

CURRICULUM VITAE

Lisa C. Walsh

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EDUCATION

- 2021 (expected)** **Ph.D. in Social/Personality Psychology**
University of California, Riverside (UCR), Riverside, CA
Dissertation: *Does your smartphone make you happy? The effects of restricting digital media on well-being*
Committee: Sonja Lyubomirsky (Chair), Kate Sweeny, and William L. Dunlop
GPA: 3.94
- 2017** **M.A. in Social/Personality Psychology**
University of California, Riverside (UCR), Riverside, CA
Master's Thesis: *To share or not to share? The effects of sharing gratitude*
- 2005** **B.S. in Music Industry with a Minor in Gender Studies**
University of Southern California (USC), Los Angeles, CA
Graduated *Magna Cum Laude*
GPA: 3.87

FELLOWSHIPS, HONORS, AND AWARDS

- 2020 Best Novel Research Question: Social/Personality, R'Psyc Research Conference
- 2018 Poster Award, Society for Affective Science Positive Emotions Pre-Conference
- 2015 UCR Chancellor's Distinguished Fellowship (\$23,000)
- 2002-2005 USC Thornton School of Music Honors/Dean's List

RESEARCH INTERESTS

Happiness: The Who, What, Where, When, Why, and How

- The architecture of subjective well-being, including its outcomes (e.g., positive emotions), mediators/mechanisms (e.g., connectedness), and moderators (e.g., culture)
- Pursuing happiness via positive activities (e.g., writing gratitude letters, engaging in flow activities)
- The downstream consequences of well-being, such as greater physical health and career success
- The role of social connection in facilitating human happiness

Digital Technology and Well-Being

- How do emerging technologies (e.g., smartphones, social media, VR) impact well-being?
- How can we harness technology to improve happiness and health?

The Structure of Strengths: Gratitude, Kindness, and Humility

- Gratitude within dynamic social networks with actors, targets, and witnesses
- Gratitude as a trigger of self-improvement efforts in health, kindness, academics, and work
- The physical health effects (as measured via self-report and biomarkers) of performing kind acts
- How can people become lastingly more humble (e.g., via self-affirmation interventions)?

Hedonic Adaptation to Positive and Negative Life Events

- Exploring how individual happiness levels adapt to positive events (e.g., getting married) and negative events (e.g., being diagnosed with cancer)
- Obstacles to sustainable happiness and thwarting hedonic adaptation to positive events

PUBLICATIONS

JOURNAL ARTICLES

1. Armenta, C. N., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (2020). Satisfied yet striving: Gratitude promotes life satisfaction and improvement motivation in youth. *Emotion*. Advance online publication. <https://doi.org/10.1037/emo0000896>
2. 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>
3. 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>
4. **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

1. 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* (pp. 451–471). Routledge.
2. 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.

UNDER REVIEW

1. Shin, L. J., Margolis, S. M., **Walsh, L. C.**, Kwok, Y. C., Yue, X., Chan, A., Siu, N., Sheldon, K. M., & Lyubomirsky, S. (2020). *Cultural differences in the hedonic rewards of recalling kindness: Priming cultural identity with language* [Manuscript submitted for publication]. Department of Psychology, University of California, Riverside.
2. 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* [Manuscript submitted for publication]. Department of Psychology, University of California, Riverside.
3. Armenta, C. N., **Walsh, L. C.**, Fritz, M. M., & Lyubomirsky, S. (2020). *More than merely positive: The immediate affective and motivational consequences of expressing gratitude* [Manuscript submitted for publication]. Department of Psychology, University of California, Riverside.

IN PREPARATION

1. **Walsh, L. C.**, Regan, A., Okabe-Miyamoto, K., Margolis, S., Cole, S., Twenge, J., & Lyubomirsky, S. (2020). *Does your smartphone make you happy? The effects of restricting digital media on well-being* [Manuscript in preparation]. Department of Psychology, University of California, Riverside.
2. **Walsh, L. C.**, Okabe-Miyamoto, K., Regan, A., & Lyubomirsky, S. (2020). *Actors, targets, and witnesses: Gratitude within dynamic social networks* [Manuscript in preparation]. Department of Psychology, University of California, Riverside.
3. **Walsh, L. C.**, & Lyubomirsky, S. (2020). *Well-being in the workplace* [Manuscript in preparation]. In B. Walsh, L. Flores, P. Hartung, F. Leong, & M. Savickas (Eds.), *Career psychology*. American Psychological Association.

OP-EDS/POPULAR PRESS

1. 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>

2. **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>
3. **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: Walsh, L. C., Boehm, J. K., & Lyubomirsky S. (2018, August 14). Is happiness a consequence or cause of career success? *Psychology Today*. <https://www.psychologytoday.com/us/blog/how-happiness/201808/is-happiness-consequence-or-cause-career-success>
 - Reprinted in: Walsh, L. C., Boehm, J. K., & Lyubomirsky S. (2018, August 15). Happiness or career success: Which comes first? *World Economic Forum*. <https://www.weforum.org/agenda/2018/08/is-happiness-a-consequence-or-cause-of-career-success>

MEDIA COVERAGE

- [The world's best dive retreats](#). Wander Wellness Travel Magazine. (2020, November 23)
- [Why gratitude is wasted on Thanksgiving](#). *New York Times*. (2019, November 23)
- [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](#). *UCR News*. (2018, October 26)

PRESENTATIONS

*Indicates undergraduate student co-author

TALKS

1. **Walsh, L. C.** & Lyubomirsky, S. (expected 2021, February 9). Does your smartphone make you happy? The experimental 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]. Society for Personality and Social Psychology 22nd Annual Convention, Virtual, United States.
2. **Walsh, L. C.**, Regan, A., Stapley, A., & Lyubomirsky, S. (expected 2021, February 11-13). Give thanks: Comparing the effects of gratitude expressed privately, one-to-one via text, or publicly on social media. *Student/Early Career Data Blitz 2* [Programming Session]. Society for Personality and Social Psychology 22nd Annual Convention, Virtual, United States.
3. **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, CA, United States.
4. **Walsh, L. C.** & Lyubomirsky, S. (2020, May 21). *The science of happiness* [Online master class with four sessions]. Instituto Europeo de Psicología 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

5. *Boz, S. G., **Walsh, L. C.**, & Lyubomirsky, S. (2020, May 21). *An experimental gratitude face-off study: Letters vs. lists* [Virtual talk]. R' Psyc 2nd Annual Psychology Undergraduate Research Conference, University of California, Riverside, CA, United States.
6. **Walsh, L. C.** (2020, January 23). *The science of happiness* [Invited talk]. Workplace Health and Wellness Program, University of California, Riverside, CA, United States.
7. **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, United States.
8. 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 99th Annual Convention, Pasadena, CA, United States.
9. **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 99th Annual Convention, Pasadena, CA, United States.
10. **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, United States.
11. 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* [Data blitz talk]. Intervention Science Preconference, Society for Personality and Social Psychology 20th Annual Convention, Portland, OR, United States.
12. 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, United States.
13. 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.
14. 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, United States.
15. **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, United States.
16. **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, United States.
17. **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, United States.
18. **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, United States.

POSTERS

1. Regan, A., **Walsh, L. C.**, & Lyubomirsky, S. (expected 2021, February 11-13). *Elevated or indebted? Understanding the consequences of self-directed gratitude interventions* [Poster presentation]. Society for Personality and Social Psychology 22nd Annual Convention, Virtual, United States.
2. 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 21st Annual Convention, New Orleans, LA, United States.
3. 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 21st Annual Convention, New Orleans, LA, United States.
4. **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 21st Annual Convention, New Orleans, LA, United States.
5. **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, United States.
6. *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, United States.
7. Haydon, M. D., **Walsh, L. C.**, Fritz, M. M., Lyubomirsky, S., & Bower, Julianne (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.
8. 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 20th Annual Convention, Portland, OR, United States.
9. 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, United States.
10. **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 20th Annual Convention, Portland, OR, United States.
11. **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, United States.
12. **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 30th Annual Convention, San Francisco, CA, United States.
13. **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]. Positive Emotions Preconference, Society for Affective Science 5th Annual Conference, University of California, Los Angeles, CA, United States.

14. 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, 19th Annual Convention, Atlanta, GA, United States.
15. 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 19th Annual Convention, Atlanta, GA, United States.
16. **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 19th Annual Convention, Atlanta, GA, United States.
17. 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 18th Annual Convention, San Antonio, TX, United States.
18. 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 18th Annual Convention, San Antonio, TX, United States.

GRANTS

FUNDED

1. **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) [\$410,858 grant]. John Templeton Foundation. <https://www.templeton.org/grant/is-gratitude-only-for-the-self-exploring-the-benefits-of-recalling-sharing-receiving-and-witnessing>
2. Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky S. (Co-Principal Investigators). (2016-2019). *Prosocial behavior and telomere length* [\$75,000 grant]. HopeLab.
3. 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* [\$42,600 grant]. HopeLab.
4. 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* [\$5,000 grant]. HopeLab.
5. Fritz, M. M., Revord, J., **Walsh, L. C.** & Lyubomirsky S. (Co-Principal Investigators). (2018). *Coding kindness: An analysis of 6,324 prosocial acts* [\$5,000 grant]. HopeLab.
6. Revord, J., Fritz, M. M., **Walsh, L. C.**, & Lyubomirsky, S. (Co-Principal Investigators). (2016-2018). *Kindness online and in-person: More than skin deep* [\$1,500 grant]. UCR Healthy Campus Initiative Project.
7. Revord, J., Fritz, M. M., **Walsh, L. C.** (Contributors), & Lyubomirsky, S. (Principal Investigator). (2017). *University of California Well-Being Conference (UCWBC)* [\$5,000 small conference grant]. Society for Personality and Social Psychology.

IN PREPARATION

1. **Walsh, L. C.** (Contributor), Lyubomirsky, S. (co-Principal Investigator), & Fredrickson, B. L. (co-Principal Investigator). (2020). Research consortium on the biological and behavioral underpinnings of human flourishing: A Many Labs venture. Templeton World Charity Foundation Request for Ideas Proposal.
2. **Walsh, L. C.** (Contributor) & Lyubomirsky, S. (Principal Investigator). (2020). Building a New Science of Psychedelic Social Psychology: The Effects of \pm 3,4-Methylenedioxymethamphetamine (MDMA) on Social Connection. Templeton World Charity Foundation Request for Ideas Proposal.

NOT FUNDED

1. **Walsh, L. C.** (Primary Contributor), Lyubomirsky, S. (Co-Principal Investigator), & Pressman, S. (Principal Investigator). (2020). *Chasing energy: A search for the correlates and causes of high arousal positive affect* [Requested \$547,963]. National Science Foundation. Division of Behavioral and Cognitive Sciences (BCS) Social Psychology Standard Grant (PD 98-1332).
2. **Walsh, L. C.** (Primary Contributor), Lyubomirsky S. (Co-Principal Investigator), & Pressman, S. (Principal Investigator). (2019). *Searching for the virtue of vitality: Development of a long-term vitality-boosting program* (ID No. FI-19301) [Requested \$532,368]. John Templeton Foundation Large Grant Online Funding Inquiry.
3. **Walsh, L. C.** (Primary Contributor) & Lyubomirsky, S. (Principal Investigator). (2018). *Promoting well-being via gratitude exchanges on Facebook* [Requested \$49,400]. Instagram Awards for Research on Social Technologies.
4. **Walsh, L. C.** (Primary Contributor) & Lyubomirsky, S. (Principal Investigator). (2017). *Effects of social connection on human gene expression* (ID No. FI-14779) [Requested \$621,331]. John Templeton Foundation Large Grant Online Funding Inquiry.
5. Fritz, M. M., **Walsh, L. C.**, Hunter, J., & Gavriloiva, L. (Co-Principal Investigators). (2017). *On being kind to others: The proinflammatory and cardiovascular benefits of prosocial behavior* [Requested \$8,000]. University of California Intercampus Health Consortium Workshop Shark Tank Grant.

QUANTITATIVE AND METHODOLOGICAL TRAINING

Structural Equation Modeling. Instructor: Keith Widaman, Ph.D. (UCR; 2020)

Dyadic Data Analysis. Instructors: David A. Kenny, Ph.D. & Randi L. Garcia, Ph.D. (UCONN Workshop; 2018)

“Repligate”: Reliability and Reproducibility in Psychology. Instructor: David Funder, Ph.D. (UCR; 2017)

Multilevel Models. Instructor: Gregory Palardy, Ph.D. (UCR; 2017)

Meta-Analysis. Instructor: Robert Rosenthal, Ph.D. (UCR; 2016)

Research Methods in Social/Personality Psychology. Instructor: Megan Robbins, Ph.D. (UCR; 2016)

Multiple Regression/Correlation Analysis. Instructor: Daniel Ozer, Ph.D. (UCR; 2016)

Experimental Design and Analysis of Variance. Instructor: Robert Rosenthal, Ph.D. (UCR; 2016)

Statistical Inference. Instructor: Elizabeth Davis, Ph.D. (UCR; 2015)

Non-Experimental Research Methods. Instructor: William Breland, Ph.D. (Audited; USC; 2015)

SKILLS

Research and data analysis: R, SPSS, Excel, Qualtrics, G*Power, and OSF

Languages: fluent English and basic Spanish

Graphics: Photoshop, PowerPoint, and Canva

Hobbies: Scuba Diving International (SDI) Advanced Rescue Diver with 127 dives in 10 countries

PROFESSIONAL AND DEPARTMENTAL SERVICE

2020 Reviewer, Journal of Happiness Studies (peer-reviewed journal)

2020 Reviewer, UCR R’Psyc 2nd Annual Undergraduate Psychology Research Conference

2020 Reviewer, APS Student Research Awards

2018-2019 Campus Representative, Society for Health Psychology (APA Division 38)

2017 Co-Organizer, University of California Well-Being Conference (UCWBC)

2016 Co-Reviewer, Clinical Psychology Review (peer-reviewed journal)

2016 Reviewer, Happiness and Well-Being Preconference, SPSP 17th Annual Convention

UNDERGRADUATE MENTORING

Research Coordinator, Gabrielle Celaya (UCR; 2018–2020)

Mentorship in managing research projects and research assistants

R'Psyc 2nd Annual Psychology Undergraduate Research Conference, Selin (Gokce) Boz (UCR; 2020)

Virtual Talk: An experimental gratitude face-off study: Letters vs. lists

Mentoring Summer Research Internship Program, Alec Frias (UCR; 2019)

Poster: Correlates of smartphone usage with physical and mental health

Research Assistants (UCR; 2016–2020)

Trained and managed over 50 undergraduate research assistants as they worked on literature reviews, in-lab participant data collection (including blood spots and smartphone data), crediting participants, and coding on a variety of research projects

TEACHING EXPERIENCE

Evaluations available upon request

INSTRUCTOR

The Science of Well-Being. (UCR; Summer, 2019)

Average evaluation score: 4.7 out of 5

TEACHING ASSISTANT

Social Psychology. Instructor: Calen Horton, M.A. (UCR; Summer 2020)

TAs not evaluated during summer sessions

Drugs and Behavior. Instructor: Erin Alderson, M.A. (UCR; Summer 2020)

TAs not evaluated during summer sessions

Cyberpsychology. Instructor: Karolyn Andrews, Ph.D. (UCR; Winter 2019)

Average evaluation score across 3 sections: 6.4 out of 7

Introductory Psychology. Instructor: Rachel Wu, Ph.D. (UCR; Winter 2016)

Average evaluation score across 3 sections: 6.4 out of 7

Introductory Psychology. Instructor: Thomas Sy, Ph.D. (UCR; Fall 2015)

Average evaluation score across 3 sections: 6.6 out of 7

WORK EXPERIENCE

Universal Music Group (UMG) - Santa Monica, CA

2007–2014

Final Title: *Account Executive*, Sales

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

- Maximized sales and optimized the marketing strategy of over 100 digital and mobile accounts, (e.g., Samsung, Sony, AT&T, and T-Mobile) with a final account base generating \$15 MM+ in annual revenue
- Specialized in new accounts, facilitating the launch and continued growth of nascent businesses, which resulted in revenue increases of up to 637% YOY
- Created, initiated, and executed thousands of high-level strategic marketing cross-promotions, such as contests, giveaways, artist in-stores, meet and greets, content exclusives, and social media blasts for artists such as Lil Wayne, Lady Gaga, and Maroon 5
- Managed the Distribution Sales Internship Program for 4+ years, recruiting, training, and supervising all interns

PROFESSIONAL MEMBERSHIPS

American Psychological Association (APA; Divisions 38 & 46), 2017-present

Association for Psychological Science (APS), 2016-present

Psychology of Technology Institute (PTI), 2017-present

Society for Affective Science (SAS), 2018-present

Society for Personality and Social Psychology (SPSP), 2015-present