

Lauren C. Howe

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EDUCATION

Postdoctoral Scholar, Mind & Body Lab, Department of Psychology, Stanford University

Stanford, California, *Summer 2017 – present*

Ph.D., Social Area, Department of Psychology, GPA: 4.04

Stanford, California, *Fall 2011 – Summer 2017*

- Dissertation title: *The anticipation of devaluation: Concerns about being judged shape reactions to experts who appear flawed or flawless*

University of Virginia, GPA: 4.00

Charlottesville, Virginia, *Fall 2006 – Spring 2010*

- Bachelor of Arts in Psychology with Highest Distinction & German Language and Literature

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

Stanford School of Medicine Presence Center Research Grant (\$4,500), *Summer 2016*

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*

Stanford School of Medicine 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., Goyer, J.P., & Crum, A.J. (2017). Harnessing the placebo effect: Exploring the influence of physician characteristics on placebo response. *Health Psychology, 36*(11), 1074-1082.

Howe, L.C., & Monin, B. (2017). Healthier than thou? "Practicing what you preach" backfires by increasing anticipated devaluation. *Journal of Personality and Social Psychology, 112*(5), 718-735.

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

- Abeles, A., **Howe, L.C.**, Krosnick, J.A., MacInnis, B. *Climate change public opinion and the forces that influence widespread misperception.*
- 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. *Acknowledging uncertainty impacts public acceptance of climate scientists' predictions.*

SELECTED MANUSCRIPTS IN PREPARATION

- Howe, L.C.**, Leibowitz, K., & Crum, A.J. *The importance of spent and perceived time in medicine.*
- 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.**, Hardebeck, E.J., & Crum, A.J. *Bias under the skin: Do stereotypes of African-American and Asian-American doctors affect their patients' responses to treatment?*
- Howe, L.C.**, Leibowitz, K., Kaptchuk, T.J., Nadeau, K., & Crum, A.J. *Symptoms as positive signals: Re-framing side effects to improve outcomes during oral immunotherapy for peanut allergies.*
- Howe, L.C.**, Monin, B., Hardebeck, E.J. & Crum, A.J. *Flawed experts: How failing to practice what you preach can have surprising benefits.*

INVITED TALKS

- Howe, L.C.** (2017, June). *Thinking about how we think about health.* Talk given at the Stanford University Health Improvement Program, Stanford, California.
- Howe, L.C.** (2017, June). *Using social psychological insights to promote health.* Talk given to the Stanford University Community Health and Prevention Research Program, Stanford, California.
- Howe, L.C.** (2017, April). *Why social connection with healthcare providers matters for patient health.* Talk given at the University of British Columbia Health Psychology Area Seminar, Vancouver, British Columbia, Canada.
- 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, Washington, D.C.

ORAL CONFERENCE PRESENTATIONS

- Howe, L.C.**, Carr, P.B., & Walton, G.M. (2018, March). *Normative appeals are more effective when they invite people to work together toward a common cause.* Talk in symposium "New Frontiers in Social Norms: Understanding Perception, Mechanism, and Application," at the annual meeting of the Society for Personality and Social Psychology, Atlanta, Georgia.
- Abeles, A., **Howe, L.C.**, Krosnick, J.A., MacInnis, B. (2018, March). *How political partisanship shapes perceptions of public opinion on global warming.* Talk in symposium "How Groups Help and Hinder Sustainability: Insights Beyond the Lab," at the annual meeting of the Society for Personality and Social Psychology, Atlanta, Georgia.
- Howe, L.C.**, Goyer, J.P., & Crum, A.J. (2017, July). *Positive relationships strengthen the impact of expectations on patient treatment outcomes.* Talk in symposium "Strengthening the Doctor-Patient Relationship and Improving Health Outcomes Through Positive Psychology," at the Fifth World Congress on Positive Psychology, Montréal, Québec, Canada.

ORAL CONFERENCE PRESENTATIONS, *continued*

- Abeles, A., **Howe, L.C.**, Krosnick, J.A., & MacInnis, B. (2017, May). *Misperceptions of public opinion: Americans underestimate belief in global warming*. Talk in symposium “The Climate Change ‘Conspiracy’,” at the Annual Conference of the American Association for Public Opinion Research.
- Howe, L.C.**, & Monin, B. (2017, March). *Physicians who expose unhealthy habits are more effective for overweight patients*. Talk as chair of 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. (2017, February). *Physiological effects of treatment are influenced by patient expectations and practitioner interaction style*. Talk in symposium, “Harnessing Psycho-social Forces in Healthcare,” 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 as co-chair of 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 in 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 in 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.
- 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 in 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

Guest Lecturer, Stanford University, Department of Psychology, Stanford, CA

- Topics: Social Reasoning, Interpersonal Attraction, Health Psychology

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

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

- Social Psychology and Public Policy
- Social Psychology (Head Teaching Assistant for undergraduate level, 2 quarters of graduate level)
- Statistical Methods for the Social Sciences (graduate level)
- Introductory Psychology (3 quarters)
- Wise Interventions

MEDIA

Science Writing (Articles written by me about research)

When your doctor is fitter than you are. The New York Times, July 2017.

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 (Articles written about my research)

The placebo effect is amplified when doctors appear likable and competent. British Psychological Society Research Digest, October 2017.

Physicians who tout well-being may scare off patients, Stanford researcher finds. Stanford Medicine, July 2017.

It can backfire when doctors make a show of their healthy living. British Psychological Society Research Digest, April 2017.

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.

What does 'closure' even mean, anyways? The Science of Us, New York Magazine, February 2017.

How breakups change your personality. BBC, December 2016.

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 Department of Psychology, *Summer 2016 – present*

- Mentor first-generation college students through all aspects of the application process for graduate programs in psychology

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

- Develop and lead workshops on topics such as inclusive teaching and engaged learning, leading effective classroom discussions, engaging students in large lectures, and providing written feedback to students
- Provide individualized feedback on graduate student teaching across departments

Psychology Department Teaching Liaison, Stanford University Vice Provost for Teaching and Learning, *Fall 2015 – Summer 2016*

- Connected psychology graduate students with teaching-related resources

COMMUNITY SERVICE, *continued*

Graduate Student Advisory Council, Institute for Research in the Social Sciences, *Winter 2014 – Summer 2017*

- Promoted interdisciplinary collaboration between social science departments

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*

- Developed and co-facilitated a workshop for all graduate teaching assistants in Psychology courses

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

Psychological Science

Journal of Experimental Social Psychology

Personality and Social Psychology Bulletin

Personality and Individual Differences

Learning and Individual Differences

International Journal of Behavioral Medicine

Journal of Sport & Exercise Psychology