

Dr. Lisa J. van Raalte (Dahlgren)

Curriculum Vitae

CONTACT INFORMATION

Department of Communication Studies
Sam Houston State University

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EDUCATION

- 2017 Ph.D., Communication, Arizona State University
Dissertation: The Influence of Cuddling on Relational Health for Cohabiting Couples
- 2012 M.A., Communicology, University of Hawai'i at Mānoa
Thesis: Stress, Social Support, Self-Efficacy, and Performance for Collegiate Student-Athletes:
An Application of the Stress-Buffering Model
- 2009 B.A., Speech, University of Hawai'i at Mānoa
Full Scholarship: Division I Wahine Water Polo Team

ACADEMIC APPOINTMENTS

- 2017 – Present *Assistant Professor*, Department of Communication Studies, Sam Houston State University
- 2017 – 2017 *Adjunct Lecturer*, Hugh Downs School of Human Communication, Arizona State University
- 2013 – 2017 *Graduate Teaching/Research Assistant*, Arizona State University
- 2012 – 2013 *Educational Research Associate*, The Research Corporation of the University of Hawai'i,
University of Hawai'i at Mānoa
- 2012 – 2013 *Lecturer*, Department of Communication, Kapiolani Community College
- 2012 – 2012 *Graduate Research Assistant*, Department of Educational Technology, University of Hawai'i
at Mānoa
- 2011 – 2012 *Lecturer*, Department of Communicology, University of Hawai'i at Mānoa
- 2010 – 2012 *Graduate Teaching Assistant*, Department of Communicology, University of Hawai'i at
Mānoa

EXTERNAL GRANTS FUNDED

- 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
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
Principal Investigator: Dr. Steve Corman
Co-PIs: Dr. Bradley Adame, Dr. Scott Ruston, Dr. Jiun-Yi Tsai
Grant Award: \$397,761
- 2015 – 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
Principal Investigator: Dr. Jonathan Pettigrew
Grant Award: \$399,771

INTERNAL GRANTS FUNDED

- 2021 – 2021 Odyssey Grant, Sam Houston State University.
*Certified Group Facilitator Program**, University of Arkansas, Little Rock
Title: Recipient
Grant Award: \$1,100
Dates: June 2021 – July 2021
**Program trip canceled due to class schedule overlap.*
- 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 2018 – May 2019
- 2018 – 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: Principal Investigator
Grant Award: \$1,500
Dates: Spring 2018 – Fall 2018
- 2018 – 2018 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

- 2017 – 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*.
 Title: **Principal Investigator**
 Grant Award: \$3,350
 Dates: Fall 2016 – Spring 2017

INTERNAL GRANTS SUBMITTED NOT FUNDED

- 2020 Faculty and Student Research Teams, Sam Houston State University, *Comparing and Contrasting Nonverbal Affectionate Behaviors in Dissatisfied and Satisfied Romantic Relationships*
 Title: **Faculty Mentor**
 Grant Amount: \$6,000

REFEREED JOURNAL ARTICLES

15. **van Raalte, L. J., & Floyd, K.** (2022). Examining the moderating influence of relationship satisfaction on affection and trust, closeness, stress, and depression. *Journal of Family Communication*, 22(1), 18-32.
<https://doi.org/10.1080/15267431.2021.2000990>
14. **van Raalte, L. J., Bednarchik, L., Generous, M. A., and Mongeau, P. A.** (Advance Online Publication, 2021). Examining rules in friends with benefits relationships. *Archives of Sexual Behavior*.
<http://doi.org/10.1007/s10508-021-02114-5>
13. **van Raalte, L. J., & Floyd, K.** (2021). Daily hugging predicts lower levels of two proinflammatory cytokines. *Western Journal of Communication*, 85(4), 487-506.
<http://doi.org/10.1080/10570314.2020.1850851>
12. **van Raalte, L. J., Floyd, K., & Mongeau, P. A.** (2021). The effects of cuddling on relational quality for married couples: A longitudinal investigation. *Western Journal of Communication*, 85(1), 61-82.
<https://doi.org/10.1080/10570314.2019.1667021>
11. **van Raalte, L. J., Floyd, K., Kloeber, D., & Veluscek, A.** (2021). Exploring the associations between unwanted affection, stress, and anxiety. *Journal of Social and Personal Relationships*, 38(2), 524-543.
<https://doi.org/10.1177/0265407520966052>
10. **van Raalte, L. J., & Posteher, K. A.** (2019). Examining social support, self-efficacy, stress, and performance, in U.S. division I collegiate student-athletes' academic and athletic lives. *Journal for the Study of Sports and Athletes in Education*, 13(2), 75-96.
<https://doi.org/10.1080/19357397.2019.1635419>

9. Mongeau, P. A., **van Raalte, L. J.**, Generous, M. A., & Bednarchik, L. A. (2019). Investigating and extending variation among friends with benefits relationships: Relationship maintenance and social support. *Southern Communication Journal*, 84(5), 275-286.
<https://doi.org/10.1080/1041794x.2019.1641837>
8. Corman, S., Adame, B. J., Tsai, J., Ruston, S., Beaumont, J., Kamrath, J., Liu, Y., Posteher, K., Tremblay, R., & **van Raalte, L. J.** (2019). Socioecological influences on concussion reporting by NCAA Division 1 athletes in high-risk sports. *PLoS ONE*, 14(5). <https://doi.org/10.1371/journal.pone.0215424>
7. Stein, J. B., Ray, C. D., **van Raalte, L. J.**, & Mongeau, P. A. (2019). Testing relational turbulence theory in friends with benefits relationships. *Ohio Communication Journal*, 57, 6-18.
6. 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. <https://doi.org/10.12691/rpbs-6-1-4>
5. 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.
<https://doi.org/10.1080/15267431.2016.1251921>
4. **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.
<https://doi.org/10.18848/2325-128x/cgp/v07i02/38439>
3. 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.
<https://doi.org/10.18848/1832-3669/cgp/v09i04/56400>
2. 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. <https://doi.org/10.1177/0093650212469401>
1. 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.
<https://doi.org/10.1080/08934215.2011.611104>

BOOK CHAPTERS

4. **van Raalte, L. J.** (2020). An invited case study for the chapter on affectionate communication. Everyone has affectionate needs. In E. Dorrance Hall & K. Scharp (Eds.), [*Communication in Family Contexts: Theories and Processes*](#). Hoboken, NJ: Wiley, Blackwell.
3. Roberto, T. J., **van Raalte, L. J.**, Liu, Y., & Posteher, 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. <https://doi.org/10.4324/9781315624365-4>

2. 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. <https://doi.org/10.1002/9781119102991.ch12>
This book won the 2018 Distinguished Book Award from the Communication and Social Cognition Division of the National Communication Association.
1. 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. <https://doi.org/10.1002/9781119085621.wbefs500>

MANUSCRIPTS UNDER REVIEW

2. **van Raalte, L. J.**, Burke, T. J., DeGroot, J. M., & Mellow, A. (2022). Excessive affection for parents: examining changes in marital quality during the transition to parenthood. Under review in the *Journal of Family Communication*.
1. Burke, T. J., **van Raalte, L. J.**, & DeGroot, J. M. (2022). Supportive Coparenting, Affection, and Mental Health after the Birth of a Child. Under review in the *Journal of Social and Personal Relationships*.

CONFERENCE PRESENTATIONS

42. **van Raalte, L. J.**, & Floyd, K. (2021, November 18-21). *Examining the function of relationship satisfaction on affectionate behavior and relational and individual well-being* [Paper Presentation]. National Communication Association 107th Annual Meeting, Seattle, WA.
41. **van Raalte, L. J.** (2020, November 19-22). *Disrupting U.S. mainstream romantic goals: Comparing and contrasting Chinese and American relational maintenance behaviors* [Panel Presentation]. National Communication Association 106th Annual Meeting, virtual conference.
40. **van Raalte, L. J.**, & Floyd, K. (2020, May 20-26). *Daily hugging predicts lower levels of two proinflammatory cytokines* [Paper Presentation]. International Communication Association 70th Annual Meeting, virtual conference.
39. **van Raalte, L. J.**, Bullock, E., Doleshal, Z., & Pecen, R. (2019, August). *Evaluating high impact research assignments for undergraduates: Incorporation research in lower-level classes* [Panel Presentation]. Sam Houston State University Teaching and Learning Conference 16th Annual Meeting, Huntsville, TX.
38. Butler, T. M., & **van Raalte, L. J.** (2019, April). *Affectionate communication: exploring cross-cultural differences*. Paper presented to the Southern States Communication Association, Montgomery, AL.
37. **van Raalte, L. J.** (2018, November). *Examining the associations between affection, cuddling satisfaction, sexual satisfaction, and perceived benefits of pillow talk in exclusive romantic relationships*. Paper presented to the National Communication Association, Salt Lake City, UT.

36. **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 15th Annual Sam Houston State University Teaching and Learning Conference. Huntsville, TX.
35. **van Raalte, L. J.** (2018, July). *The influence of cuddling on closeness, trust, and sexual satisfaction*. Paper presented to the International Association for Relationship Research, Fort Collins, CO.
34. **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.
33. **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.
32. **van Raalte, L. J.**, Floyd, K., Mongeau, P., & Burleson, M. (2017, November). *The influence of cuddling on relational health for cohabitating romantic couples*. Paper presented to the Interpersonal Division, National Communication Association conference, Dallas, TX.
31. Floyd, K., Ray, C., **van Raalte, L. J.**, Stein, J., & Generous, M. (2017, November). *Interpersonal touch buffers pain sensitivity in romantic relationships, but heightens sensitivity between strangers and friends*. Paper presented to the Interpersonal Division, National Communication Association conference, Dallas, TX.
30. Corman, S., Adame, B. J., Tsai, J., Ruston, S., Beaumont, J., Kamrath, J., Liu, Y., Posteher, 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 presented to the Health Division, National Communication Association conference, Dallas, TX.
29. Liu, Y., Tsai, J., Kamrath, J., Ruston, S., Adame, B. J., Tremblay, R., Posteher, K., **van Raalte, L. J.**, Beaumont, J., & Corman, S. (2017, November). *Understanding concussion education in NCAA Division I collegiate sports*. Paper presented to Health Communication Working Group of the 2017 American Public Health Association Annual Conference.
28. 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 presented to Health Communication Working Group of the 2017 American Public Health Association Annual Conference.
27. **van Raalte, L. J.**, & Posteher, K. (2017, May). *Evaluating student-athletes' stress coping experiences: A test of the stress-buffering model*. Paper presented to the Sport Communication Division, International Communication Association conference, San Diego, CA.
26. Adame, B., **van Raalte, L. J.**, Liu, Y., Posteher, K., Kamrath, J., Tremblay, R., Beaumont, J., & Corman, S. (2017, March). *Vestedness in concussion reporting attitudes and behaviors in division 1 collegiate athletes*. Panel presented to the 10th Summit on Communication and Sport, International Association for Communication and Sport.

25. Tasi, J., Liu, Y., Kamrath, J., Posteher, K., **van Raalte, L. J.**, Corman, S. (2017, March). *Exploring organizational culture and concussion reporting in NCAA Division 1 collegiate sports*. Panel presented to the 10th Summit on Communication and Sport, International Association for Communication and Sport.
24. Ruston, S., Kamrath, J., Liu, Y., Posteher, K., **van Raalte, L. J.**, 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 presented to the 10th Summit on Communication and Sport, International Association for Communication and Sport.
23. **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.
22. 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.
21. 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.
20. **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.
19. **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.
18. 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.
17. 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.
16. 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.
15. **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.

14. **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.
13. 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.
12. **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.
11. **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.
10. **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.
9. **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.
8. **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.
7. 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.
6. Boulay, R., & **van Raalte, L. J.** (2012, November). 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>
5. **van Raalte, L. J.**, Boulay, R., & Campbell, C. (2012, November). 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>
4. 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.

3. **van Raalte, L. J., & Boulay, R.** (2012, June). 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>
2. 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.
1. **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.

STUDENT CONFERENCE PRESENTATIONS

- Butler, T. (2020, November). *Comparing Relational Maintenance Behaviors of Cross-Cultural and Intercultural Romantic Relationships*. Paper presented to the National Communication Association, Indianapolis, IN.
- Butler, T. (2020, April). *Examining disruptive communication in intimate relationships: An exploration of intimate partner violence*. *Top Student Paper*. Accepted to the Southern States Communication Association, Frisco, TX (postponed due to COVID-19). Independent research study with Dr. van Raalte.

MANUSCRIPTS IN PREPARATION

6. **van Raalte, L. J.**, DeGroot, J. M., Burke, T., & Mellow, A. *excessive affection for first-time parents: Examining changes in marital quality*.
5. **van Raalte, L. J.**, & Waldbuesser, C. *Teacher affection and immediacy in college classrooms: Predicting Student Engagement*.
4. **van Raalte, L. J.**, & Butler, T. *Affectionate communication: Exploring cross-cultural differences*.
3. **van Raalte, L. J.** *Conceptualizing and operationalizing sexual affection*.
2. **van Raalte, L. J.** *Examining affection and sexual health markers in romantic relationships*.
1. **van Raalte, L. J.** *A descriptive study of cuddling in romantic relationships*.

TEACHING EXPERIENCE

Sam Houston State University
 COMS 1361 Public Speaking
 COMS 2386 Interpersonal Communication
 COMS 3371 Conflict, Negotiation, & Resolution
 COMS 4365 Nonverbal Communication
 COMS 4366 Deceptive Communication

COMS 4386 Family Communication
 COMS 5331 Communication Studies Methods and Research
 COMS 5332 Statistical Methods for Communication
 COMS 5390 Sexual Communication
 COMS 5390 Affectionate Communication in Close Relationships
 COMS 5398 Sexual and Affectionate Communication

Arizona State University

COM 110 Elements of Interpersonal Communication
 COM 230 Small Group Communication
 COM 225 Public Speaking
 COM 308 Advanced Research Methods
 COM 310 Relational Communication
 COM 317 Nonverbal Communication (Assist)
 COM 408 Quantitative Research Methods in Communication
 COM 608 Multivariate Research Methods (Assist)

University of Hawai'i at Mānoa

SP 151 Personal and Public Speech
 SP 251 Principles of Effective Public Speaking

Kapiolani Community College

SP 151 Personal and Public Speech

AWARDS

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| 2018 | <i>2018 Distinguished Book Award</i> , Communication and Social Cognition Division of the National Communication Association. Dr. Kory Floyd and I wrote a chapter on the affectionate communication index in this book entitled <i>The Sourcebook of Listening and Methodology and Measurement</i> . |
| 2017 | <i>Continued Teaching Excellence Award</i> , Graduate and Professional Student Association, Arizona State University. |
| 2016 | <i>Outstanding Doctoral Research Award</i> , Hugh Downs School of Human communication, Arizona State University. |
| 2016 | <i>Graduate Excellence Award</i> , College of Liberal Arts & Sciences, Arizona State University. |
| 2016 | <i>Teaching Excellence Award</i> , Graduate and Professional Student Association, Arizona State University. |
| 2016 | <i>Summer Research Grant</i> to fund dissertation project, Hugh Downs School of Human Communication, Arizona State University, aw amount: \$2,350 |
| 2016 | <i>Prospectus Completion Award</i> , 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

AWARD NOMINATIONS & RECOGNITIONS

2019 – present	Recognition of Faculty who Made a Difference, Office of Student Affairs. Submitted by Morgan Elise Edwards for summer 2021, Shannon Nicole Simmons, Hannah B Conradson, and Nicole Brianna Noriega for spring 2021, Katelyn Mae Osborn and Monica Lynne Earley for spring 2020, Parysh Anastacyia Dickerson for fall 2019, and Taylor Marie Butler for spring 2019.
2021	<i>Keys of Excellence Award</i> , Orange Keys, Sam Houston State University. Nominated by Emma Berry.
2021	<i>Early Career Award</i> , Interpersonal Division, National Communication Association. Self-nominated.
2021	<i>Graduate Mentor Award</i> , The Graduate School, Sam Houston State University. Nomination submitted by Shuangyue Zhang.
2019	<i>Excellence in Teaching Award</i> , Sam Houston State University. Nominated by graduate student, Michael Prince.
2018	<i>Dwight L. Freshley Outstanding New Teacher Award</i> , Southern States Communication Association. Self-nominated.
2018	<i>Interpersonal Division Outstanding Thesis and Dissertation Award</i> , National Communication Association. Nominated by dissertation director, Dr. Kory Floyd.
2018	<i>Interpersonal Division Outstanding Thesis and Dissertation Award</i> , International Communication Association. Nominated by dissertation director, Dr. Kory Floyd.

ACADEMIC ASSOCIATIONS

International Association for Relationship Research (IARR)
 International Communication Association (ICA)
 National Communication Association (NCA)
 Southern States Communication Association (SSCA)
 Western States Communication Association (WSCA)

SERVICE

Disciplinary Service

- *Editorial Review Board Member*, Texas Speech Communication Journal (2018–present)
- *Ad hoc reviewer*
 - o Western Journal of Communication (2020–present)
 - o Journal of Social and Personal Relationships (2018–present)
 - o International Journal of Environmental Research and Public Health (2019)

- Personal Relationships (2019)
- Emerging Adulthood (2014-2017)
- PLOS ONE (2017)
- Communication Quarterly (2016)
- The International Journal of Design Education (2013)
- The International Journal of Technology, Knowledge and Society (2013)
- *Conference Paper reader*
 - Health Communication Division, National Communication Association (2021)
 - Interpersonal Communication Division, National Communication Association (2017-2021)
 - Interpersonal Communication Division, Southern States Communication Association (2018)
 - Interpersonal Communication Division, International Communication Association (2017)
 - Health Communication Division, Western States Communication Association (2015)
 - Interpersonal Communication Division, Western States Communication Association (2015)
- *Conference Chair/Respondent*
 - Interpersonal Communication Division, National Communication Association (2015-2021)
 - Interpersonal Communication Division, Western States Communication Association (2015-2016)
- *Early Career Representative for Interpersonal Division*, Student and Early Career Advisory Committee (SECAC) Business Meeting, International Communication Association (2018)
- *Division secretary*, Health Communication Division, Western States Communication Association (2015-2016)
- *Faculty Mentor*, Dr. Bailey Oliver at University of Arkansas, Little Rock (2018-2019)

Sam Houston State University Service

- Department of Communication Studies
 - *Faculty Representative*, Saturday@Sam (spring 2022)
 - *Undergraduate Curriculum Committee Member* (2021-present)
 - *Social Media Campaign Committee Chair* (2021-present)
 - *FES Committee Member* (2021)
 - *Job Search Committee Member* (2018, 2021)
 - *Tenure & Promotion Review Expectation Committee*, Department of Communication Studies (2019-2020).
 - *Faculty Representative*, Graduate Fair (2018)
 - *Coordinator of the Communication Studies Research Lab*. 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. Scheduled install for microphone and camera (2018-2020).
 - *Course Development*, Masters level special topic in interpersonal communication, Communication Studies (2017-2020).
- College of Humanities and Social Science
 - *Hybrid Review Committee Member* (2022 – present)

- *CHSS Graduate Student Research Grant Proposal Committee Member* (2021-present)
- *Alternative Representative for the Protection of Human Subjects Committee* (2018-present)
- *Voting Information Department Ambassador* (2020-present)
- *Department Representative, Graduate Scholarship Committee* (2018-2021)
- *Assessment of Written Communication Scorer*, July 24-25, 2019 (2019)
- *Colloquium Presentation, "Health Implications of Communicating in Close Relationships"* (2017)

Arizona State University Service

- *Records officer*, Communication Graduate Student Association (2014-2015)
- *Travel grant reviewer*, Graduate and Professional Student Association (2013-2016)
- *Jumpstart research grant reviewer*, Graduate and Professional Student Association (2014-2015)
- *Graduate research support reviewer*, Graduate and Professional Student Association (2014-2015)

University of Hawai'i at Mānoa

- *Panel member* for the Graduate School Information Session, Department of Communicology, hosted by Amy Hubbard, Director of Graduate Studies (2011)

Public Service

- *Volunteer*, Houston Food Bank (2019)
- *Volunteer* for Division I, Arizona State University Women's Water Polo (2013-2014)
- *Volunteer* to plant trees at Crockett Primary School, Arizona State University, Communication Graduate Student Association (2013)
- *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 (2012)
- *Volunteer* for Division I, University of Hawai'i at Manoa Women's Water Polo (2010-2012)
- *Judge* for the Aliamanu Middle School Speech Festival, Hawai'i (2011)

MEDIA OUTREACH & CREATIVE WORKS

10. [InStyle](#) Interview with Maylin Tu, Feb 14, 2022.
9. Podcast Interview with Dr. James Stein, Red Rock Relationships Podcast, Dixie State University, [Courting](#), October 13, 2021.
8. Podcast Interview with Dr. James Stein, Red Rock Relationships Podcast, Dixie State University: [Family Fiesta Showdown](#), June 4, 2021
7. CBS Austin TV Zoom Interview with Jordan Bontke, February 10, 2021. Story pushed out because of concurrent Texas winter storm and political news prevalence.

6. Podcast Interview with Dr. Bjarne Holmes and Matt Grasso, the Journal of Social and Personal Relationships podcast *Relationship Matters*: [Relationship Matters 97 "Exploring the associations between unwanted affection, stress, and anxiety"](#), November 2, 2020.
5. Podcast Interview with Dr. James Stein, Red Rock Relationships Podcast, Dixie State University: [Cuddle Buddies](#), September 11, 2020
4. Houston Public Media Podcast and News Story: [The Science of Affection](#), Dec 11th 2019
3. Today@Sam News Story: [The Science of Communication](#), Nov 1st 2019
2. Dissertation study on Cuddling mentioned in chapter 38 of: [Experiments for Newlyweds: 50 Amazing Science Projects You Can Perform with Your Spouse](#) by Shaun Gallagher (2019).
1. Professional Personal Website: <https://drlisavanraalte.com/>

PROFESSIONAL DEVELOPMENT

Fall 2021	<i>Discussing the ban of Critical Race Theory</i> , CHSS Diversity and Inclusion Committee Meeting with Jeanine Bias, Interim Chief Diversity Officer. A 1hr Zoom presentation.
Fall 2021	<i>Student Success Snapshot: Supporting Students with Behavioral/Family/Medical Concerns</i> . A 1hr Zoom professional development presented by Dr. Brittany Fish, Director of Student Success Technologies, guests.
Fall 2021	<i>Student Success Snapshot: Supporting Students with Academic Concerns</i> . A 1hr Zoom professional development presented by Dr. Brittany Fish, Director of Student Success Technologies, guests.
Spring 2021	<i>Integrating Salivary Analytes into Behaviors, Developmental, and Health Science Research</i> . A 1.5hr webinar hosted by Salimetrics (a saliva testing lab) to present and overview of saliva research, saliva assays, and possible markers to us in research.
Spring 2021	<i>How to Use OnTimePoint</i> . An hour-long webinar hosted by Salimetrics (a saliva testing lab) to present an application for research use. Presented by Hazel Viagedor and Kristina Feghali, Salimetrics.
Spring 2021	<i>Blackboard Ate My Homework</i> . An hour-long webinar with Jacob Spradlin learning about different strategies Blackboard offers to check student engagement online.
Spring 2020	<i>Planning & Writing Successful Grant Proposals workshop</i> . A day-long grant writing workshop sponsored by AtKisson Training Group, LLC.
Summer 2020	<i>Online Course Re-Design, Sam Houston State University</i> . A four-week long online course to improve teacher/faculty online instruction.
Summer 2019	<i>Active Learning Summer Institute, Sam Houston State University</i> . A four-day seminar and workshop promoting evidence-based best practices in teaching with a focus on active learning.

Spring 2018	<i>Writing in the Disciplines, Sam Houston State University.</i> A five-day seminar and workshop for new College of Humanities and Social Science faculty.
Fall 2017	<i>Art of Teaching Series: Best Practice from a Master Educator, Sam Houston State University.</i> A workshop on Teaching the Critical Skills.
Fall 2017	<i>Teaching and Learning Conference, Sam Houston State University.</i> A panel session on “Getting Students to Read Their Textbooks.”
Fall 2017	<i>Teaching and Learning Conference, Sam Houston State University.</i> A panel session on “Best Practices in Writing Pedagogy.”
Spring 2016	<i>Constructing Teaching/Administrative Portfolios: Representing Our Work as Scholarship.</i> A 90-minute workshop training offered by the Graduate Professional Student Association at Arizona State University.
Fall 2013	<i>New Graduate Instructor Orientation.</i> 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	<i>NVivo Webinar: Using NVivo as a Research Tool.</i> QSR International. Sponsored by the Cancer Epidemiology Program at the University of Hawai‘i at Mānoa.
Spring 2012	<i>Giving Quick, Creative Feedback to Student Work.</i> Preparing Future Faculty Series. Center for Teaching Excellence Workshop, University of Hawai‘i at Mānoa.
Fall 2011	<i>Series on Reaching All of the Learners in Your Classroom.</i> Preparing Future Faculty Series. Center for Teaching Excellence Workshop, University of Hawai‘i at Mānoa.
Spring 2011	<i>The Honest Classroom: Building Good Relations with Your Students.</i> Preparing Future Faculty Series. Center for Teaching Excellence Workshop, University of Hawai‘i at Mānoa.
Fall 2010	<i>Active Learning in the Classroom.</i> Preparing Future Faculty Series. Center for Teaching Excellence Workshop, University of Hawai‘i at Mānoa.
Fall 2009	<i>Interviewing Skills Workshop.</i> Featuring Dr. William F. Sharkey, PhD. Hosted by the Speech Communication Society, University of Hawai‘i at Mānoa.

CERTIFICATES

Spring 2022	<i>The State of Texas and TSUS Ethics Rules, Sam Houston State University</i>
Fall 2021	<i>SHSU Annual Cybersecurity Awareness Curriculum, Sam Houston State University</i>
Fall 2021	<i>SHSU Equal Employment Opportunity Training, Sam Houston State University</i>
Fall 2021	<i>Non-Disclosure Agreement 3.0, Sam Houston State University</i>

Spring 2021	<i>SHSU Annual Cybersecurity Awareness Curriculum</i> , Sam Houston State University
Spring 2020	<i>The Office of Research and Sponsored Programs Professional Development</i> , Sam Houston State University.
Fall 2019	<i>Security Awareness Annual Refresher Course</i> , Sam Houston State University.
Spring 2019	<i>We LEAD Quarterly Events</i> , Sam Houston State University.
Spring 2019	<i>Revised Equal Employment Opportunity (EEO) Compliance Training</i> , Sam Houston State University.
Spring 2018	<i>Assistance Animals: Everything You Always Wanted to Know but Were Afraid to Ask</i> , Sam Houston State University.
Spring 2018	<i>Writing in the Disciplines</i> , Sam Houston State University.
Fall 2017	<i>Art of Teaching Series</i> , Sam Houston State University.
Spring 2015	<i>Structural Equation Modeling</i> , Department of Statistics and Data Sciences, College of Natural Sciences, The University of Texas at Austin.

GUEST LECTURES

Spring 2022	<i>Relational Communication</i> , instructor Dr. Lori Bednarchik. Invited virtual guest speaker, San Diego State University.
Fall 2018	<i>COMS 4381 Communication Theory</i> , instructor Dr. Frances Brandau-Brown. Invited guest lecture to present on Spiral of Science Theory, Sam Houston State University
Spring 2017	<i>COM 400 Love and Passion</i> , instructor Dr. Janet Jacobsen. Invited guest lecture to present on friends with benefits research, Arizona State University.