

## Samantha J. Heintzelman

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### EDUCATION AND PROFESSIONAL EXPERIENCE

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- 2018 – present      Assistant Professor, Psychology  
Rutgers University, Newark, NJ
- 2015 – 2018      Post-doctoral Research Associate  
University of Virginia, Charlottesville, VA  
Advisors: Ed Diener & Shigehiro Oishi
- 2015      Ph.D., Social and Personality Psychology  
University of Missouri, Columbia, MO  
Dissertation: *The motivational primacy of environmental coherence: Self-derogation and the experience of meaning in life*  
Advisor: Laura A. King
- 2012      M.A., Social and Personality Psychology  
University of Missouri, Columbia, MO
- 2009-2010      Psychology Department Coordinator  
College of Saint Benedict and Saint John's University
- 2009      B.A., Psychology  
College of Saint Benedict, St. Joseph, MN  
Summa cum Laude, Distinction in Psychology

### ACADEMIC HONORS & AWARDS

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- 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

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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

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**Heintzelman, S. J.** & King, L. A. (*in press*). Routines and meaning in life. *Personality and Social Psychology Bulletin*.

Kushlev, K., **Heintzelman, S. J.**, Oishi, S., & Diener, E. (*in press*). The declining marginal utility of social time for subjective well-being. *Journal of Research in Personality*.

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*.

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.** (2018). Meaning in life in context. In J. Maddux (Ed.) *Subjective Well-Being and Life Satisfaction* (pp. 293-310). New York: Routledge.

**Heintzelman, S. J.** (2018). Eudaimonia in the contemporary science of subjective well-being: Psychological well-being, self-determination, and meaning in life. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of Well-Being*. Noba Scholar Handbook series: Subjective well-being. Salt Lake City, UT: DEF publishers.

**Heintzelman, S. J.**, & Tay, L. (2018). Subjective well-being: Payoffs of being happy and ways to promote happiness. In D. Dunn (Ed.) *Frontiers of Social Psychology: Positive Psychology* (pp. 9-28). New York: Routledge.

\*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.
- Buttrick, N. R., **Heintzelman, S. J.**, & Oishi, S. (2017). Inequality and well-being. *Current Opinion in Psychology*, *18*, 15-20.
- Heintzelman, S. J.** (2017). King, Laura A. In V. Zeigler-Hill and T. K. Shakelford (Eds.) *Encyclopedia of Personality and Individual Differences*. Springer, Cham.
- 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.

#### **CONFERENCE PRESENTATIONS & INVITED TALKS**

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Kushlev, K., **Heintzelman, S. J.,** Kanippayoor J. M., Leitner, D. S. J., Lutes, L. D., Wirtz, D. Oishi, S., & Diener, E. (April, 2018). *Delivering happiness online: A randomized controlled trial of a web platform for increasing subjective well-being*. Invited talk at the American Psychological Association's Conference on Technology, Mind & Society, Washington, DC.

**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.** (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*. 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., & 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**

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*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.

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, Colleagueville, MN.

### **FORMAL STATISTICAL TRAINING**

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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 AND MENTORSHIP**

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*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, Spring 2018  
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**

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*Board of Consulting Editors*, Review of General Psychology, 2017-present  
*Review Editor*, Frontiers in Psychology, Personality and Social Psychology, 2018-present

*Ad Hoc Reviewer* (Journals Listed in Alphabetical Order)

British Journal of Social Psychology  
 Cognitive Therapy and Research  
 Collabra: Psychology  
 Comprehensive Results in Social Psychology  
 Current Psychology  
 Developmental Psychology  
 International Journal of Well-Being  
 Journal of Behavioral Medicine  
 Journal of Cross-Cultural Psychology  
 Journal of Experimental Social Psychology  
 Journal of Happiness Studies  
 Journal of Personality  
 Journal of Personality and Social Psychology: Personality Processes and Individual Differences  
 Journal of Positive Psychology  
 Journal of Research in Personality  
 Motivation and Emotion  
 Nature Communications  
 Personality and Social Psychology Bulletin  
 Proceedings of the National Academy of Sciences  
 Psychological Science  
 Quality of Life Research  
 Research on Aging  
 Review of General Psychology  
 Royal Society Open Science  
 Self and Identity  
 Social and Personality Psychology Compass  
 Social Cognition  
 Social Science Research  
 The International Journal for the Psychology of Religion  
 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**

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