

Curriculum Vitae

S. Katherine Nelson-Coffey

Department of Psychology
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ACADEMIC POSITION

2015 – Assistant Professor, Department of Psychology, The University of the South

EDUCATION

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| University of California, Riverside | Ph.D. in Psychology, 2015 M.A. in Psychology, 2011 (Dissertation Chair: Sonja Lyubomirsky, Ph.D.) Major Focus: Social/Personality Psychology |
| University of Mary Washington | B.S. (honors) in Psychology, 2008 Highest Academic Distinction (<i>Summa Cum Laude</i>) |

FELLOWSHIPS, HONORS, AND AWARDS

Faculty

2018 Faculty Research Grant, University of the South (\$4,000)
2017 Faculty Research Grant, University of the South (\$1,000)
2016 Early Career Travel Grant, Society for Teaching of Psychology

Doctoral Dissertation Awards

2017 International Positive Psychology Association Dissertation Award, Honorable Mention
2013 Dissertation Year Fellowship, University of California, Riverside (\$21,000 + tuition)

Graduate Honors

2014 Outstanding Teaching Assistant Award, University of California, Riverside
2012 Outstanding Research Award, The Science of Compassion Conference
2012 Graduate Research Award, University of California, Riverside (\$300)
2011 *Journal of Happiness Studies*, Editor's Choice Paper
2011 National Science Foundation Graduate Research Fellowship, Honorable Mention
2010 National Science Foundation Graduate Research Fellowship, Honorable Mention
2010-2015 University of California, Riverside Graduate Student Association Conference Travel Grants (~\$1500)
2009 Chancellor's Distinguished Fellowship, University of California, Riverside (\$20,000 + tuition)

Undergraduate Honors

2008 Phi Beta Kappa, University of Mary Washington
2008 Outstanding Senior Psychology Major Award, University of Mary Washington (\$500)
2007 Minnie Rob Phaup Scholarship for Excellence in Psychology, University of Mary Washington (\$1,000)

PUBLICATIONS

*undergraduate student co-author

Peer-Reviewed Journal Articles

- Nelson-Coffey, S. K.**, Killingsworth, M., Layous, K., Cole, S. W., & Lyubomirsky, S. (in press). Parenthood is associated with greater happiness for fathers than mothers. *Personality and Social Psychology Bulletin*.
- River, L. M., Borelli, J. L., & **Nelson-Coffey, S. K.** (in press). Tolerance of infant distress among working parents: Examining the roles of attachment anxiety and work-family conflict. *Parenting: Science and Practice*.
- Wang, R. A. H., **Nelson-Coffey, S. K.**, Layous, K., Jacobs Bao, K., Davis, O. S. P., & Haworth, C. M. A. (2017). Moderators of wellbeing interventions: Why do some people respond more positively than others? *PLoS ONE*, *12*, e0187601. doi:10.1371/journal.pone.0187601
- Borelli, J. L., **Nelson-Coffey, S. K.**, River, L. M., Birken, S. A., & Moss-Racusin, C. (2017). Bringing work home: Gender and parenting correlates of work-family guilt among parents of toddlers. *Journal of Child and Family Studies*, *26*, 1734-1745. doi:10.1007/s10826-017-0693-9
- Nelson-Coffey, S. K.**, Borelli, J. L., & River, L. M. (2017). Attachment avoidance, but not anxiety, minimizes the joys of caregiving. *Attachment & Human Development*, *19*, 504-531. doi: 10.1080/14616734.2017.1326060
- Nelson-Coffey, S. K.**, Fritz, M., Lyubomirsky, S., & Cole, S. W. (2017). Kindness in the blood: A randomized controlled trial of the gene regulatory impact of prosocial behavior. *Psychoneuroendocrinology*, *81*, 8-13. doi: 10.1016/j.psyneuen.2017.030.025
- Borelli, J. L., **Nelson, S. K.**, River, L. M.*, Birken, S. A., & Moss-Racusin, C. (2017). Gender differences in guilt about working in parents of young children. *Sex Roles*, *76*, 356-368 doi: 10.1007/s11199-016-0579-0
- Layous, K., **Nelson, S. K.**, Kurtz, J. L., & Lyubomirsky, S. (2017). What triggers prosocial effort? A positive feedback loop between positive activities, kindness, and well-being. *The Journal of Positive Psychology*, *12*, 385-398. doi: 10.1080/17439760.2016.1198924
- Nelson, S. K.**, Robbins, M. L., Andrews, S. E., & Sweeny, K. (2017). Disrupted transition to parenthood: Gender moderates the association between miscarriage and uncertainty about conception. *Sex Roles*, *76*, 380-392. doi: 10.1007/s11199-015-0564-z
- River, L. M.*, Borelli, J. L., & **Nelson-Coffey, S. K.** (2016). Examining parents' attachment styles and depressive and anxiety symptoms as predictors of caregiving experiences. *Infant Mental Health Journal*, *37*, 1-14. doi: 10.1002/imhj.21587

- Nelson, S. K.**, Layous, K., Cole, S. W., & Lyubomirsky, S. (2016). Do unto others or treat yourself? The effects of prosocial and self-focused behaviors on psychological flourishing. *Emotion, 16*, 850-861. doi: 10.1037/emo0000178
- Haworth, C. M. A., **Nelson, S. K.**, Layous, K., Carter, K., Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2016). Stability and change in genetic and environmental influences on well-being in response to an intervention. *PLOS ONE*, e0155538. doi: 10.1371/journal.pone.0155538
- Nelson, S. K.**, Della Porta, M. D., Jacobs Bao, K., Lee, H., Choi, I., & Lyubomirsky, S. (2015). “It’s up to you”: Experimentally manipulated autonomy support for prosocial behavior improves well-being in two cultures over six weeks. *The Journal of Positive Psychology, 10*, 463-476. doi: 10.1080/17439760.2014.983959
- Sweeny, K., Andrews, S. E., **Nelson, S. K.**, & Robbins, M. L. (2015). Waiting for a baby: Navigating uncertainty in recollections of trying to conceive. *Social Science & Medicine, 141*, 123-132. doi: 10.1016/j.socscimed.2015.07.031
- Lyubomirsky, S., Layous, K., Chancellor, J., & **Nelson, S. K.** (2015). Thinking about rumination: The scholarly contributions and intellectual legacy of Susan Nolen-Hoeksema. *Annual Review of Clinical Psychology, 11*, 1-22. doi: 10.1146/annurev-clinpsy-032814-112733
- Nelson, S. K.**, Kushlev, K., & Lyubomirsky, S. (2014). The pains and pleasures of parenthood: When, why, and how is parenthood associated with more or less well-being? *Psychological Bulletin, 140*, 846-895. doi: 10.1037/a0035444
- Nelson, S. K.**, Fuller, J. A. K., Choi, I., & Lyubomirsky, S. (2014). Beyond self-protection: Self-affirmation boosts hedonic and eudaimonic well-being. *Personality and Social Psychology Bulletin, 40*, 998-1011. doi: 10.1177/0146167214533389
- Nelson, S. K.**, Kushlev, K., English, T., Dunn, E. W., & Lyubomirsky, S. (2013). In defense of parenthood: Children are associated with more joy than misery. *Psychological Science, 24*, 3-10. doi: 10.1177/0945797612447798
- #1 Most Read *Psychological Science* Article via Sage Publications, December 2012
 - #1 Most Popular TWiPS Article via APS, December 2012
 - One of the Top 10 Insights from 2012 on the Science of a Meaningful Life, Greater Good Science Center
- Layous, K., **Nelson, S. K.**, & Lyubomirsky, S. (2013). What is the most optimal way to deliver a positive activity intervention? The case of writing about one’s “best possible selves.” *Journal of Happiness Studies, 14*, 635-654. doi: 10.1007/s10902-012-9346-2
- Peréz-Edgar, K., Kujawa, A., **Nelson, S. K.**, Cole, C., & Zapp, D. J. (2013). The relation between electroencephalogram asymmetry and attention biases to threat at baseline and under stress. *Brain and Cognition, 82*, 337-343. doi: 10.1016/j.bandc.2013.05.009
- Layous, K., **Nelson, S. K.**, Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012). Kindness counts: Prompting prosocial behavior in preadolescents boosts peer acceptance and well-being. *PLOS ONE, 7*, e51380. doi: 10.1371/journal.pone.0051380
- One of the Top 10 Insights from 2012 on the Science of a Meaningful Life, Greater Good Science Center
 - Top 10% most cited *PLOS ONE* articles

- Cole, C., Zapp, D., **Nelson, S. K.**, & Pérez-Edgar, K., (2012). Speech presentation cues moderate frontal EEG asymmetry in socially withdrawn young adults. *Brain and Cognition*, 78, 156-162. doi: 10.1016/j.bandc.2011.10.013
- Schiffrrin, H. H., Rezendes, D., & **Nelson, S. K.** (2010). Stressed and happy? Investigation of the relationship between happiness and perceived stress. *Journal of Happiness Studies*, 11, 33-39. doi: 10.1007/s10902-008-9118-1
- Falkenstern, M., Schiffrrin, H. H., **Nelson, S. K.**, Ford, L., & Keyser, C. (2009). Mood over matter: Can happiness be your undoing? *The Journal of Positive Psychology*, 4, 365-371. doi: 10.1080/17439760902992415

Commentaries

- Howell, K. H., Coffey, J. K., Fosco, G. M., Kracke, K., **Nelson, S. K.**, Rothman, E. F., & Grych, J. H. (2016). Seven reasons to invest in well-being. *Psychology of Violence*, 6, 8-14. doi: 10.1037/vio0000019
- Nelson, S. K.**, Kushlev, K., Dunn, E. W., & Lyubomirsky, S. (2014). Parents are slightly happier than nonparents, but causality still cannot be inferred: A reply to Bhargava, Kassam, and Loewenstein (2014). *Psychological Science*, 25, 303-304. doi:10.1177/0956797613508561

Book Chapters

- Nelson-Coffey, S. K.**, & Stewart, D.* (in press). Well-being in parenting. Chapter to appear in M. Bornstein (Ed.), *Handbook of Parenting* (3rd ed.).
- Nelson-Coffey, S. K.** (2018). Married . . . with children: The science of well-being in marriage and family life. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of Well-Being*. Noba Scholar Handbook series: Subjective well-being. Salt Lake City, UT: DEF publishers. doi: nobascholar.com
- Nelson, S. K.**, & Lyubomirsky, S. (2016). Gratitude. In H. Friedman (Editor in Chief), *Encyclopedia of Mental Health* (2nd ed., Vol. 2, pp. 277-280). Waltham, MA: Academic Press.
- Layous, K., **Nelson, S. K.**, & Legg, A. M. (2015). Measuring well-being in the scholarship of teaching and learning. In R. S. Jhangiani, J. D. Troisi, B. Fleck, A. Legg, & H. Hussey (Eds.), *A compendium of scales for use in the scholarship of teaching and learning* (pp. 136-151).
- Nelson, S. K.**, & Lyubomirsky, S. (2015). Juggling family and career: Parents' pathways to a balanced and happy life. In Page, K., Burke, R., & Cooper, C. (Eds.), *Flourishing in life, work, and careers: Individual wellbeing and career experiences*. (pp. 100-118). Cheltenham, UK: Edward Elgar.
- Nelson, S. K.**, Kurtz, J. L., & Lyubomirsky, S. (2015). What psychological science knows about achieving happiness. In S. J. Lynn, W. O'Donohue, & S. Lilienfeld (Eds.), *Better, stronger, wiser: Psychological science and well-being*. New York: Sage.

Nelson, S. K. & Lyubomirsky, S. (2014). Finding happiness: Tailoring positive activities for optimal well-being benefits. In M. Tugade, M. Shiota, & L. Kirby (Eds.), *Handbook of positive emotions* (pp. 275 – 293). New York: Guilford.

Martin-Krumm, C., Lyubomirsky, S., & **Nelson, S. K.** (2012). Psychologie positive et adaptation: Quelle contribution? [What is the contribution of research in positive psychology and hedonic adaptation?] In C. Tarquinio & E. Spitz (Eds.), *Psychologie de l'adaptation* (pp.333-354). Bruxelles: De Boeck.

Popular Press/Op-Ed/Blogs

Nelson-Coffey, S. K. (2019, January). Resolutions for happiness. *Psychology Today*.

Nelson-Coffey, S. K. (2016, September). Treat yourself: Does it really make you happy? *Psychology Today*.

Nelson-Coffey, S. K. (2016, August). A picture is worth 1,000 words, but does it make you happy? *Psychology Today*.

Nelson-Coffey, S. K. (2016, August). Happiness is not set in stone. *Psychology Today*.

Nelson-Coffey, S.K. (2016, August). A study of happiness and acts of kindness: What REALLY makes us happy? *Positive Psychology Program*.

Nelson, S. K. (2014, March). When, why, and how? The questions psychologists should be asking about parents' happiness. *SPSP Blog*.

MANUSCRIPTS UNDER REVIEW

Nelson-Coffey, S. K., Ruberton, P. M., Chancellor, J., Cornick, J., Blascovich, J., & Lyubomirsky, S. (2018). *The proximal experience of awe*. Invited revision resubmitted to *PLoS One*.

Nelson-Coffey, S. K., & Cavanaugh, L. (2018). *Baby fever: Situational cues shift the desire to have children via empathic emotions*. Manuscript under review.

MANUSCRIPTS IN PREPARATION (Data collected and analyzed)

Coffey, J. K., **Nelson-Coffey, S. K.,** Faulkner, H.*, & Pluess, M.W. (2018). *Childhood positive emotions predict adult health and well-being*. Manuscript in preparation.

Nelson-Coffey, S. K., & Coffey, J. K. (2018). *Attachment-oriented gratitude promotes insecure parents' connectedness and well-being*. Manuscript in preparation.

Nelson-Coffey, S. K., Zankman, M.*, Coffey, J. K., & O'Hair, C. M.* (2018). *Attachment, caregiving goals, and parental well-being*. Manuscript in preparation.

Nelson-Coffey, S. K., Bohlmeijer, E., & Schotanus-Dijkstra, M. (2018). *Performing acts of kindness as a preventive strategy for those at risk for mental disorders: Results of a randomized controlled trial*. Manuscript in preparation.

Layous, K., & **Nelson-Coffey, S. K.** (2018). *Social support fosters gratitude following adversity*. Manuscript in preparation.

PRESENTATIONS

Invited Talks

- The benefits of benevolence: Prosocial behavior improves gene regulation and happiness.* Invited symposium, World Congress on Positive Psychology. Melbourne, Australia. July 18-21, 2019.
- Caregiving and happiness.* Invited symposium, Sewanee: The University of the South Faculty Research Luncheon. Sewanee, TN. April 13, 2018.
- A journey to understanding caregiving and happiness.* Invited symposium, Cologne Excellent Women in Science International Symposium. University of Cologne. Cologne, Germany. October 5-6, 2017.
- Cultivating happiness: Current research and practical tools for increasing happiness.* Invited talk, Robert Blain Family Meeting. Chicago, IL. November 18, 2016.
- How to be happy: Lessons from psychological science.* Invited workshop, South Cumberland Plateau AmeriCorps VISTA Program. Sewanee, TN. August 24, 2016.
- Cultivating psychological well-being: Using psychological science to inform the pursuit of happiness.* Invited colloquium, Sewanee: The University of the South Wellness Center. Sewanee, TN. November 19, 2015.
- The science of well-being: Examining the effects of positive interventions and life-changing events.* Invited colloquium, University of Wisconsin-Madison. Madison, WI. December 12, 2014.
- The science of well-being: Examining the effects of positive activities and life-changing events.* Invited colloquium, Sewanee: The University of the South. Sewanee, TN. November 21, 2014.
- The science of well-being: Examining the effects of positive activities and life-changing events.* Invited colloquium, University of New Hampshire, Durham, NH. November 6, 2014.
- The pains and pleasures of parenthood: Unpacking the association between parenthood and well-being.* Paper presented at the Positive Friday series at Claremont Graduate University, Claremont, CA, October 11, 2013.
- The Twins Well-Being Intervention Study (TWIST): Preliminary results of a genetically sensitive online intervention.* Paper presented at the Social and Personality Psychology Brown Bag Series at the University of California, Riverside, CA, October 3, 2013.
- Intentional happiness: Current research and practical tools for increasing family happiness.* The Doris A. Howell Foundation for Women's Health Research. San Diego, CA, November 13, 2012.
- Kindness counts: Prompting prosocial behavior in preadolescents promotes peer acceptance and well-being.* Paper presented at the Living Compassion Conference. Flagstaff, Arizona. October 28, 2012.
- The pains and pleasures of parenting: When, why, and how does parenthood lead to more or less well-being?* Paper presented at the Social and Personality Psychology Brown Bag Series at the University of California, Riverside, CA, October 11, 2012.

A positive activity intervention with school-age children. Paper presented at the Social and Personality Psychology Brown Bag Series at the University of California, Riverside, CA, January 19, 2012.

Can a house make you happy? Panel discussion for West Hollywood's 14th Annual Art and Design Walk. West Hollywood, CA, March 25, 2011.

The joys of parenthood: The (surprising) relationship between parenthood and well-being. Paper presented at the Social and Personality Psychology Brown Bag Series at the University of California, Riverside, CA, February 10, 2011.

Peer-Reviewed Conference Presentations

Nelson-Coffey, S. K., Zankman, M., Coffey, J. K., O'Hair, C. (2019, July). Compassionate caregiving in parent-child relationships: Compassion, gratitude, and attachment insecurity. Paper to be presented at the biennial World Congress on Positive Psychology. Melbourne, Australia.

Nelson-Coffey, S. K., Zankman, M.*, Coffey, J. K., O'Hair, C.* (2019, March). Attachment-oriented gratitude improves parenting behaviors and well-being. In M. Kerr & **S. K. Nelson-Coffey** (Chairs), *Positive well-being in the family system: Implications for parent and youth development*. Symposium to be conducted at the biennial meeting of the Society for Research in Child Development. Baltimore, MD.

Wright, J., Noffsinger-Frazier, N., & **Nelson-Coffey, S. K.** (2018, November). Happiness hygiene: A workshop to enhance student flourishing and resilience. Symposium to be conducted at the Inaugural Symposium on Academic Resilience in Higher Education. Philadelphia, PA.

Layous, K., **Nelson-Coffey, S. K.**, Kurtz, J. L., Margolis, S., Cole, S., & Lyubomirsky, S. (2018, May). Make someone happy and you will be happy too: An other-oriented approach to well-being. In K. M. Turetsky & C. A. Sanderson (Chairs), *Applications of brief social psychological interventions to improve academic and personal well-being*. Symposium conducted at the annual meeting for the Association for Psychological Science. San Francisco, CA.

Nelson-Coffey, S. K., & Coffey, J. K. (2018, January). Cherished, protected, and accepted: Attachment-oriented gratitude promotes insecure parents' connectedness and well-being. Paper presented at the Emerging Insights from the Science of Gratitude Conference. Chapel Hill, NC.

Nelson-Coffey, S. K., Layous, K., Cole, S. W., & Lyubomirsky, S. (2017, July). Do unto others or treat yourself? The effects of prosocial and self-focused behavior on psychological flourishing. In A. M. Roepke (Chair), *New developments in positive intervention research*. Symposium conducted at the World Congress on Positive Psychology, Montreal, Quebec.

Nelson-Coffey, S. K., Layous, K., Cole, S. W., Killingsworth, M., & Lyubomirsky, S. (2017, January). Gender moderates the association between parenthood and well-being. In D. Newman (Chair), N. Schwarz (Co-Chair), *Puzzles of well-being: Parenthood, politics, and the good life*. Symposium conducted at the annual meeting for the Society of Personality and Social Psychology. San Antonio, TX.

- Nelson, S. K.,** & Lyubomirsky, S. (2016, May). The joy of fatherhood and the stress of motherhood: Gender moderates the association between parenthood and well-being. In M. A. Killingsworth (Chair), J. Schroeder (Co-Chair), *Finding happiness: Surprising sources of meaning and well-being*. Symposium conducted at the annual meeting for the Association for Psychological Science. Chicago, IL.
- Nelson, S. K.** (2015, April). *The science of well-being: Examining the role of positive activities and life changing events*. Paper presented at the Virtues, Narrative, and Resilience Conference. Sewanee, TN.
- Nelson, S. K.,** & Lyubomirsky, S. (2015, February). Who benefits more from having children? The role of gender in the link between parenthood and well-being. In R. Neel (Chair), J. A. Krems (Co-Chair), *The meaning of life: Empirically assessing self-actualization, well-being, and satisfaction*. Symposium conducted at the annual meeting for the Society of Personality and Social Psychology. Long Beach, CA
- Nelson, S. K.,** & Lyubomirsky, S. (2014, April). “*It’s up to you*”: *Autonomy support for prosocial behavior improves well-being*. Paper presented at the annual meeting for the Western Psychological Association. Portland, OR.
- Nelson, S. K.,** & Lyubomirsky, S. (2014, February). Parenthood unpacked: When, why, and how is parenthood associated with well-being? In K. Kushlev (Chair), **S. K. Nelson** (Co-Chair), *The devil is in the details: Revealing the complexities of the association between parenting and well-being*. Symposium conducted at the annual meeting of the Society for Personality and Social Psychology.
- Nelson, S. K.,** & Lyubomirsky, S. (2013, June). *Beyond self-protection: Self-affirmation benefits well-being*. Paper presented at the World Congress on Positive Psychology. Los Angeles, CA.
- Haworth, C. M. A., Carter, K., Layous, K., **Nelson, S. K.,** Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2013, June). What do genetic influences on wellbeing really mean for the success of intervention programs? Paper presented at the World Congress on Positive Psychology. Los Angeles, CA.
- Haworth, C. M. A., Palmer, C., Layous, K., **Nelson, S. K.,** Jacobs Bao, K., Lyubomirsky, S., & Plomin, R. (2012, August). *The Twins Wellbeing Intervention Study (TWIST): A genetically sensitive online intervention*. Paper presented at the European Association for Behavioural and Cognitive Therapies. Geneva, Switzerland.
- Parra, L. A., Pérez-Edgar, K., **Nelson, S. K.,** Cole, C. E., & Zapp, D. J. (2009, October). *The relationship between inhibitory control and sadness in young boys’ and girls’ ability to detect threat: Touch the Snake!* Presented at the annual NIMH Career Opportunities in Research (COR) Colloquium, Albuquerque, New Mexico.
- Falkenstern, M., Ford, L., Keyser, L., **Nelson, S. K.,** & Schiffrin, H. H. (2008, April). *Mood over matter: Can happiness be your undoing?* Paper presented at the annual meeting of the Virginia Psychological Association, Charlottesville, VA.
- Nelson, S. K.,** & Schiffrin, H.H. (2008, April). *Happy people don’t follow the stereotype: The impact of mood on stereotyping*. Paper presented at the annual meeting of the Virginia Psychological Association, Charlottesville, VA.

Dell, J., Edwards, T., McCall, K., **Nelson, S. K.**, Rezendes, D., & Schiffrin, H. H. (2007, April), *Don't worry be happy: An intervention to increase happiness among college students*. Paper presented at the annual meeting of the Virginia Psychological Association, Richmond, VA.

Peer-Reviewed Poster Presentations

Coffey, J. K., Faulkner, H. *, Nelson-Coffey, S. K., & Bailey, O. (2019, March). *Infant happiness predicts childhood IQ and adult educational attainment*. Poster to be presented at the Biennial Meeting for the Society for Research in Child Development. Baltimore, MD.

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

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

O'Hair, C. M. *, Zankman, M. *, Coffey, J. K., & **Nelson-Coffey, S. K.** (2018, March). *The rewards of parenthood: A longitudinal examination of the factors predicting parents' life satisfaction*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. Atlanta, GA.

Nelson-Coffey, S. K., & Coffey, J. K. (2018, March). *Attachment-oriented gratitude promotes insecure parents' connectedness and well-being*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. Atlanta, GA.

Ruberton, P. M., **Nelson-Coffey, S. K.**, Chancellor, J., Cornick, J. E., Blascovich, J., & Lyubomirsky, S. (2018, March). *The proximal experience of awe*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. Atlanta, GA.

Nelson, S. K., & Cavanaugh, L. A. (2016, January). *Baby fever: Social cues shift the desire to have children*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.

Fritz, M. M., **Nelson, S. K.**, Lyubomirsky, S., & Cole, S. W. (2016, January). *Kindness is in the blood: The biological health indicators of experimentally induced prosocial behavior*. Poster presented at the Annual Meeting of the Society for Personality and Social Psychology. San Diego, CA.

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

Chancellor, J., Cornick, J., **Nelson, S. K.**, Blascovich, J., & Lyubomirsky, S. (2015, March). *Above the pale blue dot: Effecting awe and state humility in immersive virtual environments*. Poster presented at the inaugural meeting for the International Convention of Psychological Science. Amsterdam, Netherlands.

Layous, K., Kurtz, J., **Nelson, S. K.**, & Lyubomirsky, S. (2015, February). *Triggering kindness: Mechanisms and outcomes*. Paper presented at the Annual Meeting of the Society of Personality and Social Psychology, Long Beach, CA.

Nelson, S. K., Fuller, J. A., Choi, I., & Lyubomirsky, S. (2013, January). *Self-affirmation and*

- subjective well-being: Affirming core values enhances life satisfaction and positive affect, and decreases negative affect.* Poster presented at the annual meeting for the Society for Personality and Social Psychology, New Orleans, LA.
- Nelson, S. K.,** Layous, K., Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012, July). *Kindness counts: Promoting well-being and peer acceptance through prosocial behavior.* Poster presented at the meeting for the Science of Compassion, Telluride, CO.
- Layous, K., **Nelson, S. K.,** Oberle, E., Schonert-Reichl, K. A., & Lyubomirsky, S. (2012, April). *Spreading positivity in the classroom: An acts of kindness intervention.* Poster presented at the annual meeting of the Western Psychological Association, San Francisco, CA.
- Layous, K., **Nelson, S. K.,** Jacobs Bao, K., Plomin, R., Haworth, C. M., A., & Lyubomirsky, S. (2012, January). *Are parents more accurate at gauging the happiness of their sons or daughters?* Poster presented at the Emotion pre-conference for the annual meeting for the Society of Personality and Social Psychology, San Diego, CA.
- Nelson, S. K.,** Layous, K., Oberle, E., Lyubomirsky, S., & Schonert-Reichl, K. A. (2012, January). *An acts of kindness intervention among school-age children.* Poster presented at the annual meeting for the Society of Personality and Social Psychology, San Diego, CA.
- Nelson, S. K.,** & Lyubomirsky, S. (2011, January). *The joys of parenthood: The relationship between parenthood and happiness.* Poster presented at the annual meeting for the Society of Personality and Social Psychology, San Antonio, TX.
- Layous, K., **Nelson, S. K.,** & Lyubomirsky, S. (2011, January). *The effect of a “best possible self” intervention on expectancy for success.* Poster presented at the annual meeting for the Society for Personality and Social Psychology, San Antonio, TX.
- Pérez-Edgar, K., Kujawa, A., **Nelson, S. K.,** Zapp, D., & Cole, C. E. (2010, March). *Affective response to peer evaluation in young children: The role of gender and temperament.* Poster presented at the Anxiety Disorders Association of America Annual Meeting, Baltimore, MD.
- Konrad, R., Jaswal, V. K., Pérez-Edgar, K., Palmquist, C. M., Kreiffl, J., **Nelson, S. K.,** & Cole, C. (2010, March). *Individual differences in skepticism: Links to inhibitory control.* Poster presented at the annual meeting of the International Society on Infant Studies, Baltimore, MD.
- Cole, C., Jaswal, V. K., Pérez-Edgar, K., **Nelson, S. K.,** & Kreiffl, J. (2010, March). *The relationship between temperament and young children’s deference to information from adults.* Poster presented at the annual meeting of the International Society on Infant Studies, Baltimore, MD.
- Nelson, S. K.,** Cole, C. E., Pérez-Edgar, K., Zapp, D. J., & LoBue, V. (2009, October). *Detection of angry faces predicts attentional bias towards affective faces.* Poster presented at the biennial meeting of the Cognitive Development Society, San Antonio, TX.
- Pérez-Edgar, K., **Nelson, S. K.,** Cole, C.E., & Zapp, D. J. (2009, October). *Links between attention orienting and attention biases in ‘hot’ and ‘cold’ contexts.* (2009, October). Poster presented at the biennial meeting of the Cognitive Development Society, San Antonio, TX.
- Cole, C. E., Zapp, D., Pérez-Edgar, K. Gupta, D., Brown, A., & **Nelson, S. K.** (2008,

November). *Attentional biases to threatening faces in relation to self-reported behavioral and frontal asymmetry*. Poster presented at the annual meeting of the Society of Neuroscience, Washington, DC.

Other Presentations

Eoff, H.* & **Nelson-Coffey, S. K.** (2018, April). *Attachment-oriented gratitude in romantic relationships*. Poster to be presented at the annual Scholarship Sewanee. Sewanee, TN.

- McCrady Prize for Best Poster in Psychology

O'Hair, C.*, Zankman, M.*, Coffey, J. K., & **Nelson-Coffey, S. K.** (2018, April). *The rewards of parenthood: A longitudinal examination of the factors predicting parents' life satisfaction*. Poster presented at the annual Scholarship Sewanee. Sewanee, TN.

Zankman, M.*, O'Hair, C.*, Coffey, J. K., & **Nelson-Coffey, S. K.** (2018, April). *Attachment avoidance and parental well-being: A compassionate and self-image goal model*. Poster presented at the annual Scholarship Sewanee. Sewanee, TN.

Faulkner, H.*, Bailey, O.*, Coffey, J. K., & **Nelson-Coffey, S. K.** (2017, April). *Characterizing kindness: The association between the nature of prosocial behavior and well-being*. Poster presented at the annual Scholarship Sewanee. Sewanee, TN.

- McCrady Prize for Best Poster in Behavioral Sciences

Sanders, G.*, Mayes, L., Rutherford, H., Coffey, J. K., & **Nelson-Coffey, S. K.** (2017, April). *Improving parents' happiness: Preliminary data*. Poster presented at the annual Scholarship Sewanee. Sewanee, TN.

Stolz, M. G.* & **Nelson-Coffey, S. K.** (2017, April). *The role of sibling relationships in stress recovery*. Poster presented at the annual Scholarship Sewanee. Sewanee, TN.

TEACHING EXPERIENCE

The University of the South (2015-present)

Principles of Psychology

Personality Psychology

Health Psychology

Relationships and Health

Psychology of Happiness and Meaning in Life

Social Psychology

Pomona College (2014)

Social Psychology, Instructor

University of California, Riverside (2009-2015)

Statistical Procedures, Instructor

Introductory Psychology, Instructor

Personality Psychology, Teaching Assistant

Statistical Procedures, Teaching Assistant
 Social Psychology, Teaching Assistant
 Introductory Psychology, Teaching Assistant,
 Psychological Methods, Teaching Assistant
 Psychology of Happiness and Virtue, Teaching Assistant

DEPARTMENTAL AND UNIVERSITY SERVICE

| | | |
|-------------------|--|--|
| 2018 – present | Participant Pool Coordinator | Department of Psychology, University of the South |
| 2016 -2018 | Faculty Advisor, Healthy Hut | College of Arts and Sciences, University of the South |
| 2016-present | Advisor (32 Psychology Majors and Pre-Major students) | College of Arts and Sciences, University of the South |
| 2016-2018 | Member, Fulbright Campus Committee | College of Arts and Sciences, University of the South |
| 2016 – present | Member, Benefits Committee | College of Arts and Sciences, University of the South |
| 2016 - present | Member, Advisory Committee for Certificate Programs in Civic and Global Leadership | College of Arts and Sciences, University of the South |
| 2016 | Co-Author, Expansion Proposal for Cultural Psychologist | Department of Psychology, University of the South |
| 2015-2016 | Co-Author, Revision to Psychology Curriculum | Department of Psychology, University of the South |
| 2015 | Member, Behavioral Neuroscience Search Committee | Department of Psychology, University of the South |
| November 19, 2015 | Speaker, Wellness Center Colloquium Series | University of the South |
| 2012 – 2013 | Peer Mentor | Department of Psychology, UC Riverside |
| 2012 – 2013 | Graduate Student Representative | Department of Psychology, UC Riverside |

PROFESSIONAL SERVICE

Co-Organizer, Happiness and Well-Being Pre-Conference, Society for Personality and Social Psychology, 2015-2017

Ad Hoc Reviewer (Journals), *Perspectives on Psychological Science*, *Parenting: Science & Practice*, *Journal of Personality*, *Journal of Social and Personal Relationships*, *Journal of Marriage and Family*, *Demography*, *Journal of Family Issues*, *Emotion, Motivation & Emotion*, *Journal of Personality and Social Psychology*, *PLoS ONE*, *European Journal of Developmental Psychology*, *Social Indicators Research*, *Psychological Science*, *Journal of Happiness Studies*, *Journal of Positive Psychology*, *Journal of Research in Personality*

Reviewer for Tennessee Psychological Association conference, 2016

Reviewer for the National Science Foundation Graduate Research Fellowship Program, 2016-2017

Reviewer for the Swiss National Science Foundation, 2017

PROFESSIONAL AFFILIATIONS

Society for Personality and Social Psychology
International Positive Psychology Association
Association for Psychological Science
Society for the Teaching of Psychology

SELECTED MEDIA ATTENTION

WalletHub.com. March 13, 2017. "2017's Happiest Places to Live."
Sewanee Features. June 2, 2016. "Prescription for happiness."
Pacific Standard. May 18, 2016. "More evidence that helping others is a catalyst for well-being."
MSN. April 26, 2016. "A harmless way to feel happier."
Medical Daily. April 26, 2016. "Random acts of kindness raise dopamine levels and boost your mood."
UPROXX. April 25, 2016. "Looking for a mood boost? A new study reveals that 'retail therapy' won't help, but something much simpler will."
Huffington Post. April 25, 2016. "Psychologists reveal one of the best ways to boost your mood."
Success. September 4, 2015. "5 built-in joys of parenthood."
LiveScience. May 8, 2015. "5 scientific reasons motherhood rules."
LiveScience. February 19, 2014. "Money, sleep and love: What makes a happy parent?"
Time Magazine. August 1, 2013. "Do children bring happiness—or misery?"
NPR. February 19, 2013. "Does having children make you happier?"
USA Today. January 16, 2013. "Are parents happier? Dads may be, but not moms, singles."
Greater Good Science Center. January 3, 2013. "The Top 10 Insights from the 'Science of a Meaningful Life' in 2012."
BBC News. December 28, 2012. "Kinder children are more popular."
Huffington Post. December 27, 2012. "Kind kids are happier and more popular (Study)."
NPR. December 27, 2012. "Random acts of kindness can make kids more popular."
Time Magazine. June 14, 2012. "Parents—especially dads—are happier than their childless pals."
The Economist. May 19, 2012. "The joys of parenthood: Father's day."
The Atlantic. May 18, 2012. "Study of the day: Maybe parents actually are happier than non-parents."
Global News. May 18, 2012. "Miserable no more: New research says parents are happier than non-parents."
Daily Mail. May 18, 2012. "Yes, it can seem a struggle... but parents are actually happier

people, study says.”

MSNBC. May 17, 2012. “Parents happier than non-parents: Study.”

Science Daily. May 17, 2012. “Parents are happier people: Parents experience greater happiness and meaning in life than nonparents, psychologists find.”

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