

# Lauren C. Howe

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## EDUCATION

**Stanford University**, GPA: 4.04

Stanford, California, *Fall 2011 – Spring 2017 (expected)*

- PhD Candidate, Department of Psychology, Social Area
- Dissertation title: *Cues of potential rejection and acceptance influence patient-physician interactions*  
Committee members: Benoît Monin (advisor), Alia Crum, Carol Dweck, and Greg Walton

**University of Virginia**, GPA: 4.00

Charlottesville, Virginia, *Fall 2006 – Spring 2010*

- Bachelor of Arts in Psychology with Highest Distinction
- Second major in German Language and Literature
- Year-long study abroad program in Freiburg im Breisgau, Germany

## HONORS AND AWARDS

University of San Francisco, College of Arts & Sciences Teaching Development Fund, *Fall 2016*

Social Personality and Health Network Pre-Conference Research Award, *Winter 2016*

Graduate Student Teaching Award for excellence in teaching graduate statistical methods, *Spring 2014*

Society for Personality and Social Psychology Graduate Student Travel Award, *Winter 2014*

Fulbright English Teaching Assistantship Grant to Germany, *Fall 2010*

University of Virginia Research Excellence Award in Psychology, *Spring 2010*

Phi Beta Kappa Honor Society, University of Virginia, *Spring 2010*

Induction into the Raven Society, the University of Virginia's oldest honor society, *Fall 2010*

Psi Chi International Honor Society in Psychology, *Fall 2009*

Echols Scholar Program, University of Virginia, *Fall 2006*

## RESEARCH GRANTS

Presence Center Research Grant (\$4,500), *Summer 2015*

Stanford Vice Provost for Graduate Education Graduate Research Opportunity (\$4,500), *Spring 2016*

Stanford Psychology Department Dissertation Research Funds (\$4,000), *Spring 2016*

Stanford Vice Provost for Graduate Education Diversity Dissertation Research Opportunity (\$5,000), *Winter 2016*

Foundation for the Science of the Therapeutic Encounter Research Grant (\$5,000), *Winter 2016*

Norman H. Anderson Research Fund Grant (\$1,000), *Fall 2015*

Presence Center Research Grant (\$4,450), *Fall 2015*

Stanford Psychology Department Pilot Data Research Grant (\$8,000), *Winter 2015*

Shaper Family Stanford Interdisciplinary Graduate Fellowship (three years of financial support), *Spring 2014*

National Science Foundation Graduate Research Fellowship (three years of financial support), *Spring 2011*

Undergraduate Research Grant for independent psychology research (\$500), *Spring 2010*

## PUBLICATIONS

**Howe, L.C.**, & Monin, B. (in press). Healthier than thou? "Practicing what you preach" backfires by increasing anticipated devaluation. *Journal of Personality and Social Psychology*.

**Howe, L.C.**, Goyer, J.P., & Crum, A.J. (in press). Harnessing the placebo effect: Warm and competent doctors boost placebo response. *Health Psychology*.

**Howe, L.C.**, & Krosnick, J.A. (2017). Attitude strength. *Annual Review of Psychology*, 68, 6.1-6.25.

**Howe, L.C.**, & Dweck, C.S. (2016). Changes in self-definitions impede recovery from rejection. *Personality and Social Psychology Bulletin*, 42(1), 54-71.

## MANUSCRIPTS BEING REVISED FOR SUBMISSION

- Howe, L.C.**, Carr, P.B., & Walton, G.M. *Normative appeals that invite people to work together toward a common cause are more effective.*
- MacInnis, B., **Howe, L.C.**, Krosnick, J.A., Markowitz, E., & Socolow, R. *The impact of acknowledging bounded and unbounded uncertainty on public acceptance of scientific claims.*

## MANUSCRIPTS IN PREPARATION

- Howe, L.C.**, Aguilar, L., & Walton, G.M. *Rehumanization: Responding to dehumanizing threats by reasserting one's humanity.*
- Howe, L.C.**, Bryan, C.J., & Walton, G.M. *Mere acknowledgment: The impact of everyday cross-race social interactions.*
- Howe, L.C.**, Monin, B., Hardebeck, E.J. & Crum, A.J. *Flawed experts: How failing to practice what you preach can have surprising benefits.*
- Chan, Michael C. H., **Howe, L.C.**, & Gross, J.J. *To vote or not to vote? Experienced and anticipatory affect matters.*

## INVITED TALKS

- Howe, L.C.** (2016, June). *New explorations in responses to threats to the self: Investigating dehumanization and anticipated devaluation processes.* Talk given at the University of Washington Social Area Seminar, Seattle, Washington.
- Howe, L.C.**, & Dweck, C.S. (2015, October). *Changes in self-definition impede recovery from rejection.* Talk given at the Stanford Psychology Department Colloquium, Stanford, CA.
- Howe, L.C.**, & Monin, B. (2014, October). *Physician health behavior as a cue of potential judgment in doctor-patient interactions.* Talk given at the Stanford Psychology Department Colloquium, Stanford, CA.
- MacInnis, B., Krosnick, J., Caldwell, M., Abeles, A., & **Howe, L.C.** (2013, March). *Preparing for the Effects of Global Warming: The American Public's Perspective on Sea Level Rise.* Talk given at the National Press Club.

## CONFERENCE PRESENTATIONS

- Howe, L.C.**, Goyer, J.P., & Crum, A.J. (2017, July). *Positive relationships strengthen the impact of expectations on patient treatment outcomes.* Talk given as part of a symposium, "Strengthening the Doctor-Patient Relationship and Improving Health Outcomes Through Positive Psychology," at the Fifth World Congress on Positive Psychology, Montréal, Québec, Canada.
- Howe, L.C.**, & Monin, B. (2017, March). *Physicians who expose unhealthy habits are more effective for overweight patients.* Talk given as chair of a symposium, "Using Social Psychological Insights to Make Sense of Persistent Health Disparities," at the International Convention for Psychological Science, Vienna, Austria.
- Howe, L.C.**, & Goyer, J.P., & Crum, A.J. (2015, February). *Physiological effects of treatment are influenced by patient expectations and practitioner interaction style.* Talk given as part of a symposium, "Health-Related Decisions: Understanding Patient Choice and Well-Being Through the Lens of Social Psychology," at the annual meeting of the Society for Personality and Social Psychology, San Antonio, Texas.
- Howe, L.C.**, & Dweck, C.S. (2016, August). *Changes in self-definition impede recovery from rejection.* Talk given as co-chair of a symposium, "Me, Myself, and I: Self-Theories Shape Health, Well-Being, and Relationships," at the American Psychological Association's Annual Convention, Denver, CO.
- Howe, L.C.**, & Monin, B. (2016, January). *Healthier than thou? When "practicing what you preach" backfires by increasing expected judgment.* Data blitz at the Social Personality and Health Pre-Conference for the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Howe, L.C.**, & Monin, B. (2015, February). *Physician health behavior as a cue of potential judgment in doctor-patient interactions.* Talk given as part of a symposium, "Health-Related Decisions: Understanding Patient Choice and Well-Being Through the Lens of Social Psychology," at the annual meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Howe, L.C.**, & Monin, B. (2014, February). *Healthier than thou? How physician health affects patient fear of judgment.* Data blitz at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- Walton, G.M., Carr, P.B., & **Howe, L.C.** (2014, February). *Cues of working together fuel intrinsic motivation and can contribute to the solution of collective action problems.* Talk given as part of a symposium, "The role of interpersonal processes in group phenomena and cultural development," at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

## **CONFERENCE PRESENTATIONS, *continued***

- MacInnis, B., **Howe, L.C.**, Krosnick, J. A., Markowitz, E., & Socolow, R. (2013, October). *The Effects of Scientists' Expressions of Uncertainty on Public Opinion on Global Warming*. Australian Psychological Society Annual Meeting, Queensland, Australia.
- MacInnis, B., **Howe, L.C.**, Krosnick, J. A., Markowitz, E., & Socolow, R. (2013, September). *Confidently uncertain: When expressing uncertainty enhances trust and persuasion*. Talk given as part of a symposium, "Certainty: New Studies of Certainty and Confidence in Social Cognition, Attitudes, and Self-Perception," at the annual meeting of the Society of Experimental Social Psychology, Berkeley, California.

## **TEACHING EXPERIENCE**

**Adjunct Professor, University of San Francisco**, Department of Psychology, San Francisco, CA

- General Psychology
- Introduction to Social Psychology (3 semesters)

**Instructor, Stanford University**, Department of Psychology, Stanford, CA

- General Psychology (2 quarters)
- Introduction to Social Psychology

**Head Teaching Assistant, Stanford University**, Department of Psychology, Stanford, CA

- Social Psychology

**Teaching Assistant, Stanford University**, Department of Psychology, Stanford, CA

- Social Psychology and Public Policy
- Social Psychology (graduate level) (2 quarters)
- Statistical Methods for the Social Sciences (graduate level)
- Introductory Psychology (3 quarters)
- Wise Interventions

## **MEDIA**

### **Science Writing**

- Wealth doesn't always equal health*. Character & Context, January 2017.
- Improving healthcare by harnessing the social context*. Character & Context, January 2017.
- A secret to self-improvement: Work on strengths*. Scientific American, May 2016.
- Creating a new definition of what it means to be healthy*. Character & Context, January 2016.
- How discrimination shapes the health of American racial and ethnic minorities*. Character & Context, January 2016.
- A secret to healthy aging may be what you do for others*. Character & Context, January 2016.
- Why is it so tough for some to exorcise the ghosts of their romantic pasts?* The Conversation, January 2016.
- Why some people take breakups harder than others*. The Atlantic, January 2016.
- The Big Sort: When personal preferences build political partisanship*. CivilPolitics.org, November 2010.
- Is politics hopelessly partisan? Perceptions of the "other side."* CivilPolitics.org, August 2010.

### **Press Coverage**

- Warum das Vorbild nicht zu vorbildlich sein darf [Why role models shouldn't be too exemplary]*. Süddeutsche Zeitung, the largest German subscription daily newspaper, March 2017.
- To recover faster from rejection, shift your mindset*. Harvard Business Review, April 2016.
- Surviving a breakup? It's all about you*. The Boston Globe, January 2016.
- If past breakups still hurt, it may be because of how you see yourself*. The Washington Post, January 2016.
- This may be why breakups are harder for some people than others*. The Huffington Post, January 2016.
- Your sense of self predicts how quickly you'll get over an ex*. New York Magazine, January 2016.
- Researchers discover why some people struggle so much with rejection*. The Daily Mail, January 2016.
- Stanford research explains why some people have more difficulty recovering from romantic breakups*. Stanford Report, January 2016.
- Climate worst-case scenario may backfire in activists' campaign: Study*. The Huffington Post, March 2013.

## Other media coverage

- Invited panelist on public radio show *Forum* to discuss my research on coping with rejection after breakups
- Invited speaker on the public radio show *To the Best of our Knowledge* to discuss my research on rejection
- Presented results of my research on the communication of uncertainty about sea level rise at the National Press Club in Washington, D.C.

## COMMUNITY SERVICE

**Graduate Application Mentors for Psychology**, Stanford University, Stanford, CA, *Summer 2016 – present*

- Assist a first-generation college student with the application process for PhD programs in psychology

**Psychology Department Teaching Liaison**, Stanford University Vice Provost for Teaching and Learning, Stanford, CA, *Fall 2015 – present*

- Connect psychology graduate students with teaching-related resources

**Graduate Student Advisory Council**, Institute for Research in the Social Sciences, *Winter 2014 – present*

- Promote interdisciplinary collaboration between social science departments

**Teaching Consultant**, Stanford University Vice Provost for Teaching and Learning, Stanford, CA, *Fall 2014 – present*

- Provide individualized feedback on graduate student teaching across departments; present teaching-related talks and design teaching workshops

**Echols Alumni Mentoring**, University of Virginia Echols Scholar Program, *Fall 2015 – Summer 2016*

- Advised an undergraduate student in University of Virginia's Echols Scholar Program through monthly mentoring meetings

**Annual Teaching Assistant Workshop Co-Organizer**, Stanford University, Department of Psychology, *Fall 2015*

**Head Community Associate**, Rains Graduate Housing, *Summer 2013 – Summer 2015 (Community Associate from Fall 2012 – Summer 2013)*

- Co-leader of Community Associates, graduate students who build community and promote well-being in residential life and connect students with university resources

## ADDITIONAL ACTIVITIES

**Contributing Editor**, *Society for Personality and Social Psychology's "Character & Context" Blog*, *Spring 2016 – present*

- Recruit science writers and edit posts, assist managing editors with curation and development of content

**Identity in the Classroom Learning Community Member**, *Fall 2015 – Spring 2016*

- Participated in year-long learning community on identity and diversity in the classroom

**Norton Textbook Learning Activities Designer**, *Summer 2015-Fall 2015*

- Designed in-class learning activities for instructors to accompany online Intro. Psych. textbook

**Stanford Ignite Program**, Stanford Graduate School of Business, *Summer 2015*

- Developed a collaborative business venture (Core: a hand-held object to assist beginners in maintaining a medication practice)

**Vice Provost for Graduate Education Leadership Lab**, *Summer 2013*

- Workshopped critical communication and interpersonal influence skills

**Stanford University Summer Institute in Political Psychology**, *Summer 2012*

- Attended intensive training program in political psychology scholarship

## PROFESSIONAL AFFILIATIONS

Society for Personality and Social Psychology

American Psychological Association

Association for Psychological Science

Society for Interdisciplinary Placebo Studies

## AD-HOC REVIEWER

Personality and Social Psychology Bulletin

Personality and Individual Differences

Learning and Individual Differences