

Samantha J. Heintzelman

PO Box 400400
Charlottesville, VA 22904

320-266-6341
samantha.j.heintzelman@gmail.com

EDUCATION AND PROFESSIONAL EXPERIENCE

Post-doctoral Research Associate
University of Virginia, Charlottesville, VA
Supervisors: Ed Diener & Shigehiro Oishi
August 2015-present

Ph.D., Social and Personality Psychology
University of Missouri, Columbia, MO (2015)
Dissertation: *The motivational primacy of environmental coherence: Self-derogation and the experience of meaning in life*
Advisor: Laura A. King

M.A., Social and Personality Psychology
University of Missouri, Columbia, MO (2012)

Psychology Department Coordinator
College of Saint Benedict and Saint John's University
August 2009-May 2010

B.A., Psychology
College of Saint Benedict, St. Joseph, MN (2009)
Summa cum Laude, Distinction in Psychology

ACADEMIC HONORS & AWARDS

Society of Personality and Social Psychology Student Publication Award, 2015
Donald K. Anderson Graduate Research Award, University of Missouri, 2015
Minnesota Psychological Association's Donald G. Paterson Undergraduate Award in Psychology/Outstanding Senior Undergraduate Student, 2009
Summa cum Laude, College of Saint Benedict, 2009
Distinction in Psychology, College of Saint Benedict, 2009
Delta Epsilon Sigma National Scholastic Honor Society, 2008
President's Scholarship, College of Saint Benedict, 2005-2009
Red River Valley Scholarship, 2007-2009
Alliss Scholarship, 2006-2007
Dean's List, College of Saint Benedict, 2005-2009

GRANTS AND AWARDS

Pathways to Character Project Fellowship Proposal, “Naturalistic and Enhanced Character Growth Through Unemployment,” Co-PI with Kostadin Kushlev & Ed Diener, *Application Invited after LOI, Not Funded*

University of Missouri Psychological Sciences Graduate Fund for Dissertation Research, 2015

Research Assistantship. National Science Foundation Research Grant, “The Function of Meaning,” PI: Laura A. King, 2013-2015

Research Assistantship. National Science Foundation Research on Gender in Science and Engineering Grant, “Going against the grain: Intuitive information processing,” PI: Laura A. King, 2011-2013

University of Missouri Graduate Professional Council Travel Fund, 2013

University of Missouri Psychological Sciences Travel Fund, 2013

University of Missouri Psychological Sciences Graduate Fund for Thesis Research, 2012

University of Missouri Psychology Summer Fellowship, 2011

PUBLICATIONS

Buttrick, N. R., **Heintzelman, S. J.**, & Oishi, S. (*in press*). Inequality and well-being. *Current Opinion in Psychology*.

Kushlev, K., & **Heintzelman, S. J.** (*in press*). Put the phone down: Testing a complement–interfere model of computer-mediated communication in the context of face-to-face interactions. *Social Psychological and Personality Science*.

Heintzelman, S. J. (*in press*). Meaning in life in context. In J. Maddux (Ed.) *Social Psychological Foundations of Well-Being and Life Satisfaction*. Routledge.

Heintzelman, S. J., & Tay, L. (*in press*). Subjective well-being: Payoffs of being happy and ways to promote happiness. In D. Dunn (Ed.) *Frontiers of Social Psychology: Positive Psychology*. Routledge.

Oishi, S., & **Heintzelman, S. J.** (*in press*). Individual and societal well-being. In K. Deaux and M. Snyder (Eds.) *The Oxford Handbook of Personality and Social Psychology*. Oxford University Press.

Heintzelman, S. J. (*in press*). King, Laura. In V. Zeigler-Hill and T. K. Shakelford (Eds.) *Encyclopedia of Personality and Individual Differences*.

*Kushlev, K., ***Heintzelman, S. J.**, Lutes, L. D., Wirtz, D., Oishi, S., & Diener, E. (2017). ENHANCE: Design and rationale of a randomized controlled trial for promoting happiness. *Contemporary Clinical Trials*, 52, 62-74.

*Co-first authors

- Diener, E., **Heintzelman, S. J.**, Kushlev, K., Tay, L., Wirtz, D., Lutes, L. D., Oishi, S. (2017). Findings all psychologists should know from the new science on subjective well-being. *Canadian Psychology/Psychologie Canadienne*, *58*, 87-104.
- Heintzelman, S. J.**, & King, L. A. (2016). Meaning in life and intuition. *Journal of Personality and Social Psychology*, *110*, 477-492.
- King, L. A., **Heintzelman, S. J.**, & Ward, S. J. (2016). Beyond the search for meaning: The Contemporary Science of Meaning in Life. *Current Directions in Psychological Science*, *25*, 211-216.
- Heintzelman, S. J.**, Trent, J., & King, L. A. (2016). How would the self be remembered? Evidence for posthumous self-verification. *Journal of Research in Personality*, *61*, 1-10.
- Fleming, K. A., **Heintzelman, S. J.**, & Bartholow, B. D. (2016). Specifying associations between conscientiousness and executive control: Attention shifting, not inhibition or working memory updating. *Journal of Personality*, *84*, 348-360.
- Heintzelman, S. J.**, & King, L. A. (2015). Self-reports of meaning in life matter. *American Psychologist*, *70*, 575-576.
- Heintzelman, S. J.**, Trent, J., & King, L. A. (2015). Revisiting desirable response bias in well-being reports. *Journal of Positive Psychology*, *10*, 167-178.
- Heintzelman, S. J.**, & Bacon, P. L. (2015). Relational self-construal moderates the effect of social support on life satisfaction. *Personality and Individual Differences*, *73*, 72-77
- Heintzelman, S. J.**, & King, L. A. (2014). Life is pretty meaningful. *American Psychologist*, *69*, 561-574.
- Heintzelman, S. J.**, & King, L. A. (2014). (The feeling of) meaning-as-information. *Personality and Social Psychology Review*, *18*, 153-167.
*Society for Personality and Social Psychology Student Publication Award, 2015
- Heintzelman, S. J.**, Trent, J., & King, L. A. (2013). Encounters with objective coherence and the experience of meaning in life. *Psychological Science*, *24*, 991-998
- Heintzelman, S. J.**, & King, L. A. (2013). On knowing more than we can tell: Intuitive processes and the experience of meaning. *Journal of Positive Psychology*, *6*, 471-482.
- Heintzelman, S. J.**, Christopher, J., Trent, J., & King, L. A. (2013). Counterfactual thinking about one's birth enhances well-being judgments. *Journal of Positive Psychology*, *8*, 44-49.

Heintzelman, S. J., & King, L. A. (2013). The origins of meaning: Objective reality, the unconscious mind and awareness. In J.A. Hicks and C. Routledge (Eds.) *The Experience of Meaning in Life: Classical Perspectives, Emerging Themes, and Controversies* (pp. 87-99). New York: Springer Press.

Burton, C. M., **Heintzelman, S. J., & King, L. A.** (2013). A place for individual differences in what everyone knows about what everyone does: Positive affect, cognitive processes, and Cognitive Experiential Self Theory. *Social and Personality Psychology Compass*, 7, 749-761.

Heintzelman, S. J., & King, L. A. (2011). The local baby and the global bathwater: Circumscribed goals for the future of the multilevel personality in context model. *Psychological Inquiry*, 22, 23-25.

MANUSCRIPTS UNDER REVIEW

Kushlev, K., **Heintzelman, S. J., Oishi, S., & Diener, E.** (*invited revision, Journal of Personality and Social Psychology*). Too much of a good thing: The relationship between social life and subjective well-being is curvilinear.

Heintzelman, S. J. & King, L. A. (*under review*). Routines and meaning in life.

Heintzelman, S. J. (*under review*). Eudaimonia in the contemporary science of subjective well-being: Psychological well-being, self-determination, and meaning in life.

Womick, J., Ward, S. J., Eckelkamp, J., **Heintzelman, S. J., Woody, B., Baker, S. G., & King, L. A.** (*under review*). Rightwing authoritarianism and meaning in life.

SELECTED MANUSCRIPTS IN PREPARATION

Heintzelman, S. J., Kushlev, K., Lutes, L. D., Wirtz, D., Kanippayoor, J. M., Leitner, D., Oishi, S., & Diener, E. (*in prep*). ENHANCE: Evidence for the efficacy of a comprehensive intervention program to promote durable changes in subjective well-being. *Data collection complete, writing in progress.*

Heintzelman, S. J., Ward, S. J., Prentice, M., & King, L. A. (*in prep*). The structure of meaning in life. *Data collection complete, writing in progress*

Heintzelman, S. J., Kushlev, K., Oishi, S., & Diener, E. (*in prep*). Personality traits and relationships between subjective well-being and outcomes. *Data collection complete, writing in progress.*

Heintzelman, S. J., Ward, S. J., & King, L. A. (*in prep*). The perception of pattern in negative stimuli supports the experience of meaning in life. *Data collection complete, writing in progress.*

Kushlev, K.*, **Heintzelman, S. J.***, Lutes, L. D., Wirtz, D., Kanippayoor, J. M., Leitner, D., Oishi, S., & Diener, E. (*in prep*). The effects of long-term subjective well-being changes on physical and psychological health: A randomized controlled trial. *Data collection complete, writing in progress*. *Co-first authors

Heintzelman, S. J., & Diener, E. (*in prep*). The role of fit between personality and job environment in subjective well-being. *Additional data collection in progress*.

SELECTED PRESENTATIONS

Heintzelman, S. J. (March, 2018). *ENHANCE: Evidence for the efficacy of a comprehensive intervention program to promote durable changes in subjective well-being*. Invited talk at the Happiness and Well-Being Preconference, Atlanta, GA.

Heintzelman, S. J. (April, 2017). *Unique Predictors of Meaning in Life*. Invited talk at the Future of Well-Being Research Summit. Salt Lake City, UT.

Heintzelman, S. J., & Kushlev, K. (April 2017). *ENHANCE-ing Happiness: Randomized Controlled Trials*. Invited talk at the Future of Well-Being Research Summit. Salt Lake City, UT.

Heintzelman, S. J. (February, 2017). *A Broadened Understanding of the Experience of Meaning in Everyday Life*. Invited colloquium. University of Oregon. Eugene, OR.

Heintzelman, S. J. (November, 2016). *Understanding and Enhancing Psychological Well-Being Processes*. Invited colloquium. McGill University. Montreal, QC, Canada.

Heintzelman, S. J. (August, 2016). *The Science of Happiness: Skills For Cultivating Happiness*. Invited Colloquium. UVA Physicians Group. University of Virginia.

Heintzelman, S. J., & Kushlev, K. (July, 2016). *The Science of Happiness: Skills For Cultivating Happiness*. Invited Colloquium. Faculty and Employee Assistance Program. University of Virginia.

Heintzelman, S. J., & King, L. A. (May, 2016). *Routines as sources of meaning in life*. To be presented at a Symposium entitled "Finding Happiness: Surprising Sources of Meaning and Well-being." Matthew Killingsworth & Juliana Schroeder, Co-chairs. The Association for Psychological Science Convention. Chicago, IL.

Heintzelman, S. J., & King, L. A. (August, 2015). *The presence of environmental coherence fosters feelings of meaning in life*. Presented at a Symposium entitled "Advances in Conceptualizing Meaning in Life." Login George, Chair. The American Psychological Association Convention. Toronto, ON, Canada.

Heintzelman, S. J., & King, L.A. (July, 2015). *Habits and routines as sources of meaning in life*. Invited talk at the Interdisciplinary Conference on Advances in the Science of Habits. Catalina Island, CA.

Heintzelman, S. J., & King, L. A. (February, 2015). *Mundane contributors to meaning in life*. Presented at a Symposium entitled “The Meaning of life: Empirically assessing self-actualization, well-being and satisfaction.” Douglas Kenrick, Jamie Krems, & Becca Neel, Co-chairs. The sixteenth annual Society for Personality and Social Psychology Convention. Long Beach, CA.

Heintzelman, S. J. (November, 2014). *Meaning and the mundane: Understanding the sources and function of meaning in life*. Invited colloquium. Florida State University. Tallahassee, FL.

Heintzelman, S. J., & King, L. A. (May, 2014). *Coherence in negative experiences sustains meaning in life*. Paper presented at the eighty-sixth annual meeting for the Midwestern Psychological Association. Chicago, IL.

Heintzelman, S. J. (March, 2014). *Exploring the role of environmental coherence in the experience of meaning*. Invited webinar presentation to the Masters of Applied Positive Psychology continuing education program. University of Pennsylvania.

King, L. A., & **Heintzelman, S. J.** (January, 2013). Why do we need meaning? Presented at a Symposium entitled “A happy and a meaningful life: Cutting edge research on two of humankind’s most cherished goals.” Kathleen Vohs, Chair. The fourteenth annual Society for Personality and Social Psychology Convention. New Orleans, LA.

POSTER PRESENTATIONS

Underlining denotes undergraduate mentee.

Ciszewski, S., Lutes, L., Kushlev, K., **Heintzelman, S. J.**, Kanippayoor, J. M., Leitner, D., Wirtz, D., Oishi, S., & Diener, E. (April, 2017). *ENHANCE: A preliminary examination of physiological outcome data following a 12-week well-being intervention*. Poster presentation at the 5th Canadian Obesity Summit. Banff, Alberta, Canada.

Lutes, L. D., Wirtz, D., Chrusch, C., Kanippayoor, J. M., Leitner, D., **Heintzelman, S. J.**, Kushlev, K., Oishi, S., & Diener, E. (May, 2016). *ENHANCE: Enduring Happiness and Continued Self-Enhancement: Design and rationale of a randomized clinical trial*. Poster presentation at the International Behavioral Trials Network Conference, Montreal, QC, Canada.

Heintzelman, S. J., & King, L. A. (January, 2016). *Finding meaning in routine experiences*. Poster presentation at the seventeenth annual meeting for the Society of Personality and Social Psychology, San Diego, CA.

Fleming, K. A., **Heintzelman, S. J.**, & Bartholow, B. D. (February, 2015). *Specifying associations between conscientiousness and executive control: Attention shifting, not inhibition or working memory updating*. Poster presentation at the sixteenth annual meeting for the Society for Personality and Social Psychology, Long Beach, CA.

- Heintzelman, S. J., & King, L. A.** (February, 2014). *Routines and habits (even bad ones) relate positively to meaning in life*. Poster presentation at the fifteenth annual meeting for the Society for Personality and Social Psychology, Austin, TX.
- Heintzelman, S. J., & King, L. A.** (February, 2014). *Associative cues and routines foster the experience of meaning in life*. Poster presentation at the Happiness and Well-Being Preconference, Austin, TX.
- Harbin, R., Heintzelman, S. J., & King, L. A. (May, 2013). *Finding meaning in the margins: Incidental exposure to pattern and its effect on meaning in life*. Poster presentation at the eighty-fifth annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Harbin, R., Heintzelman, S. J., & King, L. A. (May, 2013). *Finding meaning in the margins: Incidental exposure to pattern and its effect on meaning in life*. Poster presentation at the sixth annual University of Missouri Psychology Day, Columbia, MO.
- Heintzelman, S. J., & King, L. A.** (January, 2013). *Daily meaning in life varies with the weather*. Poster presentation at the fourteenth annual meeting for the Society for Personality and Social Psychology, New Orleans, LA.
- Heintzelman, S. J., & King, L. A.** (July, 2012). *Daily meaning in life varies with the weather*. Poster presentation at the seventh biennial International Meaning Conference, Toronto, ON, Canada.
- Mitchell, G. L., & Heintzelman, S. J. (May, 2012). *The cognitive consequences of positive affect: The moderating effects of intuition*. Poster presentation at the eighty-fourth annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Mitchell, G. L.*, & Heintzelman, S. J. (April, 2012). *The cognitive consequences of positive affect: The moderating effects of intuition*. Poster presentation at the fifth annual University of Missouri Psychology Day, Columbia, MO.
- *Undergraduate mentee awarded poster prize for presentation
- Heintzelman, S. J., & King, L. A.** (January, 2012). *Going against the grain: Intuitive information processing, positive affect, and the meaning of success*. Poster presentation at the thirteenth annual meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Coker, T., & Heintzelman, S. J. (May, 2011). *Actual and imagined realities*. Poster presentation at the eighty-third annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Heintzelman, S. J., & Bacon, P. L.** (January, 2010). *Relational self-construal as a moderator between perceived social support and distress and life satisfaction*. Poster presentation at the eleventh annual meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Heintzelman, S. J.** (April, 2009) *Relational self-concept as a moderator between perceived social support and outcome variables*. Invited poster presentation at the seventy-third annual Minnesota Psychological Association convention, Plymouth, MN.
- Heintzelman, S. J.** (April, 2009) *Relational self-concept as a moderator between perceived social support and outcome variables*. Oral presentation at the forty-fourth annual Minnesota Undergraduate Psychology conference, Saint Joseph, MN.
- Heintzelman, S. J.** (April, 2009) *Relational self-concept as a moderator between perceived social support and outcome variables*. Oral presentation at the ninth annual College of Saint Benedict and Saint John's University Scholarship and Creativity Day, Colleagueville, MN.

Engdahl, M., **Heintzelman, S. J.**, & Pena, M. (April, 2008). *Beliefs about intelligence and well-being*. Poster presentation at the forty-third annual Minnesota Undergraduate Psychology Conference, St. Paul, MN.

Christianson, M., Engdahl, M., **Heintzelman, S. J.**, Ley, H. & Pena, M. (April, 2008). *Beliefs about intelligence and well-being*. Poster presentation at the eighth annual College of Saint Benedict and St. John's University Scholarship and Creativity Day, Collegeville, MN.

Heintzelman, S. J. (April, 2007). *Are real men nurses? The effects of gender expectations on attitudes*. Poster presentation at the seventh annual College of Saint Benedict and St. John's University Scholarship and Creativity Day, Collegeville, MN.

FORMAL STATISTICAL TRAINING

Foundations of Meta-Analysis, Texas Tech University Institute for Measurement, Methodology, Analysis & Policy, Stats Camp, Summer 2014

Successful Data Mining In Practice, American Statistical Association Continuing Education Program, Short Course, 2013

General Linear Models I & II

Data Management and Analysis in Psychology

Latent Variable Models in Statistical Analysis

Multilevel Modeling

Multivariate Statistics

Repeated Measures Modeling

TEACHING INTERESTS & EXPERIENCE

Teaching Interests:

Undergraduate Level Courses: Introductory Psychology, Research Methods, Behavioral Statistics, Personality Psychology, Social Psychology, Science of Well-Being

Graduate Level Seminars: Personality Psychology, Social Psychology, Science of Well-Being

Undergraduate Honors Project Graduate Mentor, University of Missouri

Brendon Woody, 2014-2015

Kelsey Clark, 2014-2015

Lydia Emge, 2013-2014

Robert Harbin, 2012-2013

Gerald Mitchell, 2011-2012

Tamara Coker, 2010-2011

Subjective Well-being Course Consultant and Guest Lecturer, Spring 2016

Practicing Happiness; The Science of Meaning in Life; Positive Interventions

Instructor: Edward Diener, Ph.D.

University of Virginia

Positive Psychology Guest Lecturer, Spring 2014, Spring 2015
The Science of Meaning in Life
Instructor: Kennon Sheldon, Ph.D.
University of Missouri

Social Psychology Guest Lecturer, Spring 2013
Conflict and Peacemaking
Instructor: Laura Scherer, Ph.D.
University of Missouri

Social Psychology Teaching Assistant, Spring 2013
University of Missouri
Supervisor: Laura Scherer, Ph.D.

General Psychology Teaching Assistant, Spring 2013
University of Missouri
Supervisor: Roxana Carlo, Ph.D.

Human Sexuality Teaching Assistant, Fall 2010
University of Missouri
Supervisor: Melanie Sheldon, Ph.D.

Teaching Practicum Seminar Co-Instructor, Fall 2009- Spring 2010
College of Saint Benedict/Saint John's University
Supervisor: Robert Kachelski, Ph.D.

GRE Preparatory Course Instructor, Spring 2010
College of Saint Benedict/Saint John's University
Supervisor: Rodger Narloch, Ph.D.

Introductory Psychology Teaching Intern, Spring 2009
College of Saint Benedict/Saint John's University
Supervisor: Rodger Narloch, Ph.D.

PROFESSIONAL SERVICE

Board of Consulting Editors
Review of General Psychology, 2017-present

Ad Hoc Reviewer
Psychological Science
Journal of Personality and Social Psychology: Personality Processes and Individual Differences
Personality and Social Psychology Bulletin
Journal of Personality
Journal of Research in Personality
Journal of Experimental Social Psychology

Social Cognition
Motivation and Emotion
Journal of Cross-Cultural Psychology
Developmental Psychology
Self and Identity
Journal of Behavioral Medicine
Journal of Happiness Studies
Review of General Psychology
Quality of Life Research
The International Journal for the Psychology of Religion
Cognitive Therapy and Research
Collabra: Psychology
Comprehensive Results in Social Psychology
Current Psychology
Royal Society Open Science
British Journal of Social Psychology
YOUNG Nordic Journal of Youth Research

Student Representative, Social/Personality Area Training Committee, University of Missouri, 2012-2013

Social Chair, Graduate Association of Students in Psychology, University of Missouri, 2011-2012

PROFESSIONAL AFFILIATIONS

Society for Personality and Social Psychology
Association for Psychological Science
Midwestern Psychological Association

PROFESSIONAL REFERENCES

Laura A. King, Ph.D.
Curators' Professor
Department of Psychological Sciences
University of Missouri, Columbia
(573) 239-7729
kingla@missouri.edu

Shigehiro Oishi, Ph.D.
Professor
Department of Psychology
University of Virginia
(434) 243-8989
soishi@virginia.edu

Ed Diener, Ph.D.
Professor
University of Virginia & University of Utah
Emeritus Professor, University of Illinois
Department of Psychology
(802) 364-4278
ediener@illinois.edu

Jamie Arndt, Ph.D.
Professor
Department of Psychological Sciences
University of Missouri, Columbia
(573) 884-4678
arndtj@missouri.edu