

# CURRICULUM VITAE

## Christian Emil Waugh

---

### Office Address

Greene Hall, rm. 445  
P.O. Box 7778  
Wake Forest University  
Winston Salem, NC 27109  
(336) 758-3631  
[waughce@wfu.edu](mailto:waughce@wfu.edu)

### Home Address

460 Janet Ave.  
Winston Salem, NC 27104  
(650) 391-7814 (cell)

---

## EMPLOYMENT

2016-present Associate Professor, Department of Psychology, Wake Forest University  
2016-present Adjunct Associate Professor, Department of Physiology and Pharmacology, Wake Forest Medical School  
2010-2016 Assistant Professor, Department of Psychology, Wake Forest University  
2006-2010 Postdoctoral Fellow, Stanford University; Advisor: Ian Gotlib, PhD

## EDUCATION

2006 PhD, Social Psychology, University of Michigan – Ann Arbor  
2006 Certificate in Cognitive Neuroscience, University of Michigan - Ann Arbor  
2000 B.S. *Cum Laude*, College of William and Mary, Williamsburg, VA

## HONORS

2014-2017 Zachary T. Smith Faculty Fellowship for outstanding teacher-scholars at WFU  
2011-2013 Wake Forest University Creative and Research Activities Development and Enrichment (CRADLE) Fellow  
2010-present Wake Forest University Neuroscience Program faculty  
2006 Brickman Award for outstanding pre-doctoral research in Social Psychology  
2006 Pat Gurin Lecture Award  
2005 Graduate Student Mentorship  
2004 Distinguished Graduate Student Instructorship  
2001 Regents Fellowship – University of Michigan  
2000 Highest Honors distinction for Honors Thesis – College of William and Mary

## RESEARCH AWARDS: EXTERNAL

1R15MH106928-01 Waugh (PI) 5/01/2015 – 4/30/2018 \$440,814  
NIH/NIMH  
*Investigating the neural systems that support the beneficial effects of positive emotion on stress regulation*  
Role: Principal Investigator

John Templeton Foundation Grant Jayawickreme (PI) 3/12 – 3/15  
*What Are the Real Benefits of Hardship? Examining Possibilities for Behavioral Growth Following Adversity*  
Role: Psychophysiology Consultant

2R01MH074849-06 Gotlib (PI) 7/01/2005 – 1/31/2016  
NIH/NIMH

*Risk for depression: Identifying and altering psychobiological mechanisms*

Role: Psychophysiology consultant

Templeton Positive Psychology Research Microgrant Waugh (PI) 2004 – 2005 \$2,000

*The neural correlates of resilience*

Role: Principal Investigator

### RESEARCH AWARDS: INTERNAL

Pilot Research Grant Waugh (PI) 7/01/2014 – 6/30/2015 \$10,000

Wake Forest University

*Coping in caregivers of children with cancer*

Role: Principal Investigator

Social, Behavioral, and Economic Sciences Research Fund

Waugh (PI) 7/01/2011-7/01/2012

\$10,000

Wake Forest University

*Positive perceptions of others as a fundamental determinant of good psychosocial and neurobiological outcomes*

Role: Principal Investigator

Dissertation Thesis Grant, Dept. of Psychology

Waugh (PI)

2005 - 2006

University of Michigan

*Recovering from threat: The neural, psychophysiological, and behavioral correlates of resilience*

Role: Principal Investigator

University of Michigan fMRI Center Pilot Grant

Taylor (PI)

2004 - 2005

*Neuroanatomy of resilience and positive emotions*

Role: Co-Investigator

### RESEARCH INTERESTS

Resilience and recovery from stress

Temporal dynamics of emotion.

Functional consequences of and motivation for positive emotions.

Psychophysiology of emotions and personality.

### PUBLICATIONS

#### Peer reviewed

\* indicates a student author

Tobia, M.J., Hayashi, K\*, Ballard, G., Gotlib, I.H., & **Waugh, C.E.** (in press). Dynamic functional connectivity and individual differences in emotions during social stress. *Human Brain Mapping*.

**Waugh, C.E.**, Shing, E.Z.\* , Avery, B.M.\* , Jung, Y., Whitlow, C.T., & Maldjian, J.A. (2017). Neural predictors of emotional inertia in daily life. *Social Cognitive and Affective Neuroscience* 12 (9), 1448-1459.

Shing, E.Z.\*, Jayawickreme, E., & **Waugh, C.E.** (2016). Contextual positive coping as a factor contributing to resilience after disasters. *Journal of Clinical Psychology*, 72 (12), 1287-1306.

- Waugh, C.E.**, Zarolia, P., Mauss, I.B., Luman, D., Ford, B., Davis, T., Ciesielski, B.G., Sams, K.V.\*, & McRae, K. (2016). Emotion regulation changes the duration of the BOLD response to emotional stimuli. *Social Cognitive and Affective Neuroscience*, 11(10), 1550-1559.
- Mikels, J.A., Shuster, M.M., Thai, S.T., Smith-Ray, R., **Waugh, C.E.**, Roth, K., Keilly, A., & Stine-Morrow, E.A.L. (2016). Messages that matter: Age differences in affective responses to framed health messages. *Psychology and Aging*, 31(4), 409-414.
- Kircanski, K., **Waugh, C.E.**, Camacho, M. C., & Gotlib, I. H. (2016). Aberrant parasympathetic stress responsivity in pure and co-occurring Major Depressive Disorder and Generalized Anxiety Disorder, *Journal of Psychopathology and Behavioral Assessment*, 38, 5-19.
- Hamilton, J. Paul, Chen, M.C., **Waugh, C.E.**, Joormann, J., & Gotlib, I.H. (2015). Distinctive and common neural underpinnings of major depression, social anxiety, and their comorbidity. *Social Cognitive and Affective Neuroscience*, 10(4), 552-560.
- Waugh, C. E.**, & Koster, E. H. W. (2015). A resilience framework for promoting stable remission from depression. *Clinical Psychology Review*, 41, 49-60.
- Waugh, C.E.**, Shing, E.Z.\*, & Avery, B.M.\* (2015). Temporal dynamics of emotional processing in the brain. *Emotion Review*, 7(4), 1-7.
- Monfort, S.S.\*, Stroup, H.E. \*, & **Waugh, C.E.** (2015). The impact of anticipating positive events on responses to stress. *Journal of Experimental Social Psychology*, 58, 11-22.
- Joormann, J., **Waugh, C.E.**, & Gotlib, I.H. (2015). Cognitive Bias Modification for Interpretation in Major Depression: Effects on Memory and Stress Reactivity. *Clinical Psychological Science*, 3(1), 126-139.
- Bulteel, K., Ceulemans, E. Thompson, R. J., **Waugh, C. E.**, Gotlib, I. H., Tuerlinckx, F., & Kuppens, P. (2014). DeCon: A tool to detect emotional concordance in multivariate time series data of emotional responding. *Biological Psychology*, 98, 29-42.
- Waugh, C. E.**, Lemus, M. G.\*, & Gotlib, I. H. (2014). The role of the medial frontal cortex in the maintenance of emotional states. *Social Cognitive and Affective Neuroscience*, 9, 2001-2009.
- Furman, D. J., **Waugh, C. E.**, Bhattacharjee, K., Thompson, R. J., & Gotlib, I. H. (2013). Interoceptive awareness, positive affect, and decision making in Major Depressive Disorder, *Journal of Affective Disorders*, 151(2) 780-785.
- Kok, B. E., **Waugh, C. E.**, & Fredrickson, B. L. (2013). Meditation and health: The search for mechanisms of action. *Social and Personality Psychology Compass*, 7(1), 27-39.
- Mata, J., Hogan, C. L., Joormann, J., **Waugh, C. E.**, & Gotlib, I. H. (2013). Acute exercise attenuates negative affect following repeated sad mood inductions in persons who have recovered from depression. *Journal of Abnormal Psychology*, 122(1), 45-50.
- Sherdell, L. A.\*, **Waugh, C. E.**, & Gotlib, I. H. (2012). Anticipatory Pleasure Predicts Motivation for Reward in Major Depression. *Journal of Abnormal Psychology*, 121(1), 51-60.
- Waugh, C. E.**, Chen, M. C., Hamilton, J. P., Joormann, J., & Gotlib, I. H. (2012). Neural Temporal Dynamics of Stress in Comorbid Major Depressive Disorder and Social Anxiety Disorder, *Biology of Mood and Anxiety Disorders* 2 (11). doi:10.1186/2045-5380-2-11

**Waugh, C. E.**, Muhtadie, L\*, Thompson, R.J., Joormann, J., & Gotlib, I.H. (2012). Affective and physiological responses to stress in girls at elevated risk for depression. *Development and Psychopathology*, 24, 661-675.

**Waugh, C.E.**, Schirillo, J. A. (2012). Timing is a missing key ingredient in fMRI studies of emotion: A commentary on Lindquist et al. *Behavioral and Brain Sciences*, 35, 170-171.

Berman, M. G., Nee, D. E., Casement, M., Kim, H. S., Deldin, P., Kross, E., Gonzalez, R., Demiralp, E., Gotlib, I. H., Hamilton, P., Joormann, J., **Waugh, C.**, Jonides, J. (2011). Neural and behavioral effects of interference resolution in depression and rumination. *Cognitive Affective and Behavioral Neuroscience*, 11(1), 85-96.

Thompson, R. J., Parker, K. J., Hallmayer, J. F., **Waugh, C. E.**, & Gotlib, I. H. (2011). Oxytocin receptor gene polymorphism (rs2254298) interacts with familial risk for psychopathology to predict symptoms of depression and anxiety in adolescent girls. *Psychoneuroendocrinology*, 36, 144-147.

**Waugh, C. E.**, Thompson, R. J., & Gotlib, I. H. (2011). Flexible emotional responsiveness in trait resilience. *Emotion*, 11(5), 1059-1067.

Johnson, K. J., **Waugh, C. E.**, & Fredrickson, B. L. (2010). Smile to see the forest: Facially expressed positive emotions broaden cognition. *Cognition & Emotion*, 24(2), 299-321.

Thomason, M.E., Dougherty, R.F., Colich, N.L., Perry, L.M., Rykhlevskaia, E.I., Louro, H.M., Hallmayer, J.F., **Waugh, C.E.**, Bammer, R., Glover, G.H., Gotlib, I.H. (2010). COMT genotype affects prefrontal white matter pathways in children and adolescents. *Neuroimage*, 53(3), 926-934.

**Waugh, C. E.**, Hamilton, J. P., & Gotlib, I. H. (2010). The neural temporal dynamics of the intensity of emotional experience. *Neuroimage*, 49, 1699-1707.

**Waugh, C. E.**, Panage, S.\*, Mendes, W., & Gotlib, I. H. (2010). Cardiovascular and affective recovery from anticipatory threat. *Biological Psychology*, 84, 169-175.

Stanton, S. J., Wirth, M. M., **Waugh, C. E.**, & Schultheiss, O. C. (2009). Endogenous testosterone levels are associated with amygdala and ventromedial prefrontal cortex responses to anger faces in men but not women. *Biological Psychology*, 81, 118-122.

Thomason, M.E., **Waugh, C.E.**, Glover, G. H., & Gotlib, I.H. (2009). COMT genotype and resting brain perfusion in children *Neuroimage*, 48 (1), 217-222.

Wager, T. D., **Waugh, C.E.**, Lindquist, M., Fredrickson, B.L., Taylor, S. F., & Noll, D. C. (2009). Brain mediators of cardiovascular responses to social threat, Part I: Reciprocal dorsal and ventral sub-regions of the medial prefrontal cortex and heart-rate reactivity. *Neuroimage*, 47, 821-835.

**Waugh, C. E.**, Dearing, K. F., Joormann, J., & Gotlib, I. H. (2009). Association between the Catechol-o-methyltransferase val158met polymorphism and self-perceived social acceptance in adolescent girls. *Journal of Child and Adolescent Psychopharmacology*, 19(4), 395-401.

Schultheiss, O. C., Wirth M. M., **Waugh, C. E.**, Stanton, S. J., & Reuter-Lorenz, P. A. (2008). Brain activation in response to facial signals of dominance and submission: The role of implicit power motivation. *Social Cognitive and Affective Neuroscience*, 3, 333-343.

**Waugh, C.E.** & Gotlib, I.H. (2008). Motivation for reward as a function of required effort: Dissociating the 'liking' from the 'wanting' system in humans. *Motivation and Emotion*, 32, 323-330.

**Waugh, C. E.**, Taylor, S. F., & Fredrickson, B. L., (2008). Adapting to life's slings and

arrows: Individual differences in resilience when recovering from an anticipated threat. *Journal of Research in Personality*, 42, 1031-1046.

**Waugh, C. E.**, Wager, T. D., Fredrickson, B. L., Noll, D. N., & Taylor, S. F. (2008). The neural correlates of trait resilience when anticipating and recovering from threat. *Social Cognitive and Affective Neuroscience*, 3, 322-332.

Lindquist, M. A., **Waugh, C.**, & Wager, T. D. (2007). Modeling state-related fMRI activity using change-point theory. *Neuroimage*, 35, 1125-1141.

**Waugh, C. E.**, & Fredrickson, B. L. (2006). Nice to know you: Positive emotions, self-other overlap, and complex understanding in the formation of a new relationship. *Journal of Positive Psychology*, 1(2), 93-106.

Fredrickson, B. L., Tugade, M. M, **Waugh, C. E.**, & Larkin, G. (2003). What Good Are Positive Emotions in Crises? A Prospective Study of Resilience and Emotions following the Terrorist attacks on the United States on September 11<sup>th</sup>, 2001. *Journal of Personality and Social Psychology*, 84(2), 365-376.

Kirkpatrick, L. A., **Waugh, C. E.**, Valencia, A., & Webster, G. D. (2002). The functional domain-specificity of self-esteem and the differential prediction of aggression. *Journal of Personality and Social Psychology*, 82(5), 756-767.

#### **Non-peer reviewed**

**Waugh, C.E.** (2013). The Regulatory Power of Positive Emotions in Stress: A Temporal-Functional Approach. In M. Kent, M. Davis, & J. Reich (Eds.), *Handbook of Resilience Approaches to Stress and Trauma* (pp. 73 - 85). New York: Routledge.

**Waugh, C. E.**, Tugade, M. M., & Fredrickson, B. L. (2008). Psychophysiology of stress and resilience. In: Lukey, B. & Tepe, V. (Eds.), *Biobehavioral Resilience to Stress* (pp. 117-138). Boca Raton, FL: CRC Press.

#### **Under review or in revision**

Shing, E.Z.\*, McLean, T.W., & **Waugh, C.E.** (under review). Positive distraction can be an adaptive coping strategy for chronic life stressors.

**Waugh, C.E.**, Running, K.E.\*, Reynolds, O.C.\*, & Gotlib, I.H. (under review). People are better at maintaining positive than negative emotional states.

#### **PRESENTATIONS** **Conference talks**

**Waugh, C.E.** (2016, November). *Distinguishing positive distraction coping from avoidance*. Talk given at the Society for Southeastern Social Psychology, Asheville, NC.

**Waugh, C.E.** (2016, March). *Contextual utility of positive emotions as regulators of stress*. Talk given at the Positive Emotion preconference at the Society of Affective Science, Chicago, IL.

**Waugh, C.E.** (2015, February). *Temporal dynamics of emotional processing in the brain*. Talk given at the Society for Personality and Social Psychology, Long Beach, CA.

**Waugh, C.E.** (2014, October). *Neural cognitive mechanisms underlying the savoring of positive emotion*. Talk give at the Society for Southeastern Social Psychology Conference, Athens, GA.

**Waugh, C.E.** (2014, October). *Neural cognitive mechanisms underlying the savoring of positive emotion*. Talk give at the Brain Circuits for Positive Emotions Conference, Ascona, Switzerland.

**Waugh, C.E. & Monfort, S.S.\*** (2013, August). *The role of anticipating positive events on stress recovery*. Talk given at the American Psychological Association Conference in Honolulu, HI.

**Waugh, C. E.** (2012, April). *The temporal dynamics of emotion processing in the brain*. Talk given at the Society for Social Affective Neuroscience, New York, NY.

**Waugh, C. E.** (2011, January). *The adaptive emotional responsiveness of resilient people*. Talk given at Society for Personality and Social Psychology conference, San Antonio, TX.

**Waugh, C. E.** (2010, October). *The physiological benefits of staying positive under social stress in girls at elevated risk for depression*. Talk given at Society for Southeastern Social Psychology conference, Charleston, SC.

**Waugh, C. E.,** Dearing, K. F., Joormann, J., & Gotlib, I. H. (2009, April). *Association between the COMT val158met polymorphism and self-perceived social acceptance in adolescent girls*. Talk given at the Society for Research in Child Development conference, Denver, CO.

**Waugh, C. E.,** (2006, August). *R E S I L I E N C E spells relief: Individual differences in affective recovery from the threat of a negative event*. Talk given at International Society for Research on Emotions Conference, Atlanta, GA.

#### Other invited talks

**Waugh, C.E.** (2015, March). *Temporal dynamics of emotion in the brain*. Talk give at DePaul University, Chicago, IL.

**Waugh, C.E.** (2015, February). *Positive emotional regulation*. Talk given at the University of North Carolina – Chapel Hill.

**Waugh, C.E.** (2015, February). *Temporal dynamics of emotion in the brain*. Talk given at the University of Tennessee – Knoxville.

**Waugh, C.E.** (2014, November). *The contextual utility of positive emotions as regulators of stress*. Talk given at University of North Carolina - Charlotte.

**Waugh, C.E.** (2014, October). *The contextual utility of positive emotions*. Talk given at Georgia State University.

**Waugh, C.E.** (2014, September). *Stress and the brain/ANS*. Talk given at Wake Forest Baptist Psychiatry Department.

**Waugh, C.E.** (2014, August). *Emotional dynamics in psychopathology*. Talk given at Wake Forest Baptist Psychiatry Department.

**Waugh, C.E.** (2013, October). *The temporal dynamics of emotion in the brain*. Talk given at University of Virginia.

**Waugh, C.E.** (2013, October). *The temporal dynamics of emotion in the brain*. Talk given at KU Leuven, Belgium.

**Waugh, C.E.** (2013, June). *Advances in understanding how positive emotions improve recovery from stress*. Talk given at Grand Rounds at Orlando Regional Hospital, Orlando, FL. Organized the symposium.

**Waugh, C. E.** (2012, March). *Temporal dynamics of emotion in mental health*. Talk given at Duke University, NC.

**Waugh, C. E.** (2011, October). *Resilience and the temporal dynamics of emotion*. Talk given at the University of Denver, CO.

**Waugh, C. E.** (2011, February). *Resilience and the temporal dynamics of emotion*. Talk given at University of North Carolina – Chapel Hill, NC.

**Waugh, C. E.** (2010, October). *Resilience and the temporal dynamics of emotion*. Talk given at the University of North Carolina – Greensboro.

**Waugh, C. E.,** (2009, January). *Recovering from anticipatory threat: Implications for resilience and emotional flexibility*. Talk given at University of Notre Dame.

**Waugh, C. E.,** (2007, May). *Personality, psychopathology, and safety in the midst of threat*. Talk given at Personality Seminar at Stanford University.

**Waugh, C. E.,** (2005, December). *Adapting to threat: Individual differences in resilience when anticipating and recovering from a stressor*. Talk given at College of William and Mary

**Waugh, C. E.,** (2006, January). *Adapting to threat: Individual differences in resilience when anticipating and recovering from a stressor*. Talk given at Carnegie Mellon University.

**Waugh, C. E.,** (2006, March). *Adapting to threat: Individual differences in resilience when anticipating and recovering from a stressor*. Talk given at Decision Consortium, University of Michigan, Ann Arbor, MI.

**Waugh, C. E.,** (2006, March). *Adapting to threat: Individual differences in resilience when anticipating and recovering from a stressor*. Patricia Gurin lecture at University of Michigan, Ann Arbor, MI.

**Waugh, C. E.,** Fredrickson, B. L., (2002, October). *Feeling good and feeling close: The effects of positive emotion on self-other overlap*. Talk given at Social Psychology Brownbag at the University of Michigan.

**Waugh, C.E.,** (2001, October). *The functional domain-specificity of self-esteem and the differential prediction of aggression*. Talk given at Social Psychology Brownbag at the University of Michigan.

### **Student/Fellow Conference Presentations**

Tobia, M.J., Hayashi, K., Ballard, G. & **Waugh, C.E.** (2017, June). A brain network that represents negative affect during the social evaluative threat stressor. Organization for Human Brain Mapping (OHBM) Annual Meeting.

Tobia, M.J., Hayashi, K., Ballard, G. & **Waugh, C.E.** (2017, March) Brain networks that process task-related stress are spatially distributed and dynamically organized. Social & Affective Neuroscience Society (SANS) Annual Meeting; program number: C-66.

Yang, X., Garcia, K., & **Waugh, C.E.** (2017, March). *Change-point analyses of positive emotions*

*supporting stress recovery*. Poster presented at the 10<sup>th</sup> annual Social and Affective Neuroscience Society meeting, Los Angeles, CA.

Jordan, J. & **Waugh, C.E.** (2016, October). *Neural Correlates of Positive Emotion and Stress Regulation*, Poster presented at Undergraduate Student Research Day, Wake Forest University.

Stroup, H., Monfort, S. S., & **Waugh, C. E.** (2015, February). *Anticipatory positive emotion and recovery from stress*. Poster presented at Society for Personality and Social Psychology, Long Beach, CA.

Stroup, H., Monfort, S. S., & **Waugh, C. E.** (2015, October). *Anticipatory positive emotion and recovery from stress*. Poster presented at Society for Southeastern Social Psychologist Conference, Athens, GA.

Shing, E.,\* McLean, T., **Waugh, C.E.** (2015). Positive emotional coping in pediatric cancer caregivers and undergraduate students. 2015 American Psychological Association Annual Convention, Toronto, Ontario, Canada.

Major, B.,\* & **Waugh, C.E.** & McRae, K. (February, 2015). *Effect of Positive Emotions on Facilitating the Cognitive Regulation of Emotion*. Poster presentation at the annual conference of the Society of Personality and Social Psychology, Long Beach, CA.

Shing, E.,\* Avery, B.,\* Maldjian, J., Whitlow, C., **Waugh, C.E.** (2015). Perfusion changes in the vmPFC predict emotional inertia and recovery in daily life events. Social Affective Neuroscience Society 8th Annual Meeting, Boston, MA.

Shing, E.,\* McLean, T., **Waugh, C.E.** (2014). Positive emotional coping in two chronically stressed populations – pediatric cancer caregivers and undergraduate students. Society of Southeastern Social Psychologists 36th Annual Meeting, Athens, GA.

Major, B., & **Waugh, C.E.** & McRae, K. (February, 2014). *The Role of Positive Emotions in Facilitating the Regulation of Emotion in Response to Negative Stressors*. Poster presentation at the annual conference of the Society of Personality and Social Psychology, Austin, TX.

Major, B., & **Waugh, C.E.** & McRae, K. (January, 2013). *The additive effects of positive emotions and cognitive reappraisal on the regulation of negative emotions*. Professional presentation at the data blitz session of the SPSP Self-Regulation Pre-Conference, New Orleans, LA.

Major, B., & **Waugh, C.E.** & McRae, K. (January, 2013). *The additive effects of positive emotions and cognitive reappraisal on the regulation of negative emotions*. Poster presentation at the annual conference of the Society of Personality and Social Psychology, New Orleans, LA.

Major, B., **Waugh, C.E.** & McRae, K. (October, 2012). *The additive effects of positive emotions and cognitive reappraisal on the regulation of negative emotions*. Poster presentation at the 34<sup>th</sup> annual meeting of the Society of Southeastern Social Psychologists, Gainesville, FL.

Smiler, A.P., Monfort, S.S.\*, Davis, M. & **Waugh, C.E.** (2012, August). *Male and female emotional responding: Self-report differences, physiological similarities*. Poster presentation at the annual convention of the American Psychological Association, Orlando, FL.

Monfort, S.S.\* & **Waugh, C.E.**, (2011, November). *Positive anticipatory emotion and recovery from stress*. Poster presentation at the 33rd annual meeting of the Society of Southeastern Social Psychologists, Johnson City, TN.

## TEACHING

## Courses taught

### Wake Forest University

#### Full courses

Emotion	<i>Fall, 2010-11, 2013-15; Spring 2011-13, 15-17</i>
Psych 311 – Research Methods and Statistics	<i>Fall, 2011-2013, 2015, 16; Spring 2011-2013, 2015</i>
Stress and Coping	<i>Fall, 2012, 14; Spring 2015</i>
Self-regulation	<i>Fall, 2012</i>

#### Single guest lectures

Social Psychology of Emotion (Social Psychology)	<i>Fall, 2011</i>
Neuroscience of Emotion (Neuroscience 200)	<i>Fall, 2011-12</i>
Neuroscience topics host (Neuroscience 300)	<i>Spring, 2014</i>

### University of Michigan

#### Graduate student instructor

Introduction to Social Psychology	<i>Fall, 2003; Spring, 2005</i>
Special Topics in Psychology: Advanced Laboratory	<i>Fall, 2004</i>
Advanced Lab in Social Psychology	<i>Spring, 2004</i>

## Pedagogical training

2014	Writing associates seminar on how to teach writing including summer retreats for syllabi building. Resulted in submitting my class as part of the Writing Minor.
2004	Attended a class: <i>Writing Disciplines</i> at the University of Michigan Sweetland Writing Center. In the class, I learned how to teach effective writing and grading of term papers.
2003/2004	Received midterm student feedback, in which a consultant from the Center for Research on Learning and Teaching gathers student feedback, and discusses ways to improve my teaching.
2003	Attended a workshop for new Graduate Student Instructors held by the Center for Research on Learning and Teaching at the University of Michigan

## Mentoring Experience

### Undergraduate Honors Theses Supervised

Jess Jordan (2016-2017). *The benefits (?) of positive emotions on cognitive reappraisal.*

Beck Prize for Outstanding Undergraduate Psychology Major

Research Assistant at NIH

Katelyn Garcia (2015-2016). *The neural correlates supporting the beneficial effect of positive emotions on stress.*

Psi Chi Undergraduate Psychology research of the month for February, 2016

Beck Prize for Outstanding Undergraduate Psychology Major

Research Assistant at NIH

Meredith Allgood (2014-2015). *Attentional variability predicts negative mood.*

Psy.D. student at Xavier University

Tiffany Kichline (2013-2014). *Training coping flexibility and perceived control.*

Psi Chi Undergraduate Psychology researcher of the month for October, 2013

Masters' student at Villanova University

PhD student at University of Kansas

Katherine Sams (2013-2014). *Estimating PFC activation duration during cognitive reappraisal*

Masters' student at Wake Forest University

Sara Edwards (2012-2013). *Positive emotions facilitation of fear extinction*

Brad Avery (2011-2012). *Positive perceptions of others.*

Psi Chi Undergraduate Psychology researcher of the month for March, 2012  
 PhD student at University of North Carolina – Greensboro  
 Co-author on Waugh, Shing & Avery (in press)

Maria Lemus (2009-2010). *The neural correlates of affective maintenance*  
 Co-author on Waugh, Lemus et al., (2014) paper

Sommer Panage (2008-2009). *Recovery from anticipatory threat*  
 Co-author on Waugh, Panage et al., (2010) paper.

Yuxing Loh (2005-2006). *The influence of emotional states on emotion recognition.*

Elizabeth Anderson (2004-2005). *The effect of emotional states on empathic accuracy.*  
 Received Tanner Memorial Award for Honors Thesis

Paul Denning (2003-2004). *The influence of positive emotions on curiosity.*  
 Received Tanner Memorial Award for Honors Thesis

### **Undergraduate independent research projects (including URECA) supervised**

Kristin Running, Independent researcher/Wake Forest Fellow  
 PhD student at University of Minnesota

Emily Choquette, Independent researcher/Wake Forest Fellow  
 Psi Chi Undergraduate Psychology researcher of the month for February, 2014  
 PhD student at University of South Florida

Caroline Neely, Independent studies/Wake Forest Fellow  
 Psi Chi Undergraduate Psychology researcher of the month for October, 2012  
 Masters student at George Mason University

### **Masters theses supervised**

Xi Yang (2015-2017). *Neural correlates of stress recovery in a positive emotional context.*  
 Nominated (but did not win) for Gordon Melson Outstanding Graduate Student award.  
 PhD student at University of Oregon.

Hannah Stroup (2013-2015). *The role of attachment in the use of positive emotion regulation after stress.*  
 Co-author on Monfort, Stroup, & Waugh (2015)

Brad Avery (2012-2014). *The relationship between emotion-related thoughts and emotional recovery from stress.*

PhD student at University of North Carolina – Greensboro  
 Co-author on Waugh, Shing & Avery (in press)

Brett Major (2011-2013). *The role of positive emotions in facilitating the regulation of emotion in response to negative stressors*

1<sup>st</sup> place poster award at the Society for Southeastern Social Psychology meeting  
 PhD student at University of North Carolina – Chapel Hill

Sam Monfort (2010-2012). *Anticipatory positive emotion and recovery from stress*

1<sup>st</sup> place poster award at Wake Forest University Graduate Student and Postdoctoral fellow research day

2<sup>nd</sup> place poster award at the Society for Southeastern Social Psychology meeting  
 PhD student at George Mason University  
 Co-author on Monfort, Stroup, & Waugh (2015)

### **Doctoral dissertations supervised**

Elaine Shing (2013-2016)

Co-author on Waugh, Shing & Avery (2015)

First author on Shing, Jayawickreme & Waugh (2016)

Awarded graduate student travel award and data blitz to Social Affective Neuroscience Society

Adrienne Adler (2014- )

Awarded NRSA F30 - The effects of mindfulness meditation on pain and heart rate variability”

## PROFESSIONAL SERVICE/MEMBERSHIPS

### Internal Academic Service

#### College

2017- Graduate Faculty Council  
 2015- Research Advisory Council  
 2015 Space action committee  
 2012-2014 Lower division academic advising  
 2013-2014 Faculty House calls

#### Department

2017- Chair, Long Range Planning committee  
 2016-2017 Self-study for SACS program review  
 2015-2016 Assistant Professor in Quantitative Psychology search committee member  
 2014-2015 Visiting assistant professor search committee member  
 2013-2017 Long Range Planning committee member  
 2012-2015 Self-regulation committee member  
 2012-2013 Policies and Procedures committee  
 2011-2012 Undergraduate studies committee  
 2010-2011 Assistant professor search committee member

### External academic Service

#### Conference organization

2016- Outreach committee for Society for Affective Science  
 2016 Poster judge for Society for Southeastern Social Psychology Conference, Asheville, NC  
 2015 Conference co-organizer for Society for Southeastern Social Psychology Conference, Winston-Salem, NC  
 2015 Program committee for Social Affective Neuroscience Society Conference, Boston, MA  
 2015 Program committee for Society for Personality and Social Psychology Conference, Long Beach, CA  
 2015 Poster judge for Emotion preconference at Society for Personality and Social Psychology Conference, Long Beach, CA  
 2014 Program committee for Social Affective Neuroscience Society Conference, Denver, CO  
 2013 Organized Self-Regulation preconference at SPSP

### Editorial and review service

#### Editorships

2017- Associate Editor, Cognition & Emotion

#### Ad-hoc Reviewer - Journals

Social Cognitive and Affective Neuroscience	American Psychologist
Biological Psychiatry	Neuroimage
Emotion	Emotion Review
International Journal of Psychophysiology	Journal of Personality
Journal of Research in Personality	Biological Psychology
Social Psychological and Personality Science	Journal of Child Psychology and Psychiatry
Journal of Positive Psychology	Social and Personality Psychology Compass.
PLoS ONE	Health Psychology
Journal of Social and Personal Relationships	Motivation and Emotion
Cognition and Emotion	Psychoneuroendocrinology
Human Brain Mapping	Cognition, Affective and Behavioral Neuroscience
Psychological Science	Personality and Individual Differences

### Grant Reviewer

WFU pilot research grant  
Israeli Science Foundation grant  
NIH NCI panel

University of Michigan fMRI pilot grant  
NASA BMED panel

### Society Memberships

American Psychological Association  
Association for Psychological Science  
Society for Personality and Social Psychology  
Society for Psychophysiological Research

### Media

#### Print

"Most and least stressed cities in America" (2017) – Expert opinion on work and family stress  
(<https://wallethub.com/edu/most-least-stressed-cities/22759/#>)

"Extending holiday cheer" (2011) – Reported in US News and World Report, Sacramento Bee, and the Business Journal, and Healthfinder.gov, a website sponsored by the U.S. Department of Health and Human Services (<http://healthfinder.gov/news/newsstory.aspx?Docid=659172>).

#### Television

"Extending holiday cheer" (2011) – Appeared on Fox8News and News 2 in Greensboro.

### Professional lectures/seminars

**Waugh, C.E.** *Bending, not breaking: Resilience and the role of positive emotions during times of stress* (September, 2017). Webinar given for Military Families Learning Network Virtual Conference.

**Waugh, C.E.** *Sixteen habits of emotionally resilient people* (2016-present). Full-day seminar given for Institute for Brain Potential.

**Waugh, C.E.** *New Scientific Advances in Stress Management* (October, 2016). Workshop given at Care of the Sick Child Conference, Orlando, FL.

### REFERENCES

Ian Gotlib, PhD  
Professor of Psychology  
Stanford University  
Jordan Hall, bldg. 420  
450 Serra Mall  
Stanford, CA 94305  
(650) 725-9216  
ian.gotlib@stanford.edu

Barbara L. Fredrickson, Ph.D.  
Kenan Distinguished Professor  
Department of Psychology  
Davie Hall, CB 3270  
University of North Carolina at Chapel Hill  
Chapel Hill, NC 27599  
(919) 843-0091  
blf@email.unc.edu

Dale Dagenbach, PhD  
Professor of Psychology  
Wake Forest University  
P.O. Box 7778  
Winston Salem, NC 27109

Tor Wager, PhD  
Assist. Professor of Psychology  
Columbia University  
1190 Amsterdam Ave.  
New York, NY 10027

(336) 758-5424  
dagenbac@wfu.edu

(212) 854-5318  
[tor@paradox.psych.columbia.edu](mailto:tor@paradox.psych.columbia.edu)