

KARINA SCHUMANN

Curriculum Vitae

CONTACT

University of Pittsburgh, Department of Psychology
 Sennott Square, 210 S Bouquet Street, Pittsburgh, PA
 kschumann@pitt.edu | 412-624-4500

PROFESSIONAL EXPERIENCE

Associate Professor September 2022-
 University of Pittsburgh, Department of Psychology

Assistant Professor 2015-2022
 University of Pittsburgh, Department of Psychology

EDUCATION

Postdoctoral Fellowship 2011-2015
 Stanford University
 Advisor: Carol Dweck

Ph.D., Social Psychology 2006-2011
 University of Waterloo
 Advisor: Michael Ross

B.A. (Honors), Psychology 2002-2006
 University of Guelph
 Advisor: Serge Desmarais

GRANTS

Awarded:

John Templeton Foundation 2026-2029
Spiritual resilience: Understanding how connection to God protects against loneliness and social pain
 PI

SSHRC Insight Development Grant 2025-2027
Spiralling defensiveness: Dynamics of perceiving others as defensive
 Collaborator, with PI Michael Wohl

Year of Discourse and Dialogue Grant 2024
Enhancing Intellectual Humility and Willingness to Engage in Discourse and Dialogue in Higher Education
 Co-PI

Institute for Humane Studies 2024
Do we want our politicians to be intellectually humble?
 Faculty Advisor

National Science Foundation (BCS division; Award #2234510) [TERMINATED] <i>The Role of Apologies in Promoting Intergroup Relations</i> PI	2023-2026
Social Sciences and Humanities Research Council Insight Development Grant <i>What about parental apologies? A culturally sensitive examination of parental apologies and their role in parent-adolescent relationships, youth well-being, and youth apology behaviors</i> Co-I, with PI Jean-Michel Robichaud	2023-2025
John Templeton Foundation <i>Philosophical Traditions and Epistemic Virtues: A Planning Grant</i> Advisory Board, with PI Eugen Fischer	2023-2025
National Science Foundation (BCS division; Award #1917920) <i>Promoting Empathy between Groups by Increasing Empathic Effort</i> PI	2019-2023
Central Research Development Fund, University of Pittsburgh <i>Addressing the Intergroup Empathy Gap by Increasing Empathic Effort</i> PI	2016-2019
John Templeton Foundation Research Grant (IH-101) <i>Intellectual Humility and Beliefs about Intelligence</i> Co-I, with PI Carol Dweck	2013-2015

AWARDS, SCHOLARSHIPS, AND HONORS

Most Valuable Professor Award, Swimming	2026
Faculty Excellence in Teaching Award (Nominee)	2026
Faculty Excellence in Teaching Award (Nominee)	2024
Fellow, Society of Experimental Social Psychology	2018-
Heterodox Academy Open Mind Award for Exceptional Scholarship	2018
SSHRC Post-Doctoral Fellowship	2011-2013
Alumni Gold Medal Award Nominee	2011
SSHRC Doctoral Canada Graduate Scholarship	2007-2010
University of Waterloo President's Graduate Scholarship	2007-2010
Ontario Graduate Scholarship (declined)	2006-2008
SSHRC Master's Canada Graduate Scholarship	2006-2007
University of Waterloo President's Graduate Scholarship	2006-2007
CPA Certificate of Academic Excellence for Honors Thesis	2006
Jim Mottin Award for Extracurricular/Academic Excellence	2006
Dean's Scholarship for Academic Excellence	2005
Wilma Hollywood Award for Highest Average in Psychology	2005
Dean's Honors List	2002-2006
Academic All-Canadian	2002-2004

RESEARCH INTERESTS

Interpersonal Conflict Resolution; Political Conflict; Apologies; Empathy; Forgiveness; Revenge; Intellectual Humility; Religion; Morality; Wise Interventions; Misinformation; Dehumanization; Close Relationships

REFEREED JOURNAL ARTICLES

** Denotes trainee/mentee at the time the research was conducted.

Ludwig, J., & **Schumann, K. (In press). How and why the omission bias affects victims' responses to interpersonal Transgressions. *Journal of Experimental Social Psychology*.

Koetke, J., **Schumann, K. (2026). Intellectual humility in the eyes of others: Implications for social perception and trust. *Current Directions in Psychological Science*.

Bosche, E. P., Ludwig, J., & **Schumann, K. (2026). You're not so bad after all: Apologies and guilt attenuate slippery slope thinking of transgressor immorality. *Journal of Experimental Social Psychology*, 124, 104879.

Koetke, J., **Schumann, K. (2025). Are there consequences of expressing intellectual humility toward claims perceived as established or moral truths? *Social Psychological and Personality Science*. *Social Psychological and Personality Science*, 17(2), 181-193.

Koetke, J., **Schumann, K. (2025). Lay preferences for and perceptions of intellectual humility across societal roles. *Social Cognition*, 43(2), 97-113.

Robichaud, J. M., **Schumann, K.**, Kil, H., Koestner, R., & Mageau, G. A., (2025). Should parents apologize to their adolescents to mend their parent-adolescent relationship? A multi-method, multi-phase investigation. *Journal of Research on Adolescence*, 35(2), e70024.

Ludwig, J. M., Koetke, J., & **Schumann, K. (2025). Implications of Divine Forgiveness for Conciliatory Behavior: Understanding How Feeling Forgiven by God Influences Apologies Via Self-Forgiveness, Gratitude, and Humility. *Personality and Social Psychology Bulletin*, 1-18.

Koetke, J., & **Schumann, K. (2025). Do we really think our politicians should be intellectually humble?. *Journal of Experimental Social Psychology*, 118.

Koetke, J., **Schumann, K., Bowes, S. M., & Vaupotič, N. (2025). The effect of seeing scientists as intellectually humble on trust in scientists and their research. *Nature Human Behaviour*, 9(2), 331-344.

Robichaud, J. M., Mageau, G. A., Kil, H., McLaughlin, C., Comeau, N., & **Schumann, K.** (2025). Parental apologies as a potential determinant of adolescents' basic psychological needs satisfaction and frustration. *Journal of Experimental Child Psychology*, 254, 106204.

Koetke, J., & **Schumann, K. (2025). Is intellectual humility polarized too? A systematic examination of intellectual humility, political orientation, and strength of political belief. *The Journal of Positive Psychology*, 20(2), 269-279.

- **Koetke, J., Schumann, K., & Levine, J. M. (2025).** Fraternizing with the enemy: Intragroup effects of extended contact. *Group Processes & Intergroup Relations*, 28(2), 393-425.
- Robichaud, J. M., Bureau, J. S., Zimmerman, G., Mageau, G. A., Schumann, K., Kil, H., & Van Petegem, S. (2024).** Parental apologies and adolescents' information management strategies: Social learning and self-determination perspectives. *Journal of Applied Developmental Psychology*, 93.
- **Koetke, J., Schumann, K., Welker, K., & Coleman, P. T. (2024).** Intellectual humility is reliably associated with constructive responses to conflict. *Plos one*, 19(9).
- **Koetke, J., **Conrique, B., & Schumann, K. (2023).** Bridging the divide: The effect of individuating information on attitudes toward political outgroup members. *Journal of Social and Political Psychology*.
- Schumann, K., **Ritchie, E., & Forest, M. (2023).** The social consequences of frequent versus infrequent apologizing. *Personality and Social Psychology Bulletin*, 49(3), 331-343.
- **Koetke, J., Schumann, K., & Porter, T. J., & **Smilo-Morgan, Ilse. (2023).** Fallibility salience increases intellectual humility: Implications for people's willingness to investigate political misinformation. *Personality and Social Psychology Bulletin*. 49(5), 806-820.
- Schumann, K., **Koetke, J., & **Ludwig, J. (2022).** Intellectual humility in the health and well-being context: Implications for promoting positive client relationships, client receptivity, and unbiased information gathering. *American Journal of Health Promotion*, 36, 1414-1418.
- Howe, L., Schumann, K., & Walton, G. (2022).** "Am I not a man?": Reasserting humanness in response to group-based dehumanization. *Group Processes and Intergroup Relations*.
- **Ludwig, J., Schumann, K., & Porter, T. J. (2022).** Humble and apologetic? Predicting apology quality with intellectual and general humility. *Personality and Individual Differences*, 188, 111477.
- Leunissen, J., Schumann, K., & Sedikides, C. (2021).** Self-protection predicts lower willingness to apologize. *Journal of Social Psychology*.
- Schumann, K., & **Dragotta, A. (née Vazeou-Nieuwenhuis). (2021).** Empathy as a predictor of high-quality apologies. *European Journal of Social Psychology*.
- Schumann, K., & Walton, G. (2021).** Rehumanizing the self after victimization: The roles of forgiveness versus revenge. *Journal of Personality and Social Psychology*.
- **Koetke, J., Schumann, K., & Porter, T. J. (2021).** Intellectual humility predicts scrutiny of COVID-19 misinformation. *Social Psychological and Personality Science*.
- **Koetke, J., Schumann, K., & Porter, T. J. (2021).** Trust in science increases conservative support for social distancing. *Group Processes and Intergroup Relations*, 24(4), 680-697.

- Schumann, K., & **Dragotta, A. (née Vazeou-Nieuwenhuis).** (2020). Is moral redemption possible? The effectiveness of public apologies for sexual misconduct. *Journal of Experimental Social Psychology, 90*, 104002.
- Porter, T. J., **Schumann, K.**, Selmeczy, D., Trzesniewski, K. (2020). Intellectual humility predicts mastery behaviors when learning. *Learning and Individual Differences, 80*.
- Schumann, K.** (2020). A force for good: When and why religion predicts prosocial behavior. *Journal of Moral Theology, 9*, 34-50.
- Schumann, K.** (2019). Apologies as signals for change? Implicit theories of personality and reactions to apologies during the #MeToo movement. *PLOS One, 14*.
- Schumann, K.** (2018). The psychology of offering an apology: Understanding the barriers to apologizing and how to overcome them. *Current Directions in Psychological Science, 27*, 74-78.
- **Vazeou-Nieuwenhuis, A., & Schumann, K.** (2018). Self-compassionate and apologetic? How and why having compassion toward the self relates to a willingness to apologize. *Personality and Individual Differences, 124*, 71-76.
- Schumann, K. & Orehek, E.** (2017). Avoidant and defensive: Adult attachment and quality of apologies. *Journal of Social and Personal Relationships. (Top 10 most downloaded JSPR articles in 2019)*.
- Porter, T. J. & **Schumann, K.** (2017). Intellectual humility enhances openness to learning about the opposing view. *Self and Identity, 1-24. (Recipient of the 2018 Heterodox Academy Open Mind Award for Exceptional Scholarship)*.
- Hornsey, M. J., **Schumann, K.**, Bain, P.G., Blumen, S., Chen, S., Gomes, A., Guan, Y., Kashima, E., Lebedeva, N., & Wohl, M.J.A. (2017). Conservatives are more reluctant to give and receive apologies than liberals. *Social Psychological and Personality Science*.
- Schumann, K., & Dweck, C. S.** (2014). Who accepts responsibility for their transgressions? *Personality and Social Psychology Bulletin, 40*, 1598-1610.
- Schumann, K., Zaki, J., & Dweck, C. S.** (2014). Addressing the empathy deficit: Beliefs about the malleability of empathy predict effortful responses when empathy is challenging. *Journal of Personality and Social Psychology, 107*, 475-493.
- Schumann, K., McGregor, I., Nash, K. A., & Ross, M.** (2014). Religious magnanimity: Reminding people of their religious belief system reduces hostility after threat. *Journal of Personality and Social Psychology, 107*, 432-453.
- Schumann, K.** (2014). An affirmed self and a better apology: The effect of self-affirmation on transgressors' responses to victims. *Journal of Experimental Social Psychology, 54*, 89-96.

Laurin, K., **Schumann, K.**, & Holmes, J. G. (2014). A relationship with God? Connecting with the divine to assuage fears of interpersonal rejection. *Social Psychological and Personality Science*, 5, 77-85.

Schumann, K. (2012). Does love mean never having to say you're sorry? Associations between relationship satisfaction, perceived apology sincerity, and forgiveness. *Journal of Social and Personal Relationships*, 29, 997-1010.

Schumann, K., & Ross, M. (2010). Why women apologize more than men: Gender differences in thresholds for offensive behavior. *Psychological Science*, 21, 1649-1655.

Schumann, K., & Ross, M. (2010). The benefits, consequences, and paradox of revenge. *Social and Personality Psychology Compass*, 4, 1193-1205.

Blatz, C. W., **Schumann, K.**, & Ross, M. (2009). Government apologies for historical injustices. *Political Psychology*, 30, 219-241.

CHAPTERS IN EDITED VOLUMES

Schumann, K., & Ross, M. (2010). The antecedents, nature and effectiveness of political apologies for historical injustices. In D.R. Bobocel, A.C. Kay, M.P. Zanna, & J.M. Olson (Eds.), *The Ontario Symposium: Vol. 11 The Psychology of Justice and Legitimacy* (pp. 299–324). New York, NY: Psychology Press.

COMMENTARIES

"How apologies shape perceptions of your moral future" (2026). *SPSP Character & Context*. Forthcoming.

"Apologies versus denials in the #MeToo movement: did either work?" (2020). *SPSP Character & Context*.
<https://spsp.org/news-center/blog/schumann-metoo-apologies-denials>

"Self-affirmation promotes better apologies" (2015). *SPSP Character & Context*.
<https://www.spsp.org/news-center/blog/self-affirmation-promotes-better-apologies/>

SELECTED REFEREED CONFERENCE PRESENTATIONS

** Denotes trainee/postdoc at the time the research was conducted.

Schumann, K. (2026, June). *Bridging the science to practice gap: How might we integrate lessons learned from current social psychology research to facilitate interpersonal interventions in IPT?* Talk to be presented at the 11th Biennial Conference of the International Society for Interpersonal Psychotherapy (ISIPT), Pittsburgh, PA.

- Koetke, J., **Schumann, K.** (2026, June). *Are there consequences of expressing intellectual humility toward claims perceived as established or moral truths?* Talk to be presented at the European Association of Social Psychology Conference, Strasbourg, France.
- Vallano, J., **Schumann, K.**, Evans, J., **Bosche, E., & **Koetke, J. (2026, March). *Perceived intellectual humility in policing: Improving perceptions of legitimacy and cooperation.* Talk presented at American Psychology Law Society Conference, Reno, NV.
- **Bosche, E. P., & **Schumann, K.** (2026, February). *I'm sorry... again... and again: How apologies for repeated offenses impact victim forgiveness and perceived transgressor morality.* Poster presented at the Society for Personality and Social Psychology (SPSP) Conference, Chicago, IL.
- **Koetke, J., **Schumann, K.** (2026, February). *Do we really want our politicians to be intellectually humble?* Poster presented at the Society for Personality and Social Psychology (SPSP) Conference, Chicago, IL.
- **Ludwig, J. M., Bosche, E. P., & **Schumann, K.** (2026, February). *Getting back on track: How apologies promote forgiveness and self-forgiveness by repairing moral perceptions.* Poster presented at the Society for Personality and Social Psychology (SPSP) Conference, Chicago, IL.
- **Ludwig, J. M., **Koetke, J., & **Schumann, K.** (2025, February). *Implications of divine forgiveness for conciliatory behavior: The role for self-forgiveness, gratitude, and humility.* Talk presented at the Society for Personality and Social Psychology (SPSP) Conference, Denver, CO.
- **Bosche, E. P., **Ludwig, J. M., & **Schumann, K.** (2025, February). *You're not so bad after all: Apologies and guilt attenuate slippery slope thinking of transgressor immorality.* Poster presented at the Society for Personality and Social Psychology (SPSP) Conference, Denver, CO.
- **Koetke, J., & **Schumann, K.** (2025, February). *The problem of appropriateness: The contextual costs of expressing intellectual humility.* Poster presented at the Society for Personality and Social Psychology (SPSP) Conference, Denver, CO.
- Schumann, K.**, Ritchie, E., & Forest, A. (2024, February). *Do they mean it? The effect of frequent apologizing on vicim forgiveness.* Talk presented at the Society for Personality and Social Psychology (SPSP) Conference, San Diego, CA.
- **Koetke, J., **Schumann, K.**, Bowes, S., **Vaupotič, N. (2024, February). *Perceptions and implications of intellectually humble science.* Talk presented at the Society for Personality and Social Psychology (SPSP) Conference, San Diego, CA.
- Schumann, K.**, & Koetke, J. (2023, October). *The benefits of dynamic norms for counteracting hostility.* Talk presented at the annual meeting of the Society for Experimental Social Psychology (SESP), Madison, WI.

****Koetke, J., Schumann, K., Bowes, S., Vaupotič, N. (2023, May).** *Perceptions and implications of intellectually humble science.* Flash Talk presented at the Association for Psychological Science Conference, Washington, DC.

****Ludwig, J. M., **Koetke, J., & Schumann, K. (2023, May).** *Does divine forgiveness impede interpersonal apologies? Understanding why being forgiven by God affects conciliatory behavior.* Poster presented at the Association for Psychological Science Conference, Washington, DC.

Schumann, K. (2023, February). Demystifying Tenure. Panel Speaker at the Society for Personality and Social Psychology (SPSP) Conference, Atlanta, GA.

****Ludwig, J. M., & Schumann, K. (2023, February).** *Apologies and moral behavior: How apologizing versus not apologizing influences subsequent moral behavior.* Poster presented at the Society for Personality and Social Psychology Conference, Atlanta, GA.

****Koetke, J., Schumann, K., Porter, T. J., & **Smilo-Morgan, Ilse. (2022, July).** *Intellectual humility predicts investigative behaviors in response to political misinformation.* Talk presented at the International Association for Conflict Management (IACM) Conference, Ottawa, Canada.

****Koetke, J., Schumann, K., Porter, T., **Smilo-Morgan, I. (2022, February).** Intellectual Humility, Investigative Behaviors, and Political Misinformation. Talk presented at the Society for Personality and Social Psychology (SPSP) Conference, San Francisco, CA.

****Ludwig, J. & Schumann, K. (2022, February).** *Humility as a predictor of high-quality apologies.* Poster presented at the Annual Conference of the Society for Personality and Social Psychology (SPSP) Conference, San Francisco, CA.

****Koetke, J., Schumann, K., Porter, T., **Smilo-Morgan, I. (2021, October).** *Combating political misinformation with intellectual humility.* Poster presented at the Eradicate Hate Global Summit, Pittsburgh, PA.

Schumann, K., **Koetke, J., & **Conrique, B. (2021, October). *Bridging the divide: The effect of humanizing information on attitudes toward political opponents.* Talk presented at the annual meeting of the Society for Experimental Social Psychology (SESP), Santa Barbara, CA.

Schumann, K., & Walton, G. W. (2021, July). *Rehumanizing the self after harm: The roles of forgiveness versus revenge.* Talk presented at the International Society for Justice Research (ISJR) Conference, virtual.

Schumann, K. (2021, May). *Is moral redemption possible? The effectiveness of public apologies for sexual misconduct.* Talk presented at the Association for Psychological Science (APS) Conference, virtual.

****Koetke, J., Schumann, K., & Levine, J. (2021, May).** *Fraternizing with the enemy: The impact of political intergroup contact on intragroup perceptions.* Poster presented at the Association for Psychological Science (APS) Conference, virtual.

- **Ludwig, J. & Schumann, K.** (2021, May). *When and why intellectual humility promotes higher-quality apologies for interpersonal transgressions*. Poster presented at the Association for Psychological Science (APS) Conference, virtual.
- **Ludwig, J. & Schumann, K.** (2021, April). *Apologies for actions vs. omissions: How and why the omission bias affects transgressors' willingness to apologize*. Poster presented at the Western Psychological Association (WPA) Conference, virtual.
- Schumann, K., **Koetke, J., & Levine, J.** (2021, February). *Fraternizing with the enemy: How partisans evaluate political ingroup members who reach across the aisle*. Data blitz presented at the SPSP Intragroup Processes Preconference, virtual.
- **Koetke, J., Schumann, K., & Porter, T.** (2021, February). *Intellectual humility predicts scrutiny of COVID-19 misinformation*. Talk presented at the Annual Conference of the Society for Personality and Social Psychology (SPSP) Conference, virtual.
- **Koetke, J., **Conrique, B., & Schumann, K.** (2021, February). *The effect of humanizing knowledge in the context of political partisanship*. Data blitz presented at the SPSP Conflict and Conflict Resolution Preconference, virtual.
- Schumann, K., & Walton, G. W.** (2020, July; postponed due to COVID-19). *Rehumanizing the self after harm: The roles of forgiveness versus revenge*. Talk accepted to the International Society for Justice Research Conference (ISJR), Lisbon, Portugal.
- **Koetke, J., **Conrique B., Schumann, K.** (2020, May; cancelled due to COVID-19). *The effect of humanizing knowledge in the context of political partisanship*. Poster accepted to the Association for Psychological Science (APS) Conference, Chicago, Illinois.
- **Ritchie, E., Schumann, K., & Forest, M.** (2020, February). *Sorry again (and again!): The social consequences of frequent apologies*. Data blitz presented at the SPSP Conflict and Conflict Resolution Preconference, New Orleans, Louisiana.
- **Koetke, J., **Conrique, B., & Schumann, K.** (2020, February). *The effect of humanizing knowledge in the context of political partisanship*. Poster presented at the SPSP Conflict and Conflict Resolution Preconference, New Orleans, Louisiana.
- **Conrique, B., **Koetke, J., & Schumann, K.** (2020, February). *Politically different, morally inferior: How perceived moral gaps between conservatives and liberals promote apathy and dehumanization*. Poster presented at the SPSP Conflict and Conflict Resolution Preconference, New Orleans, Louisiana.
- Schumann, K., & Ross, M.** (2018, June). *Political orientation and reactions to system-justifying government apologies*. Talk presented at the Society for the Psychological Study of Social Issues Conference (SPSSI), Pittsburgh, Pennsylvania.

- Schumann, K., & Vazeou-Nieuwenhuis, A.** (2018, May). *The empathic apologizer*. Talk presented at the Association for Psychological Science Convention (APS), San Francisco, California.
- Schumann, K., Walton, G. M., & Dweck, C. W.** (2017, May). *Recovering from being offended: Is forgiveness or revenge more effective at rehumanizing the self?* Talk presented at the Association for Psychological Science Convention, Boston, Massachusetts.
- Porter, T., **Schumann, K.** (2017, April). *Intellectual character development in adolescents: Promoting learning and success*. Talk presented at the Annual Meeting of the American Educational Research Association (AERA), San Antonio, Texas.
- Schumann, K. & Orehek, E.** (2016, September). *Avoidant and defensive: Adult attachment styles influence the quality of transgressors' apologies*. Talk presented at the Society of Experimental Social Psychology (SESP), Santa Monica, California.
- Schumann, K.** (2016, May). *An affirmed self and a better apology: The effect of values affirmations on transgressors' responses to victims*. Talk presented at the 9th Annual Meeting of the Society for the Study of Motivation (SSM), Chicago, Illinois.
- Porter, T., **Schumann, K.**, Dweck, C., Damon, W. (2016, January). *Intellectual Humility as Character*. Talk presented at the Jubilee Centre for Character and Virtues Annual Conference, Oxford, England.
- Porter, T., **Schumann, K.**, Trzesniweski, K., Dweck, C. (2015, May). *Intellectual humility: Importance for learning in school and from opposing views*. Talk presented at the Association for Psychological Science Convention (APS), New York City, New York.
- Schumann, K., Zaki, J., & Dweck, C. S.** (2014, May). *Beliefs about the malleability of empathy predict empathic effort when empathy is challenging*. Talk presented at the Association for Psychological Science Convention (APS), San Francisco, California.
- Porter, T., **Schumann, K.**, Dweck, C. (2014, May). *Intellectual humility and mindset*. Talk presented at the Association for Psychological Science Convention (APS), San Francisco, California.
- Porter, T., **Schumann, K.**, Dweck, C. (2014, March). *Intellectual humility and learning-relevant outcomes among adolescents and young adults*. Poster presented at the American Educational Research Association Conference (AERA), Philadelphia, Pennsylvania.
- Schumann, K., & Dweck, C. S.** (2013, January). *Apologize or justify? Transgressors' theories of personality predict their responses to victims*. Poster presented at the Annual Conference of the Society for Personality and Social Psychology (SPSP), New Orleans, Louisiana.
- Schumann, K., & Ross, M.** (2012, January). *Does love mean never having to say you're sorry? The influence of relationship satisfaction on responses to apologies*. Poster presented at the Annual Conference of the Society for Personality and Social Psychology (SPSP), San Diego, California.

Schumann, K., & Ross, M. (2011, June). *Why women apologize more than men.* Talk presented at the 72nd Annual Canadian Psychological Association (CPA) Convention, Toronto, Ontario.

Schumann, K., & Ross, M. (2011, January). *Government apologies for historical injustices.* Poster presented at the Annual Conference of the Society for Personality and Social Psychology (SPSP), San Antonio, Texas.

Schumann, K., Nash, K. A., McGregor, I., & Ross, M. (2010, August). *Benevolence after threat: Effects of a religious affiliation prime.* Talk presented at the Biennial Conference of the International Society for Justice Research (ISJR), Banff, Alberta.

Schumann, K., Nash, K. A., McGregor, I., & Ross, M. (2010, January). *Retribution after threat: Effects of a religious affiliation prime.* Poster presented at the Annual Conference of the Society for Personality and Social Psychology (SPSP), Las Vegas, Nevada.

Schumann, K., & Ross, M. (2009, February). *A diary investigation of apologies and forgiveness.* Poster presented at the Annual Conference of the Society for Personality and Social Psychology (SPSP), Tampa, Florida.

Schumann, K., Nash, K. A., McGregor, I., & Ross, M. (2008, December). *Religion, threat, and decisions about retribution: Letting bygones be bygones.* Talk presented at the Waterloo Decision Research Conference, Waterloo, Ontario.

Schumann, K., Nash, K. A., McGregor, I., & Ross, M. (2008, May). *How much is enough? The extent to which Christians, Jews, and Muslims endorse revenge.* Talk presented at the University of Waterloo-University of Western Ontario Social Psychology Conference, London, Ontario.

Schumann, K., & Ross, M. (2008, February). *Revenge: How much is enough?* Poster presented at the Annual Conference of the Society for Personality and Social Psychology (SPSP), Albuquerque, New Mexico.

Ross, M., Blatz, C. W., & **Schumann, K. (2008, February).** *Political apologies for historical injustices.* Talk presented at the Annual Conference of the Society for Personality and Social Psychology (SPSP), Albuquerque, New Mexico.

Schumann, K., & Ross, M. (2007, August). *How governments apologize for historical injustices.* Poster presented at the 11th Biennial Ontario Symposium: The Psychology of Justice and Legitimacy, Waterloo, Ontario.

SELECTED INVITED AND LOCAL TALKS

Schumann, K. (2026, March). The science of apology and forgiveness. Invited talk presented at the University of Maryland, Department of Psychology, virtual.

Schumann, K. (2025, November). Predictors, structure, and consequences of apologies. Invited talk presented to the Community Dispute Settlement Center, virtual.

- Koetke, J., **Schumann, K.** (2025, September). *Seeing Intellectual Humility in Others*. Invited talk presented at the Humility in Inquiry Conference, Tempe, AZ.
- Schumann, K.** (2025, April). *The benefits of dynamic norms for counteracting normative hostility*. Invited talk presented at the Penn State Political Divisions and Morality Conference, State College, Pennsylvania.
- Schumann, K.** (2024, September). *Political polarization: A psychological perspective*. Invited talk presented at the Deeper Conversation Series at Carnegie Mellon University, Pittsburgh, Pennsylvania.
- Schumann, K.** (2024, September). *Bridging the Divide: Understanding and Addressing Political Polarization in America*. Invited panel presenter at the Deeper Conversation Series at Carnegie Mellon University, Pittsburgh, Pennsylvania.
- Schumann, K.** (2023, April). *The science of apology*. Invited talk presented at the Katz Graduate School of Business, Pittsburgh, Pennsylvania.
- Schumann, K.** (2023, March). *Managing difficult conversations with trainees*. Invited talk presented at 2023 Mentoring Summit, Pittsburgh, Pennsylvania.
- Schumann, K.** (2022, November). Why you should apologize even when it's hard to. Speaking of Psychology Podcast Episode 213: <https://www.apa.org/news/podcasts/speaking-of-psychology/apologize>.
- Schumann, K.** (2022, April). *The science of apology*. Invited talk presented at the University of Chicago Booth School of Business, Chicago, Illinois.
- Schumann, K.** (2021, November). *Attenuating political hostility*. Invited talk presented at the University of Virginia Batten School of Leadership and Public Policy, Charlottesville, Virginia.
- **Koetke J., Schumann, K., Porter, T.** (2021, July). *Intellectual humility predicts scrutiny of COVID-19 misinformation*. Invited talk presented at the Asian Association of Social Psychology (AASP) Conference, virtual.
- Schumann, K.** (2019, November). *Stronger together...Healing the divide: A social and psychological response to the Tree of Life shooting*. Invited panel speaker, Pittsburgh, Pennsylvania.
- Schumann, K.** (2019, April). *The art and science of apology: Gender differences and implications for navigating conflict in the workplace*. Invited talk presented at the meeting for Women in Neuroscience, University of Pittsburgh, Pittsburgh, Pennsylvania.
- Schumann, K.** (2019, March). *A force for good: When and why religion predicts prosocial behavior*. Invited Plenary speaker at Psyche, Soul, and Salvation: An Interdisciplinary Conference on the Intersection of Psychology and Christian Theology, Latrobe, Pennsylvania.
- Schumann, K.** (2018, November). *The art and science of apology: Gender differences and implications for navigating conflict in the workplace*. Invited talk presented at the Women in Medicine and Science Forum, University of Pittsburgh, Pittsburgh, Pennsylvania.

Schumann, K., Zaki, J., & Dweck, C. S. (2015, December). *Addressing the empathy deficit: Overcoming empathic challenges with a malleable mindset*. Invited talk presented at the Carnegie Mellon University Social Psychology Talk Series, Pittsburgh, Pennsylvania.

Schumann, K., Nash, K. A., McGregor, I., & Ross, M. (2011, January). *Religious magnanimity: Religion primes replace aggressive with more compassionate reactions to threat*. Invited talk presented at the Religion and Spirituality SPSP Preconference, San Antonio, Texas.

CHAired CONFERENCE SYMPOSIA

Schumann, K., Chair (2023, October). *Factors that Amplify vs. Attenuate Political Polarization and Animosity*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Madison, WI.

Schumann, K., Chair (2021, October). *Understanding and Attenuating Political Hostility*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Santa Monica, CA.

Schumann, K., Chair (2018, May). *The psychology of harming others: The role of concern for the victims in motivating reconciliatory efforts*. Symposium conducted at the Association for Psychological Science Convention (APS), San Francisco, CA.

Schumann, K., Chair (2017, May). *Advances in forgiveness research*. Symposium conducted at the Association for Psychological Science Convention (APS), Boston, MA.

Schumann, K., Chair (2016, October). *New discoveries in research on apologies*. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology (SESP), Santa Monica, CA.

Schumann, K., Chair (2016, May). *New directions and discoveries in affirmation research*. Symposium conducted at the Annual Meeting of the Society for the Study of Motivation (SSM), Chicago, IL.

Schumann, K., Chair (2014, May). *The power of an incremental mindset: New directions in research on implicit theories*. Symposium conducted at the the Association for Psychological Science Convention (APS), San Francisco, CA.

Schumann, K., & Banfield, J. C., Co-Chairs (2010, June). *Factors affecting responses to injustice*. Symposium conducted at the Conference of the International Society for Justice Research (ISJR), Banff, AB.

LEADERSHIP IN THE FIELD

Schumann, K., (2026, February). *Positioning Social Psychology for the Future: How to do important social psychology research in the current funding climate*. Workshop conducted at the Annual Conference of the Society for Personality and Social Psychology (SPSP), Chicago, IL.

Schumann, K., Preconference Founder/Coordinator (2025, February). *Conflict and Conflict Resolution*.

Preconference conducted at the Annual Conference of the Society for Personality and Social Psychology (SPSP), San Diego, CA.

Schumann, K., Preconference Founder/Coordinator (2024, February). *Conflict and Conflict Resolution*.

Preconference conducted at the Annual Conference of the Society for Personality and Social Psychology (SPSP), San Diego, CA.

Schumann, K., Preconference Founder/Coordinator (2023, February). *Conflict and Conflict Resolution*.

Preconference conducted at the Annual Conference of the Society for Personality and Social Psychology (SPSP), Atlanta, GA.

Schumann, K., Preconference Founder/Coordinator (2022, February). *Conflict and Conflict Resolution*.

Preconference conducted at the Annual Conference of the Society for Personality and Social Psychology (SPSP), virtual.

Schumann, K., Preconference Founder/Coordinator (2021, February). *Conflict and Conflict Resolution*.

Preconference conducted at the Annual Conference of the Society for Personality and Social Psychology (SPSP), virtual.

Schumann, K., Preconference Founder/Coordinator (2020, February). *Conflict and Conflict Resolution*.

Preconference conducted at the Annual Conference of the Society for Personality and Social Psychology (SPSP), New Orleans, LA.

COLLABORATIONS TO PROMOTE SYNERGY BETWEEN RESEARCH AND PRACTICE

Student Success Action Research Collaborative

2026-

A research-practice partnership between the OTP's Student Success Team and LRDC

Intellectual Humility Huddle

2025-

A community of scholars collaborating to advance IH research and its real-world applications

Consortium on Moral Decision-Making

2024-

A multidisciplinary alliance between scholars, thinkers, and practitioners

Collaboratory Against Hate

2021-2024

Understanding and Countering Hate through Computational Analysis Working Group

Provost's Student Success Researcher/Practitioner Collaborative

2019-2020

A partnership between Pitt researchers and practitioners to advance student success initiatives

PROFESSIONAL SERVICE

Associate Editor

Journal of Experimental Social Psychology 2022-2025

Editorial Board:

Journal of Experimental Social Psychology 2025-
Personality and Social Psychology Review 2022-
Journal of Experimental Social Psychology 2021-2022

Grant reviewing:

National Science Foundation
Israel Science Foundation
John Templeton Foundation
Social Sciences and Humanities Research Council (SSHRC Canada)
Yale-NUS College Internal Seed Grant
Swiss National Science Foundation

Ad hoc reviewing:

Archive for the Psychology of Religion, Basic and Applied Social Psychology, British Journal of Social Psychology, Child Development, Collabra, Comprehensive Results in Social Psychology, Current Directions in Psychological Science, Emotion, European Journal of Social Psychology, Frontiers, Group Processes and Intergroup Relations, Health Psychology, International Journal for the Psychology of Religion, Journal of Child and Family Studies, Journal of Applied Social Psychology, Journal of Experimental Psychology: Applied, Journal of Experimental Psychology: General, Journal of Experimental Social Psychology, Journal of Marketing Research, Journal of Personality, Journal of Personality and Social Psychology, Journal of Social and Personal Relationships, Journal of Social and Political Psychology, Motivation and Emotion, Organizational Behavior and Human Decision Processes, Personality and Social Psychology Bulletin, Personality and Social Psychology Compass, Personality and Social Psychology Review, Political Psychology, Psychological Bulletin, Psychological Science, Psychology of Popular Media Culture, Social Psychological and Personality Science, The Social Science Journal

Additional service to the field:

External reviewer for tenure and promotion cases (confidential) 2026
 External reviewer for tenure and promotion cases (confidential) 2025
 National Science Foundation Panel 2024
 Heterodox Academy Open Inquiry Awards Committee 2021
 Program Committee, Symposium Review Panel 2021
 Society for Personality and Social Psychology Conference
 Program Committee, Symposium Review Panel 2020
 Society for Personality and Social Psychology Conference
 Review Board 2019
 European Association of Social Psychology
 Program Committee, Poster Review Panel 2016
 Society for Personality and Social Psychology Conference
 Program Committee, Poster Review Panel 2011

*Society for Personality and Social Psychology Conference***Departmental and University service:**

Director of Graduate Studies	2026-
Junior Faculty Mentoring	2025-
Faculty Development Committee	2025-
Professional Development Newsletter: Tips for Refereeing and Peer Reviewing	2025
Workshop on receiving feedback from, and giving feedback to, trainees	2025
Workshop on giving feedback to mentors	2025
Keynote address presented at the Psi Chi induction ceremony	2024
Pitt's Year of Discourse and Dialogue Steering Committee	2023-2025
Teaching Evaluation Committee	2023-2025
Social Division Talk Series Coordinator	2023-
Social Program Search Committee	2023-2024
Psychology Committee on Equity, Inclusion, and Community	2021-2024
Executive Committee	2019-
Graduate Education Committee	2019-
Social Program Chair	2019-
Ad Hoc Tenure Committee	2023
Difficult Conversations with Trainees Workshop at the Mentoring Summit	2023
Social Division Graduate Student Recruitment Coordinator	2022-2023
Social Division Seminar Faculty Coordinator	2022-2023
Inclusive Practices in Teaching Committee	2021-2022
Undergraduate Education Committee	2021-2022
Colloquium Committee	2020-2022
Social Division Graduate Student Recruitment Coordinator	2021-2022
Social Division Seminar Faculty Coordinator	2021-2022
Conflict Resolution Workshop for Pitt Law Associate Dean of Equity and Inclusive Excellence and Student-Advisory Council	2022
Empathy Training Workshop for Staff Services at the University of Pittsburgh	2022
Departmental Empathy Training Workshop	2021
Ethics and Anti-Discrimination Working Committee	2019-2021
Pitt Momentum Funds Reviewer	2019
Social Division Graduate Student Recruitment Coordinator	2018-2019
Social Division Bulletin Board and Website Coordinator	2017-2019
Social Division Brownbag Coordinator	2017-2018
Keynote address presented at the Psi Chi induction ceremony	2017
Talk presented at the Psi Chi talk series	2017
Professional Development Brownbag speaker: Creating an Effective CV	2017
Summer Undergraduate Research Award Faculty Reviewer	2017
Directed Research Table at Psychology Information Fair	2017
Summer Undergraduate Research Award Faculty Reviewer	2016
Graduate School Table at Psychology Information Fair	2016
Social Division Graduate Student Recruitment Co-Coordinator	2015-2016

Professional Development Brownbag speaker: Preparing and Presenting a Job Talk <i>University of Pittsburgh Psychology Department</i>	2015
Board of Directors, Abstract Review Chair <i>Stanford Undergraduate Psychology Conference</i>	2013
Coordinator of Statistical Workshop in Stanford Psychology	2012
Stanford Psychology Panel, Foothill College	2012
Coordinator of Social Division Seminar Series	2008-2010
Coordinator of GSEF Guest Presentation	2009
Vice-President of Graduate Students Association	2008-2009

TEACHING AND MENTORING

Undergraduate courses:

Introduction to Social Psychology
 The Psychology of Conflict Resolution
 Social Research Methods
 Psychological Measurement Tutorial
 Advanced Data Analysis Tutorial
 Basic Data Analysis Tutorial

Graduate courses:

The Psychology of Conflict Resolution

Research Mentoring:

Doctoral-Level Advisees

Emily Bosche (expected 2028)

Awards: Arts and Sciences Fellowship (2023-2024)

Justin Ludwig (graduated 2026)

Awards: Social Psychology Graduate Student Publication Award for Best Empirical Paper (2025)

Jonah Koetke (graduated 2025)

Awards: Mellon Fellowship (2023-2024); Elizabeth Baranger Excellence in Teaching Award (2023); Moskowitz Teaching Award (2023); APS Student Research Award for Outstanding Research (2023); Scott O. Lilienfeld APS Travel Award for Graduate Student Achievement in Psychological Science Research or Theory (2023); Social Psychology Graduate Student Publication Award for Best Empirical Paper (2024); Social Psychology Graduate Student Publication Award for Best Empirical Paper (2023); Social Psychology Graduate Student Publication Award for Best Empirical Paper (2022)

Lauren Ross (advised from Aug 2020-Dec 2021 after departure of her mentor, Dissertation Dec 2021)

Anna Vazeou-Nieuwenhuis (Dissertation April 2018)

Doctoral Student Mentoring Committees

Louis Deng (2025-)

Ugur Ozkusen (2025-)

Emily Bosche (2023-)

Rachel Forster (2022-)

Emily O'Brien (2022-)

Ketura Elie (2021-)

Justin Ludwig (2020-)
Kirby Sigler (2020-)
Jonah Koetke (2019-2025)
Beverly Iniguez Conrique (2018-2024)
Lauren Ross (2020-2021)
Rebecca Walsh (2018-2022)
Annie Maheux (2018-2020)
Kori Kreuger (2015-2020)
Susie Chen (2015-2020)
Anna Vazeou-Nieuwenhuis (2015-2018)

Honor's Thesis/BPhil Advisees

Kathleen Krawczyk (2026-)
Emma Quick (2025-2026)
Sammy Goldman (2025-2026)
Keanne Marcelo (2021)
Ilse Smilo-Morgan (2021)
Kelsey Kayton (2020)
Raven Hilfiker (2019)
Jordan Lacoste (2018)
Jeffrey Hughes (2011)
Cindy Ward (2010)

Honor's Thesis/BPhil Committee Member

Sarayu Cheemalapati (2025-2026)
Neila McElfresh (2025-2026)
Caitlin Viele Haggerty (2018-2019)

Master's Thesis Committee Member

Louis Deng (2026-)
Ugur Ozkusen (2026-)
Emily Bosche (2025-2026), Chair
Rachel Forster (2024-2025)
Emily O'Brien (2024-2025)
Kirby Sigler (2022-2023)
Ketura Elie (2022-2023)
Justin Ludwig (2021-2022), Chair
Jonah Koetke (2020-2021), Chair
Natasha Wood (2019-2020)
Beverly Conrique (2019-2020)
Annie Maheux (2019-2020)
Injung Ko (2016)

Specialty Paper Committee Member

Rachel Forster (2026-)
Ketura Elie (2026-)
Emily O'Brien (2025-2026)
Justin Ludwig (2024-2025), Chair
Kirby Sigler (2024-2025)
Beverly Conrique (2022-2023)
Jonah Koetke (2020-2021), Chair

Kori Krueger (2018)
Anna Vazeou-Nieuwenhuis (2016-2017), Chair

Dissertation Committee Member

Kirby Sigler (2025-2026)
Justin Ludwig (2025-2026), Chair
Jonah Koetke (2024-2025), Chair
Beverly Conrique (2023-2024)
Anne Maheux (2022-2023)
Rebecca Walsh (2021-2022)
Lauren Ross (2020-2021), Chair
Kori Krueger (2020)
Susie Chen (2020)
Anna Vazeou-Nieuwenhuis (2017-2018), Chair

Hot Metal Bridge Program Mentoring:

Sydni Davila (2023-2024)
Bianca West (2016-2017)

Brackenridge Fellowship Mentoring:

Kelsey Kayton (2018)

Summer Undergraduate Research Award Mentoring:

Jasmin Perrier (2022)

Directed Research Students:

Alexandra Ciarrocchi, Matthew Heininger, Jordan Lacoste, Christopher Larkin, Saagar Menon, Amanda Sauer, Jessica Schlosser, Christopher Talbot, Jesse Werhnyak, Lauren Zazzarino, Marcello DeFay, Raven Hilfiker, Xinyu Lu, Ximiao Zhao, Molly Hines, Kelsey Kayton, Josephine Mlakar, Mikayla Bogaski, Olivia Carter, Ilianna Ring, Madeliene Wilson, Kaixi Zhang, Mia Krawczel, Taylor Lukens, Sarah Wannenburg, Lily Chozick, Sydney Clark, Maddie Goldberg, Megan Novello, Cecilia Daugherty, Yitong Li, Morgan Gilmer, Suzy Wan, Gabrielle Hobbib, Juliann Alfera, Alison Lemke, Luca Donnini, Yitian Wang, Ryley Scheer, Grazieli Cordon, Laura Watson, Darin Fields, Olivia Ritrievi, Marcus Katich, Emma Yoon, Sean Chan, Zoe Gill-Gorenc, Connor Harris, Sydney Mahmood, Sammy Goldman, Shauna Meehan, Charity Lark, Daisy Smith, Mahika Arvind, Evelyn Doyle, Elizabeth Mimm, Tatyana Olevich, Emma Quick, Kate Ubriaco, CJ Wrightson, Jessica Geng, Kiana Strahotin, Jett Ruding, Sofia Caceres, Justin Melhorn, Kathleen Krawczyk, Hongyu Dong

PROFESSIONAL MEMBERSHIPS

Association for Psychological Science
Society of Experimental Social Psychology
Society for Personality and Social Psychology
Society for the Study of Motivation
Society for the Psychological Study of Social Issues

IMPACT AND ENGAGEMENT BEYOND ACADEMIA

Advisory Boards:

Bridge Beyond

A nonprofit organization focused on increasing accessibility of various resources for people who experience homelessness and housing instability.

Glasshouse

A virtual chat platform that makes contentious conversations easier and more productive by reviving the art of civil discourse and critical thinking.

Workshops:

Schumann, K. (2023, April). *Managing difficult conversations with trainees.* Workshop presented to the Mentoring Summit, Pittsburgh, PA.

Schumann, K. (2022, February). *Group Influence in the educational context.* Workshop presented to Beaver Country Day School, Boston, MA.

Schumann, K. (2021, August). *Empathy training workshop.* Workshop presented to the resident staff at the University of Pittsburgh, Pittsburgh, PA.

Schumann, K. (2021, August). *Communication Styles.* Workshop presented to Beaver Country Day School, Boston, MA.

Schumann, K. (2021, January). *Empathy training workshop.* Workshop presented to the University of Pittsburgh, Psychology Department, Pittsburgh, PA.

Schumann, K. (2020, September). *Constructive communication and listening skills for educators.* Workshop presented to Beaver Country Day School, Boston, MA.

Schumann, K. (2020, January). *Understanding empathy.* Workshop presented to Beaver Country Day School, Boston, MA.

Schumann, K. (2019, December). *Group Influence in the educational context.* Workshop presented to Beaver Country Day School, Boston, MA.

Schumann, K. (2019, September). *Preventing and managing conflict in the workplace.* Workshop presented to AgBiome, Triangle Park, NC.

Schumann, K. (2019, February). *Constructive communication and listening skills.* Workshop presented to Beaver Country Day School, Boston, MA.

Selected Media Coverage:

"Sorry, but we need to talk about women overapologizing." **CNN.**

<https://edition.cnn.com/2026/06/02/health/women-apologizing-wellness>

“How sorry are you? Why learning to apologize well could save your relationships. **The Guardian**.
<https://www.theguardian.com/science/2025/jun/29/learning-how-to-apologise-well-best-way-to-say-sorry>

“People with strong political beliefs can still be intellectually humble.” (2025). **PsyPost**.
<https://www.psypost.org/people-with-strong-political-beliefs-can-still-be-intellectually-humble-study-finds/>

“Feeling forgiven by God can reduce the likelihood of apologizing.” (2025). **PsyPost**.
<https://www.psypost.org/feeling-forgiven-by-god-can-reduce-the-likelihood-of-apologizing-psychology-study-finds/>

“Our favorite relationship advice of 2024, so far.” (2024). **New York Times**.
<https://www.nytimes.com/2024/07/03/well/family/best-relationship-advice.html>

“It is wrong to tell kids to apologize?” (2024). **The Atlantic**.
<https://www.theatlantic.com/family/archive/2024/05/should-kids-apologize-parenting-debate/678294/>

“Three ways to practice empathy” (2024). **PBS News**. <https://www.youtube.com/watch?v=xuuvBslLTM0>

“Compassion and empathy are two different skills. Here’s how to build both.” (2024). **Women’s Health**.
<https://www.womenshealthmag.com/life/a62803474/compassion-vs-empathy/>

“Here’s the one word you should never use when apologizing.” (2024). **Today.com**.
<https://www.today.com/life/relationships/how-to-apologize-rcna48416>

“How to accept an apology while still hurt.” (2024). **The Cut**.
<https://www.thecut.com/article/how-to-accept-an-apology.html>

“Why apologies are worth the effort.” (2024). **NPR All Sides**.
[https://www.wosu.org/show/all-sides/2024-03-27/wellness-wednesday-which-kind-of-deodorant-should-you-be-using-\(from-34:40\).](https://www.wosu.org/show/all-sides/2024-03-27/wellness-wednesday-which-kind-of-deodorant-should-you-be-using-(from-34:40).)

“When you need to admit your mistakes, and what happens when you don’t.” (2024). **Forbes**.
<https://www.forbes.com/sites/nicolelipkin/2024/03/26/why-you-need-to-admit-your-mistakes-and-what-happens-when-you-dont/?sh=29c718803b2b>

“The No. 1 simple phrase successful people use—that most are afraid to say: Psychology expert.” (2024). **CNBC**.
<https://www.cnbc.com/2023/11/28/highly-successful-and-likable-people-use-these-3-words-says-psychology-expert.html>

“How to apologize like you mean it.” (2024). **New York Times**.
<https://www.nytimes.com/2024/02/16/well/live/apology-tips.html>

“Why you rarely believe celebrity apologies on social media.” (2023). **BBC**.
<https://www.bbc.com/worklife/article/20230821-why-you-rarely-believe-celebrity-apologies-on-social-media>

“How to say sorry when you really mean it (and not when you don’t).” (2023). **Women’s Health**.

“8 ways to apologize well.” (2023). **Time**. <https://time.com/6264614/how-to-apologize-health-benefits/>

“The best way to apologize, according to science. (2023). **TedEd**.
<https://ed.ted.com/lessons/the-best-way-to-apologize-according-to-science>

"Can you apologize too much?" (2023) **The Washington Post**.

<https://www.washingtonpost.com/wellness/2023/04/06/saying-sorry-apologize-too-much/>

"Everyone messes up. Here's how to say you're sorry." (2023) **Vox**.

<https://www.vox.com/even-better/23622442/saying-sorry-apologize>

"Are you a frequent apologizer? New research indicates you might actually reap downstream benefits." (2023). **PsyPost**.

<https://www.psypost.org/2023/03/are-you-a-frequent-apologizer-new-research-indicates-you-might-actually-reap-downstream-benefits-74347>

"He's sorry. She's sorry. Everybody is sorry. Does it matter?" (2022). **New York Times**.

<https://www.nytimes.com/2022/02/28/opinion/whoopi-goldberg-joe-rogan-public-apologies.html>

"One reason to choose forgiveness over revenge. (2022). **Greater Good Magazine**.

https://greatergood.berkeley.edu/article/item/one_reason_to_choose_forgiveness_over_revenge

"What really feels better, forgiveness or revenge? New research has an answer." (2022) **Forbes**.

<https://www.forbes.com/sites/traversmark/2022/03/07/what-really-feels-better-forgiveness-or-revenge-new-research-has-an-answer/?sh=33e5a43933df>

"How to stop feeling bad about saying sorry and learn to apologize well." (2022). **Oprah Daily**.

<https://www.oprahdaily.com/life/health/a39354490/how-to-stop-feeling-bad-about-saying-sorry-and-learn-to-apologize-well/>

"Difficult conversations: So you messed up. Here's how to apologize." (2022) **Pittwire**.

<https://www.pitt.edu/pittwire/features-articles/how-to-give-a-meaningful-apology>

"Three scientifically proven ways to pick up your spirits on a down day." (2022). **Forbes**.

<https://www.forbes.com/sites/traversmark/2022/03/28/3-scientifically-proven-ways-to-pick-up-your-spirits-on-a-down-day/?sh=77da885a2add>

"Apologies" (2021). **Explained, Netflix Docuseries**. <https://www.netflix.com/watch/81273760?trackId=14277283&tctx=-97%2C-97%2C%2C%2C%2C>

"Can you ever get over a lingering grudge?" (2021). **BBC**.

<https://www.bbc.com/worklife/article/20211214-can-you-ever-get-over-a-lingering-grudge>

"Empathy means being better able to say you're sorry" (2021). **The Academic Times**.

<https://academictimes.com/empathy-means-being-better-able-to-say-youre-sorry/>

"Want to discuss politics civilly? Research says, cultivate a little humility. (2021) **PsyPost**.

<https://www.psypost.org/2021/10/want-to-discuss-politics-civilly-research-says-cultivate-a-little-humility-61919>

"People with greater intellectual humility show greater scrutiny toward 'fake news' about the coronavirus" (2021). **PsyPost**.

<https://www.psypost.org/2021/03/people-with-greater-intellectual-humility-show-greater-scrutiny-toward-fake-news-about-the-coronavirus-60080>

“Learning to apologize authentically” (2021). *Education Executive*.

<https://edexec.co.uk/learning-to-apologise-authentically/>

“The five-step formula for saying sorry – and feeling better about yourself” (2021). *The Telegraph*.

<https://www.telegraph.co.uk/health-fitness/mind/five-step-formula-saying-sorry-feeling-better/>

“Why women need to stop apologizing unnecessarily at work” (2020). *Thrive Global*.

<https://thrivglobal.com/stories/why-women-need-to-stop-apologising-unnecessarily-at-work/>

“How I learned to accept an apology from a friend” (2020). *The Cut*.

<https://www.thecut.com/article/how-to-accept-an-apology.html>

“Sorry not sorry” (2019). *Harvard Business Review*. <https://hbr.org/podcast/2019/05/sorry-not-sorry>

“No, you don’t have to stop apologizing” (2019). *The New York Times*.

<https://www.nytimes.com/2019/04/22/smarter-living/no-you-dont-have-to-stop-apologizing.html>

“Female candidates asked for forgiveness. Men, not so much” (2019). *Associated Press*.

<https://apnews.com/article/07cb47d2f298a5f54600c724256ab8a4>

“Science suggests Joe Biden needs to apologize quickly, and sincerely” (2019). *Observer*.

<https://observer.com/2019/04/joe-biden-apology-quick-sincere-science-says/>

“Too late to apologize—unless you have an excuse” (2019). *Psychological Science*.

<https://www.psychologicalscience.org/news/minds-business/too-late-to-apologize-unless-you-have-an->

[excuse-too.html?utm_source=APS+Emails&utm_campaign=3be6e208e2-EMAIL_CAMPAIGN_2019_07_24_04_24&utm_medium=email&utm_term=0_d2c7283f04-3be6e208e2-62668951](https://www.psychologicalscience.org/news/minds-business/too-late-to-apologize-unless-you-have-an-excuse-too.html?utm_source=APS+Emails&utm_campaign=3be6e208e2-EMAIL_CAMPAIGN_2019_07_24_04_24&utm_medium=email&utm_term=0_d2c7283f04-3be6e208e2-62668951)

“Empathy is a superpower in the workplace—Here’s how to use it right” (2019). *Thrive Global*.

<https://thrivglobal.com/stories/how-to-integrate-empathy-work-office-culture-tips/>

“Leaders, can you admit when you’re wrong?” (2019). *Thrive Global*.

<https://thrivglobal.com/stories/leaders-can-you-admit-when-youre-wrong/>

“Studies link intellectual humility with openness to other viewpoints” (2018). *The British Psychological Society*.

<https://digest.bps.org.uk/2018/01/23/something-we-could-use-a-little-more-of-studies-linkintellectual-humility-with-openness-to-other-viewpoints/>

“A story to improve your storytelling” (2018). *The Globe and Mail*.

<https://www.theglobeandmail.com/report-on-business/careers/management/a-story-to-improveyour-storytelling/article37890127/>

“People who never apologize probably aren’t nice to themselves either” (2018). *Vice*.

<https://www.vice.com/en/article/paqjdk/why-people-never-apologize>

“Apology tours, charity, and more” (2017). *The Boston Globe*.

<https://www.bostonglobe.com/ideas/2017/03/19/apology-tours-charity-and-more/2RApc2JkJePhdl6hd8ybuL/story.html>

“The right (and wrong) way to apologize” (2017). *CNN*.

<https://www.cnn.com/2017/11/10/health/how-to-apologize-say-sorry/index.html>

"How 'Intellectual Humility' can make you a better person" (2017). **The Cut**.

<https://www.thecut.com/2017/02/how-intellectual-humility-can-make-you-a-better-person.html>

"Liberals apologise more often than conservatives- and they're also more forgiving" (2017). **International Business Times**.

<https://www.ibtimes.co.uk/liberals-apologise-more-often-conservatives-theyre-also-moreforgiving-1610904>

"The land of apology and a return to Montreal: The Canada Letter" (2017). **The New York Times**.

<https://www.nytimes.com/2017/11/24/world/canada/apologies-canada-letter.html>

"Why it's so hard to admit you're wrong" (2017). **The New York Times**.

<https://www.nytimes.com/2017/05/22/smarter-living/why-its-so-hard-to-admit-youre-wrong.html>

"Sorry, celebrities and politicians—your apologies for sexual misconduct are falling short" (2017). **Pittsburgh Post-Gazette**.

<https://www.post-gazette.com/news/politics-nation/2017/11/17/Celebrities-politicians-apologies-sexual-misconduct-roy-moore-kevin-spacey-al-franken/stories/201711170231>

"The art and science of apologizing" (2016). **The Atlantic**.

<https://www.theatlantic.com/science/archive/2016/02/how-to-apologize/470457/>

"Why do the British say 'sorry' so much?" (2016). **BBC**.

<https://www.bbc.com/future/article/20160223-why-do-the-british-say-sorry-so-much>

"Overusing 'sorry' is not the way to go. Try 'thank you' instead." (2016). **Huffington Post**.

https://www.huffingtonpost.ca/2016/01/13/sorry-vs-thank-you_n_8963862.html

"Empathy is actually a choice" (2015). **The New York Times**.

<https://www.nytimes.com/2015/07/12/opinion/sunday/empathy-is-actually-a-choice.html>

"Why women apologize and should stop" (2015). **The New York Times**.

<https://www.nytimes.com/2015/06/23/opinion/when-an-apology-is-anything-but.html?smid=fb-nytimes&smtyp=cur>

"A trick that will make your next apology better" (2014). **The Cut**.

<https://www.thecut.com/2014/10/trick-that-will-make-your-next-apology-better.html>

"Divine intervention: Do our beliefs change when someone rejects us romantically?" (2014). **Medical Daily**.

<https://www.medicaldaily.com/divine-intervention-do-our-beliefs-change-when-someone-rejects-us-romantically-277392>

"The use and abuse of 'sorry': Americans do not say it, the British do not mean it and Canadians overdo it" (2014). **National Post**.

<https://postmedia.us.janrainso.com/static/server.html?origin=https%3A%2F%2Fnationalpost.com%2Fnews%2Fcanada%2Fthe-use-and-abuse-of-sorry-americans-do-not-say-it-the-british-do-not-mean-it-and-canadians-overdo-it>

"Reminding people of their religious belief system reduces hostility, study shows" (2014). **Science Daily**.

<https://www.sciencedaily.com/releases/2014/10/141015165250.htm>

"Stop apologizing! Why are women so 'sorry' all the time?" (2013). **Jezebel**.

<https://jezebel.com/stop-apologizing-why-are-women-so-sorry-all-the-time-5980683>

"I'm sorry, but I'm not going to stop apologizing" (2013). **Slate**.

<https://slate.com/human-interest/2013/02/women-apologize-more-than-men-why-saying-i-m-sorry-doesn-t-make-you-weak.html>

"Love means (occasionally) having to say you're sorry" (2012). **Vancouver Sun**. <https://vancouversun.com>

"Study reveals women apologize so much" (2010). **Fox News**.

<https://www.foxnews.com/health/study-reveals-why-women-apologize-so-much>

"Sorry! Study shows why women apologize more" (2010). **NBC News**.

<https://www.nbcnews.com/id/wbna39384763#.WicG-EqnGUk>

"Real men do apologize" (2010). **Pacific Standard**.

<https://psmag.com/social-justice/real-men-do-apologize-23241>

"Science explains why men always have to say sorry" (2010). **The Toronto Star**.

https://www.thestar.com/life/2010/09/28/science_explains_why_men_always_have_to_say_sorry.html

"I'm very, very, very sorry... Really?" (2010). **Wall Street Journal**.

<https://www.wsj.com/articles/SB10001424052702304410504575560093884004442>