

Ross Allen Oakes Mueller, Ph.D.

Professor of Psychology

Point Loma Nazarene University

Licensed Clinical Psychologist (PSY #22020)

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EDUCATION

- 2000-2006 Graduate School of
Psychology Fuller Theological
Seminary Pasadena, California
M.A. – Psychology, 2002
M.A. – Theology, 2005
Ph.D. – Clinical Psychology 2006
- 1996-2000 Brown University
Providence, Rhode Island
B.A. – Psychology, Phi Beta Kappa, Magna Cum Laude, and With Honors

TEACHING EXPERIENCE

- 8/2014- Present **Full Professor (Tenured 8/2014)**
- 7/2015-7/2018 **Department Chair**
- 8/2010-8/2014 **Associate Professor**
- 8/2007-8/2010 **Assistant Professor**
Point Loma Nazarene University
San Diego, California
- Full-time undergraduate tenured professorship position. Academic duties include: 12 units of teaching per semester; advising undergraduate research projects.
 - Courses taught: Psychology of Personal Development; General Psychology; Clinical and Community Interventions; Moral Psychology and Cultural Values; Research Methods and Statistics (I & II); History and Contemporary Issues in Psychology; and Pursuing Goodness: The Science of Moral Change (senior capstone course).
 - Extracurricular contributions: see Contributions to the University (below)
- 11/2005-5/2007 **Research Consultant**
Fuller Graduate School of Psychology
Pasadena, California
- Part-time position consisting of consultation on statistical and methodological issues for the “Fuller Youth Initiative” grant.
 - Involved mentoring graduate student on the design and completion of her

master's thesis and the design of her doctoral dissertation.

PROFESSIONAL PUBLICATIONS

- Oakes Mueller, R. A.**, Franzen, A. B., Sagawa, J. T., Leffel, G. M., Curlin, F. A., & Yoon, J. D. (2025). Developing the good physician: The influence of role models in the development of virtues and flourishing in medical students. *Southern Medical Journal*, *118*(3), 141-149.
- Leffel, G. M., **Oakes Mueller, R. A.**, Ham, S. A., Karches, K. E., Curlin, F. A., & Yoon, J. D. (2018). Project on the good physician: Further evidence for the validity of a moral intuitionist model of virtuous caring. *Teaching and Learning in Medicine*, *30*(3), 303-316.
- Shepherd, A.M., Schnitker, S. S., Leffel, G. M., **Oakes Mueller, R. A.**, Curlin, F. A., Yoon, J. D., & Greenway, T. (2018). Developing the Good Physician: Spirituality affects the development of virtues and moral intuitions in medical students. *The Journal of Positive Psychology*.
- Leffel, G.M., **Oakes Mueller, R. A.**, Ham, S. A., Curlin, F. A., & Yoon, J. D. (2017). Project on the Good Physician: A proposal for a moral intuitionist model of virtuous caring. *Teaching and Learning in Medicine*, *29*(1), 75-84.
- Leffel, G. M., **Oakes Mueller, R. A.**, Curlin, F. A., & Yoon, J. D. (2015). Relevance of the rationalist–intuitionist debate for ethics and professionalism in medical education. *Advances in Health Sciences Education*, *20*, 1371-1383.
- King, P. E., **Oakes Mueller, R. A.**, & Furrow, J. (2013). Cultural and contextual issues in exemplar research. In M. K. Matsuba, P. E. King, & K. C. Bronk (Eds.), *Exemplar methods and research: Strategies for investigation*. *New Directions for Child and Adolescent Development*, *142*, 41–58
- Mueller, R. A.** & King, P. E. (2006). Parental influence on adolescent religiosity. In E. Dowling & G. Scarlett (Eds.) *Encyclopedia of Religious and Spiritual Development in Childhood and Adolescence*. Thousand Oaks: Sage. 365-366.
- King, P. E., Dowling, E. M., **Mueller, R. A.**, White, K., Schultz, W., Osborn, P., Dickenson, E., Bobek, D. L., Lerner, R. M., Benson, P. L., & Scales, P. C. (2005). Thriving in adolescence: The voices of youth-serving practitioners, parents, and early and late adolescents. *Journal of Early Adolescence*, *25*, 94-112.
- King, P. E., Schultz, W., **Mueller, R. A.**, Dowling, E. M., Osborne, P., Dickenson, E., & Lerner, R. M. (2005). Positive Youth Development (PYD): Is there a nomological network of concepts used in the developmental literature? *Applied Developmental Science*, *9*(4), 215-227.
- King, P. E., & **Mueller, R. A.** (2004). Parents' influence on adolescent religiousness: Spiritual modeling and spiritual capital. *Marriage and family: A Christian journal*, *6*(3), 413-425.
- Krueger, J., & **Mueller, R. A.** (2002). Unskilled, unaware, or both? The better-than-average heuristic and statistical regression predict errors in estimates of own performance. *Journal of Personality & Social Psychology*, *82*(2), 180-188.

LAY PUBLICATIONS.

Oakes Mueller, R. A. (March 15, 2011) Developing compassionate youth: Creating environments to grow Christ-like habits. *Nazarene Compassionate Ministries*. http://ncm.org/news/articles/developing_compassionate_youth/ Originally written for publication on Youth Ministry Academy, a ministry of Nazarene Youth International

PROFESSIONAL PRESENTATIONS

Bunney, E., Cavaglieri, H., Trejo, T., **Oakes Mueller, R.A.**, & Sagawa, J.T. (2025). *Further Exploring the Relationship Between Mindfulness and Eudaimonic Wellbeing Over Time in College Students*. Poster presented at the 105th annual convention of the Western Psychological Association. Las Vegas, NV.

Trejo, T., Cavaglieri, H., Bunney, E., Sagawa, J.T., & **Oakes Mueller, R.A.** (2025). *Further Exploring the Role of Self-Compassion and Gratitude in the Relationship Between Mindfulness and Eudaimonic Wellbeing Over Time in College Students*. Poster presented at the 105th annual convention of the Western Psychological Association. Las Vegas, NV.

Westburg, C., Monson, B., **Oakes Mueller, R.A.**, & Sagawa, J.T. (2024). *Exploring the Michelangelo Phenomenon, Generative Care, and Virtue Growth Within Friendship (Part 1 of 2)*. Poster presented at the 104th annual convention of the Western Psychological Association. San Francisco, CA.

Monson, B., Westburg, C., **Oakes Mueller, R.A.**, & Sagawa, J.T. (2024). *Exploring the Relationship Between Virtue Growth and Eudaimonic Well-Being in Moral Education (Part 2 of 2)*. Poster presented at the 104th annual convention of the Western Psychological Association. San Francisco, CA.

Edwards, A., Musgrave, A., Sagawa, J.T. & **Oakes Mueller, R.A.**, (2023). *Exploring the Relationship Between Mindfulness Growth and Generative Care Over Time*. Poster presented at the 103rd annual convention of the Western Psychological Association. Riverside, CA.

Musgrave, A., Edwards, A., **Oakes Mueller, R.A.**, & Sagawa, J.T. (2023). *Exploring the Role of Growth Motivation on Change in Mindfulness Over Time*. Poster presented at the 103rd annual convention of the Western Psychological Association. Riverside, CA.

Poligano, M., McFarlane, K., Edwards, A., **Oakes Mueller, R.A.**, & Sagawa, J.T. (2022). *Exploratory Study of Mindfulness and Gratitude Practices in Moral Education (Part 1 of 2)*. Poster presented at the 102nd annual convention of the Western Psychological Association. Portland, OR.

Edwards, A., McFarlane, K., Poligano, M., Sagawa, J.T., & **Oakes Mueller, R.A.** (2022). *Exploratory Study of Mindfulness and Gratitude Practices in Moral Education (Part 2 of 2)*. Poster presented at the 102nd annual convention of the Western Psychological Association. Portland, OR.

Boydston, T., Groenendyk, C., Liu, H., Sagawa, J.T., & **Oakes Mueller, R.A.** (2021). *Enhancing gratitude through mindfulness practices in the context of moral education*. Poster presented remotely at the 101st annual convention of the Western Psychological Association.

Liu, H., Groenendyk, C., Boydston, T., Sagawa, J.T., & **Oakes Mueller, R.A.** (2021). *Mindfulness promotes virtue development and resilience to stress within the context of moral education*. Poster presented remotely at the 93rd annual convention of the Midwestern Psychological Association.

Mackey, V., Schilling, C., Lin, J., Sagawa, J. T., **Oakes Mueller, R. A.**, & Leffel, G.M. (2020, November). *Sculpting the Ideal Self (Part 1 of 2): Friendship, Affirmation and the Michelangelo Phenomenon*. Poster session accepted at the 100th Annual Convention of the Western Psychological Association. Not presented due to COVID-19.

Schilling, C., Mackey, V., Lin, J., Sagawa, J. T., **Oakes Mueller, R. A.**, & Leffel, G.M. (2020, November). *Sculpting the Ideal Self (Part 2 of 2): Care, Relational Generativity and the Michelangelo Phenomenon*. Poster session accepted at the 100th Annual Convention of the Western Psychological Association. Not presented due to COVID-19.

Oakes Mueller, R. A. & Sagawa, J. T. (2020, October). *Virtues of Love in the Time of COVID: Practicing Mindfulness Reduced Stress and Increased Gratitude*. Paper presented at the Moral Integration Gathering. Virtual.

Oakes Mueller, R.A., & Leffel, G.M. (2019, November). *Project on the Good Physician: Examining Virtues Relevant to Medical Education*. Paper presented at the 45th Annual Conference of the Association for Moral Education, Seattle, WA

De Francisco, F., **Oakes Mueller, R.A.**, & Leffel, G.M. (2019, April). *Kindness Matters: The Impact of Professors' Generosity on Student Course Evaluations*. Poster session presented at the 99th Annual Convention of the Western Psychological Association, Pasadena, CA

Valia, G., Carlson, L., Cortez, J., Pico, J., **Oakes Mueller, R.A.**, & Oakes Mueller, K.L. (2019, April). *Promises, Promises... How Purity Pledges and Sources of Sex Education affect Sexual Attitudes and Behaviors*. Poster session presented at the 99th Annual Convention of the Western Psychological Association, Pasadena, CA

Hubbard, J.S., **Oakes Mueller, R.A.**, & Sagawa, J.T. (2019, April). *Escaping from Maximum Security Ethic: Does Mindfulness Promote the Ethics of Engagement and Imagination?* Poster session presented at the 99th Annual Convention of the Western Psychological Association, Pasadena, CA.

Cairns, L., Duyst, J., Sagawa, J.T., & **Oakes Mueller, R.A.** (2018, April). *I'm Scared, You're Dumb: Mortality Salience Predicts Aggressive Worldview Defense*. Poster session presented at the 98th Annual Convention of the Western Psychological Association, Portland, OR.

Rhoten, D., Burns, K., Kurth, V., Leffel, G.M., & **Oakes Mueller, R.A.** (2017, April). *The Good Physician: Mindfulness and Burnout*. Poster session presented at the 97th Annual Convention of the Western Psychological Association, Sacramento, CA.

- Carlson, K.J., Russell, K.N., Leffel, G.M., & **Oakes Mueller, R.A.** (2016, April). *Good Physician (3 of 3): Contamination Narratives Predict Physician Generosity, Mindfulness, and Life Meaning*. Poster session presented at the 96th Annual Convention of the Western Psychological Association, Long Beach, CA.
- Flint, D.D., Ahmand, M., Leffel, G.M., & **Oakes Mueller, R.A.** (2016, April). *Good Physician 1 of 3): Redemptive Life Narratives Predict Growth In Generosity*. Poster session presented at the 96th Annual Convention of the Western Psychological Association, Long Beach, CA.
- Flint, D. & **Oakes Mueller, R.A.** (2016, March). *Good Physician (Part 2 of 2): Redemptive Narratives and Their Relationship to Physician Virtues*. Paper presented at the 2016 Society for the Study of Psychology and Wesleyan Theology Conference held at Point Loma Nazarene University, San Diego, CA.
- Frankot, M., Donason, A., & **Oakes Mueller, R.A.** (2016, April). *The Effect of Mortality Salience on Moral Competence*. Poster session presented at the 96th Annual Convention of the Western Psychological Association, Long Beach, CA.
- Frankot, M. & **Oakes Mueller, R.A.** (2016, March). *The Effects of Mortality Salience on Moral Competence: Can Being Mindful of One's Own Death Encourage Wesleyan Social Ethics?* Paper presented at the 2016 Society for the Study of Psychology and Wesleyan Theology Conference held at Point Loma Nazarene University, San Diego, CA.
- Russell, K., Carlson, K., **Oakes Mueller, R.A.** & Leffel, G.M. (2016, March). *Good Physician (Part 1 of 2): Positive/Negative Supervisor Feedback Predicts Physician Virtue Growth*. Paper presented at the 2016 Society for the Study of Psychology and Wesleyan Theology Conference held at Point Loma Nazarene University, San Diego, CA
- Russell, K.N., Carlson, K.J., Leffel, G.M., & **Oakes Mueller, R.A.** (2016, April). *Good Physician (2 of 3): Contamination Narratives Predict Medical Student Neuroticism and Change in Burnout*. Poster session presented at the 96th Annual Convention of the Western Psychological Association, Long Beach, CA.
- Carlson, K.J., Russell, K.N., **Oakes Mueller, R.A.**, & Leffel, G.M. (2015, April). *Good Physician (1): Neuroticism and Supervisory Interactions Predict Physician Burnout*. Poster session presented at the 95th Annual Convention of the Western Psychological Association, Las Vegas, NV.
- Russell, K.N., Carlson, K.J., Leffel, G.M., & **Oakes Mueller, R.A.** (2015, April). *Good Physician (2): Positive/Negative Supervisor Feedback Predicts Physician Virtue Growth*. Poster session presented at the 95th Annual Convention of the Western Psychological Association, Las Vegas, NV.
- Oakes Mueller, R. A.**, Leffel, M., Roth, V., Messier, M., Farinelli, A., & Galli Young, M. (2014, April). *Good Physician (2 of 2): Neuroticism/Burnout Inhibit Growth in Generosity*. Poster session presented at the 94th Annual Convention of the Western Psychological Association, Portland, OR.
- Roth, V., Messier, M., Farinelli, A., Galli Young, M., **Oakes Mueller, R.A.**, & Leffel, M. (2014, April). *Good Physician (1 of 2): Moral Elevation Predicts Virtue Development*. Poster session presented at the 94th Annual Convention of the Western Psychological Association, Portland, OR.

- Ayres, K. A., Neher, A. R., Erbacci, G. A., **Oakes Mueller, R. A.**, & Leffel, G. M. (2013, April). *Project on the Good Physician (Part 1 of 3): Evidence for the Construct Validity of a Virtue Model of Physician Caring*. Poster presented at the annual meeting of the Western Psychological Association, Reno, NV.
- Shepherd, A. M., Dahill, J. A., **Oakes Mueller, R. A.**, & Leffel, G. M. (2013, April). *Project on the Good Physician (Part 2 of 3): Caring Virtues and the "Moral Matrix" of Clinical Decision Making*. Poster presented at the annual meeting of the Western Psychological Association, Reno, NV.
- Young, M. H., Drown, K. A., **Oakes Mueller, R. A.**, & Leffel, G. M. (2013, April). *Project on the Good Physician (Part 3 of 3): Neuroticism and Burnout May Inhibit Expression of the Intuition to Care and of Caring Virtues*. Poster presented at the annual meeting of the Western Psychological Association, Reno, NV.
- Hussey, J., & **Oakes Mueller, R.A.** (2012, April). *Distress and Empathy: The Relationship Between Emotion and Prosocial Behavior*. Poster presented at the annual meeting of the Western Psychological Association, San Francisco, CA.
- Wright, T., & **Oakes Mueller, R.A.** (2012, April). *Predicting Prosocial Behavior: Disgust as an Obstacle to Service*. Paper presented at the annual meeting of the Western Psychological Association, San Francisco, CA.
- Wright, T., & **Oakes Mueller, R.A.** (2012, April). *The Role of Disgust in Predicting Prosocial Behavior*. Poster presented at the annual meeting of the Western Psychological Association, San Francisco, CA.
- Oakes Mueller, R.A.**, Cardiel, D., Sparks, C., & Games, J. (2010, April). *Gratitude and its Specialized Role in Relational Generativity*. Poster presented at the annual meeting of the Western Psychological Association, Cancun, Mexico.
- Rouse, R., Rice, B., & **Oakes Mueller, R.A.** (2010, April). *Attachment Style and Risky Sexual Behaviors: Mediating Role of Self-Esteem*. Poster presented at the annual meeting of the Western Psychological Association, Cancun, Mexico.
- Oakes Mueller, R.A.** (2010, March). *How Would You Recognize a Virtue If You Saw One? Virtue as a Moral Associative Network*. Paper presented at the annual meeting of the Society for the Study of Psychology and Wesleyan Theology, Azusa Pacific University, Azusa, CA.
- Oakes Mueller, R.A.** & Sando, L. (2010, March). *Using exemplar methodologies to explore positive youth development: Opportunities and challenges*. Paper presented at the bi-annual meeting of the Society for Research in Adolescence, Philadelphia, PA.
- Tankersley, L. K., **Oakes Mueller, R.A.**, & Leffel, G. M. (2009, March). *The gratitude-generativity link in young adults: Does Gratitude, Induced through Emotion-Arousing Self-Reflection Exercises, Increase Social Skills and Promote Generativity?* Poster presented at the annual meeting of the Western Psychological Association, Portland, OR.

Mueller, R.A. (2008, March). *Generativity after virtue: A social intuitionist model (SIM) of moral motivation*. Paper presented at the annual meeting of the Society for the Study of Psychology and Wesleyan Theology, Duke University, Durham, NC.

Whitehead, L. S., **Mueller, R. A.**, & Furrow, J. L. (2006, March). *Survey-primed and spontaneously generated perceptions of parents' values as predictors of adolescent prosocial value endorsement*. Poster presented at the biennial meeting of the Society for Research in Adolescence, San Francisco, CA.

Mueller, R. A. & Furrow, J. L. (2005, April). *Adolescent moral identity, moral reasoning, and prosocial behavior*. Poster presented at the biennial meeting of the Society for Research in Child Development, Atlanta, GA.

King, P. E., Schultz, W., & **Mueller, R. A.** (2004, March). *The Thriving Indicators Project: The voices of the scholars, practitioners, youth and their parents*. Paper presented at the biennial meeting of the Society for Research in Adolescence, Baltimore, MD.

Mueller, R. A. & Furrow, J. L. (2003, April). *Moral identity and perception of shared parent-child values in prosocial adolescents*. Poster presented at the biennial meeting of the Society for Research in Child Development, Tampa, FL.

Mueller, R. A. & Furrow, J. L. (2002, April). *Shared parent-child values and prosocial adolescent outcomes*. Poster presented at the biennial meeting of the Society for Research in Adolescence, New Orleans, LA.

PLNU STUDENT MENTORING

2024-2025

Exploring the Relationships between Mindfulness, Self-Compassion, Gratitude, and Eudaimonic Well-Being Over Time.

- Calvin Westburg (Senior, Psychology)
- Bailee Monson (Senior, Psychology)

2023-2024

Exploring the Michelangelo Phenomenon, Generative Care, and Virtue Growth, and Eudaimonic Well-Being Within Friendships.

- Calvin Westburg (Senior, Psychology)
- Bailee Monson (Senior, Psychology)

2022-2023

Exploring the Relationships between Growth Motivation, Mindfulness Growth and Generative Care Over Time.

- Abigail Edwards (Senior, Psychology)
- Annie Musgrave (Senior, Psychology)

2021-2022

Exploratory Study of Mindfulness and Gratitude Practices in Moral Education.

- Kaitlyn McFarlane (Senior, Psychology)
- Madison Polignano (Senior, Psychology)
- Abigail Edwards (Junior, Psychology)

2020-2021

Mindfulness Promotes Virtue Development and Resilience to Stress within the Context of Moral Education.

- Tanner Boydstum (Senior, Psychology)
- Courtney Groenendyk (Senior, Psychology)
- Alex Liu (Senior, Psychology)

2019-2020

Sculpting the Ideal Self: Friendship, Care, Relational Generativity, and the Michelangelo Phenomenon.

- Janessa Lin (Senior, Psychology)
- Victoria Mackey (Senior, Psychology)
- Conner Schilling (Senior, Psychology)

The Christian Call to Compassion and how Empathy Just Won't Cut It: A Theological and Psychological Integration.

- Emma Christie-Foster (Senior, Psychology) – Presented as Honors Project

2018-2019

Escaping from Maximum Security Ethic: Does Mindfulness Promote the Ethics of Engagement and Imagination?

- Jazielle Hubbard (Senior, Psychology)

Kindness Matters: The Impact of Professors' Generosity on Student Course Evaluations.

- Francesca De Francisco (Senior, Psychology) – Presented as Honors Project

Promises, Promises...How Purity Pledges and Sources of Sex Education Affect Sexual Attitudes and Behaviors

- Lauren Carlson (Senior, Psychology)
- Julissa Cortez (Senior, Psychology)
- Jennifor Pico (Senior, Psychology)
- Giuliana Valia (Senior, Psychology)

2017-2018

I'm Scared, You're Dumb: Mortality Salience Predicts Aggressive Worldview Defense.

- Lauren Cairns (Senior, Psychology)
- Justine Duyst (Senior, Psychology)

2016-2017

Project on the Good Physician: Mindfulness and Burnout.

- Kayla Burns (Senior, Psychology)
- Valerie Kurth (PLNU Psychology Alumnus)
- Dottie Rhoten (Senior, Psychology)

2015-2016

Project on the Good Physician: Redemption and Contamination Narratives Predict Physician Virtues, Burnout, and Neuroticism.

- Katie Carlson (PLNU Psychology Alumnus)
- Katelyn Russell (Senior, Psychology)
- Daniel Flint (Junior, Psychology)
- Maha Ahmad (University of Chicago Alumnus)

The Effect of Mortality Salience on Moral Competence.

- Michelle Frankot (Senior, Psychology)
- Adam Donason (Senior, Psychology)

2014-2015

Project on the Good Physician: Neuroticism and Supervisory Interactions Predict Physician Burnout. Positive/Negative Supervisor Feedback Predicts Physician Virtue Growth.

- Katie Carlson (Senior, Psychology)
- Katelyn Russell (Junior, Psychology)

2013-2014

Project on the Good Physician: The Role of Mentoring and Elevation on Virtue Development.

- Arianna Farinelli (PLNU Psychology Alumnus)
- Mary Galli Young (PLNU Psychology Alumnus)
- Matthew Messier (Senior, Psychology)
- Victoria Roth (Senior, Psychology)

2012-2013

Project on the Good Physician: Evidence for the construct validity of a moral intuitionist model of virtuous caring.

- Kimberly A. Ayres (Junior, Psychology)
- Jansen O. Dahill (Senior, Psychology)
- Kara N. Drown (Senior, Psychology)
- Gina K. Erbacci (Senior, Psychology)
- Alexa R. Neher (Senior, Psychology)
- Abigail M. Shepherd (Senior, Psychology)
- Mary Galli Young (Senior, Psychology)

2011-2012

Distress and Empathy: The Relationship Between Emotion and Prosocial Behavior.

- Jonathan Hussey (Senior, Psychology) – Presented as Honors Project

2010-2012

The Elicitors and Effects of Disgust: Exploring the Reciprocal Relationship of Emotion and Prosocial Behavior.

- Tasha Wright (Junior/Senior, Psychology) – Presented as Honors Project

2009-2010

Mimetic Virtue, Moral Emotions, and the Michelangelo Phenomenon.

- Dane Cardiel (Senior, Psychology)
- John Games (Senior, Psychology)
- Carrie Sparks (Senior, Psychology)

2008-2009

Attachment Style and Risky Sexual Behavior: The Mediating Role of Contingent and Relation Based Self-Esteem.

- Brittany Rice (Senior, Psychology)
- Rebecca Rouse (Senior, Psychology)

Sexuality and Religiousness: Exploring the Beliefs and Practices Young Adults.

- Jenna Ross (Senior, Psychology)

The Gratitude-Generativity Link in Young Adults: Does Gratitude, Induced through Emotion-Arousing Self-Reflection Exercises, Increase Social Skills and Promote Generativity?

- Lisa Tankersley (Senior, Psychology)

UNPUBLISHED PAPERS

Manuscript in Preparation: Wright, N. E. & Oakes Mueller, R. A. *The Other Glass Floor: Disgust as a Barrier to Serving the Homeless.*

Doctoral Dissertation: *Values and Identity in Prosocial and Delinquent Youth: The Contribution of Value Endorsement, Value Salience, and Moral Identity to Behavior*, Fuller Theological Seminary, Co- Chairs: Linda Wagener, Ph.D. & James Furrow, Ph.D. (defended July, 2005)

Master's Thesis: *Moral Identity and the Perception of Shared Parent-Child Values in Prosocial Adolescents*, Fuller Theological Seminary, Advisor: Linda Wagener, Ph.D. (completed October, 2003)

GRANTS, HONORS AND ACTIVITIES

- Hadley Wood Teaching Fellowship – 2025 – Point Loma Nazarene University
- Alumni Association Faculty Grant (\$1000) – 2024 – Point Loma Nazarene University
- RASP Grant (\$500) – 2024 – Point Loma Nazarene University
- Excellence in Teaching Award – 2023-2024 – Point Loma Nazarene University
- RASP Grant (\$2000) – 2023 – Point Loma Nazarene University
- Alumni Association Faculty Grant (\$2000) – 2020 – Point Loma Nazarene University
- RASP Grant (\$1000) – 2020 – Point Loma Nazarene University
- Excellence in Teaching Award – 2018-2019 – Point Loma Nazarene University
- RASP Grant (\$2000) – 2009 – Point Loma Nazarene University
- John Stauffer Memorial Merit Fellowship – 2005 – Fuller Theological Seminary
- Dean's List – 2001, 2002, 2003, 2004, 2005 – Fuller Theological Seminary
- Phi Beta Kappa, 2000 – Brown University
- Magna Cum Laude, 2000 – Brown University
- Graduation with Honors, 2000 – Brown University
- Harold Schlosberg Memorial Premium in Psychology, 2000 – Brown University (awarded for excellence in academic writing on Senior Honors Thesis)

ASSOCIATION MEMBERSHIPS

- Western Psychological Association (2008-2010, 2012-2025)
- Association for Moral Education (2014, 2019-2021)
- American Psychological Association (2008-2014)
- Society for Research in Child Development (2003-2006)

CONTRIBUTIONS TO THE UNIVERSITY

- **Faculty Handbook Editor** (August, 2022-August, 2025) – Served as a member on Faculty Governance Committee (2022-2025) & Faculty Handbook Committee (2024-2025)
- **General Education Revision Task Force** (2023-2024) – Served as a member
- **General Education (Foundational Explorations) Committee** (2018-2022, 2025 - present) – Served as a member
- **Career & Calling Work Group** (Fall/Winter, 2020) – Participated in a work group to develop a Spring Mini-Term course focused on Vocation, Career, and Calling for PLNU students
- **NSO Faculty Panel Member** (Fall, 2020; Fall, 2019; Fall, 2018; Fall, 2012; Fall, 2010) –

- Served as a panelist for all incoming freshmen and transfer students and their parents.
- **COVID-19 Online Transition Task Force** (Spring, 2020) – Helped to develop and implement faculty training sessions for instructional technology. Served as a liaison to faculty for ongoing troubleshooting issues with instructional technology in the move to remote learning.
 - **Campus Climate and Diversity Task Force** (Spring-Fall, 2019) – Participated in a task force charged with evaluating and recommending changes to the ways in which the University assesses and addresses issues of gender, race & ethnicity, and other power differentials affecting institutional climate and culture.
 - **Moral Integration Group** (Fall, 2018 – Present) – Participated in a working group of faculty from PLNU and other Nazarene Universities to partner with Nazarene Churches for the purpose of increasing the development of compassion and care amongst Nazarene parishioners.
 - **Residential Advisor Training** (September, 2015; March, 2016; November, 2018; March, 2019; September, 2019) – Invited to provide education and facilitate conversation among Residential Advisors on a variety of topics including: Mental Health, Sexuality, Gratitude and Resilience, etc.
 - **Resilience Task Force** (2018-2019) – Participated in a task force to develop interventions to promote faculty resilience and to prevent faculty burnout. Resulted in presentation at Faculty Development Day. Co-led a Faculty Learning Community focused on promoting resilience.
 - **Commencement – Scripture Reading** (Spring, 2019) – Was invited to read scripture at the 2019 Spring Commencement Ceremony.
 - **Senior Celebration – Blessing & Benediction** (2018) – Was invited to give the blessing and benediction to outgoing seniors at the PLNU Senior Celebration.
 - **Agenda Committee Chair** (August, 2016-June, 2018) – Met monthly with the Provost and the Faculty Council Chair to prepare monthly agenda for Faculty Meetings; took minutes. During my tenure I moved all agenda, minutes, and supporting documents to Google Drive to increase remote access before and during faculty meetings.
 - **Faculty Search Committee** (Fall, 2018) – Served on a three-member search committee to hire a new Psychology faculty member.
 - **Department Chair** (July, 2015-July, 2018) – Served as Psychology Department Chair
 - **Retention Task Force Event** (November, 2018) – Represented the Psychology Department at an event for undeclared students, designed to maximize retention
 - **Speaker at All-Campus Chapel** (January, 2018) – Invited to address the entire student body as a chapel speaker. Spoke on “Anxiety: Do Not Be Afraid”
 - **Freshman First Four Panelist** (September, 2017) – Spoke as a panelist and answered questions in a forum for first-year students to acclimate to PLNU.
 - **Facilitated Research Methods - Faculty Learning Community (FLC)** (Fall, 2014; Spring, 2016; Fall, 2016) – Facilitated a Center for Teaching and Learning (CTL) small, inter-departmental group of faculty in monthly meetings to share and test methods for teaching undergraduate research methods.
 - **Technology Share Out** (Fall, 2016) – Taught faculty to use the iPad for pedagogical and research purposes.
 - **iPad & GoogleDoc Workshop Attendee** (June, 2016) – Participated in a local conference as a faculty representative of PLNU to gain insight into pedagogical uses for the iPad and GoogleDocs
 - **GE Survey Development** (Spring-Summer, 2016) – Developed a Qualtrics survey to measure student and faculty opinions on the GE curriculum
 - **Faculty Search Committee** (July, 2015-March, 2016) – Chaired a three-member search

committee to hire a new Psychology faculty member.

- **Strategic Planning Council** (2015-2017) – Helped develop and refine ideas for sustaining financial viability as an institution.
- **Commencement – Opening Prayer** (2015) – Was invited to pray the invocation at the 2015 Spring Commencement Ceremony.
- **Wikipedia Pedagogy Seminar** (September, 2014) – Taught pedagogical techniques using Wikipedia to help students contribute to global knowledge base
- **Institute Planning Group** (Summer-Fall, 2013) – Participated in a task force to propose and request grant funds for a university center/institute in the area of practical engagement of Christian faith, science and culture
- **IRB Committee** – Served as **Chair** (2010-2012); and as member (2009-2010; 2012-2013)
- **Host Professor for Teachers Noticing Teachers** (TNT; 2013) – Invited to host newer faculty to demonstrate and facilitate reflection upon teaching techniques
- **Faculty Vote Chair** (Spring, 2013; Spring, 2012; Spring, 2010; Fall, 2009) – Coordinated voting during four faculty meetings
- **Summer School Task Force** (2012-2013) – Spearheaded data collection and analysis to inform recommendations for PLNU summer school recruiting and offerings
- **Ministerial Candidate Weekend Assessment** (Fall, 2012) – Conducted clinical assessments of pastoral candidates for the Nazarene Church at Ministerial Candidate Weekend, organized by the PLNU Center for Pastoral Leadership
- **Faculty Representative for Network 9 event**, hosted by OSV (Spring, 2012; Spring, 2011)
- **Covenant Group Leader Training** (Fall 2011; Fall 2010; Fall 2009; Fall 2008) – Invited speaker to provide instruction to covenant group leaders regarding the leadership and development of small-groups (Fall 2011; Fall 2010; Fall 2009; Fall 2008)
- **Invited speaker at Gender Convocation for PSY 101** (Spring & Fall 2011; Spring & Fall 2010; Spring & Fall 2009; Spring & Fall 2008; Fall 2007)
- **Faculty Sponsor for Society for the Integration of Psychology and Theology** (2008-2010)
- **Chaperoned students to a regional conference on Positive Psychology** (“The Science of a Meaningful Life: Forgiveness and Mindsight” at UCLA in Fall 2009)
- **Fuller Integration Symposium** (Spring 2016; Spring 2013; Spring 2012; Spring 2011; Spring 2010; Spring 2009; Spring 2008) – Chaperoned students each year to Fuller Theological Seminary’s annual Integration Symposium
- **Prospective Faculty Lunches** – Participated multiple lunch-meetings with prospective professors for other departments in PLNU
- **Society for the Study of Psychology and Wesleyan Theology** (SSPWT; 2008, 2010) – Chaperoned students to the annual conference of the SSPWT at Azusa Pacific University (Spring 2010) and at Duke University (Spring 2008)
- **Council for Undergraduate Research** (Spring 2008) – Attended Council for Undergraduate Research conference, and helped to develop plan for enhancing PLNU's faculty engagement of students in research

CONTINUING EDUCATION

- From Here to There: A Workshop for Teaching Psychology Professionals
- Formative and Summative Assessment that Prioritize Student Health and Wellbeing
- Psyched at Work! Career Exploration through Job Shadowing and Professional Development
- Simplifying Teaching Tasks with AI
- Using Subjectivity of Experience as a Unifying Theme in Teaching
- Building learning skills in a world of AI reels, and TikTok (May, 2025)

- How to Navigate Life (May, 2025)
- Flow 2.0 (May, 2025)
- Network Modeling (May, 2025)
- The Power of Public Scholarship: Inspiring Innovative Teaching and Learning (April, 2024)
- An Intro Course that Matters: What Our Neighbors Need to Know (April, 2024)
- The Student Zeitgeist of Uncertainty and Anxiety: How Faculty Can Help (April, 2024)
- Teaching in an Age of AI, Angst, and Aggravation: Solutions (April, 2024)
- Lives of Prosocial Commitment (April, 2024)
- Multilevel Modeling (April, 2024)
- Awe (April, 2024)
- Treat Yourself as You Would a Friend: Self-compassion has intrapersonal and interpersonal benefits (April, 2024)
- Evaluating our Understanding: The Impact of Mindfulness and Contemplative Practices in Historically underserved Groups (April, 2024)
- Liberation Psychology in Praxis: Pedagogy, Practice, and Participatory Research (April, 2023)
- Introduction to Structural Equation Modeling (April, 2023)
- Community-Academic Partnership to Address Covid-19 Vaccine Disparities among Racial/Ethnic Minorities (April, 2023)
- Acts of resistance: Living and navigating paradoxes to reimagine academic spaces (April, 2023)
- Strategies for Incorporating Diversity into Your Psychology Courses (April, 2023)
- Educators Without Borders: Interdisciplinary Approaches to Increasing Equity in Higher Education (April, 2023)
- Promising Horizons in Gratitude Research: Harnessing Its Understanding and counteracting racial bias in policing (April, 2022)
- Understanding (non-) religious diversity in science – the role of belonging within the culture of science (April, 2022)
- Advancing Diversity, Social Justice, and Sustainability: What do they all have in common? (April, 2022)
- Sanitizing History: Erasing and Dehumanizing Natives to Protect National Identity. (April, 2022)
- Unmasking and addressing cultural privileging in university settings (April, 2022)
- Understanding and Overcoming the Dragons of Inaction (April, 2022)
- Partnerships and Pathways to Graduate School and Careers in Psychology (April, 2022)
- Backlash against multiculturalism: The roles of collective and personal threat (April, 2022)
- Social Dynamics to Make Life Meaningful and Better (April, 2019)
- iGen: Teaching the Smartphone Generation (April, 2019)
- Evolutionary Theory of Social Connections: Past, Present, and Future (April, 2019)
- Everything You Need to Know About Finding a Job (for Psychology Majors) (April, 2019)
- Theory and practice of Bayesian Inference using JASP (April, 2019)
- Beyond the Hype of Optimism and Happiness: A Measured Approach to Understanding and Enhancing Positive Functioning (April, 2019)
- Sex and the Office: The Problems and Potential Solutions (April, 2019)
- Becoming the Guide on the Side: How I flipped for Research Methods (April, 2019)
- Multicultural Psychology: Suggestions for Classroom Exercises and Topics (April, 2019)
- Technology: The Dual-Edged Sword of Hattori Hanzo (April, 2019)
- BOP-it: Best Online Practices & Instructional Technology (April, 2019)
- Targeting Psychology's Most Difficult Concepts to Improve Student Learning (April, 2019)
- Fuller Symposium on the Integration of Psychology and Theology A Psychology of the Ordinary: Humility, Grace and Gratitude as Religious Inflections of the World (February,

2019)

- Lost In Translation (Why Does So Much Learning Research Have So Little Impact On Pedagogical Practice?) (April, 2018)
- The Last Lecture (April, 2018)
- Brains N' Booze: Acute Cognitive Neurodynamics And Neuroadaptation To Heavy Use (April, 2018)
- Coverage' In Introductory Psychology, And Other Lies We Tell Ourselves (April, 2018)
- Faces Tell Our Stories: From Positive Reinforcement, Through Empathy, To Oxytocin & Positive Community (April, 2018)
- Trauma, Neuroscience, and Internal Family Systems (January, 2018)
- The Body Keeps the Score: Brain, Mind, and the Healing of Trauma (December, 2017)
- Thinking Fast and Slow (December, 2017)
- Positive Psychology in Action: Some Recent Applications (April, 2017)
- Crying For help: Young Caregivers in Need of Support for Family Caregiving, Physician Assisted Dying, and Bereavement (April, 2017)
- Creativity, Automaticity, Irrationality, Fortuity, Fantasy, and other Contingencies: An Eight-for-1 Response Typology (April, 2017)
- Reality Bites: Challenging Cherished Student Beliefs (April, 2017)
- Prevention in the Digital Age: Tech, Text, and Thrive (April, 2017)
- Humans Interacting with Nature and Technological Systems (April, 2017)
- Me When I'm With You: How Significant Others Influence the Self in Present and Future Relationships (April, 2017)
- The Role of Social Identity Politics in Constructing the Red-Blue Divide (April, 2017)
- Close Relationships and Well-Being in Emerging Adulthood: New Game, New Rules (April, 2017)
- Safer Science: Making Psychological Science More Replicable (April, 2017)
- Fiction of Memory (April, 2016)
- Healthy Models: Pathways to Thriving and Longevity (April, 2016)
- Psi-Chi Distinguished Speaker: The Science of Inside Out (April, 2016)
- An Unforgiving Rationale against Organizational Dishonesty (April, 2016)
- Twins Reared Apart: A World Tour of Sources, Findings, and New Cases (April, 2016)
- The Last Lecture (April, 2016)
- Film: The Stanford Prison Experiment (April, 2016)
- Modern Culture and Individualism: Has Self-focus Made Us Better or Worse? (April, 2016)
- Moral Tribes (December, 2015)
- The Psychology Of Good And Bad Leadership (May, 2015)
- Positive Family Relationships (May, 2015)
- New Methods For Test Reliability Based On Structural Equation Modeling (May, 2015)
- Bringing Safecare®, An Evidence-Based International Child Maltreatment Prevention Program, To Wide-Scale Implementation (May, 2015)
- Adaptation And The Phenomenology Of Perception (May, 2015)
- The Rational Animal: Evolutionary Psychology Meets Behavioral Economics (May, 2015)
- Normative Sexuality Development In Childhood: Implications For Developmental Guidance & Prevention Of Childhood Sexual Abuse (May, 2015)
- Getting the Most Out of Graduate Training in Dialectical Behavior Therapy (April, 2014)
- Courage: Understanding Fear and the Willingness to Act (April, 2014)
- APA Undergraduate Guidelines 2.0: Assessment, Skills, and the Scientist - Educator Model (Oh My!) (April, 2014)
- Recent Progress in the Science of Gratitude: Exploring How Gratitude Trains Your Brain Your Happiness Gratitude Trains Your Brain Your Happiness (April, 2014)
- Creating a Coalition for Nurturing Environment (April, 2014)
- Gratitude and Prosocial Behavior: Other-oriented paths to greater happiness (April, 2014)

- Full-time clinical position in which I received advanced training in family therapy, individual and group therapy for children, supervision of clinicians, the forensic assessment of children's sexual exposure, and child and adolescent assessment.
- Supervised one "extern" level pre-doctoral student in her clinical work.

2005-
2006

Pre-Doctoral Intern

VA Los Angeles Ambulatory Care
Center
Los Angeles,
California

Primary Supervisors: Stephen Strack, Ph.D., Licensed Psychologist; Susan Steinberg, Ph.D., Licensed Psychologist; Herb Goldenberg, Ph.D., Licensed Psychologis

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- Full-time clinical position in which I received training and provided therapy in the following modalities: family and couples therapy, cognitive-behavioral therapy, cognitive restructuring therapy, time-limited dynamic psychotherapy, group psychotherapy, and group psychoeducation.

2000-
2005

Research Fellow

Center for Research On Child and Adolescent Development
Fuller Theological Seminary
Pasadena, California

Supervisors: James Furrow, Ph.D.; Linda Wagener, Ph.D.; Pamela Ebstyne King, Ph.D.; Sofia Herrera, Ph.D.

- Part-time research position in which I aided in the literature review, design, implementation, data collection, analysis, and writing/presentation of multiple studies within the domains of Positive Youth Development, adolescent spiritual development, parent-child value transmission, and adolescent moral development.
- Provided mentoring in theory, empirical design, data analysis, and write-up/presentation to two graduate-level students.

2002-
2005

Student Supervisor

Fuller Psychological and Family Services
Pasadena, California

Supervisors: Steve Simpson, Ph.D., Licensed Psychologist; and Timothy Kelly, Ph.D., Licensed Psychologist

- Part-time clinical supervisory position in which I supervised the clinical work of 17 first-year clinical students as a part of their Clinical Foundations training, including video observation of clinical sessions, in the modality of client-centered therapy.
- Provided didactic instruction in various topics of professional development

REFERENCES

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