

# Kristin Layous

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## PROFESSIONAL EXPERIENCE

### CALIFORNIA STATE UNIVERSITY, EAST BAY

*Assistant Professor of Psychology*

**HAYWARD, CA**

*September 2015-Present*

### STANFORD UNIVERSITY

*Postdoctoral Researcher*

**STANFORD, CA**

*August 2014 – July 2015*

- Worked under the direction of Dr. Tom Robinson (Pediatrics) and Geoff Cohen (Psychology)

## EDUCATION

### UNIVERSITY OF CALIFORNIA

*Ph.D. in Social and Personality Psychology*

*M.A. in Psychology*

- Worked under the direction of Dr. Sonja Lyubomirsky in the Sustainable Happiness Laboratory
- Dissertation title: *Triggering kindness: Mechanisms and outcomes*

**RIVERSIDE, CA**

*June 2014*

*June 2011*

### THE OHIO STATE UNIVERSITY

*M.A. in Higher Education/Student Affairs Administration*

**COLUMBUS, OH**

*June 2007*

### UNIVERSITY OF CALIFORNIA

*B.A. in Psychology*

Double Minors: History and Sport Management

**SANTA BARBARA, CA**

*June 2005*

## HONORS AND AWARDS

- Honorable Mention for the Ruut Veenhoven Award, a well-being research award (2017)
- Faculty Support Grants for Mentoring Student Researchers (Three awards: November 2015 [\$4500], June 2016 [\$4500], and November 2018[course release], California State University, East Bay)
- National Research Service Award (F32), National Institute of Health, 2014, Scored in the top 1% - Declined
- Graduate Student Researcher Award, UC Riverside, 2013-2014 (2 awarded out of 80 students)
- Dissertation Year Fellowship, UC Riverside, 2013-2014 (3 quarters of funding)
- Outstanding Teaching Assistant Award, 2011-2012
- Chancellor's Distinguished Fellowship Award, UC Riverside, 2009-2010
- Regent Scholar, UCSB, 2001-2005; Member, Regents and Chancellor's Scholars Society (RCSS)
- 1 of 30 graduating students to be selected by the Division of Student Affairs for *The University Service Award* for dedicated service to the university community, June 2005
- 1 of 3 students to earn the *Morgan Award for Academic Excellence in Psychology*, June 2005
- Earned *Distinction in the Major of Psychology* at UCSB through completion of honors research thesis

## ACADEMIC & RESEARCH INTERESTS

- The pursuit of happiness through practicing gratitude, kindness, optimism, nostalgia, and savoring
- The positive activity model: Mediators and moderators (e.g., person and activity features) of the effects of happiness-increasing interventions
- Positive activities as protective factors against mental health conditions
- Individual and societal benefits of happiness and happiness-increasing activities
- Applying affirmation and happiness-increasing activities to boost other healthy behaviors (e.g., exercise)
- Applying affirmation activities to reduce people's negative attitudes toward stereotyped groups
- Cultural differences in the mechanisms and effectiveness of happiness-increasing interventions

## PEER-REVIEWED PUBLICATIONS

- Nelson-Coffey, S. K., Killingsworth, M., **Layous, K.**, Cole, S. W., & Lyubomirsky, S. (2019). Parenthood is associated with greater well-being for fathers than mothers. *Personality and Social Psychology Bulletin*.
- Layous, K.**, Sweeny, K., Armenta, C., Na, S., Choi, I., & Lyubomirsky, S. (2017). The proximal experience of gratitude. *PLoS ONE*, *12*(7), e0179123.
- Layous, K.**, Kurtz, J. L., Chancellor, J., & Lyubomirsky, S. (2017). Reframing the ordinary: Imagining time as scarce increases well-being. *Journal of Positive Psychology*, *13*(3), 301-308.
- Layous, K.**, Davis, E. M., Garcia, J., Purdie-Vaughns, V., Cook, J. E., & Cohen, G. L. (2017). Feeling left out, but affirmed: Protecting against the negative effects of low belonging in college. *Journal of Experimental Social Psychology*, *69*, 227-231.
- Layous, K.**, Nelson, S. K., Kurtz, J. L., & Lyubomirsky, S. (2017). What triggers prosocial effort? A positive feedback loop between positive activities, kindness, and well-being. *The Journal of Positive Psychology*, *12*(4), 385-398. <http://dx.doi.org/10.1080/17439760.2016.1198924>
- Chancellor, J., **Layous, K.**, Margolis, S., & Lyubomirsky, S. (2017). Clustering by well-being in workplace social networks: Homophily and social contagion. *Emotion*, *17*(8), 1166-1180.
- Wang, R. A. H., Nelson-Coffey, S. K., **Layous, K.**, Jacobs Bao, K. Davis, O. S. P., & Haworth, C. M. A. (2017). Moderators of wellbeing interventions: Why do some people respond more positively than others? *PLoS ONE*, *12*(11): e0187601. <https://doi.org/10.1371/journal.pone.0187601>
- Nelson, S. K., **Layous, K.**, Cole, S. W., & Lyubomirsky, S. (2016). Do unto others or treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing. *Emotion*, *16*(6), 850-861. <http://dx.doi.org/10.1037/emo0000178>
- Haworth, C. M. A., Nelson, S. K., Layous, K., Carter, K., Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2016). Stability and change in genetic and environmental influences on well-being in response to an intervention. *PLoS ONE*, *11*, e0155538. doi:10.1371/journal.pone.0155538
- Lyubomirsky, S., **Layous, K.**, Chancellor, J., & Nelson, S.K. (2015). Thinking about rumination: The scholarly contributions and intellectual legacy of Susan Nolen-Hoeksema. *Annual Review of Clinical Psychology*, *11*, 1-22.
- Chancellor, J., **Layous, K.**, & Lyubomirsky, S. (2015). Recalling positive events at work makes employees feel happier, move more, and chat less: A 6-week randomized controlled intervention at a Japanese workplace. *Journal of Happiness Studies*, *16*, 871-887.
- Layous, K.**, Chancellor, J., & Lyubomirsky, S. (2014). Positive activities as protective factors against mental health conditions. *Journal of Abnormal Psychology*, *123*, 3-12.
- Moskowitz, J. T., Carrico, A. W., Cohn, M. A., Duncan, L. G., Bussolari, C., **Layous, K.**,...Folkman, S. (2014). Randomized controlled trial of a positive affect intervention to reduce stress in people newly diagnosed with HIV; protocol and design for the IRISS study. *Open Access Journal of Clinical Trials*, *6*, 1-16. <http://dx.doi.org/10.2147/OAJCT.S64645>
- Zanon, C., Bardagi, M. P., **Layous, K.**, & Hutz, C. S. (2014). Validation of the satisfaction with life scale to Brazilian university students: Evidence of measurement noninvariance across Brazil and U.S. *Social Indicators Research*, *119*, 443-453.

**PEER-REVIEWED PUBLICATIONS continued**

- Iani, L., Lauriola, M., **Layous, K.**, & Sirigatti, S., (2014). Happiness in Italy: Translation, factorial structure and norming of the Subjective Happiness Scale in a large community sample. *Social Indicators Research, 118*, 953-967.
- Lyubomirsky, S., & **Layous, K.** (2013). How do simple positive activities increase well-being? *Current Directions in Psychological Science, 22*, 57-62.
- Layous, K.**, Lee, H., Choi, I., & Lyubomirsky, S. (2013). Culture matters when designing a successful happiness-increasing activity: A comparison of the United States and South Korea. *Journal of Cross-Cultural Psychology, 44*, 1294-1303.
- Layous, K.**, Nelson, S. K., & Lyubomirsky, S. (2013). What is the optimal way to deliver a positive activity intervention? The case of writing about one's best possible selves. *Journal of Happiness Studies, 14*, 635-654.
- Layous, K.**, Nelson, S.K., Oberle, E., Schonert-Reichl, K.A., & Lyubomirsky, S. (2012). Kindness counts: Prompting prosocial behavior in preadolescents. *PLOS ONE, 7*: e51380. doi:10.1371/journal.pone.0051380.
- Layous, K.**, Chancellor, J., Lyubomirsky, S., Wang, L., & Doraiswamy, P. M. (2011). Delivering happiness: Translating positive psychology intervention research for treating major and minor depressive disorders. *Journal of Alternative and Complementary Medicine, 17*, 1-9.

**CHAPTERS AND COMMENTARIES**

- Layous, K.** (2020). Health implications of gratitude. To appear in K. Sweeny & M. L. Robbins (Eds.) *Wiley encyclopedia of health psychology: The social bases of health behavior (Vol. II)*. Hoboken, New Jersey: Wiley Publishing. Draft accepted.
- Layous, K.** (2019). Happiness interventions. In G. M. Walton & A. J. Crum (Eds.) *Handbook of wise interventions: How social-psychological insights can help solve problems*. New York: Guilford Press. Draft accepted.
- Layous, K.** (2019). Promoting happiness in the workplace. In R. Burke & A. M. Richardsen (Eds.) *Creating psychologically healthy workplaces* (pp. 171-196). Cheltenham, United Kingdom: Edward Elgar.
- Layous, K.** (2019). Ed Diener. To appear in B. J. Carducci (Editor-in-Chief) & C. S. Nave (Vol. Ed.), *Wiley-Blackwell encyclopedia of personality and individual differences: Vol. I. Models and theories*. Hoboken, NJ: John Wiley & Sons.
- Layous, K.** (2018). Malleability and intentional activities. In E. Diener, S. Oishi, & L. Tay's (Eds.) *Handbook of well-being*. Salt Lake City, UT: DEF Publishers. doi: nobascholar.com.
- Kurtz, J. L. & **Layous, K.** (2017). Savoring. In D. S. Dunn (Ed.) *Oxford Bibliographies in Psychology*. New York: Oxford University Press. <http://www.oxfordbibliographies.com/>
- Parks, A. C., & **Layous, K.** (2016). Positive psychology interventions. In J.D. Norcross, G. R. VandenBos, D. K. Freidheim, & R. Krishnamurthy (Eds.) *APA Handbook of Clinical Psychology: Applications and Methods (Volume III)*.
- Layous, K.**, Nelson, S. K., & Legg, A. M. (2015). Measuring positive and negative aspects of well-being in the scholarship of teaching and learning. In R. Jhangiani, J. D. Triosi, B. Fleck, A. Legg, & H. Hussey (Eds.) *A compendium of scales for use in the scholarship of teaching and learning* (available online). <http://teachpsych.org/ebooks/compscalesotp>

## CHAPTERS AND COMMENTARIES continued

- Layous, K.,** Sheldon, K. M., & Lyubomirsky, S. (2015). Pursuing happiness: Prospects, practices, and prescriptions. In S. Joseph (Ed.), *Positive psychology in practice* (pp. 185-206). Hoboken, NJ: John Wiley & Sons.
- Layous, K.,** & Lyubomirsky, S. (2014). Benefits, mechanisms, and new directions for teaching gratitude to children. *School Psychology Review, 43*, 153-159.
- Layous, K.,** & Lyubomirsky, S. (2014). The how, what, when, and why of happiness: Mechanisms underlying the success of positive interventions. In J. Gruber & J. Moskowitz's (Eds.) *Positive emotion: Integrating the light sides and dark sides* (pp. 473-495). New York: Oxford University Press.
- Layous, K.,** & Zanon, C. (2014). Avaliação da felicidade subjetiva: Para além dos dados de auto-relato. [Evaluating subjective happiness: Beyond self-report data]. In C.S. Hutz's (Ed.) *Avaliação em psicologia positiva*. Casa do Psicólogo: São Paulo.
- Lyubomirsky, S., & **Layous, K.** (2010). A blueprint for exploring international differences in well-being. Review of E. Diener, J. Helliwell, & D. Kahneman's (eds.) *International Differences in Well-being*. *PsycCritiques, 55*.

## TALKS

\*Indicates undergraduate student at California State University, East Bay.

- Layous, K.,** Nelson-Coffey, S. K., Kurtz, J. L., Margolis, S., Cole, S., & Lyubomirsky, S. (2018, May). *Make someone happy and you will be happy to: An other-oriented approach to well-being*. Paper presented at the Annual Convention of the Association of Psychological Science, San Francisco, CA.
- Robbins, M. L., **Layous, K.,** Milek, A. (2018, May). *Daily expression of gratitude, relationship maintenance, and relationship satisfaction*. Paper presented at the Annual Convention of the Association of Psychological Science, San Francisco, CA.
- Nelson-Coffey, S. K., **Layous, K.,** Cole, S. W., & Lyubomirsky, S. (2017, July). *Do unto others or treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing*. Paper presented at the biennial World Congress on Positive Psychology, Montreal, Quebec.
- Layous, K.,** \*Najera, A., \*Arendtson, M., \*Cole, K., \*Kojima, B., & \*Saraceno, K. (2017, January). *The effects of rumination, distraction, and gratitude on positive and negative affect*. Paper presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Antonio, TX.
- Nelson-Coffey, S. K., **Layous, K.,** Cole, S., & Lyubomirsky, S. (2017, January). *Gender moderates the association between parenthood and well-being*. Paper presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Antonio, TX.
- Layous, K.,** Sweeny, K., Armenta, C., Na, S., Choi, I., & Lyubomirsky, S. (2016, April). *Gratitude exercises induce more than gratitude*. Paper presented at the Annual Convention of the Western Psychological Association, Long Beach, CA.
- Layous, K.,** Nelson, S.K., Kurtz, J. L. & Lyubomirsky, S. (2014, April). *Gratitude as a motivator of prosocial behavior*. Paper presented at the Annual Convention of the Western Psychological Association, Portland, OR.
- Nelson, S.K., **Layous, K.,** & Lyubomirsky, S. (2014, April). *The hedonic impact of performing acts of kindness: Does the target of one's kindnesses lead to different well-being outcomes for givers?* Paper presented at the Annual Convention of the Western Psychological Association, Portland, OR.

**TALKS continued**

- Layous, K.** (2013, October). *A focus on others is a focus on yourself: Increasing happiness through other-focus*. Paper presented at the Positive Fridays Series, Department of Psychology, Claremont Graduate University, Claremont, CA.
- Layous, K.** (2013, October). *Two new strategies for greater happiness*. Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Layous, K., & Lyubomirsky, S.** (2013, June). *How do simple positive activities increase well-being?* Paper presented at the Third World Congress of the International Positive Psychology Association, Los Angeles, CA.
- Layous, K.** (2013, March). *How do simple positive activities increase well-being?* Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Layous, K., & Andrews, S.** (2012, February). *The power of positive thinking*. Presented for the Lunchtime Learning series for the Student Wellness Program at the University of California, Riverside.
- Andrews, S., **Layous, K., & Miller, J.** (2012, November). *Health, wellness, and the pursuit of happiness*. Presented at for the First-Year Experience Program in the College of Humanities, Arts, and Social Sciences at the University of California, Riverside.
- Layous, K., & Nelson, S. K.** (2012, October). *Prompting prosocial behavior in preadolescents boosts peer acceptance and well-being*. Paper presented at Living Compassion Conference. Flagstaff, AZ.
- Neuhauser, P. C., & **Layous, K.** (2012, September). *Intentional happiness: Current research and practical tools for increasing happiness*. Presented at the Doris A. Howell Foundation for Women's Health Research Evening Lecture Series. San Diego, CA.
- Haworth, C. M. A., Palmer, C., **Layous, K.,** Nelson, S. K., Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2012, August). *The Twins Wellbeing Intervention Study (TWIST): A genetically sensitive online intervention*. Paper presented at the European Association for Behavioural and Cognitive Therapies. Geneva, Switzerland.
- Layous, K., & Nelson, S. K.** (2012, January). *A positive activity intervention with school-age children*. Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Lyubomirsky, S., & **Layous, K.** (2011, October). *Future directions in happiness research*. Presented to the Dean's Advisory Council, College of Humanities, Arts, and Sciences, University of California, Riverside, CA.
- Layous, K.** (2011, June). *Is variety the spice of a happiness intervention?* Paper presented at the Social & Personality Area Brown Bag Series, Department of Psychology, University of California, Riverside, CA.
- Layous, K.** (2011, February). *Positive psychology: Informing strategies for working with students*. Presented at the Wellness Center professional and student staff training, University of California, Riverside, CA.

## POSTERS

\*Indicates undergraduate student at California State University, East Bay.

**Layous, K.**, & Nelson-Coffey, S. K. (2019, February). *Social support fosters gratitude following adversity*. Poster presented at the Annual Meeting of the Society of Personality and Social Psychologists, Portland, OR.

Kurtz, J., **Layous, K.**, Wildschut, T., & Sedikides, C. (2019, February). *The effects of a multi-week nostalgia intervention on well-being*. Poster presented at the Annual Meeting of the Society of Personality and Social Psychologists, Portland, OR.

\*Cooper, R., Nelson-Coffey, S. K., & **Layous, K.** (2018, May). *The effect of social support on people undergoing adversity*. Poster presented at the Annual Meeting of the Association of Psychological Science, San Francisco, CA.

\*Rarick, D., \*Cooper, R., & **Layous, K.** (2018, May). *The effect of gratitude, rumination, and distraction, on thought-action repertoires*. Poster presented at the Annual Meeting of the Association of Psychological Science, San Francisco, CA.

\*Rarick, D., \*Cooper, R., & **Layous, K.** (2018, April). *The effect of gratitude, rumination, and distraction, on thought-action repertoires*. Poster presented at California State University, East Bay's Student Research symposium, Hayward, CA.

**Layous, K.**, Sweeny, K., Armenta, C., Na, S., Choi, I., & Lyubomirsky, S. (2018, March). *The proximal experience of gratitude*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, Atlanta, GA.

**Layous, K.**, Sweeny, K., Armenta, C., Na, S., Choi, I., & Lyubomirsky, S. (2018, January). *The proximal experience of gratitude*. Poster presented at the Emerging Insights in Gratitude Conference, Chapel Hill, NC.

\*Kojima, B. K., \*Saraceno, K., & **Layous, K.** (2017, April). *The effects of gratitude and rumination on emotions*. Poster presented at University of California Los Angeles Psychology Undergraduate Research Symposium, Los Angeles, CA.

\*Kojima, B. K., \*Saraceno, K., & **Layous, K.** (2017, April). *The effects of gratitude and rumination on emotions*. Poster presented at California State University, East Bay's Student Research Symposium, Hayward, CA.

\*Najera, A., \*Arendtson, M., \*Cole, K., \*Mofti, S., \*Pfeifer, P., & **Layous, K.** (2016, April). *The effects of gratitude and rumination on positive and negative affect*. Poster presented at California State University, East Bay's Student Research Symposium, Hayward, CA.

\*Arendtson, M., \*Najera, A., \*Cole, K., \*Mofti, S., \*Pfeifer, P., & **Layous, K.** (2016, April). *The effects of gratitude and rumination on positive and negative affect*. Poster presented at the Western Psychology Conference for Undergraduate Research at St. Mary's College, Moraga, CA.

Armenta, C., **Layous, K.**, Nelson, S. K., Chancellor, J., & Lyubomirsky, S. (2016, January). *Gratitude and self-improvement in the workplace*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Diego, CA.

Shin, L., **Layous, K.**, Fritz, M., & Lyubomirsky, S. (2016, January). *Kindness-based positive interventions in two cultures*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Diego, CA.

## POSTERS continued

- Layous, K.,** Nelson, S. K., Kurtz, J., & Lyubomirsky, S. (2015, February). *Triggering kindness: Mechanisms and outcomes*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, Long Beach, CA.
- Layous, K.,** Kurtz, J., & Lyubomirsky, S. (2014, February). *Testing the positive activity model: Mechanisms and moderation*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, Austin, TX.
- Layous, K.,** Lee, H., Choi, I., & Lyubomirsky, S. (2013, January). *Culture matters when designing a successful happiness-increasing activity: A comparison of the United States and South Korea*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, New Orleans, LA.
- Jacobs Bao, K., **Layous, K.,** & Lyubomirsky, S. (2013, January). *Aspirations and well-being: A study of high school students*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, New Orleans, LA.
- Nelson, S. K., **Layous, K.,** Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012, July). *Kindness counts: Promoting well-being and peer acceptance through prosocial behavior*. Poster presented at the meeting for the Science of Compassion, Telluride, CO.
- Layous, K.,** Nelson, S. K., Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012, April). *Spreading positivity in the classroom: An acts of kindness intervention*. Poster presented at the Annual Meeting of the Western Psychological Association, San Francisco, CA.
- Zanon, C., **Layous, K.,** Lee, H., Choi, I., & Lyubomirsky, S. (2012, April). *Testing for measurement invariance in the Subjective Happiness Scale: A comparison of U.S. and South Korea*. Poster presented at the Annual Meeting of the Western Psychological Association, San Francisco, CA.
- Layous, K.,** Nelson, S. K., Jacobs Bao, K., Plomin, R., Haworth, C. M.A., & Lyubomirsky, S. (2012, January). *Are parents more accurate at gauging the happiness of their adolescent sons or daughters?* Poster presented at the Emotion Preconference of the Society for Personality and Social Psychologists, San Diego, CA.
- Layous, K.,** & Lyubomirsky, S. (2012, January). *The role of participant effort in a positive activity intervention*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Diego, CA.
- Nelson, S. K., **Layous, K.,** & Lyubomirsky, S. (2012, January). *Kindness counts: An acts of kindness intervention among school-age children*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Diego, CA.
- Layous, K.,** Nelson, S. K., & Lyubomirsky, S. (2011, January). *The role of peer testimonial information in a best possible selves intervention*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychologists, San Antonio, TX.

**TEACHING EXPERIENCE****CSU East Bay, Department of Psychology***Instructor*

- Personality (Fall 2015, Fall 2016, Fall 2017) – Average evaluation 3.72 out of 4
- Motivation (Fall 2015, Spring 2016) – Average evaluation 3.89 out of 4
- Experimental Psychology (Winter 2016, Winter 2017, Fall 2017, Winter 2018, Fall 2018, Spring 2019) – Average evaluation 3.90 out of 4
- Industrial Psychology (Spring 2016) – Average evaluation 3.96 out of 4
- Research in Social and Personality Psychology (Advanced Lab; Fall 2016, Spring 2017, Spring 2018) – Average evaluation 3.85 out of 4
- Survey and Test Construction (Spring 2017, Winter 2018, Spring 2018, Fall 2018, Spring 2019) – Average evaluation 3.67 out of 4

**UC Riverside, Department of Psychology***Instructor*

- Personality (Summer 2013) – Average evaluation 4.9 out of 5
- Introduction to Statistics (Summer 2012) – Average evaluation 4.5 out of 5

*Teaching Assistant*

- Social Psychology (Fall 2012) – Average evaluation 6.8 out of 7
- Happiness & Virtues (Spring 2012) – Average evaluation 6.7 out of 7
- Personality (Fall 2011) – Average evaluation 6.9 out of 7
- Introduction to Psychology (Winter 2011, Spring 2011, Winter 2012) – Average evaluation 6.8 out of 7
- Introduction to Statistics (Fall 2010) – Average evaluation 6.9 out of 7
- Lifespan Development (Summer 2010) – No TA evaluations for summer course

**Ohio State University, Fisher College of Business***Co-Instructor, Spring 2006 and Winter 2007*

- Job Search Preparation & Transition to the World of Work (Enrollment of 75 students)
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**PROFESSIONAL ORGANIZATIONS**

- Society of Personality and Social Psychologists, 2009 to Present
- International Positive Psychology Association, 2011 to Present
- Western Psychological Association, 2011 to Present
- Association of Psychological Science, 2015 to Present

**PROFESSIONAL EXPERIENCE****Happiness and Well-Being Pre-conference, Society for Personality and Social Psychologists***Co-organizer, September 2014 to January 2017*

- Co-organize selection and schedule of speakers, data blitzes, and poster session and moderate a yearly pre-conference with 100+ attendees

**University of California, Riverside, Department of Psychology***Graduate Student Representative, September 2011 to September 2012*

- Elected representative for 80+ graduate students

**Consulting Reviewer for following publications/granting agencies:**

*Journal of Personality and Social Psychology, Social Psychological and Personality Science, Health Psychology Review, Cognition and Emotion, Journal of Consulting and Clinical Psychology, Journal of Cross-Cultural Psychology, Journal of Happiness Studies, Journal of Positive Psychology, Journal of Research in Personality, National Science Foundation, World Congress of Positive Psychology*



**PROFESSIONAL EXPERIENCE continued****University of California, Riverside, Wellness Center***Graduate Assessment Intern, November 2009 to December 2011*

- Assess the current state of wellness of UCR students, including mental and physical health and risky health behaviors, and provide programmatic suggestions

**California State University, Fresno, Career Services***Career Employment Counselor, July 2007 to August 2009*

- Primary career counselor for seniors, graduate students, and alumni
- Received “Service of Excellence Award” from Division of Student Affairs

*Co-Chair, Senior Experience Committee, September 2007 to August 2009*

- Coordinated membership, meetings, and planning for a cross-departmental committee dedicated to celebrating the accomplishments of seniors and planning events to prepare them for life after college

**Ohio State University, Fisher College of Business, Office of Career Services***Career Consultant (Graduate Assistant), September 2005-June 2007*

- Advised over 300 students quarterly on resumes, cover letters, and job search strategies

**SELECTED MEDIA ATTENTION**

- *Diablo Magazine*, January 2019, The science of happiness
- *Greater Good Magazine, UC Berkeley*, July 2017, Four reasons why endings can make you happier
- *Women’s Health Magazine*, January/February 2017: Happiness as a new year resolution
- *California State University News*, November 2016: Want to be happier? Give Thanks
- *California State University, East Bay Alumni Magazine, East Bay Today*, October 2016: Go on get happy
- *Women’s Day Magazine*, December 2015: Feature on gratitude.
- *Shape Magazine*, July/August 2015: “What really, truly makes us happy.”
- *Washington Post*, January 3, 2013. “Kind kids reap rewards of happiness.”
- *BBC News*, December 28, 2012. “Kinder children are more popular.”
- *Huffington Post*, December 27, 2012. “Kind kids are happier and more popular (Study).”
- *NPR*, December 27, 2012. “Random acts of kindness can make kids more popular.”
- *NY Daily News*, December 27, 2012. “Forget mean girls: Study says nice kids are more popular.”
- *TODAY Health*, December 26, 2012. “Mean girls? Maybe not: Kind kids are more popular.”
- *LA Times*, December 26, 2012. “Nice preteens don’t finish last.”
- *Live Science*, December 26, 2012. “No bullies: Kind kids are most popular.”
- *Science Daily*, July 30, 2011. “Restoring happiness in people with depression.”

**REFERENCES**

Sonja Lyubomirsky, Ph.D.  
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 Department of Psychology  
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 Professor of Psychology  
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Kate Sweeny, Ph.D.  
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