

## 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.,** & Diener, E. (*in press*). Subjective well-being, social interpretation, and  
 relationship thriving. *Journal of Research in Personality*.

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

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.

Kushlev, K., **Heintzelman, S. J.,** Oishi, S., & Diener, E. (2018). The declining marginal utility  
 of social time for subjective well-being. *Journal of Research in Personality, 74*, 124-140.

Kushlev, K., & **Heintzelman, S. J.** (2018). 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, 9*, 702-710.

**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.

**Heintzelman, S. J.** (April, 2009) *Relational self-concept as a moderator between perceived social support and outcome variables*. Paper presented 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*. Paper presented at the ninth annual College of Saint Benedict and Saint John’s University Scholarship and Creativity Day, Colledgeville, MN.

## 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.

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, Collegetown, 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

### *Instructor*

Social Psychology, Rutgers University—Newark, Spring 2019  
 Teaching Practicum Seminar, College of Saint Benedict/Saint John's University, 2009-2010  
 GRE Preparatory Course, College of Saint Benedict/Saint John's University, Spring 2010  
 Introductory Psychology Laboratory, College of Saint Benedict/Saint John's University, 2009

### *Course Consultant*

Subjective Well-being, University of Virginia, Spring 2016, Spring 2018, Instructor: Ed Diener

### *Guest Lecturer*

Subjective Well-Being, University of Virginia, Instructor: Ed Diener, 2016, 2018  
 Topics: Practicing Happiness; The Science of Meaning in Life; Positive Interventions  
 Positive Psychology, University of Missouri, Instructor: Kennon Sheldon, 2014, 2015  
 Topic: The Science of Meaning in Life  
 Social Psychology, University of Missouri, Instructor: Laura Scherer, 2013  
 Topic: Conflict and Peacemaking

### *Teaching Assistant, University of Missouri*

Social Psychology, Spring 2013, Instructor: Laura Scherer  
 General Psychology, Spring 2013, Instructor: Roxana Carlo  
 Human Sexuality, Fall 2010, Instructor: Melanie Sheldon

## **PROFESSIONAL SERVICE**

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### *Editorial Board*

Perspectives on Psychological Science, 2019-  
 Journal of Research in Personality, 2018-  
 Frontiers in Psychology, Personality and Social Psychology, 2018-  
 Review of General Psychology, 2017-



*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  
Journal of Social and Personal Relationships  
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

*Conference Submission Reviewer*, Happiness and Well-Being Preconference, 2019

*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