

TABITHA KIRKLAND

Curriculum Vitae

EMPLOYMENT

ASSOCIATE TEACHING PROFESSOR (2020-PRESENT)

DEPARTMENT OF PSYCHOLOGY • UNIVERSITY OF WASHINGTON

LECTURER (2016-2020)

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 AND TRAINING

TEACHING TECHNOLOGY FELLOW • 2020 • CENTER FOR TEACHING AND LEARNING, UNIVERSITY OF WASHINGTON. Participated in the Teaching Technology Fellows Institute, which uses evidence-based instruction to support creating or redesigning courses for a blended or fully online format.

DISTINGUISHED TEACHING AWARD FINALIST • 2019 • UNIVERSITY OF WASHINGTON. Highest teaching award at the university. Finalists comprise the top 10% of nominees.

DISTINGUISHED TEACHING AWARD NOMINEE • 2017, 2019, 2021 • UNIVERSITY OF WASHINGTON. Highest teaching award at the university.

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



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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. Highest award for teaching innovation among graduate students at the university. Received this award 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.

COURSES TAUGHT

** New course I developed*

UNIVERSITY OF WASHINGTON (2016-PRESENT)

- GENST 197: Freshman Seminar on Happiness*
- PSYCH 101: Introduction to Psychology
- PSYCH 208: Happiness*
- PSYCH 209: Fundamentals of Psychological Research
- PSYCH 222: Connection & Consciousness in the Digital Age*
- PSYCH 245: Introduction to Social Psychology
- PSYCH 345: Social Psychology
- PSYCH 440: Psychology of Emotion*
- PSYCH 445: Theories of Social Psychology
- 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 with political science)

THE OHIO STATE UNIVERSITY (2010-12)

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

PUBLIC & GUEST LECTURES

COMMUNITY GROUPS, CLUBS, AND CORPORATIONS

- 2019/11: "Gratitude and Happiness." Guest lecture for Google Kirkland.

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- 2019/11: "Learning Happiness." Guest lecture for Pariveda Solutions.
- 2019/10: "Better Together: Building Happiness and Hope through Social Connection." Keynote speech for Bainbridge Youth Services.
- 2019/08: "Learning Happiness." Lecture for The Bellettini retirement community.
- 2019/05: "Learning Happiness." Lecture for Seattle Women's University Club.
- 2019/01: "Happiness and Wellness in the New Year." Lecture and retreat for GrapeVine women's social club.
- 2019/01: "Learning Happiness." Lecture for UW Osher Lifelong Learning Institute at Mirabella Retirement Community.

SEATTLE UNIVERSITY

- 2018/10: "Learning Happiness." Guest lecture in *Consumption and Happiness*.

UNIVERSITY OF WASHINGTON

- 2019/11: Guest lecture for HCDE 520 graduate class.
- 2019/05: Guest lecture for PUBPOL 559 graduate class.
- 2019/04: "Creating Happiness Habits." Workshop for Professional & Organizational Development Spring Retreat.
- 2019/02: "Mindfulness at Work." Guest lecture for Industrial/Organizational Psychology class.
- 2018/10: "Learning Happiness." Guest lecture for Psychology Transfer Academic Community.
- 2018/08: "Learning Happiness." Public lecture for *The Whole U*.
- 2018/05: "Learning Happiness." Public lecture for *The Whole U*.
- 2017/05: "Positive Psychology Toolbox: Resources for Coping with Challenges." Public lecture for *Uniting Voices: Active Minds Conference*.

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 committees:
 - Daniel Nolan, Sociology (Ph.D.), 2018-19
 - Nicole Reed, Museology (M.A.), 2017-18
- Undergraduate honors student: Isobel Batt-Doyle, 2017-19
- Undergraduate research mentorship:
 - 2017-18: Cameron McCann
 - 2018-19: Shelby Grody, Jenny Zhao, Allen Saewong
 - 2021-present: Emjay Stroming, Mimi To
- Undergraduate teaching assistants:
 - 2016-17:
 - PSYCH 209: Kim Alejandro, Yeonjoo Ko, Christine Yu
 - 2017-18:
 - PSYCH 101: Alex Feng, Liang Su

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- PSYCH 345: Johanna Fuller
- PSYCH 448: Cameron McCann
- PSYCH 209: Jiayang He, Mai-Lan Tran, Sunny Zhu
- PSYCH 440: Jennifer Yi
- 2018-19:
 - PSYCH 440: Sophie Beck
 - PSYCH 101: Alex Feng, Ji Soo Yang
 - PSYCH 345: Jin Kang, Elizabeth McCarthy
 - PSYCH 208: Austin Kim, Regan Gong
 - PSYCH 209: Laurette Hanna, Hsiao-Ching Lai, Eileen Lee, Alyssa Sismaet
- 2019-20:
 - PSYCH 101: Meli Akdeniz, Ariana Cruz, Rex Liu
- 2020-21:
 - PSYCH 101 (AU20): Selah Lile, Jack Mennie, Isabel Pfeifer, Allen Saewong
 - PSYCH 208: Olivia Farley
 - PSYCH 345: Lisa Gyuro
 - PSYCH 101 (SP21): Ruiting Deng, Connor Kardokus, Sophie Karlin, Tyler Owen, Michelle Yang
 - PSYCH 209: Erin Guth, Lisa Gyuro, Skye Knauer, Yana Ishanina
- Independent study:
 - 2017-18: Tawan Henderson, Jack Ferguson (Positive Emotions)
 - 2018-19: Sophie Leung (Social & Cultural Psychology)
- High school senior project mentor: Nijal Trivedi, 2016-17, International School Bellevue (Psychology of Microexpressions)

THE OHIO STATE UNIVERSITY

- Undergraduate research mentorship:
 - 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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Curriculum Vitae

- 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.

POSTERS

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** Mentored student project*

- *Grody, S., Saewong, A., & **Kirkland, T.** (2019/05). Mindful eating: The emotional and behavioral effects of a mindful eating intervention. Poster to be presented to the Association for Psychological Science, Washington, DC.
- *Grody, S., Saewong, A., & **Kirkland, T.** (2019/05). Mindful eating: The emotional and behavioral effects of a mindful eating intervention. Poster to be presented at the University of Washington Undergraduate Research Symposium, Seattle, WA.
- *Batt-Doyle, I., & **Kirkland, T.** (2019/05). A brief mindfulness intervention in the college classroom. Poster to be presented at the University of Washington Undergraduate Research Symposium, Seattle, WA.
- *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.
- *Grody, S., & **Kirkland, T.** (2019/02). Mindful eating: The emotional and behavioral effects of a mindfulness-based eating 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.

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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.

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

- 2021-present: Founder and Director, Psychology Undergraduate Mentoring Program
- 2019, 2021: Distinguished Teacher Award for Graduate Students Committee
- 2018-2019: Improvement and Evaluation of Teaching Committee
- 2017-2019: Teaching Idea Exchange (web-based column)
- 2017-2018: Undergraduate Curriculum Committee
- 2016-2017: 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

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- 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

- 2018-2019: Co-Founder, UW Tri-Campus Contemplative Pedagogy Discussion Group
- 2018-present: Participant, Consortium for the Advancement of Undergraduate STEM Education. NSF-funded research study implementing evidence-based teaching practices to transform the culture of undergraduate teaching, increase student learning, and reduce the achievement gap in STEM classes.
- 2018-present: Faculty Fellow, UW Well-Being for Life and Learning Initiative. Tri-campus initiative sponsored by the UW Resilience Lab to promote well-being practices with students across faculty, staff, and administrators.
- 2017-present: Coach, Evidence-Based Teaching Group, Center for Teaching & Learning. Lead other faculty in discussing, evaluating, and implementing evidence-based teaching methods.
- 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: Participant, 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*

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Curriculum Vitae

Society for Personality and Social Psychology: 2017: Symposium Reviewer

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

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

UNIVERSITY NEWS

- *University of Washington Magazine*
 - 12/2019: [“Happy hints: Expert ideas to improve your emotional health”](#)
- *The Leading Edge Newsletter: Professional & Organizational Development*
 - 3/2019: [“The Pursuit of Happiness: A Conversation with Dr. Tabitha Kirkland”](#)
- *UW Foster School of Business Podcast: Conversations on Careers and Professional Life*
 - 2/2019: [“Episode 9: Dr. Tabitha Kirkland on Happiness”](#)
- *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
 - 11/2018: [“These mindfulness techniques can help relieve the stress of finals”](#)
 - 3/2018: [“The health effects of loneliness”](#)
 - 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”](#)