

## David B. King, MSc, PhD

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### EDUCATION & TRAINING

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Postdoctoral Research Associate, Centre for Health and Coping Studies DEPARTMENT OF PSYCHOLOGY, UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia	2016 – Present
Postdoctoral Research Fellow, Bipolar Affective Disorders and older Adults Study IRMACS CENTRE, SIMON FRASER UNIVERSITY, Burnaby, British Columbia	2013 – 2016
Doctor of Philosophy (PhD) in Health Psychology UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia; Advisor: Anita DeLongis ▫ Dissertation: <i>Daily Dynamics of Stress in Canadian Paramedics and their Spouses</i>	2013
Master of Science (MSc) in Multivariate Modelling in the Natural and Social Sciences, Psychology Stream TRENT UNIVERSITY, Peterborough, Ontario ▫ Thesis: <i>Rethinking Claims of Spiritual Intelligence: A Definition, Model, and Measure</i>	2008
Honours Bachelor of Science (BSc) in Psychology TRENT UNIVERSITY, Peterborough, Ontario	2006

### HONOURS & AWARDS

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#### **Scholarships & Fellowships**

Postdoctoral Research Fellowship Award (\$40,500 per year for 2 years) SOCIAL SCIENCES AND HUMANITIES RESEARCH COUNCIL (SSHRC) OF CANADA	2014 – 2016
Doctoral Fellowship Award (\$20,000 per year for 4 years) SOCIAL SCIENCES AND HUMANITIES RESEARCH COUNCIL (SSHRC) OF CANADA	2008 – 2012
Four-Year Doctoral Fellowship (\$4000 per year for 4 years) UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia	2008 – 2012
Elizabeth Young Lacey Scholarship in Psychology (\$4000) UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia	2008 – 2009
Doctoral Scholarship (\$15,000), <i>Declined for SSHRC Doctoral Fellowship</i> ONTARIO GRADUATE SCHOLARSHIP (OGS) PROGRAM	2008 – 2009
Canada Graduate Scholarship Master's Award (\$17,500) SOCIAL SCIENCES AND HUMANITIES RESEARCH COUNCIL (SSHRC) OF CANADA	2007 – 2008
Graduate Research Fellowship (\$5000) TRENT UNIVERSITY, Peterborough, Ontario	2006 – 2007

#### **Other Awards & Distinctions**

Early Career Achievement Award, <i>American Psychological Association</i>	2014
Student Paper Competition Award Winner, <i>International Conference on Personal Meaning</i>	2008
Gina Gesser Memorial Prize for Top Honours Thesis in Psychology, <i>Trent University</i>	2006
Certificate of Academic Excellence (Honours Thesis), <i>Canadian Psychological Association</i>	2006

My research addresses the question of how stress unfolds within social contexts of varying degree and complexity. Within dyadic and small-group contexts (e.g., family), I am interested in understanding how individuals cope with stress together and transmit stress across roles and settings. Implicated here is the individual's ability to make meaning of stressful or traumatic experiences, particularly those which compromise physical, mental, or social health. On the socio-cultural level, I am interested in describing how individuals cope with stress arising from disease outbreaks, pandemics, and other collective threats to health and well-being, such as climate change. In this latter pursuit, I address the question of how people behave to influence (and potentially mitigate) the threat itself, according to both intra- and interpersonal motivations. In this way, my research examines stress within social contexts of increasing complexity, from dyads to communities. Other interests include the long-term effects of trauma among healthcare professionals and the application of transactional models of stress and coping to clinical, occupational, and 'invisible' populations.

### **Refereed Publications & Manuscripts under Review**

King, D. B., Cappeliez, P., Canham, S. L., & O'Rourke, N. (under review). *Longitudinal effects of reminiscence functions on the physical and mental health of older adults over time*. Manuscript submitted for publication.

O'Rourke, N., Heisel, M., King, D. B., Shahir, H. Y., Canham, S. L., Sixsmith, A., & The BADAS Study Team. (under review). *Determinants of suicidal ideation among older adults with bipolar disorder*. Manuscript submitted for publication.

Canham, S. L., Peres, H., O'Rourke, N., King, D. B., Wertman, A., Carmel, S., & Bachner, Y. (in press). Why do Holocaust Survivors Remember What They Remember? *The Gerontologist*.

O'Rourke, N., King, D. B., & Cappeliez, P. (in press). *Reminiscence functions over time: Consistency of self functions and variation of prosocial functions*. *Memory*.

Hilpert, P., Randall, A. K., Sorokowski, P., Atkins, D. C., Sorokowska, A., Ahmadi, K., Algraibeh, A. M.,...King, D. B., et al. (2016). The associations of dyadic coping and relationship satisfaction vary between and within nations: A 35-nation study. *Frontiers of Psychology*, 7, 1106.

King, D. B., Kamble, S., & DeLongis, A. (2016). Coping with influenza A/H1N1 in India: Empathy is associated with increased vaccination and health precautions. *International Journal of Health Promotion and Education*. Advance online publication. doi:10.1080/14635240.2016.1174950

Kukowski, C., King, D. B., & DeLongis, A. (2016). Protective effect of paramedics' sense of personal accomplishment at work: Mitigating the impact of stress on sleep. *Australasian Journal of Paramedicine*, 13(2), 1-7.

Carmel, S., O'Rourke, N., King, D. B., & Bachner, Y. (2016). Subjective well-being: gender differences in Holocaust survivors-specific and cross-national effects. *Aging and Mental Health*. Advance online publication. doi:10.1080/13607863.2016.1148660

King, D. B., O'Rourke, N., Canham, S. L., & Cobb, R. (2016). Reciprocal effects of life satisfaction and depressive symptoms within long-wed couples over time. *Journals of Gerontology Series B: Psychological Sciences and Social Sciences*. Advance online publication. doi:10.1093/geronb/gbv162

Pow, J., King, D. B., Stephenson, E., & DeLongis, A. (2016). Does social support buffer the effects of occupational stress on sleep quality among paramedics? A daily diary study. *Journal of Occupational Health Psychology*. Advance online publication. doi: 10.1037/a0040107

O'Rourke, N., Sixsmith, A., King, D. B., Shahir, H. Y., Canham, S. L., & The BADAS Study Team. (2016). Development and validation of the BD S<sub>x</sub>: A Brief measure of mood and symptom variability for use with young and older adults with bipolar disorder. *International Journal of Bipolar Disorders*, 4(8), 1-8.

King, D. B., Sixsmith, A., Yaghoubi-Shahir, H., Sadeghi, M., Razmara, M., & O'Rourke, N. (2016) Developing an ecological momentary sampling tool to measure movement patterns and psychiatric symptom variability: Research methods and pilot study results. *Gerontechnology*, 14(2), 105-109.

- King, D. B., Cappeliez, P., N., Carmel, S., Bachner, Y. G., & O'Rourke, N. (2015). *Remembering genocide: The effects of early life trauma on reminiscence functions among Israeli Holocaust survivors*. *Traumatology*, 21 (3), 145-152.
- King, D. B., O'Rourke, N., & DeLongis, A. (2014). Social media recruitment and online data collection: A beginner's guide and best practices for accessing low-prevalence and hard-to-reach populations. *Canadian Psychology [Special Issue on Technologies in Psychology]*, 55 (4), 240-249.
- King, D. B., & DeLongis, A. (2014). When couples disconnect: Rumination and withdrawal as maladaptive responses to everyday stress. *Journal of Family Psychology*, 28 (4), 460-469.
- King, D. B., & DeLongis, A. (2013). Dyadic coping with stepfamily conflict: Demand and withdraw responses between husbands and wives. *Journal of Social and Personal Relationships*, 30(3), 198-206.
- King, D. B., Mara, C., & DeCicco, T. L. (2012). Connecting the spiritual and emotional intelligences: Confirming an intelligence criterion and assessing the role of empathy. *The International Journal of Transpersonal Studies*, 31, 11-20.
- King, D. B., & DeCicco, T. L. (2009). A viable model and self-report measure of spiritual intelligence. *The International Journal of Transpersonal Studies*, 28, 68-85.
- King, D. B., & DeCicco, T. L. (2009). Dream relevance and the continuity hypothesis: Believe it or not? *Dreaming*, 19(4), 207-217.
- King, D. B., DeCicco, T. L., & Humphreys, T. P. (2009). Investigating sexual dream imagery in relation to daytime sexual behaviours and fantasies among Canadian university students. *The Canadian Journal of Human Sexuality*, 18(3), 135-146.
- King, D. B., & DeCicco, T. L. (2007). The relationships between dream content and physical health, mood, and self-construal. *Dreaming*, 17(3), 127-139.

### **Chapters & Textbooks**

- Larsen, R., Buss, D., King, D. B., & Ensley, C. (in revision). *Personality Psychology: Domains of Knowledge About Human Nature* (1<sup>st</sup> Canadian edition). Toronto: McGraw-Hill.
- King, D. B., & O'Rourke, N. (in press). Bipolar disorder in later life. In N. Pachana (Ed.), *Encyclopedia of geropsychology* (1<sup>st</sup> edition). New York: Springer.
- Stephenson, E., King, D. B., & DeLongis, A. (2016). Coping Process. In G. Fink (Ed.), *Stress: Concepts and Cognition, Emotion, and Behavior* (pp. 359-364). Cambridge, MA: Academic Press.
- Sarafino, E. P., Smith, T. W., King, D. B., & DeLongis, A. (2015). *Health psychology: Biopsychosocial interactions* (1st Canadian edition). Toronto: Wiley Publishing.
- King, D. B. (2012). Belief in dream relevance and the continuity hypothesis. In D. Barrett & P. McNamara (Eds.), *Encyclopedia of sleep and dreams: The evolution, function, nature, and mysteries of slumber*. Santa Barbara, CA: Praeger Press.

### **Abstracts & Conference Proceedings**

- King, D. B., & DeLongis, A. (2013). The contextual impact and management of trauma: A daily process study of paramedics and their spouses. *Annals of Behavioral Medicine*, 45 (Abstract Supplement), s240.
- King, D. B. (2010). Personal meaning production as a component of spiritual intelligence. *International Journal of Existential Psychology and Psychotherapy*, 3(1), 1-5.
- King, D. B. (2008). Brighter paths to wellbeing: An integrative model of human intelligence and health. *Trent University Centre for Health Studies Showcase 2008*, 12-13.
- King, D. B. (2007). Dreams and health: Examining the connection. *Trent University Centre for Health Studies Showcase 2007*, 8-9.

## Conference Presentations

- Canham, S., King, D. B., Mahmood, A., & O'Rourke, N. (2016, October). *Alcohol and drug self-medication among middle-aged and older adults with bipolar disorder*. Paper presented at the 45th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Montreal, QC.
- King, D. B., Cappeliez, P., Carmel, S., Bachner, Y. G., & O'Rourke, N. (2016, June). *Remembering genocide: The effects of early life trauma on reminiscence functions among Israeli holocaust survivors*. Paper accepted for presentation at the Fifteenth International Conference on Social Stress Research, San Diego, CA.
- Dmyterko, J., Pow, J., King, D. B., & DeLongis, A. (2016, June). *Does one partner's sleep quality predict their partner's perception of relationship tension? A daily process study*. Poster presented at 77<sup>th</sup> Annual Convention of the Canadian Psychological Association, Victoria, B.C.
- O'Rourke, N., Sixsmith, A., King, D. B., Yaghoubi-Shahir, H., & the BADAS Study Team (2016, May). *Bipolar Affective Disorders and older Adults (BADAS) Study*. Poster presented at the International Review of Psychosis and Bipolarity, Rome Italy.
- O'Rourke, N., Sixsmith, A., King, D. B., Yaghoubi-Shahir, H., & the BADAS Study Team (2016, May). *Development and Validation of the BD Sx*. Poster presented at the International Review of Psychosis and Bipolarity, Rome Italy.
- O'Rourke, N., Heisel, M., King, D. B., Yaghoubi-Shahir, H., Sixsmith, A., & the BADAS Study Team (2016, May). *Predictors of suicidal ideation among older adults with bipolar disorder*. Paper presented at the International Review of Psychosis and Bipolarity, Rome Italy.
- Canham, S., Mauro, P. M., Mahmood, A., King, D. B., & O'Rourke, N. (2016, March). *Alcohol and marijuana use to self-medicate bipolar disorder symptoms in later life: A case study approach*. Poster presented at the 2016 Annual Meeting of the American Association for Geriatric Psychiatry, Washington, D.C.
- Cappeliez, P., King, D.B., O'Rourke, N., Carmel, S., & Bachner, Y.G. (2015, November). *The effects of early life trauma on reminiscence functions among Israeli Holocaust survivors*. Paper presented at the International Reminiscence and Life Review Conference, Orlando, FL.
- Canham, S., King, D. B., Mahmood, A., & O'Rourke, N. (2015, November). *Self-medication by middle-aged and older adults with bipolar disorder*. In S. Canham (Chair), *Personal and social aspects of alcohol and drugs use across the life course*. Symposium presented at the Gerontological Society of America's 68th Annual Scientific Meeting, Orlando, FL.
- O'Rourke, N., King, D.B., Canham, S., Sixsmith, A., & The BADAS Study Team (2015, July). *Ecological momentary sampling of symptom viability with bipolar disorder*. Poster session submitted for presentation at the meeting of the European Congress of Psychology, Milan, Italy.
- King, D. B., O'Rourke, N., Canham, S., Sixsmith, A., & The BADAS Study Team (2015, June). *The Bipolar Affective Disorders and older Adults (BADAS) Study*. Poster session presented at the BC Alliance on Telehealth Policy and Research (BCATPR) 8<sup>th</sup> Annual Telehealth Workshop, St. Paul's Hospital, Vancouver, BC.
- King, D. B., O'Rourke, N., Cappeliez, P., Carmel, S., & Bachner, Y. G. (2015, May). *The impact of early life trauma on reminiscence functions among Israeli Holocaust survivors*. Poster session presented at the 27<sup>th</sup> Annual Convention of the Association for Psychological Science, New York, NY.
- Bondar, E., King, D. B., & DeLongis, A. (2015, May). *The role of partner forgiveness in self-reported health among couples with one spouse employed in a high-stress job*. Poster session presented at the 27<sup>th</sup> Annual Convention of the Association for Psychological Science, New York, NY.
- Hernandez, T., King, D. B., & DeLongis, A. (2015, May). *Psychosocial factors in seasonal flu response: The role of perceived threat, collectivism, and empathic responding in implementing health precautions*. Poster session presented at the 27<sup>th</sup> Annual Convention of the Association for Psychological Science, New York, NY.

- Bosancich, J., King, D. B., & DeLongis, A. (2015, March). *The perception of climate change as a threat to personal health: A preliminary report and call for research*. Poster session presented at the University of British Columbia 17th Annual Psychology Undergraduate Research Conference, Vancouver, BC.
- King, D. B., & O'Rourke, N. (2014, August). Expediting recruitment and online data collection: How social media can be used to recruit older adult populations and low prevalence groups. In S. Czaja (Chair), *Geropsychology: Technology and tomorrow*. Symposium presented at the 122nd American Psychological Association Annual Convention, Washington, D. C.
- King, D. B., DeLongis, A., & Kamble, S. (2014, August). *Coping with the threat of Influenza A/H1N1 virus: The importance of empathy in vaccination uptake and taking health precautions*. Poster session presented at the 122nd American Psychological Association Annual Convention, Washington, D. C.
- King, D. B., & DeLongis, A. (2014, June). *How was your day? The daily transmission of work stress and burnout in paramedics and their spouses*. Paper presented at the 14<sup>th</sup> International Conference on Social Stress Research, Vancouver, BC.
- Pow, J., King, D. B., Stephenson, E., & DeLongis, A. (2014, June). *Predictors and outcomes of sleep quality in paramedics and their spouses: A daily process model*. Paper presented at the 14<sup>th</sup> International Conference on Social Stress Research, Vancouver, BC.
- King, D. B., & DeLongis, A. (2014, June). *Stress within, stress between: The daily transmission of occupational stress and burnout in paramedics and their spouses*. Poster session presented at the 75<sup>th</sup> Annual Convention of the Canadian Psychological Association, Vancouver, BC.
- Pow, J., King, D. B., Stephenson, E., & DeLongis, A. (2014, June). *Predictors and outcomes of sleep quality in paramedics and their spouses: A daily process model*. Poster session presented at the 75<sup>th</sup> Annual Convention of the Canadian Psychological Association, Vancouver, BC.
- Kukowski, C., King, D. B., & DeLongis, A. (2014, May). *Burnout as a moderator in the relationship between PTSD and sleep in paramedics*. Poster session presented at the 26<sup>th</sup> Annual Convention of the Association for Psychological Science, San Francisco, CA.
- Pow, J., King, D. B., Stephenson, E., & DeLongis, A. (2014, April). *Dyadic coping and sleep in paramedics and their spouses*. Poster session presented at the Western Psychological Association 2014 Convention, Portland, OR.
- Stephenson, E., King, D. B., Holtzman, S., DeLongis, A., & Hagedoorn, M. (2014, March). Couples coping with rheumatoid arthritis: How spouse support moderates the effect of patient catastrophizing on subsequent pain. Paper presented at the 2014 American Psychosomatic Society Annual Meeting, San Francisco, CA.
- Pow, J., King, D. B., Stephenson, E., & DeLongis, A. (2014, March). Dyadic coping with occupational stress among paramedics and their spouses: The impact on sleep quality. Poster session presented at the 2014 American Psychosomatic Society Annual Meeting, San Francisco, CA.
- King, D. B., DeLongis, A., & Stephenson, E. (2014, February). Dyadic coping with rheumatoid arthritis: Spouse responses moderate the effect of patient coping on pain. In M. Chan (Chair), *Dissecting social relationships and biological consequences: Interdisciplinary dyadic approaches*. Symposium presented at the 15<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
- King, D. B., O'Rourke, N., Michalak, E., Sixsmith, A. & the BADAS Working Group (2013, June). *The Bipolar Affective Disorders and older Adults (BADAS) Study*. Poster session presented at the Vancouver General Hospital Research Institute - Research Revival, Vancouver, BC.
- King, D. B., & DeLongis, A. (2013, March). *The contextual impact and management of trauma: A daily process study of paramedics and their spouses*. Poster session presented at the 34th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine, San Francisco, CA.

- King, D. B., & DeLongis, A. (2012, September). *Couples coping with trauma: Examining the daily lives of BC paramedics and their spouses*. Paper presented at the 2012 Paramedic Research Session, British Columbia Emergency and Health Services Commission, Vancouver, BC.
- King, D. B., & DeLongis, A. (2011, October). *Couples coping with trauma: Examining the daily lives of paramedics and their spouse*. Paper presented at the 2012 International Association for Relationship Research 'Health, Emotion, and Relationships' Mini-Conference, Tucson, AZ.
- King, D. B., & DeLongis, A. (2009, May). When the going gets tough: Couples coping with marital conflict. In G. Stadler (Chair), *New perspectives on conflict in close relationships*. Symposium presented at the 21<sup>st</sup> Annual Convention of the Association for Psychological Science, San Francisco, CA.
- King, D. B. (2008, July). *Personal meaning production as a component of spiritual intelligence*. Paper presented at the 5<sup>th</sup> Biennial International Conference on Personal Meaning, Toronto, ON.
- Navara, G. S., & King, D. B. (2008, July). Exploring intimate relationships with dreamwork. In T. L. DeCicco (Chair), *Dreaming about major life issues: Pain, relationships, addictions, and breast cancer*. Symposium presented at the 25<sup>th</sup> Annual Conference of the International Association for the Study of Dreams, Montreal, QC.
- King, D. B. (2008, January). *Brighter paths to wellbeing: An integrative model of human intelligence and health*. Paper presented at the Trent University Centre for Health Studies 6<sup>th</sup> Annual Health Studies Day, Peterborough, ON.
- King, D. B. (2008, January). *Psychometric scale development: A new measure of spiritual intelligence*. Poster session presented at the World Congress on Psychology & Spirituality, Delhi, India.
- King, D. B. (2007, December). *Extracting intelligence from spirituality: A new model of human ability*. Paper presented at the Thomas H. B. Symons Seminar Series, Trent University, Peterborough, ON.
- Humphreys, T. P., DeCicco, T. L., & King, D. B. (2007, November). *Sex dreams and waking sexual activity: Is there a connection?* Poster session presented at the 2007 Annual Meeting of the Society for the Scientific Study of Sexuality, Indianapolis, IN.
- King, D. B. (2007, July). *Investigating dream attitudes and their relationship to dream content and waking life*. Paper presented at the 24<sup>th</sup> Annual Conference of the International Association for the Study of Dreams, Sonoma, CA.
- King, D. B., DeCicco, T. L., & Humphreys, T. (2007, July). *Who's having more fun? An investigation of dreams with sexual content*. Paper presented at the 24<sup>th</sup> Annual Conference of the International Association for the Study of Dreams, Sonoma, CA.
- King, D. B. (2007, January). *Dreams and health: Examining the connection*. Paper presented at the Trent University Centre for Health Studies 5<sup>th</sup> Annual Health Studies Day, Peterborough, ON.
- King, D. B. (2006, June). *New support for the continuity hypothesis of dreaming*. Paper presented at the 23<sup>rd</sup> Annual Conference of the International Association for the Study of Dreams, Bridgewater, MA.

### ***Continuing Education / Workshops Facilitated***

- DeCicco, T. L., & King, D. B. (2008, July). *Meditative dream re-entry*. Workshop presented at the 25<sup>th</sup> Annual Conference of the International Association for the Study of Dreams, Montreal, QC.
- DeCicco, T. L., Smith, C., King, D. B., & Nov, P. (2008, January). *The transformative potential of dreamwork: Implementing contemporary techniques*. Workshop presented at the World Congress on Psychology & Spirituality, Delhi, India.
- DeCicco, T. L., & King, D. B. (2007, June). *Discover the hidden meaning in your dreams: The storytelling method of dream interpretation*. Workshop presented at the 24<sup>th</sup> Annual Conference of the International Association for the Study of Dreams, Sonoma, CA.

### ***Invited Talks / Consulting***

Invited Speaker (2014, February). *Fight or flight, or frenzy: Navigating health and happiness in a demanding world*. Workshop and discussion presented at the 2013-2014 Speaker Series, Faculty of Education Department of Curriculum & Pedagogy, University of British Columbia, Vancouver, BC.

Invited Speaker (2014, January). *Stress within, stress between: New insights into the daily occurrence of stress and burnout*. Paper presented at the 2013-2014 Health Psychology Speaker Series, Department of Psychology, University of British Columbia, Vancouver, BC.

Invited Moderator (2010). *Spiritual intelligence: What is it and can it be developed?* Philosopher's Café Discussion Forum, Quest University, Squamish, BC.

Credited On-Screen Expert and Consultant (2007). *In Dreams* Television Series (9 of 13 episodes), Eyes Closed Productions, Inc., W Network, Toronto, ON.

Invited Speaker (2007). *Sex dreams*, Dream Time Radio Series on Dreams, IASD & The Dream Science Foundation, Voice America Live Internet Talk Radio.

### ***Services to the Research Community***

Website Coordinator (2013 – 2014), *American Psychological Association Division 12, Section II: Society of Clinical Geropsychology*.

**Reviewer for Submissions to:** Anxiety, Stress, & Coping; Cambridge University Press; International Journal of Transpersonal Studies; Journal of LGBT Youth; Journal of Personality; Journal of Social and Personal Relationships; McGraw-Hill Ryerson Higher Education; Sex Roles: A Journal of Research; UBC Journal of Psychology Learning & Teaching; W.W. Norton, Inc.

### ***Professional Affiliations***

American Psychological Association (APA)

APA Division 38: Health Psychology

Canadian Psychological Association (CPA)

CPA Section on Health and Behavioural Medicine

SFU Interdisciplinary Research in the Mathematical and Computational Sciences Centre (IRMACS)

Society for Personality and Social Psychology (SPSP)

Society of Behavioral Medicine (SBM)

UBC Centre for Health & Coping Studies

## TEACHING

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My teaching experience at the university level has spanned multiple roles, as demonstrated by four years' experience as a sessional instructor and ten years' experience as a teaching assistant, an undergraduate seminar leader, and a guest lecturer in the field of psychology. I am currently a sessional instructor for third-year undergraduate courses in Health Psychology (PSYC-314) and Personality Psychology (PSYC-305A) at UBC. This is in addition to taking on the role of interim instructor for Psychology of Gender and Sex Differences (PSYC-320) in 2016. I have also worked as a teaching fellow for courses in Research Methods (PSYC-217) and Gender Psychology (PSYC-320). My experience as a teaching assistant has varied greatly, spanning courses in health, gender, abnormal, and social psychology. I define my primary teaching philosophy as engaging and collaborative learning through progressive teaching, which underscores my goals of high student engagement and collaboration among students and instructor.

### **Teaching Experience**

- Sessional Instructor, Personality Psychology (PSYC-305A), Department of Psychology  
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2013 – Present
- Instructor for PSYC-305, a third year undergraduate course on the topic of personality psychology.
- Sessional Instructor, Health Psychology (PSYC-314), Department of Psychology  
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2012 – Present
- Instructor for PSYC-314, a third year undergraduate course on the topic of health psychology.
- Sessional Instructor, Psychology of Gender and Sex Differences (PSYC-320), Department of Psychology  
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2016
- Interim instructor for PSYC-320, a third year undergraduate course on the topic of gender psychology.
- Guest Lecturer, Mental Health and Illness in Mid- and Later Life (PSYC-106), Department of Psychology  
SIMON FRASER UNIVERSITY, Surrey, British Columbia 2013 – 2015
- Developed and led semiannual guest lectures on the topics of gender identity and gender dysphoria.
- Graduate Teaching Fellow, Gender Psychology (PSYC-320), Department of Psychology  
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2011 – 2013
- Responsible for organizing and managing a community service learning course component.
- Graduate Teaching Assistant, Department of Psychology  
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2008 – 2013
- Responsible for student advising, exam administration, and undergraduate course management.
- Guest Lecturer, Health Psychology (PSYC-314), Department of Psychology  
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2008 – 2012
- Prepare and lead semi-annual guest lectures for third year undergraduate Health Psychology courses.
- Graduate Teaching Fellow, Research Methods (PSYC-217), Department of Psychology  
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2011
- Responsible for leading seminars for Research Methods course in psychology.
- Statistics Consultant, Department of Psychology  
UNIVERSITY OF BRITISH COLUMBIA, Vancouver, British Columbia 2009 – 2010
- Responsible for weekly statistical consulting for graduate students in psychology.
- Guest Lecturer, Department of Psychology  
TRENT UNIVERSITY, Peterborough, Ontario 2006 – 2008
- Conducted regular guest lectures for second and third year undergraduate courses abnormal psychology.
- Graduate Teaching Assistant, Department of Psychology  
TRENT UNIVERSITY, Peterborough, Ontario 2006 – 2008
- Managed and led seminars for third year undergraduate courses in Health / Abnormal Psychology.



**University Courses Taught (In Instructor Role)**

Location	Session	Course Code	Course Name	Size	Hours	Lectures	Teaching Evaluations* (1), (2), (N)
UBC	2016 Summer	PSYC-314-951	Health Psychology	207	42	14	4.4, 4.3, 54
UBC	2016 Summer	PSYC-305A-921	Personality Psychology	188	39	13	4.5, 4.5, 47
UBC	2016 Winter	PSYC-320-002	Gender & Sex Differences	175	39	24	4.0, 3.8, 43
UBC	2016 Winter	PSYC-305A-004	Personality Psychology	178	39	24	4.1, 4.1, 47
UBC	2015 Fall	PSYC-314-901	Health Psychology	154	36	11	4.3, 4.3, 61
UBC	2015 Fall	PSYC-305A-002	Personality Psychology	218	39	24	4.2, 4.1, 60
UBC	2015 Fall	PSYC-305A-001	Personality Psychology	201	39	24	4.1, 4.0, 74
UBC	2015 Summer	PSYC-314-951	Health Psychology	240	14	3	4.3, NA, 40
UBC	2015 Summer	PSYC-305A-921	Personality Psychology	205	39	13	4.1, 4.1, 38
UBC	2014 Fall	PSYC-314-001	Health Psychology	150	39	24	4.4, 4.4, 50
UBC	2014 Fall	PSYC-314-002	Health Psychology	250	39	24	4.2, 4.1, 77
UBC	2014 Summer	PSYC-314-951	Health Psychology	142	42	14	4.3, 4.3, 26
UBC	2014 Summer	PSYC-305A-921	Personality Psychology	150	42	14	4.7, 4.4, 48
UBC	2014 Winter	PSYC-305A-004	Personality Psychology	156	36	22	4.3, 4.2, 52
UBC	2013 Fall	PSYC-314-002	Health Psychology	236	39	24	4.3, 4.4, 78
UBC	2013 Summer	PSYC-314-951	Health Psychology	139	42	14	4.5, 4.4, 43
UBC	2012 Fall	PSYC-314-001	Health Psychology	145	39	24	4.4, 4.4, 75

\*Results from university administered teaching evaluations. Scores are mean student responses on a scale of 1 (very poor) to 5 (very good) to (1) the statement, "Overall, the instructor was an effective teacher," and (2) the question, "Considering everything, how would you rate this course?" N = number of students who completed evaluations.

**University Courses Assisted (In Teaching Assistant/Fellow Roles)**

**University of British Columbia:** Teaching Fellow (TF), *PSYC-320 Gender Psychology* (Winter 2013); TF, *PSYC-320 Gender Psychology* (Fall 2011-Winter 2012); TF, *PSYC-217 Research Methods* (Summer 2011); Teaching Assistant (TA), *PSYC-320 Gender Psychology* (Fall 2010-Winter 2011); TA, *PSYC-305 Personality* (Summer 2010); TA, *PSYC-314 Health Psychology* (Winter 2010); TA, *PSYC-314 Health Psychology* (Fall 2009); TA, *PSYC-320 Gender Psychology* (Fall 2009-Winter 2010); TA, *PSYC-305 Personality* (Summer 2009); TA, *PSYC-314 Health Psychology* (Winter 2009); TA, *PSYC-430 Forensic Psychology* (Winter 2009); TA, *PSYC-315 Childhood & Adolescence* (Winter 2009); TA, *PSYC-314 Health Psychology* (Fall 2008).

**Trent University:** TA, *PSYC-341 Advanced Abnormal Psychology* (Winter 2008); TA, *PSYC-373 Dreams & Dreaming* (Winter 2008); TA, *PSYC-240 Abnormal Psychology* (Fall 2007); TA, *PSYC-341 Advanced Abnormal Psychology* (Winter 2007); TA, *PSYC-373 Dreams & Dreaming* (Winter 2007); TA, *PSYC-343 Health Psychology* (Fall 2006); TA, *PSYC-240 Abnormal Psychology* (Fall 2006).

**Undergraduate Supervision, Honours Students**

Charlotte Kukowski, University of British Columbia, 2013–2014. Co-Supervisor / Project Manager.

Marissa Mar, University of British Columbia, 2011–2012. Co-Supervisor / Project Manager.

Andrea Smit, Trent University, 2007–2008. Co-Supervisor.

**Undergraduate Supervision, Practicum / Directed Studies Students**

David Radcliffe, University of British Columbia, 2014 – 2015. Co-Supervisor / Project Coordinator.

Tyson Hernandez, University of British Columbia, 2014–2015. Co-Supervisor / Project Manager.

Jacob Bosanich, University of British Columbia, 2014–2015. Co-Supervisor / Project Manager.

Elnaz Bondar, University of British Columbia, 2014–2015. Co-Supervisor / Project Manager.

Maia Buschmann, University of British Columbia, 2013–2015. Co-Supervisor / Project Manager.

Erin Shin, University of British Columbia, 2013–2014. Co-Supervisor / Project Manager.

Erin Suh, University of British Columbia, 2013–2014. Co-Supervisor / Project Manager.

Marissa Mar, University of British Columbia, 2011. Co-Supervisor / Project Manager.

Julie Nguyen, University of British Columbia, 2011–2012. Co-Supervisor / Project Manager.  
Jade McGregor, University of British Columbia, 2010–2012. Co-Supervisor / Project Manager.  
Natasha Simula, University of British Columbia, 2009–2012. Co-Supervisor / Project Manager.  
Jesse Frender, University of British Columbia, 2010–2011. Co-Supervisor / Project Manager.  
Genevieve Lorenzo, University of British Columbia, 2009–2011. Co-Supervisor / Project Manager.  
Chris Wright, Trent University, 2006–2007. Co-Supervisor.  
Constance Mara, Trent University, 2006–2007. Co-Supervisor.

#### ***Undergraduate Supervision, Volunteer Research Assistants***

Karolina Donasewicz, University of British Columbia, 2016–2017. Supervisor / Project Manager.  
Juliane Dmyterko, University of British Columbia, 2015–2017. Co-Supervisor / Project Manager.  
Irene Kim, University of British Columbia. 2013–2014. Co-Supervisor / Project Manager.  
Kristin Brown, University of British Columbia. 2013–2014. Co-Supervisor / Project Manager.  
Manil Chowdhury, University of British Columbia. 2013–2014. Co-Supervisor / Project Manager.  
Juliane Dmyterko, University of British Columbia. 2013–2014. Co-Supervisor / Project Manager.

#### ***Student Workshops Facilitated***

*How to Write for Psych: A Seminar for Writing in Psychology*, Trent University, Peterborough, ON, 2006–2008. Independently designed, organized, and implemented a series of workshops on critical writing skills for undergraduate students.

*How to Write for Psych: A Seminar for Writing in Psychology*, Durham College, Oshawa, ON, 2006–2008. Independently designed, organized, and implemented a series of workshops on critical writing skills for undergraduate students.

*So You Want to Go to Grad School?*, Trent University, Peterborough, ON, 2008. Co-organized and implemented a workshop on strategies for applying and getting into graduate school, aimed at undergraduate students in psychology.

#### ***Activities to Improve Teaching***

*Teaching Assistant Training Certificate*, Trent University, Peterborough, ON, 2007. Received after completing 12 hours of training with the Instructional Development Centre at Trent University.