

TABITHA KIRKLAND

Curriculum Vitae

EMPLOYMENT

LECTURER (2016-PRESENT)

DEPARTMENT OF PSYCHOLOGY • UNIVERSITY OF WASHINGTON

ASSISTANT PROFESSOR (2013-2016)

DEPARTMENT OF PSYCHOLOGY • BELLEVUE COLLEGE

EDUCATION

PH.D., SOCIAL PSYCHOLOGY • 2015 • THE OHIO STATE UNIVERSITY

Dissertation: "Relationships Between Positive and Negative Affect in Happiness and Hypomania Risk"

Committee: William Cunningham (chair), Jennifer Crocker, Baldwin Way

M.A., SOCIAL PSYCHOLOGY • 2010 • THE OHIO STATE UNIVERSITY

Thesis: "Emotion Categories Reflect Affective Trajectories Through Time"

Committee: William Cunningham (chair), Richard Petty, Lisa Libby

B.A., PSYCHOLOGY with high honors • 2007 • UNIVERSITY OF CALIFORNIA, SAN DIEGO

Advisers: Nicholas Christenfeld, Piotr Winkielman

TEACHING AWARDS

OUTSTANDING FACULTY MEMBER • 2018 • PANHELLENIC ASSOCIATION, UNIVERSITY OF WASHINGTON. One of 25 faculty across the university recognized for teaching.

DISTINGUISHED TEACHING AWARD NOMINEE • 2016 • UNIVERSITY OF WASHINGTON. Highest teaching award at the university. Nominated in my first quarter of employment.

INSTRUCTIONAL INNOVATION GRANT • 2015 • [NOBA PROJECT](#). Grant for investigation of collaborative classroom approaches in introductory psychology with a set of open educational resources.

TEACHING EXCELLENCE AWARD FOR GRADUATE STUDENTS • 2011-12 • THE OHIO STATE UNIVERSITY. Received this college-wide award for teaching innovation upon nomination by my department.

CERTIFICATE OF TRAINING IN THE TEACHING OF PSYCHOLOGY • 2012 • THE OHIO STATE UNIVERSITY. Thorough training program including seminar in the teaching of psychology, attendance of teaching workshop, peer and mentor observations, and teaching experience with faculty observation.



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COURSES TAUGHT

UNIVERSITY OF WASHINGTON (2016-)

- PSYCH 101: Introduction to Psychology
- PSYCH 222: Connection & Consciousness in the Digital Age*
- PSYCH 209: Fundamentals of Psychological Research
- PSYCH 245: Introduction to Social Psychology
- PSYCH 345: Social Psychology
- PSYCH 440: Psychology of Emotion*
- PSYCH 445: Theories of Social Psychology
- PSYCH 208: Happiness*
- PSYCH 496: Undergraduate Teaching Experience in Psychology
- PSYCH 498: Directed Reading in Psychology
- PSYCH 499: Research Experience in Psychology

BELLEVUE COLLEGE (2013-16)

- PSYC 100: General Psychology
- PSYC 209: Fundamentals of Psychological Research
- PSYC 240: Introduction to Social Psychology
- PSYC 294: Positive Psychology*
- INTER 125: The Pursuit of Happiness* (interdisciplinary, team-taught class)

THE OHIO STATE UNIVERSITY (2010-12)

- PSYCH 100: General Psychology
- PSYCH 325/367: Introduction to Social Psychology

** New course I proposed and developed*

PUBLIC & GUEST LECTURES

COMMUNITY GROUPS AND CLUBS

- 2019/01: "Happiness and Wellness in the New Year." Public lecture and retreat for GrapeVine women's social club.
- 2019/01: "Learning Happiness." Public lecture for UW Osher Lifelong Learning Institute at Mirabella Retirement Community.

SEATTLE UNIVERSITY

- 2018/10: "Learning Happiness." Guest lecture in "Consumption and Happiness" (Matt Isaac).

UNIVERSITY OF WASHINGTON

- 2018/10: "Learning Happiness." Guest lecture for Psychology Transfer Academic Community.
- 2018/08: "Learning Happiness." Public lecture for *The Whole U*, University of Washington.
- 2018/05: "Learning Happiness." Public lecture for *The Whole U*, University of Washington.
- 2017/05: "Positive Psychology Toolbox: Resources for Coping with Challenges." Public lecture for *Uniting Voices: Active Minds Conference*, University of Washington.

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BELLEVUE COLLEGE

- 2014/09 & 2015/09: "Social Cognition and Group Dynamics." Guest lecture in "Problem Solving for the IT Professional."
- 2015/10: "Inequality, Wealth, and Happiness." Guest lecture in "Macroeconomics."

MENTORING

UNIVERSITY OF WASHINGTON

- Graduate committee: Nicole Reed, Museology (M.A.), 2017-2018
- Honors student: Isobel Batt-Doyle, Psychology, 2017-2019
- Undergraduate teaching assistants:
 - 2016-17: Kim Alejandro, Yeonjoo Ko, Christine Yu
 - 2017-18: Alex Feng, Liang Su, Johanna Fuller, Cameron McCann, Sunny Zhu, Jiayang He, Mai-lan (Lychee) Tran, Jennifer Yi
 - 2018-19: Sophie Beck, Alex Feng, Ji Soo Yang
- Independent study/directed reading:
 - 2017-18: Tawan Henderson, Jack Ferguson
 - 2018-19: Sophie Leung
- Research mentorship:
 - 2017-18: Cameron McCann
 - 2018-19: Shelby Grody, Jenny Zhao, Allen Saewong
- High school senior project mentor:
 - 2016-17: Nijal Trivedi, International School Bellevue, [Psychology of Microexpressions](#)

THE OHIO STATE UNIVERSITY

- Research assistants (2010-12): Ryan Shepard, Stephen Lo, Zack Munce, Paul Tuschman

PUBLICATIONS

- Cunningham, W. A., & Kirkland, T. (2014). The joyful, yet balanced, amygdala: Moderated responses to positive but not negative stimuli in trait happiness. *Social Cognitive & Affective Neuroscience*, 9, 760-766.
- Cunningham, W. A., & Kirkland, T. (2012). Emotion, cognition, and the classical elements of mind. *Emotion Review*, 4, 369-370.
- Gruber, J., Cunningham, W. A., Kirkland, T., & Hay, A. (2012). Feeling stuck in the present? Mania proneness and history associated with present-oriented time perspective. *Emotion*, 12, 13-17.
- Jones, C. R., Kirkland, T., & Cunningham, W. A. (2013). Attitudes, evaluation, and emotion regulation. In J. J. Gross (Ed.), *Handbook of emotion regulation* (2nd ed.). Guilford Press.
- Kirkland, T., & Cunningham, W. A. (2012). Mapping emotions through time: How affective trajectories inform the language of emotion. *Emotion*, 12, 268-282.
- Kirkland, T., & Cunningham, W. A. (2011). Neural basis of affect and emotion. *Wiley Interdisciplinary Reviews: Cognitive Sciences*, 2, 656-665.
- Kirkland, T., Gruber, J., & Cunningham, W. A. (2015). Comparing happiness and hypomania risk: A study of extraversion and neuroticism aspects. *Public Library of Science ONE*, 10, e0132438.

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- Kirkland, T.,** Man, V., & Cunningham, W. A. (2014). Positive emotion and the brain: The neuroscience of happiness. In J. Gruber and J. T. Moskowitz (Eds.), *Positive emotion: Integrating the light sides and dark sides*. Oxford University Press.
- Montross Thomas, L. P., Palinkas, L. A., Meier, E. A., Iglewicz, A., **Kirkland, T.**, & Zisook, S. (2014). Yearning to be heard: What veterans teach us about suicide risk and effective interventions. *Crisis: The Journal of Crisis Intervention and Suicide Prevention*, 35, 161-167.

PRESENTATIONS

- Kirkland, T.** (2018/10). Mindfulness in the college classroom. Paper presented to the Society for Experimental Social Psychology, Seattle, WA.
- Kirkland, T.** (2018/03). Mindfulness in the classroom. Paper presented for the Social & Personality Psychology Seminar Series, Department of Psychology, University of Washington, Seattle, WA.
- Kirkland, T.** (2016/04). Team up! Collaborating on quizzes improves performance on tests. Talk presented at Teaching Introductory Psychology Northwest, Highline College, Des Moines, WA.
- Kirkland, T.** (2015/11). Toward a comprehensive understanding of happiness. Paper presented for the Social & Personality Psychology Seminar Series, Department of Psychology, University of Washington, Seattle, WA.
- Karkhanis, D. G., & **Kirkland, T.** (2015/07). Collaborative assessment facilitates learning. Talk presented at the Stanford One Psychology Conference, Palo Alto, CA.
- Kirkland, T.**, & Karkhanis, D. G. (2015/05). Can collaborative assessment facilitate learning? Workshop presented at the Bellevue College Faculty Commons Teaching & Learning Conference, Bellevue, WA.
- Karkhanis, D. G., & **Kirkland, T.** (2015/04). Active collaboration during tests improves student learning. Invited talk presented at the Terman Teaching Conference, Western Psychological Association, Las Vegas, NV.
- Kirkland, T.** (2012/11). Constructing emotion: Movement through time shapes emotional experience. Paper presented to the Department of Psychology, Linfield College, McMinnville, OR.
- Kirkland, T.** (2012/11). Constructing emotion: Movement through time shapes emotional experience. Paper presented to the Department of Psychology, Santa Clara University, Santa Clara, CA.
- Kirkland, T.** (2012/11). Constructing emotion: Movement through time shapes emotional experience. Paper presented to the Department of Psychology, Swarthmore College, Swarthmore, PA.
- Kirkland, T.**, Gruber, J., & Cunningham, W. A. (2012/05). Portraits of positive affect: Differentiating happiness from hypomania. Paper presented to the Midwestern Psychological Association, Chicago, IL.
- Cunningham, W. A., & **Kirkland, T.** (2012/01). Mapping emotions through time: How affective trajectories inform emotion. Paper presented at the Emotion Pre-Conference to the Society for Personality and Social Psychology, San Diego, CA.
- Cunningham, W. A., & **Kirkland, T.** (2011/10). Mapping emotions through time: How affective trajectories inform emotion. Paper presented to the Society for Experimental Social Psychology, Washington, DC.
- Kirkland, T.** & Cunningham, W. A. (2011/05). Mapping emotions through time: How affective trajectories inform the language of emotion. Paper presented to the Midwestern Psychological Association, Chicago, IL.

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POSTERS

- *Grody, S., & Kirkland, T. (2019/02). A mindfulness-based eating intervention for undergraduates. Poster presented to the Society for Personality and Social Psychology, Portland, OR.
- *Batt-Doyle, I., & Kirkland, T. (2019/02). Mindfulness in the college classroom: A brief intervention. Poster presented to the Society for Personality and Social Psychology, Portland, OR.
- Kirkland, T. (2018/05). Mindfulness and engagement in the college classroom. Poster presented to the Association for Psychological Science, San Francisco, CA.
- Kirkland, T. (2018/04). Mindfulness promotes engagement in the university classroom. Poster presented at the University of Washington Teaching & Learning Symposium, Seattle, WA.
- Kirkland, T. (2018/02). Mindfulness in the college classroom. Poster presented at the STP Teaching Preconference to the Society for Personality and Social Psychology, Atlanta, GA.
- Kirkland, T., & Karkhanis, D. G. (2014/10). Group exams improve student learning. Poster presented to the Society for the Teaching of Psychology at the Annual Conference on Teaching, Atlanta, GA.
Recipient of the Early Career Psychologist Committee Poster Award.
- *Tuschman, P. J., Kirkland, T., & Cunningham, W. A. (2013/05). Predicting hypomania from specific affective states. Poster presented to the Midwestern Psychological Association, Chicago, IL.
- *Tuschman, P. J., Kirkland, T., & Cunningham, W. A. (2013/03). Relationship between mindfulness and flow: Can practicing non-doing enhance the optimal experience? Poster presented at the Denman Undergraduate Research Forum, The Ohio State University, Columbus, OH.
- *Tuschman, P. J., Kirkland, T., & Cunningham, W. A. (2012/05). Predicting hypomania from specific affective features. Poster presented at the Denman Undergraduate Research Forum, The Ohio State University, Columbus, OH.
- *Lo, S., Kirkland, T., & Cunningham, W. A. (2012/05). Effects of time perspective on happiness and well-being. Poster presented at the Denman Undergraduate Research Forum, The Ohio State University, Columbus, OH.
- Kirkland, T., & Cunningham, W. A. (2012/04). The joyful amygdala: The motivational salience of positive stimuli in trait happiness. Poster presented to the Social & Affective Neuroscience Society, New York, NY. *Recipient of SANS award for top 5% in submission category.*
- Kirkland, T., Gruber, J., & Cunningham, W. A. (2012/01). Not all good feelings are alike: Differentiating happiness from hypomania. Poster presented to the Society for Personality and Social Psychology, San Diego, CA.
- Cunningham, W. A., & Kirkland, T. (2011/11). The joyful amygdala: The motivational salience of positive stimuli in trait happiness. Poster presented to the Society for Neuroscience, Washington, DC.
- Kirkland, T. & Cunningham, W. A. (2011/01). Constructing happiness from ordinary experiences. Poster presented at the Emotion Pre-Conference to the Society for Personality and Social Psychology, San Antonio, TX.
- Kirkland, T. & Cunningham, W. A. (2010/01). The psychological construction of basic emotions from hedonic trajectories. Poster presented to the Society for Personality and Social Psychology, Las Vegas, NV.
- Kirkland, T., Hasinski, A. E., & Cunningham, W. A. (2009/02). Affective responses to risky decisions. Poster presented at the Emotion Pre-Conference to the Society for Personality and Social Psychology, Tampa, FL.
- Hasinski, A. E., Kirkland, T., & Cunningham, W. A. (2009/02). Affective predictors of relearning expected value. Poster presented at the Emotion Pre-Conference to the Society for Personality and Social Psychology, Tampa, FL.

** Mentored student project*

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RESEARCH AWARDS AND TRAINING

- **Marilynn B. Brewer Graduate Research Award**, Department of Psychology, The Ohio State University (2012-2013).
- **Dean's Graduate Enrichment Fellowship**, The Ohio State University (2008-2009, 2012-2013).
- **H. Dean & Susan Regis Gibson Research Award**, Center for Cognitive & Behavioral Brain Imaging, The Ohio State University (2012). Grant for fMRI research proposal "Amygdala activation links happiness to perception."
- **Outstanding Poster Award**, Social & Affective Neuroscience Society (2011). Awarded for "The joyful amygdala: The motivational salience of positive stimuli in trait happiness."
- **Summer Neuroimaging Training Program**, UCLA-Semel Institute (2011). Two-week seminar on advanced topics in neuroimaging. Admitted by application.
- **Graduate Student Research Excellence Award**, Department of Psychology, The Ohio State University (2010-11).

DEPARTMENT SERVICE

PSYCHOLOGY, UNIVERSITY OF WASHINGTON

- 2018-present: Co-Founder, Yoga Lab
- 2017-present: Curriculum Committee
- 2017-present: Lead/Coordinator, Teaching Idea Exchange (web-based)
- 2016-2017: Lead/Coordinator, Teaching Discussion Group (in-person)

PSYCHOLOGY, BELLEVUE COLLEGE

- 2015-2016: Adjunct Faculty Mentor
- 2015: Chair, Adjunct Faculty Search Committee
- 2014-2016: Psychology Department Webmaster
- 2014-2016: Psi Beta National Honor Society Faculty Advisor
- 2013-2015: Psychology Club Faculty Advisor
- 2013-2016: Curriculum Assessment Committee

PSYCHOLOGY, THE OHIO STATE UNIVERSITY

- 2012-2013: Academic Development Coordinator, Social Behavior Interest Group
- 2012: Judge, Psychology Undergraduate Research Colloquium
- 2011: Graduate Recruitment Coordinator, Social Psychology Area
- 2010-2012: Treasurer, Social Behavior Interest Group
- 2009-2010: Assistant Treasurer, Social Behavior Interest Group
- 2008-2009: Colloquium Reception Committee, Social Behavior Interest Group

COLLEGE/UNIVERSITY SERVICE

UNIVERSITY OF WASHINGTON

- 2018-present: Co-Founder, UW Tri-Campus Contemplative Pedagogy Discussion Group
- 2018-present: Member, Consortium for the Advancement of Undergraduate STEM Education

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- 2018-present: Member, UW Tri-Campus Conversation on Community Well-Being
- 2017-present: Coach, Evidence-Based Teaching Group, Center for Teaching & Learning
- 2016-2017: Participant, Evidence-Based Teaching Group, Center for Teaching & Learning

BELLEVUE COLLEGE

- 2016: Participant, Consortium to Promote Reflection in Engineering Education. Multi-institution grant to increase reflection activities in STEM & across curriculum.
- 2016: Co-Chair, Interdisciplinary Studies Program
- 2015-2016: Interdisciplinary Studies Steering Committee
- 2015: Social Science Division Retreat Planning Committee
- 2015 (June)-2016: Chair, Faculty Commons Council
- 2015 (Jan-June): Social Science Division Representative, Faculty Commons Council
- 2014-2016: Social & Behavioral Sciences Research Committee, RISE Learning Institute / Center for Undergraduate Research
- 2014-2015: Professional Development Committee
- 2014 (Fall): Co-Leader, Faculty Commons Book Club: *What the Best College Teachers Do*
- 2014, 2016 (Spring): Chaperone, Phi Theta Kappa Annual Convention
- 2013-2014: Educational Equity Workshop

THE OHIO STATE UNIVERSITY

- 2011: Judge, Denman Undergraduate Research Colloquium

PROFESSIONAL & COMMUNITY SERVICE

Ad Hoc Reviewer

- *International Journal of Environmental Research and Public Health*
- *Journal of Experimental & Theoretical Artificial Intelligence*
- *NeuroImage*
- *Psychological Science*
- *Social Cognitive & Affective Neuroscience*

Society for Personality and Social Psychology: 2017: Symposium Reviewer

Central Sound Regional Science & Engineering Fair: 2015, 2016: Behavioral & Social Science Judge

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PUBLIC WRITING

Kirkland, T., & Karkhanis, D. G. (2017/01). Want your students to learn more? Test them in groups! [Noba Project](#).

Karkhanis, D. G., & Kirkland, T. (2015/05). Group exams improve student learning. *Psychology Teacher Network*, 25, 8-10.

PUBLICITY & INTERVIEWS

INTERNATIONAL NEWS

- *The Guardian* (11/2011): [“Brain scans of happy people help explain their rose-tinted outlook”](#)

LOCAL NEWS

- *Seattle Times* (5/2016): [“Tabitha Kirkland’s cool job teaching social psychology”](#)
- *Seattle Met* (10/2018): [“How a new private club crafts full-service social lives”](#)

UNIVERSITY NEWS

- *College of Arts & Sciences Newsletter*
 - 3/2018: [“Learning happiness”](#)
- *Right as Rain* by UW Medicine
 - 12/2017: [“The introvert’s guide to surviving the holiday season”](#)
- *The Daily* by UW
 - 2/2018: [“Your eating habits may shape your self-perception”](#)
 - 2/2018: [“Learning happiness in a lecture hall”](#)
 - 1/2018: [“Hazing remains an unspoken yet accepted norm in student groups”](#)
 - 5/2017: [“The science of self-reflection”](#)
- *UW Psychology Newsletter*
 - 12/2017: [“New Course: Psychology of Emotion”](#)