.
43. **Walsh, L. C.** (2017, June 8). *To share or not to share? The effects of sharing gratitude* [Invited talk]. Proseminar on Current Research in Social/Personality Psychology (Department Brown Bag), University of California, Riverside, CA, USA.
44. **Walsh, L. C.** (2016, February 11). *Hedonic adaptation* [Invited guest lecture]. Introductory Psychology course (PSYC 2; Instructor: Rachel Wu) at the University of California, Riverside, CA, USA.

POSTERS

1. Ordubegian, N., Horton, C., Skulsky, B., **Walsh, L.**, & Kaufman, V. (2026, April 30 - May 3). *Heterogeneity in income and well-being: A cluster analysis.* Western Psychological Association (WPA) Annual Convention 2026, Tacoma, WA, USA.
2. **Walsh, L. C.,** Radosic, N., Montemayor-Dominguez, M. & Lyubomirsky, S (2026, February 26-28). *Water conservation and well-being: Burden or benefit?* Society for Personality and Social Psychology Annual Convention, Chicago, IL, USA.
3. Vannoy, T., **Walsh, L. C.**, Lyubomirsky, S. (2025, May 14). *Are you in a "not so good" mood? A gratitude letter could help.* The Love Consortium Global Gratitude Summit, Virtual, USA.
4. *Ochoa Lopez, V., **Walsh, L. C.**, Kaufman, V. A., & Karney, B. (2025, May 9). *Sexual orientation and well-being: Patterns and associations* [Poster presentation]. UCLA Psychology Undergraduate Research Conference (PURC), Los Angeles, CA, USA.

5. Radošić, N., **Walsh, L. C.,** & Lyubomirsky, S. (2025, February 20 – 22). *The impact of personality and expectations on the well-being effects of conversations* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Denver, CO, USA.
6. Vannoy, T., Walsh, L. C., & Lyubomirsky, S. (2025, February 20 – 22). *Individual differences in the affective experience of writing a gratitude letter* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Denver, CO, USA.
7. **Walsh, L. C.,** Horton, C., Rodriguez, A., & Kaufman, V. A. (2023, March 30 - April 1). *The unity of well-being: An inquiry into the structure of subjective well-being using the bifactor model* [Poster presentation]. In Positive Emotions Preconference, Society for Affective Science Annual Convention, Long Beach, CA, USA.
8. **Walsh, L. C.,** Horton, C., Rodriguez, A., & Kaufman, V. A. (2023, March 30 - April 1). *The unity of well-being: An inquiry into the structure of subjective well-being using the bifactor model* [Poster presentation]. In Main Conference, Society for Affective Science Annual Convention, Long Beach, CA, USA.
9. **Walsh, L. C.,** Horton, C., Rodriguez, A., & Kaufman, V. A. (2023, February 23-25). *The unity of well-being: An inquiry into the structure of subjective well-being using the bifactor model* [Poster presentation]. Happiness and Well-Being Preconference. Society for Personality and Social Psychology Annual Convention, Atlanta, GA, USA.
10. **Walsh, L. C.**, *Gonzales, A., *Shen, L., Rodriguez, A., & Kaufman, V. A. (2023, February 23-25). *What predicts life satisfaction for singles? A latent profile analysis* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Atlanta, GA, USA.
11. Regan, A., Fritz, M. M., **Walsh, L. C.**, Lyubomirsky, S., & Cole, S. W. (2023, February 23-25). *The genomic impact of kindness to self vs. others: A randomized controlled trial* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Atlanta, GA, USA.
12. **Walsh, L. C.,** Okabe-Miyamoto, K., Regan, A., Twenge, J. M., & Lyubomirsky, S. (2022, February 16-19). *The association between well-being and objectively measured versus self-reported smartphone and social media time* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, San Francisco, CA, USA.
13. Okabe-Miyamoto, K., **Walsh, L. C.,** Ozer, Dan, & Lyubomirsky, S. (2022, February 16-19). *Measuring felt connection with specific social interactions: The Connection During Conversations Scale* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, San Francisco, CA, USA.
14. **Walsh, L. C.,** Regan, A., Okabe-Miyamoto, K., & Lyubomirsky, S. (2021, November 12-13). *Does your smartphone make you unhappy? The effects of restricting digital and social media* [Poster presentation]. Psychology of Technology Institute Annual Conference, University of California, Santa Barbara, CA, USA.
15. Regan, A., **Walsh, L. C.**, & Lyubomirsky, S. (2021, February 11-13). *Elevated or indebted? Understanding the consequences of self-directed gratitude interventions* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Virtual, USA.
16. Fritz, M. M., **Walsh, L. C.**, Lyubomirsky, S., Cole, S., & Epel, E. (2020, February 27-29). *Kindness and cellular aging: A pre-registered intervention testing the effects of prosocial behavior on telomere length and well-being* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, New Orleans, LA, USA.
17. Okabe-Miyamoto, K., Regan, A., **Walsh, L. C.**, Fritz, M. M., & Lyubomirsky, S. (2020, February 27-29). *Face-to-face (versus digital) kind acts boost students' satisfaction with life* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, New Orleans, LA, USA.

18. **Walsh, L. C.**, Okabe-Miyamoto, K., Regan, A., & Lyubomirsky, S. (2020, February 27-29). *The gratitude witnessing effect in adolescents* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, New Orleans, LA, USA.
19. **Walsh, L. C.,** Regan, A., Okabe-Miyamoto, K., Villamil, A., & Lyubomirsky, S. (2019, November 8-9). *iPhone screen time and well-being* [Poster presentation]. New Directions in Research on the Psychology of Technology 4th Annual Conference, University of Virginia, Arlington, VA, USA.
20. *Frias, A., **Walsh, L. C.**, & Lyubomirsky, S. (2019, August 19). *Correlates of smartphone usage with physical and mental health* [Poster presentation]. Mentoring Summer Research Internship Program (MSRIP) 32nd Annual Research Symposium, University of California, Riverside, CA, USA.
21. Haydon, M. D., **Walsh, L. C.**, Fritz, M. M., Lyubomirsky, S., & Bower, Julienne (2019, March 9-12). *Kindness to others or to oneself: An online pilot randomized controlled trial to enhance well-being for breast cancer survivors* [Poster presentation]. American Psychosomatic Society 77th Annual Scientific Meeting, Vancouver, BC, Canada.
22. Fritz, M. M., Margolis, S., Armenta, C. N., Revord, J., **Walsh, L. C.**, Lyubomirsky, S., Nieminen, L., & Kellerman, G. (2019, February 7-9). *Putting the social in the prosocial: Do acts of kindness improve well-being more than simple social interactions?* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Portland, OR, USA.
23. Shin, L. J., **Walsh, L. C.,** & Lyubomirsky, S. (2019, February 7-9). *Recalling kind acts for close others vs. strangers in English and Chinese* [Poster presentation]. Society for Personality and Social Psychology 20th Annual Convention, Portland, OR, USA.
24. **Walsh, L. C.,** Margolis, S., Fritz, M. M., Shin, L. J., Revord, J., Twenge, J. M., & Lyubomirsky, S. (2019, February 7-9). *Are smartphone users unhappy?: A correlational exploration of digital media, social media, and well-being* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Portland, OR, USA.
25. **Walsh, L. C.,** Margolis, S., & Lyubomirsky, S. (2018, October 19). *Smartphone usage characteristics predict greater well-being, but less mindful* attention [Poster presentation]. New Directions in Research on the Psychology of Technology 3rd Annual Conference, University of Stanford, Stanford, CA, USA.
26. **Walsh, L. C.,** & Lyubomirsky, S. (2018, May 24-27). *To share or not to share? The effects of sharing gratitude on actors and targets* [Poster presentation]. Association for Psychological Science Annual Convention, San Francisco, CA, USA.
27. **Walsh, L. C.,** & Lyubomirsky, S. (2018, April 26-28). To share or not to share? The effects of sharing gratitude on actors and targets [Poster presentation]. In *Positive Emotions Preconference*, Society for Affective Science Annual Conference, University of California, Los Angeles, CA, USA.
    - ❖ Received Positive Emotions Preconference Poster Award
28. Fritz, M. M., Armenta, C. N., **Walsh, L. C.,** & Lyubomirsky, S. (2018, March 1-3). *Gratitude facilitates healthy eating behavior in adolescents and young adults* [Poster presentation]. Society for Personality and Social Psychology, Annual Convention, Atlanta, GA, USA.
29. Rankin, K., **Walsh, L. C.,** & Sweeny, K. (2018, March 1-3). *The benefits of flow while awaiting uncertain* news [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Atlanta, GA, USA.
30. **Walsh, L. C.,** & Lyubomirsky, S. (2018, March 1-3). *To share or not to share?: The effects of sharing gratitude on actors and targets* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, Atlanta, GA, USA.
31. Armenta, C. N., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (2017, January 19-21). *Gratitude and self-improvement in adolescents* [Poster presentation]. Society for Personality and Social Psychology Annual Convention, San Antonio, TX, USA.

32. Ruberton, P. M., **Walsh, L. C.**, Revord, J., & Lyubomirsky, S. (2017, January 19-21). *Do only the humble seek humility?: Characteristics of people motivated to become more* humble [Poster presentation]. Society for Personality and Social Psychology Annual Convention, San Antonio, TX, USA.

SYMPOSIA, PANELS, & OTHER EVENTS

1. Powtdhavee, N., Riyanto, Y. E., Lanier, J., Chua, Y. H., **Walsh, L. C. (Mentor)**, Bao, T., & Tai-Sen, H. (2026, March 18). *ThriveLab Nudgathon*. Ideas Festival, NTU, Singapore.
2. **Walsh, L. C. (Moderator),** Patinadan, P. V., Wilson, J. E., Kim, H. K., Amir, S., & Pang, J. S. (2026, March 2). *Failing forward: What the humanities and social sciences teach us about resilience* [Panel Discussion]. Ideas Festival, NTU, Singapore.
3. **Walsh, L. C. (Chair),** Dupuis, H. E., Hoan, E., & Fisher, A. N. (2024, February 10). *Redefining singlehood: From stereotypes to real-life experiences* [Symposium]. Society for Personality and Social Psychology Annual Convention, San Diego, CA, USA.

ORGANIZED CONFERENCES

1. Oh, J., Regan, A., Tse, D., **Walsh, L. C.**, & Willroth, E. (2025, February 20) *Happiness and Well-Being Preconference.* Society for Personality and Social Psychology Annual Convention, Denver, CO, USA.
2. *Miao, G., Dale, R., **Walsh, L. C.,** & Kaufman, V. A., (2024, October 4-6). *Dynamic Interactions and Methodologies Symposium (DIMS) Workshop.* University of California, Los Angeles, USA.
3. **Walsh, L. C.**, Tse, D., & Willroth, E. (2024, February 8) *Happiness and Well-Being Preconference.* Society for Personality and Social Psychology Annual Convention, San Diego, CA, USA.
4. **Walsh, L. C.,** Revord, J., Fritz, M. M., & Lyubomirsky, S. (2017, March 3-5). *University of California Well-Being Conference (UCWBC).* University of California, Riverside, CA, USA.

GRANTS

1. **Walsh, L. C.** (Principal Investigator). (2026-2029). *Human well-being in the age of AI: A cross-country study of chatbot use, perceived AI threat, and psychosocial functioning.* Ministry of Education (MOE) Academic Research Fund (AcRF) Tier 1 Seed Funding Grant (T1SF) [SGD $50,000].
2. **Walsh, L. C.** (Principal Investigator). (2025-2028). *Promoting well-being in Singaporean youth: A test of three positive activities (gratitude, kindness, and extraversion)*. NTU Start-Up Grant (SUG) [SGD $35,000].
3. **Walsh, L. C.** (Primary Contributor) & Lyubomirsky, S. (Principal Investigator). (2018-2021). *Is gratitude only for the self? Exploring the benefits of recalling, sharing, receiving, and witnessing* (ID No. 61113). John Templeton Foundation [USD $410,858].
4. Fritz, M. M., **Walsh, L. C.**, & Lyubomirsy S. (Co-Principal Investigators). (2016-2019). *Prosocial behavior and telomere length.* HopeLab [USD $75,000].
5. Fritz, M. M., Revord, J., **Walsh, L. C.**, & Lyubomirsky S. (Co-Principal Investigators). (2018-2019). *Face-to-face versus technology-mediated prosocial interactions: A randomized controlled trial of the gene regulatory impact of prosocial behavior.* HopeLab [USD $42,600].
6. Revord, J., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (Co-Principal Investigators). (2018-2019). *A randomized controlled trial of the effects of face-to-face versus technology-mediated aspirational and remedial prosocial behavior*. HopeLab [USD $5,000].
7. Fritz, M. M., Revord, J., **Walsh, L. C.** & Lyubomirsy S. (Co-Principal Investigators). (2018). *Coding kindness: An analysis of 6,324 prosocial acts*. HopeLab [USD $5,000].
8. Revord, J., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (Co-Principal Investigators). (2016-2018). *Kindness online and in-person: More than skin deep*. UCR Healthy Campus Initiative Project [USD $1,500].

9. Revord, J., Fritz, M. M., **Walsh, L. C.** (Contributors), & Lyubomirsky, S. (Principal Investigator). (2017). *University of California Well-Being Conference (UCWBC)*. Society for Personality and Social Psychology [USD $5,000].

QUANTITATIVE & METHODOLOGICAL TRAINING

2025 *Cluster Analysis in R* – DataCamp course (Instructor: Dmitry Gorenshteyn, PhD)
2024 *Systematic Reviews* – M3EWB fellowship (Instructors: Jessica Koslouski & Sandra Chafouleas, PhDs)
2024 *NIH Grant Writing* – EMOT-ECON workshop (Instructors: Michelle Martin & Maria Pisu, PhDs)
2024 *Using AI for Text Analysis* – InStats seminar (Instructor: Seraphine Maerz, PhD)
2022 *Latent Profile Analysis (LPA)* – Pitt Methods workshop (Instructor: Sara Tufts, PhD)
2022 *Item Response Theory (IRT)* – Pitt Methods workshop (Instructor: Matthew Diemer, PhD)
2022 *Data Scientist with R* – 10 DataCamp courses (Various instructors)
2021 *Introduction to SQL* – DataCamp course (Instructor: Nick Carchedi, MS)
2020 *Structural Equation Modeling (SEM)* – UCR course (Instructor: Keith Widaman, PhD)
2018 *Dyadic Data Analysis* – UCONN Workshop (Instructors: David Kenny & Randi Garcia, PhDs)
2017 *Multilevel Models (MLM)* – UCR course (Instructor: Gregory Palardy, PhD)
2017 *Repligate: Reliability & Reproducibility in Psychology* – UCR course (Instructor: David Funder, PhD)
2016 *Meta-Analysis* – UCR course (Instructor: Robert Rosenthal, PhD)
2016 *Multiple Regression/Correlation Analysis* – UCR course (Instructor: Daniel Ozer, PhD)
2016 *Social/Personality Psychology Research Methods* – UCR course (Instructor: Megan Robbins, PhD)
2016 *Experimental Design & Analysis of Variance* – UCR course (Instructor: Robert Rosenthal, PhD)
2015 *Statistical Inference* – UCR course (Instructor: Elizabeth Davis, PhD)
2015 *Non-Experimental Research Methods* – audited USC course (Instructor: William Breland, PhD)

SKILLS

Software: R, SPSS, Mplus, G*Power, Qualtrics, OSF, and Zotero
Languages: English (fluent) and Spanish (A2 level of CEFR)
Music: 15 years of musical training in opera (mezzo-soprano), guitar, piano, and alto saxophone
Recreational: Scuba Diving International (SDI) Advanced and Rescue Diver with 237 dives in 12 countries (e.g., Egypt, Fiji, French Polynesia, Indonesia, Italy, Jordan, Malaysia, Maldives, Mexico, & USA)

PROFESSIONAL & DEPARTMENTAL SERVICE

2016-Present Peer Reviewer for various top-tier academic journals including: *Affective Science, Applied Psychology, Cyberpsychology, Journal of Experimental Social Psychology, Journal of Happiness Studies, Journal of Positive Psychology, Journal of Social and Personal Relationships, Personality and Social Psychology Bulletin, PLOS ONE, Scientific Reports, Social Psychological and Personality Science,* and more.
2025-2026 Member, NTU Psychology Undergraduate Affairs Committee and Final Year Project Support
2025-2026 Member, NTU Psychology Ethics Review Committee
2023 Program Committee Member, Hong Kong Positive Technology International Conference
2022-2023 Guest Associate Editor, Special Issue (The Good Side of Technology) in *Frontiers*
2022-2023 Reviewer, SPSP Annual Convention single-presenter submissions
2021-2022 Chair, UCLA Psychology Department Postdoctoral Academic Committee
2021 Co-Reviewer, John Templeton Foundation external grant review
2020 Reviewer, APS Student Research Awards
2020 Reviewer, UCR R'Psyc Psychology Research Conference
2018-2019 UCR Campus Representative, APA Division 38 (Health Psychology)
2017 Reviewer, SPSP Annual Convention Happiness Preconference submissions

RESEARCH EXPERIENCE

Nanyang Technological University (NTU), Singapore (2025-Present)
Assistant Professor

- Director of the Wellbeing, Affect, Life Satisfaction, and Happiness (WALSH) Lab
- Secured 2 research grants totaling $85,000 SGD

University of California, Los Angeles (UCLA), CA, USA (2021-2025)
Postdoctoral Research Associate

- Supervisors: Benjamin Karney, Thomas Bradbury, and Victor Kaufman
- Co-authored 16 publications (12 peer-reviewed journal articles)
- Delivered 12 talks and 12 poster presentations
- Led or contributed to 13 studies in collaboration with 18 researchers and 3 companies

University of California, Riverside (UCR), CA, USA (2015-2021)
Graduate Student Researcher (GSR)

- Supervisor: Sonja Lyubomirsky
- Co-authored 14 publications (11 peer-reviewed journal articles and 3 book chapters)
- Delivered 18 talks and 18 poster presentations
- Secured 7 competitive research grants totaling $544,958 USD
- Conducted 41 studies in collaboration with 35 researchers and 9 companies

TEACHING EXPERIENCE

Evaluations available upon request

INSTRUCTOR

AY26-27 Sem 1 – HP1000: Introduction to Psychology, NTU
AY26-27 Sem 1 – HP3005: "Fun Will Now Commence": The Psychology of Leisure, NTU
AY26-27 Sem 1 – PY6001: Mental Health & Psychopathology Across the Lifespan, NTU
AY25-26 Sem 2 – HP3703: Health Psychology, NTU (average evaluation: 4.55/5)
AY25-26 Sem 1 – HP1000: Introduction to Psychology, NTU (average evaluation: 4.5/5)
2024 Fall – PSYC 4002: Social Psychology, Loyola Marymount University (LMU; average evaluation: 4.8/5)
2023 Spring – PSYC 4002: Social Psychology, LMU (average evaluation: 4.8/5)
2019 Summer – PSYC 149: The Science of Well-Being, UCR (average evaluation: 4.8/5)

TEACHING ASSISTANT

2020 Summer – PSYC 140: Social Psychology, UCR (Instructor: Calen Horton; no summer evals)
2020 Summer– PSYC 115: Drugs and Behavior, UCR (Instructor: Erin Alderson; no summer evals)
2019 Winter– PSYC 49: Cyberpsychology, UCR (Instructor: Karolyn Andrews; average evaluation: 6.3/7)
2016 Winter– PSYC 2: Introductory Psychology, UCR (Instructor: Rachel Wu; average evaluation: 6.5/7)
2015 Fall – PSYC 2: Introductory Psychology, UCR (Instructor: Thomas Sy; average evaluation: 6.7/7)

MENTORSHIP EXPERIENCE

Undergraduate and Graduate Student Research Mentorship — UCR (2016-2021) & UCLA (2021-2025)

- Trained and supervised 65 research assistants across two University of California institutions
- Mentored students in literature reviews, in-lab and remote participant data collection (e.g., surveys, blood spots, smartphone data), coding, statistical analyses, poster presentations, conference talks, and co-authored manuscripts

Graduate Student Mentees:

- Grace Miao (2024-2025) — Co-organized conference (DIMS) and co-authored paper in prep (UCLA)
- Tanya Vannoy (2023-2025) – Co-authored poster, talk, and paper in prep (UCLA)

- Nina Radošić (2021-2025) — Study design, data collection, and co-authored papers in prep (UCLA)
- Lucy Shen (2021-2023) — Co-authored poster, talk, and publication (UCLA)

Undergraduate Student Mentees:

- Venus Ochoa (2024-2025) — Psychology Research Opportunities Program (PROPS) & poster (UCLA)
- Ariana Gonzales (2021-2023) — Co-authored poster, talk, and publication (UCLA)
- S. Gokce Boz (2020-2021) — Co-authored talk and publications (UCR)
- Alec Frias (2019) — Mentoring Summer Research Internship Program (MSRIP) & poster (UCR)
- Gabrielle Celaya (2018-2020) — Mentored in data collection and lab management (UCR)

BUSINESS EXPERIENCE

Universal Music Group (UMG), Santa Monica, CA, USA (2007-2014)

Final Title: *Account Executive*, Digital and Mobile Sales

Starting Title: *Administrative Assistant,* Digital Marketing and Product Development

- Oversaw and optimized digital and mobile sales for 100+ accounts (e.g., Samsung, Sony, AT&T)
- Final account base generated $15 MM+ in annual revenue
- Specialized in developing new account partnerships, from successful launch to long-term sales growth
- Directed the Sales internship program for 4+ years—recruiting, training, and managing interns
- Led the creation and execution of thousands of high-level strategic marketing campaigns, including contests, content exclusives, giveaways, social media promotions, and fan engagement events
- Collaborated with top-tier artists such as Taylor Swift, Lady Gaga, Lil Wayne, Nicki Minaj, and Maroon 5

CONSULTING EXPERIENCE

Major Social Media Companies (2016-2021)

- Collaborated with 2 leading social media companies to design large-scale studies
- Refined research questions
- Developed prompts and psychological measures
- Interpreted findings and disseminated results via corporate reports and presentations
- Proposed follow-up studies and data-informed business strategies

Buck Davis — Speaker, Trainer, & Coach (2020-2021)

- Advised on the design and implementation of corporate training programs (e.g., *The Power of Positivity; Race, Resilience, and the Role of the Ally*)
- Tailored training materials for diverse employee audiences (e.g., IT professionals, sales teams)
- Synthesized empirical literature and translated findings for lay audiences

World Happiness Foundation (2020)

- Developed and facilitated a four-session online master class on the science of happiness for the Instituto Europeo de Psicología Positiva (IEPP) in Madrid, Spain

PROFESSIONAL MEMBERSHIPS

- American Psychological Association (APA), 2017–Present
- Association for Psychological Science (APS), 2016–Present
- Association for Women in Science (AWIS), 2023–2025
- International Association for Relationship Research (IARR), 2022–Present
- International Positive Psychology Association (IPPA), 2023–Present
- International Singles Studies Association (ISSA), 2024–Present
- Psychology of Technology Institute (PTI), 2017–Present
- Society for Affective Science (SAS), 2018–Present

- Society for Personality & Social Psychology (SPSP), 2015–Present
- Western Psychological Association (WPA), 2023–2025