

# Lisa van Raalte, Ph.D.

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## Education

- 2017      *Doctor of Philosophy*, The Hugh Downs School of Human Communication, Arizona State University. Major in interpersonal and health communication. Advisors: Kory Floyd, Paul Mongeau.
- 2012      *Master of Arts*, Department of Communicology, University of Hawai‘i at Mānoa. Major in interpersonal communication. Advisor: Amy Ebesu Hubbard.
- 2009      *Bachelor of Arts*, Department of Speech, University of Hawai‘i at Mānoa. Major: Speech.

## Professional Experience

- June 2017 - present      **Assistant Professor**  
Department of Communication Studies, Sam Houston State University, TX
- May 2017 – June 2017      **Adjunct Lecturer**  
Hugh Downs School of Human Communication, Arizona State University, AZ
- Aug 2013 – May 2017      **Graduate Teaching Associate**  
Hugh Downs School of Human Communication, Arizona State University, AZ
- May 2016 – July 2016      **Graduate Research Assistant**  
Hugh Downs School of Human Communication, Arizona State University, AZ
- July 2015 – Dec 2015      **Graduate Research Assistant**  
Hugh Downs School of Human Communication, Arizona State University, AZ
- May 2012 - July 2013      **Educational Research Associate**  
The Research Corporation of the University of Hawai‘i, The University of Hawai‘i, HI

- Aug 2012 - May 2013    **Lecturer**  
Kapiolani Community College, HI
- May 2011 - July 2012    **Summer Lecturer**  
University of Hawai'i at Mānoa, HI
- March - Aug 2012    **Graduate Research Assistant**  
Department of Educational Technology, College of Education, HI
- Aug 2010 - May 2012    **Graduate Teaching Assistant**  
Department of Communicology, University of Hawai'i at Mānoa, HI
- May - Aug 2011    **Subject Tutor**  
Student-Athlete Academic Center, University of Hawai'i at Mānoa, HI

### **Internal Grant Funded Research**

- 2018-2019    Enhanced Faculty Grant, Sam Houston State University.  
*Effects of Interpersonal Hugging on Health and Wellness.*  
**Title: Principal Investigator**  
Grant Award: \$15,000  
Dates: May 1, 2018 – May 31, 2019
- 2018    High Impact Practices (HIP) Grant Proposal, The Center for Enhancing Undergraduate Research Experiences and Creative Activities (EURECA), mini-grant funds provided by the American Association of State Colleges and Universities (AASCU) through the Reimagining the First Year (RFY) project, Sam Houston State University.  
**Title: Principle Investigator**  
Grant Award: \$1,500  
Dates: Spring 2018 – Fall 2018
- 2017    Hugh Downs School of Human Communication, Arizona State University.  
Internal grants received towards dissertation completion. *The influence of cuddling on relational health for cohabitating couples.*  
Roles and responsibilities: envisioned the dissertation project, applied for funding, collected and analyzed data, writing the manuscript, submit for conference and publication.  
**Title: Principal Investigator**  
Grant Award: \$3,350  
Dates: Fall 2016 – Spring 2017
- 2017    Faculty and Student Research Teams, Sam Houston State University  
*Affectionate Communication: Exploring Cross-Cultural Differences*  
**Title: Faculty Mentor**

Grant Award: \$6,000  
 Dates: Summer 2018

### External Grant Funded Research

- 2015-2016      National Collegiate Athletics Association Graduate Student Research Grant  
 Program: *Evaluating student-athletes' stress coping experiences in their academic and athletic lives: A test of the stress-buffering model.*  
**Title: Principal Investigator.**  
 Roles and responsibilities: envisioned the project, applied for funding, collected and analyzed data, writing the manuscript, submit for conference and publication.  
 Grant Award: \$6,000
- 2015-2016      National Collegiate Athletics Association / Department of Defense Mind Matters Challenge: *Vested interest and narrative approaches to promoting change in the culture of concussion reporting.*  
**Title: Graduate Research Assistant.**  
 Roles and responsibilities: helping write the grant proposal, review survey and scripts, interviewing coaches/athletes/athletic trainers, cultural narrative data collection, drafting manuscripts.  
 Principal Investigator: Dr. Steve Corman  
 Co-PIs: Dr. Bradley Adame, Dr. Scott Ruston, Dr. Jiun-Yi Tsai  
 Grant Award: \$397,761
- 2015              International Narcotics and Law Enforcement Affairs (Managua, Nicaragua) (U.S. Department of State). *Citizen Security and Demand Reduction Program Development and Implementation in Nicaragua Central America* (2013-2016).  
**Title: Graduate Research Assistant.**  
 Roles and responsibilities: analyzing data, preparing data sets, drafting manuscripts.  
 Principal Investigator: Dr. Jonathan Pettigrew  
 Grant Award: \$399,771

### Publications

- Floyd, K., Ray, C. D., **van Raalte, L. J.**, Stein, J. B., & Generous, M. A. (2018). Interpersonal touch buffers pain sensitivity in romantic relationships but heightens sensitivity between strangers and friends. *Research in Psychology and Behavioral Sciences*, 6, 27-34.  
 doi:10.12691/rpbs-6-1-4
- Roberto, T. J., **van Raalte, L. J.**, Liu, Y., & Posther, K. (2018). The role of perceived threat and efficacy in motivating behavior change in sport, exercise, and physical activity. In J. Dimmock, B. Jackson, & J. Compton (Eds.), *Persuasion and communication in sport, exercise, and physical activity*. Oxon, England: Taylor & Francis.

- Floyd, K., & **van Raalte, L. J.** (2018). Affectionate communication index. In D. L. Worthington & G. D. Bodie (Eds.), *The sourcebook of listening methodology and measurement*. Hoboken, NJ: Wiley-Blackwell.
- Pettigrew, J., Ju Shin, Y., Stein, J. B., & **van Raalte, L. J.** (2017). Effects of family communication on adolescent drug use through efficacy in Nicaragua, Central America: A test of primary socialization theory. *Journal of Family Communication*, 17(1), 33-48.
- Mongeau, P. A., **van Raalte, L. J.**, Generous, M. A., & Bednarchik, L. A. (2016). Friends with benefits relationships. In C. Sheehan (Ed.), *Encyclopedia of family studies* (Vol. 2, pp. 884-888). Malden, MA: Wiley-Blackwell
- van Raalte, L. J.**, & Boulay, R. (2013). Designing and evaluating a scientific professional development program and virtual educational materials. *The International Journal of Design Education*, 7(2), 1-10.
- Boulay, R. & **van Raalte, L. J.** (2013). Impacting the science community through teacher development: Utilizing virtual learning. *The International Journal of Technology, Knowledge and Society*, 9(4), 13-24.
- Dibble, J. L., Wisner, A. M., Dobbins, L., Cacal, M., Taniguchi, M., Peyton, A., **van Raalte, L. J.**, & Kubulins, A. (2013). Hesitation to share bad news: Byproduct of verbal message planning or functional communication behavior? *Communication Research*, 1-24. doi:10.1177/0093650212469401
- Dibble, J. L., Cacal, M., Kubulins, A. R., Peyton, A. M., Taniguchi, E., **van Raalte, L. J.**, & Wisner, A. M. (2011). Sequential persuasion strategies: Testing explanations for and the generality of the legitimization of paltry favors effect. *Communication Reports*, 24, 63-73. doi:10.1080/08934215.2011.611104

### Manuscripts Under Revise/Resubmit

- van Raalte, L. J.**, & Posteher, K. A. (2017). *Examining social support, self-efficacy, stress, and performance, in U.S. division I collegiate student-athletes' academic and athletic lives.*
- van Raalte, L. J.**, Kloeber, D., Veluscek, A., & Floyd, K. (2017). *Exploring the harmful effects of unwanted affection.*
- Corman, S., Adame, B. J., Tsai, J., Ruston, S., Beaumont, J., Kamrath, J., Liu, Y., Posteher, K., Tremblay, R., & **van Raalte, L. J.** (2017). *Socioecological influences on concussion reporting by NCAA Division 1 athletes in high-risk sports.*

### Manuscripts Under Review

Floyd, K., Ray, C., **van Raalte, L.**, Stein, J., & Generous, M. (2017). *Interpersonal touch buffers pain sensitivity in romantic relationships, but heightens sensitivity between strangers and friends.*

### Manuscripts in Preparation for Publication

**van Raalte, L. J.**, Floyd, K., & Mongeau, P. *The influence of cuddling on relational health for cohabitating romantic couples.*

**van Raalte, L. J.** *A descriptive study of cuddling in romantic relationships.*

**van Raalte, L. J.**, & Stein, J. *Examining the relationship between positive disclosures, benefits assessment of disclosures, and affection during pillow talk.*

**van Raalte, L. J.**, Stein, J., & Mongeau, P. A. *Conceptualizing and operationalizing sexual affection.*

**van Raalte, L. J.**, Bednarchik, L., & Generous, M. A. *The “dos and don’ts” of friends with benefits relationships: A dialectical analysis of relational rules.*

**van Raalte, L. J.**, Roberto, A. *“Get your head in the game”: An opportunity for evaluating a health campaign for student-athletes' concussion reporting behaviors.*

**van Raalte, L. J.**, Bednarchik, L., Generous, M. A., & Mongeau, P. A. *Opportunistic or strategic? An exploratory factor analysis for transitioning into a friends with benefits relationship.*

Mongeau, P. A., **van Raalte, L. J.**, Generous, M. A., & Bednarchik, L. *Investigating and extending variation among friends with benefits relationships: Relationship maintenance and social support.*

Generous, M. A., **van Raalte, L. J.**, Bednarchik, L., & Mongeau, P. A. *Opportunistic embracing: Investment and support in friends with benefits relationships.*

### Conference Proceedings

**van Raalte, L. J.**, Boulay, R., & Campbell, C. (2012). Assisting student learning through professional development: The effect of website materials and real world science on teacher development. *Proceedings of the 29th annual Ascilite Conference*, Wellington, New Zealand. Retrieve from:  
<http://www.ascilite.org/conferences/Wellington12/2012/pagec16a.html?31>

**van Raalte, L. J.**, & Boulay, R. (2012). Online materials contribute to teachers' increased understanding and confidence to teach molecular biology. *Proceedings of World Conference on Educational Multimedia, Hypermedia and Telecommunications 2012* (pp. 1033-1038). Chesapeake, VA: AACE. Retrieve from: <http://www.editlib.org/p/40880>.

Boulay, R., & **van Raalte, L. J.** (2012). Minimizing challenges high school science teachers face with professional development. *Proceedings of the Global Learn: Global Conference on Learning and Technology*, online. Retrieve from: <http://www.editlib.org/p/42072>.

### Conference Papers

**van Raalte, L. J.**, Pecen R., Bullock, E., & Murfin, A. (2018, August). *Incorporating high impact research for undergraduates: A first introduction to the research process for novice students*. Panel presentation to the 15<sup>th</sup> Annual Sam Houston State University Teaching and Learning Conference. Huntsville, TX.

Montana Schalk, C., Murfin, A., Pecen, R., **van Raalte, L. J.**, & Wiedenfeld, G. (2018, July). *Introducing research activities in Freshman classes across disciplines*. Panel presentation to the American Association of State Colleges and Universities. Seattle, WA.

**van Raalte, L. J.**, & Stein, J. (2018, May). *Examining the relationship between positive disclosures, benefits assessment of disclosures, and affection during pillow talk*. Invited panel presentation on “Voicing Positivity: A Discussion of Positive Communication in Diverse Contexts.” International Communication Association, Prague, Czech Republic.

**van Raalte, L. J.** (2018, April). *Muse and Musings: Dr. Kory Floyd*. Invited panel presentation on “Our Scholarly Sources of Inspiration: Muses and Musings.” Southern States Communication Association, Nashville, TN.

**van Raalte, L. J.**, Floyd, K., Mongeau, P., & Burleson, M. (2017, November). *The influence of cuddling on relational health for cohabitating romantic couples*. Paper to be presented to the Interpersonal Division, National Communication Association conference, Dallas, TX.

Floyd, K., Ray, C., **van Raalte, L.**, Stein, J., & Generous, M. (2017, November). *Interpersonal touch buffers pain sensitivity in romantic relationships, but heightens sensitivity between strangers and friends*. Paper to be presented to the Interpersonal Division, National Communication Association conference, Dallas, TX.

Corman, S., Adame, B. J., Tsai, J., Ruston, S., Beaumont, J., Kamrath, J., Liu, Y., Postheher, K., Tremblay, R., & **van Raalte, L. J.** (2017, November). *Changing the culture of concussion reporting among college athletes: The role of vested interests, organizational culture, and cultural narrative*. Paper to be presented to the Health Division, National Communication Association conference, Dallas, TX.

Liu, Y., Tsai, J., Kamrath, J., Ruston, S., Adame, B. J., Tremblay, R., Postheher, K., **van Raalte, L. J.**, Beaumont, J., & Corman, S. (2017, November). *Understanding concussion education in NCAA Division I collegiate sports*. Paper to be presented to Health Communication Working Group of the 2017 American Public Health Association Annual Conference.

Tsai, J., Liu, Y., Kamrath, J., Ruston, S., Adame, B. J., Tremblay, R., Posteher, K., **van Raalte, L. J.**, Beaumont, J., & Corman, S. (2017, November). *Exploring the influence of organizational norms on sport-related concussion management for NCAA Division I collegiate athletes*. Paper to be presented to Health Communication Working Group of the 2017 American Public Health Association Annual Conference.

**van Raalte, L. J.**, & Posteher, K. (2017, May). *Evaluating student-athletes' stress coping experiences: A test of the stress-buffering model*. Paper to be presented to the Sport Communication Division, International Communication Association conference, San Diego, CA.

Adame, B., **van Raalte, L.**, Liu, Y., Posteher, K., Kamrath, J., Tremblay, R., Beaumont, J., & Corman, S. (2017, March). *Vestedness in concussion reporting attitudes and behaviors in division I collegiate athletes*. Panel to be presented to the 10<sup>th</sup> Summit on Communication and Sport, International Association for Communication and Sport.

Tasi, J., Liu, Y., Kamrath, J., Posteher, K., **van Raalte, L.**, Corman, S. (2017, March). *Exploring organizational culture and concussion reporting in NCAA Division I collegiate sports*. Panel to be presented to the 10<sup>th</sup> Summit on Communication and Sport, International Association for Communication and Sport.

Ruston, S., Kamrath, J., Liu, Y., Posteher, K., **van Raalte, L.**, Tremblay, R., Beaumont, J., & Corman, S. (2017, March). *NCAA Mind Matters Challenge: Cultural narratives and their role in the student-athlete concussion injury reporting*. Panel to be presented to the 10<sup>th</sup> Summit on Communication and Sport, International Association for Communication and Sport.

**van Raalte, L. J.**, Kloeber, D., Veluscek, A., & Floyd, K. (2016, November). *Exploring the harmful effects of unwanted affection*. Paper presented to the Interpersonal Communication Division, National Communication Association conference, Philadelphia, PA.

Stein, J., & **van Raalte, L. J.** (2016, November). *"But you say he's just a friend" II: Applying the relational turbulence model to friends with benefits relationships*. Paper presented to the Interpersonal Communication Division, National Communication Association conference, Philadelphia, PA.

Pettigrew, J., Stein, J. B., & **van Raalte, L. J.** (2016, November). *Effects of family communication on adolescent drug use through efficacy in Nicaragua, Central America: A test of primary socialization theory*. Scholar-to-scholar presented in the Family Communication Division, National Communication Association conference, Philadelphia, PA.

**van Raalte, L. J.**, & Floyd, K. (2016, July). *"Honey, come back to bed": A descriptive study of cuddling in romantic relationships*. Paper presented at the International Association for Relationship Research Conference in Toronto, Canada.

**van Raalte, L. J.,** Stein, J., & Mongeau, P. A. (2016, July). *Conceptualizing and operationalizing sexual affection*. Paper presented at the International Association for Relationship Research Conference in Toronto, Canada.

Stein, J., **van Raalte, L. J.,** & Mongeau, P. A. (2016, July). *I can't get no affection, intimacy, and satisfaction in friends with benefit and romantic relationships*. Paper presented at the International Association for Relationship Research Conference in Toronto, Canada.

Mongeau, P. A., **van Raalte, L. J.,** Stein, J. (2016, July). *How to best capture variation in friends with benefits relationships?* Paper presented at the International Association for Relationship Research Conference in Toronto, Canada.

Pettigrew, J., **van Raalte, L. J.,** & Castillo, M. A. (2016, May). *Exploring response rates in Nicaragua, Central America*. Paper presented at the 24th Annual Meeting of the Society for Prevention Research in San Francisco, CA.

**van Raalte, L. J.** (2015, November). "Get your head in the game": An opportunity for evaluating a health campaign for student-athletes' concussion reporting behaviors. Paper presented in the Health Communication Division, National Communication Association conference, Las Vegas, NV.

**van Raalte, L. J.,** Bednarchik, L., Generous, M. A., & Mongeau, P. A. (2015, November). *Opportunistic or strategic? An exploratory factor analysis for transitioning into a friends with benefits relationship*. Paper presented in the Interpersonal Communication Division, National Communication Association conference, Las Vegas, NV.

Generous, M. A., **van Raalte, L. J.,** Bednarchik, L., & Mongeau, P. A. (2015, November). *Opportunistic embracing: Investment and support in friends with benefits relationships*. Paper presented in the Interpersonal Communication Division, National Communication Association conference, Las Vegas, NV.

**van Raalte, L. J.,** Bednarchik, L., & Generous, M. A. (2015, February). *The "dos and don'ts" of friends with benefits relationships: A dialectical analysis of relational rules*. **Top 4 paper** presented in the Interpersonal Communication Division, The Western States Communication Association, Spokane, WA.

**van Raalte, L. J.,** Bednarchik, L., Mongeau, P. A., & Murphy-Keith, R. (2014, November). *Is it just sex? Exploring social support in emerging adults' friends with benefits relationships*. Paper presented in the Interpersonal Communication Division, National Communication Association conference, Chicago, IL.

**van Raalte, L. J.,** Bednarchik, J., Generous, M., & Mongeau, P. A. (2014, November). *Relationship maintenance across friends with benefits relationships types*. Panel presentation in the Interpersonal Communication Division, National Communication Association conference, Chicago, IL.



**van Raalte, L. J.** (2013, November). *Stress, social support, performance, and self-efficacy for collegiate student-athletes: An application of the stress buffering model*. **Top paper** presented at the Master's Education Section, National Communication Association conference, Washington, DC.

**van Raalte, L. J., & Boulay, R.** (2013, March). *Designing and evaluating a scientific professional development program and virtual educational materials*. Paper presented at the International Conference on Design Principles and Practices, Chiba, Japan.

Boulay, R. & **van Raalte, L. J.** (2013, January). *Impacting the science community through teacher development: Utilizing virtual learning*. Paper presented at the International Conference on Technology, Knowledge and Society, Vancouver, Canada.

Dibble, J. L., Wisner, A. M., Dobbins, L., Cacal, M., Taniguichi, E., Peyton, A., **van Raalte, L. J.**, & Kubulins, A. R. (2012, November). *Hesitation to share bad news: Byproduct of verbal message planning or functional communication behavior?* Paper presented at the Interpersonal Communication Division, National Communication Association conference, Orlando, FL.

Peyton, A. M., **van Raalte, L. J.**, & Aune, K. (2012, June). *How do I say it? The relationship between impression management concerns and advice seeking behavior for message construction in social predicaments*. Paper presented to the International Conference on Language and Social Psychology, Fryslân/Friesland, The Netherlands.

**van Raalte, L. J.**, Peyton, A., Trockman, M., & Kubulins, A. (2011, November). *The impact of Facebook on relational satisfaction: Joint networks and joint activities*. Paper presented to the Student Section, National Communication Association conference, New Orleans, Louisiana.

## Teaching Experience

### *Sam Houston State University*

COMS 1361	<i>Public Speaking</i>	Spring 2018, 24 enrolled Fall 2017, 24 enrolled
COMS 2386	<i>Interpersonal Communication</i>	Fall 2018, 22 enrolled Summer 2018, 10 enrolled Spring 2018, 24 enrolled Fall 2017, 23 enrolled Summer 2017, 14 enrolled
COMS 4365	<i>Nonverbal Communication</i>	Summer 2018, 20 enrolled
COMS 4386	<i>Family Communication</i>	Fall 2018, 25 enrolled

		Summer 2018, 10 enrolled Spring 2018, 24 enrolled
COMS 5331	<i>Communication Studies Methods &amp; Research</i>	Fall 2018, 13 enrolled
COMS 5390	<i>Sexual and Affectionate Communication</i>	Fall 2017, 10 enrolled
<b><i>Arizona State University</i></b>		
COM 110	<i>Elements of Interpersonal Communication</i>	Fall 2014, 35 enrolled
COM 230	<i>Small Group Communication</i>	Fall 2013, 72 enrolled (teach assist)
COM 225	<i>Public Speaking</i>	Spring 2015, 50 enrolled
COM 308	<i>Advanced Research Methods</i>	Fall 2015, 30 enrolled Spring 2015, 30 enrolled Summer 2014, 15 enrolled Spring 2014, 100 enrolled (teach assist)
COM 310	<i>Relational Communication</i>	Spring 2014, 20 enrolled Fall 2014, 35 enrolled
COM 317	<i>Nonverbal Communication</i>	Fall 2015, 100 enrolled (teach assist)
COM 408	<i>Quantitative Research Methods in Communication</i>	Summer 2017, 14 enrolled Spring 2017, 32 enrolled Fall 2016, 80 enrolled Summer Online 2016, 32 enrolled Summer Online 2015, 14 enrolled Spring 2015, 23 enrolled
COM 608	<i>Multivariate Research Methods</i>	Fall 2015, 8 enrolled (teach assist)
<b><i>Kapiolani Community College</i></b>		
SP 151	<i>Personal and Public Speech</i>	Spring 2013, 45 enrolled Fall 2012, 45 enrolled
<b><i>University of Hawai'i at Mānoa</i></b>		
SP 151	<i>Personal and Public Speech</i>	Summer 2012, 12 enrolled Spring 2012, 60 enrolled (teach assist)

Fall 2011, 59 enrolled (teach assist)  
 Summer 2011, 12 enrolled

SP 251      *Principles of Effective Public Speaking*      Spring 2011, 57 enrolled (teach assist)  
 Fall 2010, 61 enrolled (teach assist)

### **Awards**

- 2017      *Continued Teaching Excellence Award*, Graduate and Professional Student Association, Arizona State University.
- 2016      *Outstanding Doctoral Research Award*, Hugh Downs School of Human communication, Arizona State University.
- 2016      *Graduate Excellence Award*, College of Liberal Arts & Sciences, Arizona State University.
- 2016      *Teaching Excellence Award*, Graduate and Professional Student Association, Arizona State University.
- 2016      *Summer Research Grant* to fund dissertation project, Hugh Downs School of Human Communication, Arizona State University, aw amount: \$2,350
- 2016      *Prospectus Completion Award*, Hugh Downs School of Human Communication, Arizona State University, award amount: \$800
- 2016      *Comprehensive Completion Award*, Hugh Downs School of Human Communication, Arizona State University, award amount: \$1,000
- 2015      *Finalist for Poster Contest*, Institute of Social Science Research, Arizona State University.
- 2015      *Competitive Travel Grant*, funding awarded for travel to NCA Las Vegas, NV; Graduate and Professional Student Association, Arizona State University, funding Amount: \$813
- 2015      *Excellence in Diversity and Inclusion Award*, awarded to the Communication Graduate Student Association in recognition of nomination in the ASU Group or Organization category by the Committee for Campus Inclusion.
- 2015      *Summer Research Grant* to attend the University of Texas at Austin Summer Statistics Institute workshop, The Hugh Downs School of Human Communication, Arizona State University, funding amount: \$1247
- 2015      *Top four papers* in the Interpersonal Division at the Western States Communication Association.

- 2015      *Competitive Travel Grant*, funding awarded for travel to WSCA Spokane, WA; Graduate and Professional Student Association, Arizona State University, funding Amount: \$250
- 2014      *Competitive Travel Grant*, funding awarded for travel to NCA Chicago, IL; Graduate and Professional Student Association, Arizona State University, funding Amount: \$776
- 2014      *Outstanding Graduate Research Award*, Hugh Downs School of Human communication, Arizona State University.
- 2014      *Summer Research Grant* to attend the Arizona State University Salimetrics Saliva Training workshop, The Hugh Downs School of Human Communication, Arizona State University, funding amount: \$1000
- 2014      *Christine Duff Muldoon Fellowship*, The Hugh Downs School of Human Communication, Arizona State University.
- 2014      *Competitive Travel Grant*, funding awarded for travel to WSCA Anaheim, CA; Graduate and Professional Student Association, Arizona State University, funding Amount: \$494
- 2013      *Top Paper* in the *Masters Education Section* at the *99th National Communication Association*, Washington, DC.
- 2012      *Outstanding Graduate Student Award*, Department of Communicology, University of Hawai‘i at Mānoa.
- 2012      *Merit Achievement Scholarship* towards the completion of thesis project, Graduate Division, University of Hawai‘i at Mānoa, funding amount: \$1000
- 2006-2009      Division I Scholarship for Women’s Water Polo, University of Hawai‘i at Mānoa.

### **Professional Memberships**

- 2017      Southern States Communication Association
- 2010-2016      National Communication Association
- 2014-2015      Western States Communication Association
- 2011-2012      International Communication Association
- 2008-2012      University of Hawai‘i at Mānoa Speech Communication Society

## Service

### *Disciplinary Service*

2018	<i>Ad hoc reviewer</i> , Journal of Social and Personal Relationships
2018	<i>Early Career Representative for Interpersonal Division</i> , Student and Early Career Advisory Committee (SECAC) Business Meeting, International Communication Association
2018	<i>Editorial Review Board Member</i> , Texas Speech Communication Journal
2017	<i>Ad hoc reviewer</i> , Emerging Adulthood
2017	<i>Paper reader</i> , Interpersonal Division, International Communication Association
2017	<i>Chair Respondent</i> , Interpersonal Division, National Communication Association, "Fasten Your Seatbelt: Transitions and Relational Turbulence in Romantic Relationships"
2017	<i>Ad hoc reviewer</i> , PLoS One
2017	<i>Paper reader</i> , Interpersonal Division, National Communication Association
2016	<i>Ad hoc reviewer</i> , Communication Quarterly
2015-2016	<i>Chair/respondent</i> , Interpersonal Communication Division, Western States Communication Association
2015-2016	<i>Division secretary</i> , Health Communication Division, Western States Communication Association
2015	<i>Chair/respondent</i> , Interpersonal Communication Division, National Communication Association conference
2015	<i>Paper reader</i> , Health Division, Western States Communication Association
2015	<i>Paper reader</i> , Interpersonal Division, Western States Communication Association
2014-2015	<i>Ad hoc reviewer</i> , Emerging Adulthood
2013	<i>Ad hoc reviewer</i> , The International Journal of Design Education
2013	<i>Ad hoc reviewer</i> , The International Journal of Technology, Knowledge and Society

2012            *Conference assistant* at the North American Society for Psychology of Sport and Physical Activity, Honolulu, Hawai‘i

### ***University Service***

2018            *Laboratory Developer.* Lead the development of the new Communication Studies Research Laboratory. Contacted vendors for furniture, IT, and medical supplies. Funds sought and acquired to purchase a new sub-zero freezer for storing biomarkers.

2017            *Colloquium Presentation*, “Health Implications of Communicating in Close Relationships” presented to the College of Humanities and Social Science faculty at Sam Houston State University.

2017            *Course Development*, Masters level special topic in interpersonal communication, Communication Studies, Sam Houston State University

2014-2015      *Records officer*, Communication Graduate Student Association, Arizona State University

2013-2016      *Travel grant reviewer*, Graduate and Professional Student Association, Arizona State University

2014-2015      *Jumpstart research grant reviewer*, Graduate and Professional Student Association, Arizona State University

2014-2015      *Graduate research support reviewer*, Graduate and Professional Student Association, Arizona State University

2011            *Panel member* for the Graduate School Information Session, Department of Communicology, hosted by Amy Hubbard, Director of Graduate Studies, University of Hawai‘i at Mānoa

### ***Public Service***

2013-2014      *Volunteer* for Division I, Arizona State University Women's Water Polo

2013            *Volunteer* to plant trees at Crockett Primary School, Arizona State University, Communication Graduate Student Association

2012            *Senior Project Mentor*, Moanalua High School Senior Class Project, Honolulu, Hawai‘i

2012            *Judge* for the 5th Warrior Intramural Debate Tournament, University of Hawai‘i at Mānoa

2010-2012      *Volunteer* for Division I, University of Hawai‘i at Manoa Women’s Water Polo

2011 *Judge* for the Aliamanu Middle School Speech Festival, Hawai‘i

### **Professional Development**

- Spring 2018 *Writing in the Disciplines, Sam Houston State University.* A five-day seminar and workshop for new College of Humanities and Social Science faculty.
- Fall 2017 *Art of Teaching Series: Best Practice from a Master Educator, Sam Houston State University.* A workshop on Teaching the Critical Skills.
- Fall 2017 *Teaching and Learning Conference, Sam Houston State University.* A panel session on “Getting Students to Read Their Textbooks.”
- Fall 2017 *Teaching and Learning Conference, Sam Houston State University.* A panel session on “Best Practices in Writing Pedagogy.”
- Spring 2016 *Constructing Teaching/Administrative Portfolios: Representing Our Work as Scholarship.* A 90-minute workshop training offered by the Graduate Professional Student Association at Arizona State University.
- Spring 2015 *Structural Equation Modeling.* University of Texas at Austin Summer Statistics Institute.
- Fall 2013 *New Graduate Instructor Orientation.* Two-week, four-hour program administrated by the Hugh Downs School of Human Communication at Arizona State University and facilitated by Dr. Belle Edson, Dr. Tara Hack and Dr. Trisha Hoffman.
- Spring 2013 *NVivo Webinar: Using NVivo as a Research Tool.* QSR International. Sponsored by the Cancer Epidemiology Program at the University of Hawai‘i at Mānoa.
- Spring 2012 *Giving Quick, Creative Feedback to Student Work.* Preparing Future Faculty Series. Center for Teaching Excellence Workshop, University of Hawai‘i at Mānoa.
- Fall 2011 *Series on Reaching All of the Learners in Your Classroom.* Preparing Future Faculty Series. Center for Teaching Excellence Workshop, University of Hawai‘i at Mānoa.
- Spring 2011 *The Honest Classroom: Building Good Relations with Your Students.* Preparing Future Faculty Series. Center for Teaching Excellence Workshop, University of Hawai‘i at Mānoa.
- Fall 2010 *Active Learning in the Classroom.* Preparing Future Faculty Series. Center for Teaching Excellence Workshop, University of Hawai‘i at Mānoa.

Fall 2009     *Interviewing Skills Workshop*. Featuring Dr. William F. Sharkey, PhD. Hosted by the Speech Communication Society, University of Hawai‘i at Mānoa.

#### **Award Nominations**

2018     *Interpersonal Division Outstanding Thesis and Dissertation Award*, International Communication Association. Nominated by dissertation director, Dr. Kory Floyd.

#### **Certificates**

Spring 2018     *Writing in the Disciplines*, Sam Houston State University.

Fall 2017     *Art of Teaching Series*, Sam Houston State University.

Spring 2015     *Structural Equation Modeling*, Department of Statistics and Data Sciences, College of Natural Sciences, The University of Texas at Austin.

#### **Guest Lectures**

Spring 2017     *COM 400 Love and Passion*, instructor Dr. Janet Jacobsen. Invited guest lecture to present on friends with benefits research, Arizona State University.