

# AMANDA L. FOREST

## *Curriculum Vitae*

Department of Psychology, University of Pittsburgh  
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Website: <https://www.pittrelationshipprocesseslab.com/>

## ACADEMIC APPOINTMENTS

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Associate Professor, Department of Psychology, University of Pittsburgh, 2022 – present  
Assistant Professor, Department of Psychology, University of Pittsburgh, 2013 – 2022

## EDUCATION

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Postdoctoral Researcher, University of Waterloo September 2012 – July 2013

Ph.D., Psychology, University of Waterloo 2012  
Major area: Social Psychology, Advisor: Joanne Wood  
Thesis: “Does the Squeaky Wheel Get the Grease?  
Negative Expressivity and Partner Responsiveness in Relationships”

B.A. (Honours), Psychology; Arts & Business, University of Waterloo 2007  
Thesis: “When Partner Caring Leads to Sharing: Expectations of  
Partner Responsiveness, Self-Esteem, and Expressing Oneself”

## GENERAL RESEARCH INTERESTS

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Close relationships; Emotional expressivity; Self-disclosure; Negativity; Social support;  
Partner responsiveness; Relationship maintenance; Self-esteem; Social media; Instrumentality.

## PEER-REVIEWED PUBLICATIONS

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\*Graduate student co-author ±Undergraduate student co-author

\*Elnakouri, A., Rossignac-Milon, M., \*Krueger, K. L., **Forest, A. L.**, Higgins, E. T., & Scholer, A.,  
(in press). In it together: Sharing reality with instrumental others is linked to goal success.  
*Journal of Personality and Social Psychology*.

±Chandler, K. R., \*Krueger, K. L., **Forest, A. L.**, & Orehek, E. (2023). Interested and instrumental:  
An examination of instrumentality regulation with potential romantic partners. *Personality  
and Social Psychology Bulletin*, 49, 197–214.

Schumann, K., \*Ritchie, E., & **Forest, A. L.** (2023). The social consequences of frequent versus  
infrequent apologizing. *Personality and Social Psychology Bulletin*, 50, 331–343.

\*Krueger, K. L. & **Forest, A. L.** (2022). Putting responsiveness in context: How a partner’s  
responsiveness baseline shapes perceived responsiveness. *Personal Relationships*, 29, 857–  
874.

- Forest, A. L., \*Walsh, R. M., & \*Krueger, K. L.** (2021). Facilitating and motivating support: How support seekers can affect the support they receive. *Social and Personality Psychology Compass*, e12600.
- \*Walsh, R. M., & **Forest, A. L.** (2021). Can expressing positivity elicit support for negative events? A process model and review. *Personality and Social Psychology Review*, 25, 3-40.
- \*Krueger, K. L., & **Forest, A. L.** (2020). Communicating commitment: A relationship-protection account of dyadic displays on social media. *Personality and Social Psychology Bulletin*, 46, 1059-1073.
- \*Walsh, R. E., **Forest, A. L.**, & Orehek, E. (2020). Self-disclosure on social media: The role of perceived network responsiveness. *Computers in Human Behavior*, 104, 106162.
- Orehek, E., **Forest, A. L.**, & ±Wingrove, S. (2018). People as means to multiple goals: Implications for interpersonal relationships. *Personality and Social Psychology Bulletin*, 44, 1487-1501.
- Orehek, E., **Forest, A. L.**, & \*Barbaro, N. (2018). A people-as-means approach to interpersonal relationships. *Perspectives on Psychological Science*, 13, 373-389.
- Orehek, E., & **Forest, A. L.** (2016). When people serve as means to goals: Implications of a motivational account of close personal relationships. *Current Directions in Psychological Science*, 25, 79-84.
- Forest, A. L.**, Kille, D. R., ±Stehouwer, L., & Wood, J. V. (2015). Turbulent times, rocky relationships: Relational consequences of experiencing physical instability. *Psychological Science*, 26, 1261–1271.
- Open Science Collaboration (2015). Estimating the reproducibility of psychological science. *Science*, 349, 1-8.
- Forest, A. L.**, Kille, D. R., Wood, J. V., & Holmes, J. G. (2014). Discount and disengage: How chronic negative expressivity affects partner responsiveness. *Journal of Personality and Social Psychology*, 107, 1013-1032.
- Kille, D. R., **Forest, A. L.**, & Wood, J. V. (2013). Tall, dark, and stable: Embodiment motivates mate selection preferences. *Psychological Science*, 24, 112-114.
- Gaucher, D., Wood, J. V., Stinson, D. A., **Forest, A. L.**, Holmes, J. G., & Logel, C. (2012). Perceived regard explains self-esteem differences in expressivity. *Personality and Social Psychology Bulletin*, 38, 1144-1156.
- Forest, A. L.**, & Wood, J. V. (2012). When social networking is not working: Individuals with low self-esteem recognize but do not reap the benefits of self-disclosure on Facebook. *Psychological Science*, 23, 295-302.
- Forest, A. L.**, & Wood, J. V. (2011). When partner caring leads to sharing: Partner responsiveness increases expressivity, but only for people with low self-esteem. *Journal of Experimental Social Psychology*, 47, 843-848.
- Stinson, D. A., Logel, C., Holmes, J. G., Wood, J. V., **Forest, A. L.**, Gaucher, D., Fitzsimons, G. M., & Kath, J. (2010). The regulatory function of self-esteem: Testing the acceptance and epistemic signalling systems. *Journal of Personality and Social Psychology*, 99, 993-1013.

## BOOK CHAPTERS AND ENCYCLOPEDIA ENTRIES

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- Wood, J. V. & **Forest, A. L.** (2016). Self-protective yet self-defeating: The paradox of low self-esteem people's self-disclosures. In J. M. Olson & M. P. Zanna (Eds), *Advances in Experimental Social Psychology, Volume 53*, 131-181. Cambridge, MA: Academic Press.
- Forest, A. L.**, & Frieze, I. H. (2015). Love and commitment. In G. E. Ritzer (Ed.), *The Blackwell Encyclopedia of Sociology, 2<sup>nd</sup> Edition*. Wiley Blackwell, Chichester. doi: 10.1002/9781405165518.wbeos0057.
- Wood, J. V., & **Forest, A. L.** (2010). Seeking pleasure and avoiding pain in interpersonal relationships. In M. Alicke & C. Sedikides (Eds.), *The Handbook of Self-Enhancement and Self-Protection*. New York: Guilford Press, pp. 258-278.
- Wood, J. V., **Hogle, A.**, & McClellan, J. (2009). Self-esteem and relationships. In H. Reis & S. Sprecher (Eds.), *Encyclopedia of Human Relationships, Volume 3*, 1422-1425. Thousand Oaks, CA: Sage.

## MANUSCRIPTS UNDER REVISION OR REVIEW

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\*Graduate student co-author ±Undergraduate student co-author

- Forest, A. L.**, \*Sigler, K.N., \*Bain, K.S., \*O'Brien, E.R., & Wood, J.V. (accepted pending minor revisions). Responsiveness, self-disclosure, and self-esteem. *Current Opinion in Psychology*.
- Cyr, E. N., Kroeper, K. M., Bergsieker, H. B., Dennehy, T. C., Logel, C., Steele, J. R., Knasel, R. A., Hartwig, W. T., Shum, P., Reeves, S. L., Dys-Steenbergen, O., Litt, A., Lok, C. B., Ballinger, T., Nam, H., Tse, C., **Forest, A. L.**, Zanna, M., Staub-French, S., Wells, M., Schmader, T., Wright, S. C., & Spencer, S. J. (accepted pending revisions). Girls are good at STEM: Opening minds and providing evidence reduces boys' stereotyping of girls' STEM ability. *Child Development*.
- Wood, J. V., **Forest, A. L.**, Friesen, J. P., Murray, S. L., Holmes, J. G., & McNulty, J. K. (invited manuscript under revision). Why self-esteem matters in romantic relationships. *Nature Reviews Psychology*.
- \*Sigler, K. N., & **Forest, A. L.** (under revision for invited resubmission). Expressing negativity enhances support from romantic partners, even for trivial stressors. *Personality and Social Psychology Bulletin*.

## GRANTS AND RESEARCH FUNDING

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National Science Foundation, Division of Behavioral and Cognitive Sciences, 2020 – 2024  
 Social Psychology Program  
 Title: *Eliciting support in times of distress: Examining when and for whom expressing positivity is an effective strategy*  
 Role: Principal Investigator (no additional PIs or Co-PIs)  
 Total award: \$379,762  
 Total direct costs: \$248,192  
 Total indirect costs: \$131,570

Central Research Development Fund Small Grants Program, University of Pittsburgh Title: <i>Responsiveness forecasting and emotional expressivity in dyadic interactions: Implications for relationship functioning and personal wellbeing</i> Role: Principal Investigator (no additional PIs or Co-PIs) Total award: \$15,420 (all direct costs)	2014 – 2019
Social Sciences and Humanities Research Council of Canada CGS Postdoctoral Fellowship (declined in order to accept faculty position) Title: <i>Inhibited expressivity among individuals with low self-esteem: The role of responsiveness forecasts</i> Total award (declined): \$85,000	2013
Social Sciences and Humanities Research Council of Canada CGS Doctoral Scholarship Title: <i>The dark side of expressivity: How expressive behaviour undermines the social connections of individuals with low self-esteem</i> Total award: \$105,000	2008 – 2011
Social Sciences and Humanities Research Council of Canada CGS Master's Scholarship Title: <i>Self-esteem differences in expectations of partner responsiveness and expressivity: Testing a model of behavioural confirmation</i> Total award: \$17,500	2007 – 2008

## MENTORED RESEARCH FUNDING

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Steve Duck New Scholar Award International Association for Relationship Research <i>Awarded to a new scholar (within 3 years of receiving their Ph.D.) in support of their research on personal relationships.</i> Recipient: Kori Krueger Total award: \$500	2022
Dr. Ruth L. Myers Memorial Research Excellence Award Department of Psychology, University of Pittsburgh <i>Conferred for an outstanding research project being conducted by a graduate student</i> Recipient: Kori Krueger Total award: \$500	2017
Dr. Ruth L. Myers Memorial Research Excellence Award <i>Conferred for an outstanding research project being conducted by a graduate student</i> Department of Psychology, University of Pittsburgh Recipient: Rebecca Walsh Total award: \$500	2015

## HONORS AND AWARDS

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Nominee, Department of Psychology Faculty Excellence in Teaching Award	2023
Nominee, Dietrich School of Arts and Sciences Award for Excellence in Graduate Mentoring, University of Pittsburgh	2020
Warren Ober Award for Outstanding Teaching by a Graduate Student in the Faculty of Arts, University of Waterloo	2013
International Association for Relationships Research Student Submission Award	2012
Society for Personality and Social Psychology Travel Award	2012
University of Waterloo Graduate Student Research Studentship	2012
University of Waterloo Faculty of Arts Graduate Scholarship	2012
University of Waterloo Graduate Scholarship	2011
University of Waterloo Arts Graduate Experience Award	2011
University of Waterloo President's Graduate Scholarship	2007 – 2011
Ontario Graduate Scholarship (declined in order to accept SSHRC funding)	2008
Ontario Graduate Scholarship (declined in order to accept SSHRC funding)	2007
University of Waterloo Faculty of Arts Alumni Gold Medal	2007
University of Waterloo Psychology Departmental Award	2007
University of Waterloo Department of Psychology Honours Thesis Award	2007
University of Waterloo Psychology Memorial Award	2007
University of Waterloo Psychology Memorial Award	2006
University of Waterloo Faculty of Arts Upper-Year Scholarship	2006
University of Waterloo President's Circle Award for Volunteerism	2006
University of Waterloo Kim Biggar Award	2005
University of Waterloo J.S. Minas Entrance Scholarship	2003

## CONFERENCE POSTERS AND PRESENTATIONS

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\* Graduate student co-author (since 2014) ± Undergraduate student co-author

\*Sigler, K. & **Forest, A. L.** (2023, February). Eliciting responsive support via text: Why texting one friend at a time may be better than texting many. Poster presented at the 24<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.  
*Finalist in the Graduate Student Poster Award Competition.*

\*O'Brien, E. R. & **Forest, A. L.** (2023, February). Goal support lies in the eye of the beholder: Depressive symptoms and relationship quality bias perceptions of instrumentality. Poster presented at the Emotion Preconference of the 24<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.

**Forest, A. L.** & \*Walsh, R. M. (2022, July). Support-seekers as support shapers: Considering whether and why expressing positivity in times of distress may elicit responsive support. Talk presented at the International Association for Relationship Research Conference [held remotely].

±Chandler, K., \*Krueger, K. L., **Forest, A. L.**, & Orehek, E. (2022, July). Does romantic interest drive instrumental behavior? Instrumentality regulation with potential romantic partners. Data blitz talk presented at the International Association for Relationship Research Conference [held remotely].

- \*Sigler, K. & **Forest, A. L.** (2022, July). Dodge, detach, or draw close: Navigating social network disapproval of one's romantic relationship. Data blitz talk presented at the International Association for Relationship Research Conference [held remotely].
- \*Sigler, K. & **Forest, A. L.** (2022, February). *Disclosing distress: Examining the effects of negative expressivity and stressor severity on responsive support elicitation*. Poster presented at the 23<sup>rd</sup> Annual Conference of the Society for Personality and Social Psychology, San Francisco, CA. [held remotely].
- \*Sigler, K. & **Forest, A. L.** (2022, February). *Needed, not needy: Why expressing negative emotion enhances support, even for trivial stressors*. Poster presented at the 23<sup>rd</sup> Annual Conference of the Society for Personality and Social Psychology Emotion Preconference, San Francisco, CA. [held remotely].  
*Winner of the 2022 SPSP Emotion Preconference Best Poster Award.*
- \*Krueger, K. L. & **Forest, A. L.**, Levine, J. M., \*Walsh, R. M., & Higgins, E. T. (2021, August). *Seeing eye to eye: The positives of sharing reality about the negatives*. Talk presented at the International Association for Relationship Research Conference [rescheduled from 2020, held remotely in 2021].
- Forest, A. L.** & \*Krueger, K. L. (2021, February). *Maintaining relationships in the face of negative disclosure: The value of feeling instrumental*. Talk presented at the 22<sup>nd</sup> Annual Conference of the Society for Personality and Social Psychology [held remotely].
- \*Krueger, K. L. & **Forest, A. L.** (2021, February). *Using dyadic displays on social media: A relationship-protection account*. Talk presented at the 22<sup>nd</sup> Annual Conference of the Society for Personality and Social Psychology [held remotely].
- ±Chandler, K., \*Krueger, K. L., **Forest, A. L.**, & Orehek, E. (2021, February). *Interested and instrumental: The role of romantic interest in instrumentality-regulation with novel partners*. Poster presented at the 22<sup>nd</sup> Annual Conference of the Society for Personality and Social Psychology [held remotely].
- \*Krueger, K. L. & **Forest, A. L.** (2020, February). *Listening to negativity can be beneficial: The role of feeling instrumental*. Talk presented at the 21<sup>st</sup> Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.
- \*Walsh, R. M., & **Forest, A. L.**, & ±Viele Haggerty, C. A. (2020, February). *How do people regulate their responsiveness when faced with rival threat?* Talk presented at the 21<sup>st</sup> Annual Conference of the Society for Personality and Social Psychology Data Blitz Session, New Orleans, LA.
- \*Ritchie, E., Schumann, K., & **Forest, A. L.** (2020, February). *Sorry again (and again!): The social consequences of frequent apologies*. Talk presented at the 21<sup>st</sup> Annual Conference of the Society for Personality and Social Psychology Conflict and Conflict Resolution Preconference, New Orleans, LA.
- \*Krueger, K. L. & **Forest, A. L.** (2019, June). *Why might negative expressivity be good for relationships? The role of inviting instrumentality and responsiveness*. Talk presented at the International Association for Relationship Research Mini-Conference on Positive Action in Relationships, Ottawa, ON, Canada.

- \*Walsh, R. M. & **Forest, A. L.** (2019, June). *Thank you, my love, will you support me? On the value of expressing partner-directed positivity in support-seeking contexts.* Talk presented at the International Association for Relationship Research Mini-Conference on Positive Action in Relationships, Ottawa, ON, Canada.
- \*Krueger, K. L., **Forest, A. L.**, Levine, J. M., \*Walsh, R. M., & Higgins, E. T. (2019, February). *Sharing reality about upsetting events: Epistemic and relational consequences.* Talk presented at the 20<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology Authenticity and Shared Reality Preconference Data Blitz Session, Portland, OR.
- \*Walsh, R. M. & **Forest, A. L.** (2019, February). *How can support seekers elicit responsive support? The role of expressing different types of positivity.* Poster presented at the 20<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Portland, OR.
- \*Krueger, K. L. & **Forest, A. L.** (2019, February). *Identification or motivation? Why do highly committed people make their relationships visible on Facebook, and with what consequences?* Poster presented at the 20<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Portland, OR.
- ±Chandler, K., **Forest, A. L.**, & \*Krueger, K. L. (2019, February). *Strategically instrumental: The regulation of instrumentality as a function of relationship status and alternative availability.* Poster presented at the 20<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Portland, OR.
- ±Macejka, W., **Forest, A. L.**, & \*Krueger, K. L. (2019, February). *Why might disclosing freely about one's fears promote one's perceived relationship quality? The roles of self-perceived motivation to bond and perceived partner responsiveness.* Poster presented at the 20<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Portland, OR.
- Forest, A. L.**, \*Walsh, R. M., \*Krueger, K. L., & Wood, J. V. (2018, July). *Why do people express negativity in social contexts? The role of wanting partners to show that they care.* Talk presented at the International Association for Relationship Research Conference, Fort Collins, CO.
- \*Walsh, R. M. & **Forest, A. L.** (2018, July). *The value of expressing positivity when seeking support for negative events.* Talk presented at the International Association for Relationship Research Conference, Fort Collins, CO.
- \*Krueger, K. L. & **Forest, A. L.** (2018, July). *Perceiving partner responsiveness: The role of responsiveness baselines.* Data blitz talk presented at the International Association for Relationship Research Conference, Fort Collins, CO.
- \*Krueger, K. L. & **Forest, A. L.** (2018, March). *Why do committed people represent themselves dyadically on Facebook, and with what consequences?* Talk presented at the 19<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Close Relationships Preconference Data Blitz Session, Atlanta, GA.
- \*Walsh, R. M. & **Forest, A. L.** (2018, March). *The benefits (and costs) of expressing positivity when seeking support for negative events.* Talk presented at the 19<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Close Relationships Preconference Data Blitz Session, Atlanta, GA.

- \*Krueger, K. L. & **Forest, A. L.** (2018, March). *Perceived partner responsiveness baseline influences interpretations of situational responsiveness*. Poster presented at the 19<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.
- \*Walsh, R. M. & **Forest, A. L.** (2018, March). *Responsiveness in the face of rivals: Examining rival threat's impact on responsiveness toward one's romantic partner*. Poster presented at the 19<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Atlanta, GA.
- \*Krueger, K. L., **Forest, A. L.**, & Levine, J. M. (2017, July). *How agreement is reached: Implications for epistemic and relational outcomes*. Talk presented at the Society for Interpersonal Theory and Research Conference, Pittsburgh, PA.
- Orehek, E., **Forest, A.L.**, & Wingrove, S. A. (2017, July). *People as means perspective on interpersonal relationships*. Talk presented at the meeting of the European Association of Social Psychology, Granada, Spain.
- \*Krueger, K. L., **Forest, A. L.**, & Orehek, E. (2017, June). *To look hot or not? Romantic commitment modulates women's attractiveness-regulation with romantic alternatives*. Talk presented at the International Association for Relationships Research Mini-Conference, Syracuse, NY.
- Orehek, E., Forest, A.L., & ±Wingrove, S. (2017, May). *A people as means approach to close relationships*. Talk presented at the annual meeting of the Association for Psychological Science, Boston, MA.
- \*Walsh, R. E., Orehek, E., & **Forest, A. L.** (2017, April). *Reading between the lines: How Facebook updates reflect (and reveal) perceived network supportiveness*. Poster presented at the 29<sup>th</sup> Annual Convention of the Association for Psychological Science, Boston, MA.
- Forest, A. L.**, \*Krueger, K., & Orehek, E. (2017, January). *Relationship commitment and the pursuit of self-presentation goals with romantic alternatives*. Talk presented at the 18<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, San Antonio, TX.
- \*Walsh, R., & **Forest, A. L.** (2017, January). *Cold or caring? How do people respond to the threat of a romantic rival?* Poster presented at the 18<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, San Antonio, TX.
- Orehek, E., **Forest, A. L.**, & ±Wingrove, S. (2017, January). *When people serve as means to multiple goals: Perceived instrumentality and relationship evaluations*. Talk presented at the 18<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, San Antonio, TX.
- \*Krueger, K. L., **Forest, A. L.**, & Levine, J. M. (2017, January). *Impact of others' responses to opinion communication: Shared reality, epistemic trust, and opinion certainty*. Poster presented at the 18<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, San Antonio, TX.
- Orehek, E., **Forest, A. L.**, & ±Wingrove, S. (2016, September). *When people serve as means to multiple goals: Perceived instrumentality and relationship evaluations*. Talk presented at the Annual Meeting of the Society of Experimental Social Psychology, Santa Monica, CA.



- \*Walsh, R. E. & **Forest, A. L.** (2016, January). *Cracking the code: An examination of motivations for posting cryptic updates on Facebook*. Poster presented at the 17<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, San Diego, CA.
- \*Krueger, K. L. & **Forest, A. L.**, & Orehek, E. (2016, January). *Women's relationship commitment predicts self-presentation with available alternatives*. Poster presented at the 17<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, San Diego, CA.
- Orehek, E., & **Forest, A. L.** (2016, February). *When people serve as means to goals: Implications of a motivational account of close relationships*. Talk presented at the Society for Personality and Social Psychology Self and Identity Preconference, San Diego, CA.
- \*Timoney, S. L., **Forest, A. L.**, & Wood, J. V. (2016, January). *The role of self-esteem and awareness in the contagion of negative moods*. Poster presented at the 17<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, San Diego, CA.
- Forest, A. L.**, Wood, J. V., Kille, D. R., & Holmes, J. G. (2015, September). *"You're fine and I'm fed up:" Why chronic negative expressivity undermines partner responsiveness to negative disclosures*. Talk presented at the Annual Meeting of the Society of Experimental Social Psychology, Denver, CO.
- Forest, A. L.**, Orehek, E., & \*Krueger, K. L. (2015, February). *Dress for relationship success? Women's relationship commitment predicts self-presentation with attracted alternative partners*. Talk presented at the 16<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology Close Relationships Preconference Data Blitz Session, Long Beach, CA.
- Forest, A. L.**, Kille, D. R., & Wood, J. V. (2015, February). *Shaky and self-protective: Physical instability triggers risk regulation processes in relationships*. Poster presented at the 16<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Long Beach, CA.
- Wood, J. V. & **Forest, A. L.** (2015, February). *Self-esteem and self-disclosure*. Invited talk presented at the 16<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology Self and Identity Preconference, Long Beach, CA.
- Forest, A. L.**, Kille, D. R., Wood, J. V., & Holmes, J. G. (2014, October). *Do as the satisfied do? Calibrating responsiveness to disclosers' negativity baselines*. Talk presented at the Annual Meeting of the Society of Experimental Social Psychology, Columbus, OH.
- Wood, J. V., **Forest, A. L.**, & ±Machado, D. (2014, May). *Social networking is a double-edged sword: Low self-esteem and self-disclosure on Facebook*. Talk presented at the 26<sup>th</sup> Annual Convention of the Association for Psychological Science, San Francisco, CA.
- Forest, A. L.**, & Kille, D. R., & Wood, J. V. (2014, February). *When negativity is the norm: Partner responsiveness to negative disclosures from chronically negative people*. Talk presented at the 15<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Austin, TX.
- Wood, J. V., **Forest, A. L.**, & Machado, D. (2014, February). *Social networking is a double-edged sword: Low self-esteem and self-disclosure on Facebook*. Talk presented at the 15<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Austin, TX.

- Forest, A. L.,** Kille, D.R., Wood, J. V., & Holmes, J. G. (2014, February). *Does relationship satisfaction encourage or diminish responsiveness to a chronically negative partner?* Talk presented at the 15<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology Close Relationships Preconference Data Blitz Session, Austin, TX.
- Chow, D. & **Forest, A. L.** (2014, February). *Self-esteem and risk of rejection as predictors of texting while driving behavior.* Poster presented at the 15<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Austin, TX.
- Wood, J. V., Kille, D. K., **Forest, A. L.,** Stinson, D.A., & Cameron, J.J. (2013, September). *Shaky selves and shaky tables: How feelings of insecurity influence relationship initiation.* Talk presented at the Society of Experimental Social Psychology Attraction and Relationships Preconference, Berkeley, CA.
- Forest, A. L.,** Kille, D. R., Wood, J. V., & Holmes, J. G. (2013, June). *Shifting standards for perceiving distress: Negative expressivity baselines affect partner responsiveness to negative disclosures.* Poster presented at the 74<sup>th</sup> Annual Convention of the Canadian Psychological Association, Social-Personality Preconference, Quebec City, QC, Canada.
- Forest, A. L.,** Kille, D. R., Stehouwer, Wood, J. V., & Stehouwer, L.R. (2013, January). *It's not you, it's this table: Physical instability triggers risk regulation processes in romantic relationships.* Talk presented at the 14<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.
- Forest, A. L.,** Kille, D. R., Wood, J. V., & Holmes, J.G. (2013, January). *Partner responsiveness to negative disclosures in relationship contexts: The role of negativity baselines.* Talk presented at the 14<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology Relationships Preconference Data Blitz Session, New Orleans, LA.
- Wood, J. V., **Forest, A. L.,** & Machado, D. (2013, January). *Connecting versus self-protecting: Self-esteem and self-disclosure on Facebook.* Talk presented at the 14<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, New Orleans, LA.
- Forest, A. L.,** & Wood, J. V. (2012, October). *Revisiting the role of high self-esteem in leading to relationship success.* Talk presented at the Annual Meeting of the Society of Experimental Social Psychology, Austin, TX.
- Forest, A. L.,** Kille, D. R., Stehouwer, L. R., & Wood, J. V. (2012, July). *Suddenly on shaky ground: Experiencing physical instability affects perceptions of romantic relationship stability.* Talk presented at the International Association for Relationship Research Conference, Chicago, IL.
- Kille, D. R., Wood, J. V., & **Forest, A. L.** (2012, July). *The importance of the self in social mood regulation: How closeness influences both emotional contagion and emotional regulation.* Poster presented at the International Association for Relationship Research Conference, Chicago, IL.
- Kille, D. R., **Forest, A. L.,** & Wood, J. V. (2012, May). *Avoiding the "bad boy:" How the physical environment can affect mate selection.* Poster presented at the 24<sup>th</sup> Annual Convention of the Association for Psychological Science, Chicago, IL.

- Forest, A. L., Kille, D. R., & Wood, J. V.** (2012, January). *How stable is your relationship? Experiencing physical instability affects perceptions that one's relationship will last.* Talk presented at the 13<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology Relationships Preconference Data Blitz Session, San Diego, CA.
- Wood, J. V. & Forest, A. L.** (2012, January). *Self-protective yet self-defeating: The paradox of low self-esteem people's disclosures.* Talk presented at the 13<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology Relationships Preconference, San Diego, CA.
- Kille, D. R., Forest, A. L., & Wood, J. V.** (2012, January). *Not so sure? Physical instability affects judgment certainty.* Poster presented at the 13<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Judgment and Decision-Making Preconference, San Diego, CA.
- Forest, A. L., Kille, D. R., Wood, J. V., & Holmes, J. G.** (2012, January). *Does the squeaky wheel get the grease? One's emotional baseline affects others' responses to one's emotional expressions.* Poster presented at the 13<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, San Diego, CA.
- Forest, A. L., & Wood, J. V.** (2011, January). *Why are low self-esteem people so negative? Reasons underlying self-esteem differences in negative expressivity.* Poster presented at the 12<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, San Antonio, TX.
- Forest, A. L., & Wood, J. V.** (2010, October). *Will you like me if I share my negativity? Self-esteem and the interpersonal consequences of negative expressivity.* Talk presented at the Annual Meeting of the Society for Experimental Social Psychology, Minneapolis, MN.
- \*\*Hogle, A. L., & Wood, J. V.** (2010, January). *Some things are better left unsaid: Self-esteem differences in positive and negative expressivity and their effects on interpersonal relationships.* Poster presented at the 11<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Las Vegas, NV.
- \*\*Hogle, A. L., & Wood, J. V.** (2010, January). *Some things are better left unsaid: Self-esteem differences in positive and negative expressivity and their effects on interpersonal relationships.* Poster presented at the University of Waterloo-University of Western Ontario Social Psychology Conference, London, ON.
- \*\*Hogle, A. L., & Wood, J. V.** (2009, August). *Is expressivity always good? Self-esteem differences in positive and negative expressivity and their consequences for interpersonal relationships.* Poster presented at the 12<sup>th</sup> Biennial Ontario Symposium: The Science of the Couple, London, ON, Canada.
- \*\*Hogle, A. L., & Wood, J. V.** (2009, February). *Expectations and self-revelation: Self-esteem differences in the effects of expected partner responsiveness on expressivity.* Poster presented at the 10<sup>th</sup> Annual Conference of the Society for Personality and Social Psychology, Tampa Bay, FL.
- \*\*Hogle, A. L., & Wood, J. V.** (2008, May). *When partner caring leads to sharing: Expectations of partner responsiveness, self-esteem, and expressing oneself.* Poster presented at the University of Waterloo-University of Western Ontario Social Psychology Conference, London, ON, Canada.

## INVITED TALKS AND COLLOQUIA

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*Expressing the good in bad times: How support-seekers' positive expressivity in times of distress shapes support from close partners.* (2022, November). University of Waterloo, Social Psychology Brown Bag Series.

*Eliciting support and maintaining relationships in times of distress: The impact of support seekers' negative and positive expressivity.* (2021, March). University of Maryland, Social, Decision, and Organizational Sciences Brown Bag Series.

*Discount and disengage: How chronic negative expressivity affects partner responsiveness to negative disclosures.* (2014, March). Carnegie Mellon University, Social Psychology Brown Bag Series.

*When negativity is the norm: Partner responsiveness to negative disclosures from chronically negative people.* (2013, October). Carnegie Mellon University, Online Cancer Support Research Group.

## LOCAL TALKS AND COLLOQUIA

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*Getting the support we need: How people can cultivate high quality support in times of distress.* (2022, March). University of Pittsburgh, Psi Chi National Honor Society.

*How communication can fuel relationship development and maintenance.* (2022, February). University of Pittsburgh, Panther Psychology Club.

*The psychology of romantic relationships.* (2021, August). Upper St. Clair Township Public Library [held remotely].

*Why do people showcase their couplehood on social media?* (2020, February). University of Pittsburgh, Psi Chi National Honor Society and Panther Psychology Club.

*Self-disclosure in relationships.* (2018, November). University of Pittsburgh, Panther Psychology Club.

*Expressing negativity in relationship contexts.* (2018, February). University of Pittsburgh, Psi Chi National Honor Society and Panther Psychology Club.

*Interpreting communications in close relationships: The roles of perceived partner negativity and responsiveness baselines.* (2017, April). University of Pittsburgh, Developmental Psychology Brown Bag Series.

*Creating closeness or inhibiting intimacy: The importance of expressivity and partner responsiveness in close relationships.* (2017, February). University of Pittsburgh, Panther Psychology Club.

*Do people strategically regulate their attractiveness? The role of relationship commitment and alternative availability.* (2016, October). University of Pittsburgh, Psi Chi National Honor Society.

*Is responsiveness always adaptive? A context model perspective.* (2014, November). University of Pittsburgh, Psi Chi National Honor Society.

*Disclosures in relationship context: How knowledge of our partners shapes responsiveness to negative disclosures.* (2014, March). University of Pittsburgh, Psi Chi National Honor Society.

## **POPULAR PRESS**

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**Forest, A. L., & \*Krueger, K. L.** (February 7, 2020). Why people post 'couple photos' as their social media profile pictures. *The Conversation*.

My work has been featured in a variety of popular media outlets including: The New York Times, The Economist, National Public Radio (NPR), CBC Radio One, Good Morning America, Discovery News, TIME, Scientific American 60-Second Mind, The National Post, The Globe and Mail, The Ottawa Citizen, Slate Magazine, The Huffington Post, NBC 2 News, ABC News, Fox News, ScienceDaily, Psykologi magazine (Finland), LiveScience, Daily Rx, PsyPost, scienceofrelationships.com, Psychology Today, MSN Health, Yahoo Health, TechNews Daily, 102.1 The Edge Toronto, 570 News Kitchener, The Sydney Morning Herald, Marie Claire magazine, Web MD's The Art of Relationships, The Mumbai Mirror, The Waterloo Record, The Guelph Mercury, The New Zealand Herald, CBC News, and msnbc.com.

## **GENERAL TEACHING INTERESTS**

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Social psychology; Close relationships/Interpersonal relations; Research methods in social psychology.

## **TEACHING EXPERIENCE**

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### **University of Pittsburgh (Instructor)**

PSY 0105: Introduction to Social Psychology (lecture): Spring 2015, Fall 2015, Fall 2016, Spring 2017, Fall 2017, Spring 2018, Fall 2018, Spring 2019, Fall 2019, Spring 2020, Spring 2021, Fall 2021, Spring 2022, Summer 2022 (co-instructor), Fall 2022

PSY 1137: Close Relationships (seminar): Spring 2018; Fall 2018, Spring 2019, Fall 2019, Spring 2020, Spring 2022

PSY 1051: Special Topics in Social Psychology (Interpersonal Relations): Fall 2013 (lecture-based), Spring 2014 (seminar), Fall 2015 (seminar), Fall 2016 (seminar), Spring 2017 (seminar), Fall 2017 (seminar)

PSY 2130: Interpersonal Relations (Graduate-level seminar): Spring 2015

PSY 1059: Topics in Advanced Research Methods (Social Psychology Research): Fall 2014

### **University of Waterloo**

PSYCH 395: Research Methods in Social Psychology (Instructor): Fall 2012

PSYCH 354: Interpersonal Relations (Co-Instructor): Spring 2012

PSYCH 395: Research in Social Psychology (Teaching Assistant): Fall 2010, Fall 2011

PSYCH 291: Basic Research Methods (Teaching Assistant): Fall 2007, Fall 2008, Fall 2009

**Other Teaching and Mentorship Activities**

Participant, Equitable, Accessible, and Inclusive Teaching Practices Webinar, National Center for Faculty Development and Diversity	Summer 2022
Participant, Inclusive Pedagogy Workshop: Equity, Diversity, and Inclusion on Paper: Syllabus Audit, Department of Psychology, University of Pittsburgh	Fall 2021
Participant, Inclusive Pedagogy Workshop: Responding to Identity-Based Bias and Tension in the Classroom, Department of Psychology, University of Pittsburgh	Fall 2021
Participant, Supporting Trans* Scholars Webinar, National Center for Faculty Development and Diversity	Summer 2021
Participant, Supporting African American College Student Success, Provost's Diversity Institute for Faculty Development, University of Pittsburgh	Summer 2021
Participant, Inclusive Teaching and Why it Matters, Provost's Diversity Institute for Faculty Development, University of Pittsburgh	Summer 2021
Participant, Inclusive Course Design Workshop: A Four-Part Institute, Department of Psychology, University of Pittsburgh	Spring 2021
Participant, Large Enrollment Faculty Learning Community Workshop: Make Better Videos and Zoom Presentations, University Center for Teaching and Learning, University of Pittsburgh	Spring 2021
Participant, Department of Psychology Empathy Training Session, University of Pittsburgh	Spring 2021
Attendee, Creating and Maintaining Diverse and Inclusive Spaces, Society for Personality and Social Psychology	Fall 2020
Participant, Best Practices in Online Teaching Workshop, University Center for Teaching and Learning, University of Pittsburgh	Fall 2020
Attendee, Toward More Inclusive Teaching and Learning, Department of Psychology Colloquium, University of Pittsburgh	Fall 2020
Participant, White Privilege in Information Webinar, University Center for Teaching and Learning, University of Pittsburgh	Fall 2020
Participant, Developing Anti-Oppressive Communities: Supporting Black Students and Mentees Webinar, National Center for Faculty Development and Diversity	Summer 2020
Participant, Faculty Development Workshop on Mentoring Relationships that Lead to Doctoral Student Success, University of Pittsburgh	Fall 2019

Participant, Provost's Diversity Institute for Faculty Development: Navigating Student Mental Health Concerns, University of Pittsburgh	Summer 2019
Participant, Supporting Transgender Community Members Workshop, University of Pittsburgh	Spring 2019
Participant, Large Enrollment Faculty Learning Community Workshop: Discussion Strategies for Large Enrollment Classes, University Center for Teaching and Learning, University of Pittsburgh	Spring 2019
Volunteer for Teaching Observation, Teaching Evaluation Product Committee Department of Psychology, University of Pittsburgh	Fall 2018
Participant, Provost's Diversity Institute for Faculty Development: Transforming Curriculum to Be More Inclusive, University of Pittsburgh	Spring 2018
Member, Psychology Teaching Evaluation Product Committee Department of Psychology, University of Pittsburgh	Spring 2018
Participant, Writing in the Disciplines Faculty Seminar, Dietrich School of Arts and Sciences, University of Pittsburgh	Fall 2014
Participant, Postdoctoral Teaching Development Seminar Series, Centre for Teaching Excellence, University of Waterloo	Winter 2013
Guest Lecturer, Interpersonal Relations, University of Waterloo	Fall 2010

## **GRADUATE MENTORSHIP**

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### **Mentored Graduate Student Trainees**

Kori Krueger (PhD, 2014 – 2020)

Dissertation title: *Is listening to a partner's negative expressivity always detrimental? The role of perceiving oneself as instrumental.*

Current position: Postdoctoral Fellow, Tepper School of Business, Carnegie Mellon University

Upcoming position: Assistant Professor, Department of Psychology, Morgan State university

Rebecca Walsh (PhD, 2014 – 2022)

Dissertation title: *Expressing the good in bad times: Examining whether and why positive expressivity in negative contexts affects romantic partners' responsive support provision.*

Note: timeline extended for personal reasons including impacts of the COVID-19 pandemic

Current position: Quantitative Researcher, Strategyn

Kirby Sigler (M.Sc., 2020 – present)

Emily O'Brien (2022 – present)

### **Graduate Milestone Committee Membership**

#### **Dissertation Committee Member, University of Pittsburgh**

Rebecca Walsh, 2021 – (Chair)

Lauren Ross, 2020 – 2021

Molly Bowdring, 2019 – 2020

Kori Krueger, 2019 – 2020 (Chair)

Marlissa Amole, 2017 – 2018  
Amoha Bajaj, 2016 – 2018  
Jasmine Williams, 2016 – 2018

**Comprehensive/Specialty Paper Committee Member, University of Pittsburgh**

Madeleine Goodwin, 2023 –  
Quyen Do, 2022 – 2023  
Jonah Koetke, 2021 – 2022  
Beverly Conrique, 2022  
Lauren Ross, 2019 – 2020  
Kori Krueger, 2017 – 2018 (Chair)  
Rebecca Walsh, 2017 – 2018 (Chair)  
Lea Martin, 2017  
Molly Bowdring, 2017  
Marlissa Amole, 2016  
Amoha Bajaj, 2015 – 2016  
Berhane Messay, 2014  
Whitney Waugh, 2014

**Master's Committee Member, University of Pittsburgh**

Sienna Nielsen, 2022 –  
Kirby Sigler, 2022 – 2023 (Chair)  
Justin Ludwig, 2022  
Jonah Koetke, 2020 – 2021  
Madeline Goodwin, 2020 – 2021  
Christina Leckfor, 2019 – 2020  
Rebecca Walsh, 2016 – 2017 (Chair)  
Kori Krueger, 2016 (Chair)  
Molly Bowdring, 2015 – 2016  
Grace Weaverling, 2014 – 2015

**UNDERGRADUATE MENTORSHIP AND SUPERVISION**

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**Honors Thesis Students Supervised, University of Pittsburgh**

Caitlin Viele Haggerty, 2018 – 2019

Title: *It takes two to tango? Examining whether and how partner-rival interactions affect responsiveness to one's romantic partner*

Kylie Chandler, 2017 – 2018

Title: *Building bonds or curbing connections? Relationship commitment and willingness to engage in intimacy-promoting behaviors with romantic alternatives*

**Undergraduate Teaching Assistants Supervised, University of Pittsburgh**

Chandler Reagan, Spring 2021 (Introduction to Social Psychology)

Alice Smith, Fall 2015 (Introduction to Social Psychology)



**Honors Thesis/ BPhil Committee Member, University of Pittsburgh**

Sarah Hulse, 2022 – 2023

Lily Jensen, 2021 – 2022

Keanne Marcelo, 2020 – 2021

Kelsey Kayton, 2019 – 2020

Raven Hilfiker, 2018 – 2019

Jordan Lacoste, 2017 – 2018

David Cenkner, 2015 – 2016

**Directed Research Students Supervised, University of Pittsburgh**

Supervised over 60 students in Directed Research between Spring 2014 and Spring 2022, often for two or three semesters each

**Mentored Undergraduate Departmental Poster Session Presentations**

±Ottaviano, P., Sigler, K., & **Forest, A. L.**, (2021, April). *Does Perceived Partner Commitment Predict Responsiveness to a Partner's Negative Disclosure?* Poster presented at the Psychology Undergraduate Student Research Poster Session, Department of Psychology, University of Pittsburgh, Pittsburgh, PA. [held remotely].

±Bednar, S., **Forest, A. L.**, & Roecklein, K. A. (2017, April). *Seasonal affective disorder and emotional expressivity in romantic relationships.* Poster presented at the Psychology Undergraduate Student Research Poster Session, Department of Psychology, University of Pittsburgh, Pittsburgh, PA.

**Honors Theses Co-Supervised, University of Waterloo**

Fall 2011 – Spring 2012: Dan Machado

Fall 2011 – Winter 2012: Lindsay Stehouwer (Winner of the Departmental Honours Thesis Award)

Spring 2011 – Winter 2012: Darrick Chow

Fall 2010 – Winter 2011: Mark Hallink (Winner of the Departmental Honours Thesis Award; Winner of the Canadian Psychological Association Certificate of Excellence)

Fall 2008 – Spring 2009: Samantha Daniel

**EDITORIAL BOARD MEMBER**

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2020- Journal of Personality and Social Psychology: Interpersonal Relations and Group Processes

**REVIEWING (AD HOC)**

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Cognition and Emotion

Cyberpsychology: Journal of Psychosocial Research on Cyberspace

Emotion

European Journal of Social Psychology

Israel Science Foundation (Grant Reviewer)

Journal of Experimental Social Psychology

Journal of Media and Communication Studies

Journal of Personality

Journal of Personality and Social Psychology

Journal of Social and Personal Relationships

National Science Foundation (Grant Reviewer)

Personality and Social Psychology Bulletin  
Personality and Social Psychology Review  
Psychology of Popular Media Culture  
Sage Publications (Book Proposal Reviewer)  
Sex Roles  
Social Psychological and Personality Science

## **SERVICE**

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### **Search Committee Member, University of Pittsburgh**

Developmental Psychology Search Committee, 2016 – 2017  
Social Psychology Search Committee, 2014 – 2015  
Social Psychology-LRDC Search Committee, 2013 – 2014  
Social/Health Psychology Search Committee, 2013 – 2014

### **Panelist, University of Pittsburgh**

Preparing for the Academic Life, Department of Psychology Grad Student Orientation, Fall 2016;  
2017; 2018  
Experiential Learning Workshop, Department of Psychology, October 2015  
Getting Involved in Directed Research, Panther Psychology Club, November 2014  
Professional Brown Bag Series: Developing a Research Trajectory, Department of Psychology,  
April 2014

### **Other Service Activities, University of Pittsburgh**

Member, Junior Faculty Mentorship Committee (Sophie Choukas-Bradley), 2022 – 2023  
Discussion Facilitator, Honors College Medicine and Muffins Pre-Med Group session on Dealing  
with Impostor Syndrome, Spring 2022  
Member, Ethics and Anti-Bias Committee, Department of Psychology, Fall 2021 – Fall 2022  
Member, Undergraduate Education Committee, Department of Psychology, Fall 2017 – Spring  
2018; Fall 2019 – Spring 2020, Fall 2020 – Spring 2021  
Leader, Research Statement Writing Workshop, Social Psychology Area, Spring 2019  
Leader, Roundtable for Graduate Students on Serving as a Reviewer for Journal Articles, Social  
Psychology Area, Fall 2019  
Member, Mellon Fellowship Committee, 2014, 2018  
Faculty Participant, Professional Development Committee CV Workshop, Department of  
Psychology, October 2017  
Reviewer, Central Research Development Fund grant competition, 2017  
Attendee, Recruiting an Excellent and Diverse Faculty Workshop Presentation, Spring 2017  
Member, Natural Sciences Writing Assessment Team, Fall 2015 – Spring 2016  
Speaker, Professional Development Brown Bag Series: Preparing and Presenting a Job Talk for an  
Academic Audience, October 2015

### **Service to Professional Societies**

Reviewer, International Association for Relationships Research Conference, 2022  
Reviewer, International Association for Relationships Research Conference, 2020 [held in 2021]

SPSP Close Relationships Preconference Co-Chair (2018) and Chair (2019)

Junior Committee Member, Relationships Research Interest Group, SPSP, May 2017 – March 2020

Reviewer, Graduate Student Travel Awards, SPSP, August 2017

Judge, SPSP Student Poster Award, February 2014

**Other Service Activities, University of Waterloo**

Lab Co-Ordinator, Social Psychology Division, June 2012 – July 2013

Co-Organizer, Seminar on Statistics for Social Psychology Graduate Students, October 2011

Organizer, University of Waterloo-University of Western Ontario Social Psychology Conference,  
May 2009

**PROFESSIONAL MEMBERSHIPS**

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Member, International Association for Relationships Research

Member, Society for Personality and Social Psychology

Fellow, Society of Experimental Social Psychology