

CURRICULUM VITAE

Christian Emil Waugh

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EMPLOYMENT

2022-present Professor, Department of Psychology, Wake Forest University
 2016-2022 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

2024-present Association for Psychological Science (APS) Fellow
 2021-2023 Member of FWO review college
 2020-2023 F.M. Kirby Family Faculty Fellowship for outstanding teacher-scholars at WFU
 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

1R15MH127491-01A1 Sali (PI) 4/1/22 – 3/31/25 \$410,490
 NIMH
Brain Mechanisms of Spontaneous and Learned Attentional Flexibility
 Role: Co-Investigator

1R21AG059938-01A1 Mikels & Waugh (Co-PI) 4/15/19 – 2/28/22 \$231,913
 NIH/NIA

Aging, Emotion Regulation, and Stress

Role: Co-Principal Investigator

1R15MH106928-01 Waugh (PI, Co-I) 5/01/2015 – 6/30/2023 \$887,728

NIH/NIMH

Investigating the neural systems that support the beneficial effects of positive emotion on stress regulation

Role: Principal Investigator, Co-Investigator on renewal.

Description: Grant designed to advance undergraduate and masters student-led research on discovering the neural basis for how positive emotions influence stress regulation.

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

Collaborative Pilot Grant Waugh (PI) 5/1/2018-4/30/2019 \$19,965

Wake Forest University

Positive emotional disengagement coping with chronic stress and its role in cancer caregiving – a pilot study

Role: Principal Investigator

Pilot Research Grant Thomas/Waugh (PI) 7/01/2016 – 6/30/2017 \$10,000

Wake Forest University

LANGUAGE MATTERS: assessing effect of SLCI intervention on cultural adaptation in Spanish-speaking context

Role: Co-Principal Investigator

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
\$10,000

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

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
University of Michigan Waugh (PI)

2005 - 2006

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 graduate student author, ^ indicates undergraduate student author

Bateman, J.R., Krishnamurthy, S., Quillen, E.E., **Waugh, C.E.**, Kershaw, K.N., Lockhart, S.N., Hughes, T.M., Seeman, T.E., Cole, S.W., & Craft, S. (in press). Social genomics, cognition, and well-being during the Covid-19 pandemic. *Alzheimer's & Dementia: Diagnosis, Assessment & Disease*.

Kardosh, N., **Waugh, C.E.**, Mikels, J.A., & Mor, N. (in press). Simultaneous Maintenance of Emotions in Affective Working Memory. *Cognition & Emotion*. <https://doi.org/10.1080/02699931.2024.2310160>

Vlasenko, V.V.*, Tucker, W.K.^, & **Waugh, C.E.** (2024). Temporal orientation of positive reappraisal. *Emotion*, 24(5), 1286-1298. <https://psycnet.apa.org/doi/10.1037/emo0001331>

Vlasenko, V.V., Hayutin, I., Pan, C., Michael-Varakis, J., **Waugh, C.E.**, Admon, R., & McRae, K. (2024). How do people use reappraisal? An investigation of selection frequency and affective outcomes of reappraisal tactics. *Emotion*, 24(3), 676-686. <https://doi.org/10.1037/emo0001259>.

Waugh, C.E. & Sali, A.W. (2023). Resilience as the ability to maintain well-being: An allostatic active inference model. *Journal of Intelligence*, 11(8), 158. <https://doi.org/10.3390/jintelligence11080158>

Kako, N., **Waugh, C.E.**, & McRae, K. (2023). The Future of Immersive Mood Induction in Affective Science: Using Virtual Reality to Test Effects of Mood Context on Task Performance. *Affective Science*, 4(3), 570-579.

Minton, A.R., **Waugh, C.E.**, Snyder, J.S., Charles, S.T., Haase, C.M., & Mikels, J.A. (2023). Falling Hard, but Recovering Resoundingly: Age Differences in Stressor Reactivity and Recovery. *Psychology & Aging*, 38(6), 573-585.

Leslie-Miller, C.J.^, Cole, V.T., & **Waugh, C.E.**, (2023). Positive distraction in daily activities as a predictor of good coping: A 'day in the life' during the COVID-19 pandemic. *Frontiers in Psychology: Positive Psychology*, 14:1142665, <https://doi.org/10.3389/fpsyg.2023.1142665> .

Waugh, C.E., Leslie-Miller, C.J.^, & Cole, V.T. (2023). Coping with COVID-19: The efficacy of disengagement for coping with the chronic stress of a pandemic. *Anxiety, Stress, & Coping*, 36(1), 52-66.

Faunce, J.A.*, Blumenthal, T.D., & **Waugh, C.E.** (2022) Anxiety and Initial Value Dependence in Startle Habituation. *Psychophysiology*, 59(10), 1-17, <https://doi.org/10.1111/psyp.14071>.

Waugh, C.E., Vlasenko, V.V.* & McRae, K. (2022). What parts of reappraisal make us feel better? Dissociating the generation of reappraisals from their implementation. *Affective Science*. <https://doi.org/10.1007/s42761-022-00129-2>

Zhao, Y.* & **Waugh, C.E.**, Kammrath, L., & Wang, Q. (2021). Comparing the affective and social effects of positive reappraisal and minimizing reappraisal. *Cognition and Emotion*, 36(3), 433-451. DOI: 10.1080/02699931.2021.2014787

Vlasenko, V.V.* & Rogers, E.G.^ & **Waugh, C.E.** (2021). Affect labeling increases the intensity of positive emotions. *Cognition and Emotion*, 35(7), 1350-1364. DOI: 10.1080/02699931.2021.1959302

Vohs, K. D., Schmeichel, B. J., Lohmann, S., Gronau, Q., Finley, A. J....**Waugh, C.E.**....Song, Y*.... Wagenmakers, E.-J., & Albarracín, D. (2021). A multi-site preregistered paradigmatic test of the ego depletion effect. *Psychological Science*, 32(10), 1566-1581. DOI: 10.1177/0956797621989733

Young, N. A., **Waugh, C. E.**, Minton, A. R., Charles, S. T., Haase, C. M., & Mikels, J. A. (2021). Reactive, Agentic, Apathetic, or Challenged? Aging, Emotion, and Coping During the COVID-19 Pandemic. *Gerontologist*, 61(2), 217-227.

Leslie-Miller, C.J.^, **Waugh, C.E.**, & Cole, V.T. (2021). Coping with COVID-19: The benefits of anticipating future positive events and maintaining optimism. *Frontiers in Psychology: Personality and Social Psychology*, 12 (646047), 1-9.

Waugh, C.E., Leslie-Miller, C.J.^, Shing, E.Z.* & Furr, R.M., Nightingale, C.L., & McLean, T.W. (2021). Adaptive and maladaptive forms of disengagement coping in caregivers of children with chronic illnesses. *Stress and Health*, 37, 213-222.

Waugh, C.E., Shing, E.Z.* & Furr, R.M. (2020). Not all disengagement coping strategies are created equal: Positive distraction, but not avoidance, can be an adaptive coping strategy for chronic life stressors. *Anxiety, Stress & Coping*, 33(5), 511-529.

Waugh, C.E. (2020). The roles of positive emotion in the regulation of emotional responses to negative events. *Emotion*, 20(1), 54-58.

Thomas, R.S., & **Waugh, C.E.** (2020). Effects of Script-based Communicative Intervention on Psychological and Cultural Adaptation in Students Abroad in Second-Language Contexts. *Intercultural Education*. 1-16. DOI: 10.1080/14675986.2019.1702295.

Adler-Neal, A.L.* & **Waugh, C.E.**, Garland, E.L., Shaltout, H. A., Diz, D.I., & Zeidan, F. (2019). The role of heart rate variability in mindfulness-based analgesia. A comparison to sham-mindfulness meditation. *Journal of Pain*. Epub ahead of print.

Waugh, C.E., Running, K.E.^, Reynolds, O.C.* & Gotlib, I.H. (2019). People are better at maintaining positive than negative emotional states. *Emotion*, 19(1), 132-145.

Song, Y.* & Jordan, J.I.^, Shaffer, K.A., Wing, E.K., McRae, K., & **Waugh, C.E.** (2019). Effects of incidental positive emotion and cognitive reappraisal on affective responses to negative stimuli. *Cognition and Emotion*, 33(6), 1155-1168.

Yang, X.* & Garcia, K.^, Jung, Y., Whitlow, C.T., McRae, K., & **Waugh, C.E.** (2018). VMPFC activation during a stressor predicts positive emotions during stress recovery. *Social Cognitive and Affective Neuroscience*, 13(3), 256-268.

- Tobia, M.J., Hayashi, K*, Ballard, G., Gotlib, I.H., & **Waugh, C.E.** (2017). Dynamic functional connectivity and individual differences in emotions during social stress. *Human Brain Mapping, 38* (12), 6185-6205.
- 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 11th, 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. (2022). Asking one simple question can entirely change how you feel. *Psyche from Aeon*. <https://psyche.co/ideas/asking-one-simple-question-can-entirely-change-how-you-feel>

Schieber, M. & **Waugh, C.E.** (in press). Positive emotions in emotion regulation and parenting. In Bagdi Bella (Ed.), *Growing from hardship*. Mental Focus Kft.

Waugh, C.E. (in press). Understanding the Role of Positive Emotions in Individual Wellbeing Through Psychological, Biological, Sociocultural, and Environmental Lenses. In Reiger, Costanza, Kubiszewski, & Dugdale (Eds.), *Toward an Integrated Science of Wellbeing*. Oxford University Press.

Waugh, C.E. (in press). An affective neuroscience perspective on psychological flourishing: How the brain believes that things are going well. In Grau-Grau, Las Heras Maestro, Rofcanin, (Eds.), *Human Flourishing: Interdisciplinary Perspective*.

Kuppens, P. & **Waugh, C.E.** (2021). Affect Dynamics: Introduction. In: Waugh, C.E. & Kuppens, P. (Eds.), *Affect Dynamics* (pp 5-9). Springer, Switzerland.

Waugh, C.E. & Kuppens, P (2021). *Affect Dynamics*. Springer, Switzerland.

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.

PRESENTATIONS

Conference talks

Waugh, C.E. Porth, A., Fang, F., Sands, L.P., & Kishida, K. (2023, November). *What do we actually want to do? Using reinforcement learning to assess the implicit motivational value of experiences*. Talk given at Society for Southeastern Social Psychologists, Charlotte, NC.

Waugh, C.E. (2023, November). *Positive emotions, stress regulation, and resilience*. Keynote given at Society for Southeastern Social Psychologists, Charlotte, NC.

Waugh, C.E. (2023, October). *Positive emotions in the regulation of stress: A neuroaffective model with applications for resilience*. Talk given at National Academy of Neuropsychology conference, Philadelphia, PA.

Waugh, C.E., Vlasenko, V.V., & McRae, K. (2023, October). *Dissociating the generation of reappraisal from its implementation*. Talk given at Emotions2023 conference, Tilburg, Netherlands.

Waugh, C.E., Porth, A., Fang, F., Sands, L.P., & Kishida, K. (2023, October). *Implicit motivational value of emotional stimuli*. Talk given at Emotions2023 conference, Tilburg, Netherlands.

Waugh, C.E., Vlasenko, VV, & Rogers, E. (2023, May). *Affect labeling of positive emotions*. Talk give at Association for Psychological Science, Washington DC.

Waugh, C.E., Porth, A., & Fang, F. (2023, March). *Implicit motivational value of emotional stimuli*. Talk given at Society for Affective Science conference, Long Beach, CA.

Waugh, C.E. (2023, February). *Emotional Working Memory*. Talk given at the NC Cognition conference, Winston-Salem, NC.

Waugh, C.E. (2022, March). *Positive appraisal in the regulation of Stress (PARS)*. Talk given at the Positive Emotion preconference at Society for Affective Science.

Waugh, C.E. (2022, January). *Positive Appraisal in the Regulation of Stress (PARS): a neuroaffective model*. Keynote given at the Alpine Brain Imaging Meeting, Champéry, Switzerland.

Waugh, C.E. (2021, July). *This is your brain on well-being*. Keynote given at International Positive Psychology Association conference (virtual).

Waugh, C.E. (2021, March). *Distinguishing the generation and implementation of positive reappraisal*. Talk given at the Society for Affective Science. *was selected as a top ranked abstract and published as a supplement in Affective Science.

Waugh, C.E. (2021, March). *The roles of positive emotion in stress regulation*. Talk given at World Happiness Day, a virtual conference based in Hungary.

Waugh, C.E. (2021, January). *An affective neuroscience perspective on psychological flourishing: How the brain believes that things are going well*. Talk given at Human Flourishing Experts Workshop (virtual), Barcelona, Spain.

- Waugh, C.E.** (2020, September). *Coping with COVID-19: The efficacy of distraction for coping with the chronic stress of a pandemic*. Talk given at the 6th International Symposium on Resilience Research (virtual), Mainz, Germany.
- Waugh, C.E.** (2019, October). *Tripartite framework of the roles that positive emotions play in emotion regulation*. Talk given at Society for Southeastern Social Psychology, Johnson City, TN.
- Waugh, C.E.** (2019, July). *Brain networks supporting positive emotion's impact on stress regulation*. Talk given at World Congress of Positive Psychology, Melbourne, Australia.
- Waugh, C.E.** (2019, March). *The neural temporal dynamics of positive emotions during stress*. Talk given at International Convention of Psychological Science, Paris, France.
- Waugh, C.E.** (2018, October). *People are better at maintaining positive than negative emotional states*. Talk given at Society for Southeastern Social Psychology, Raleigh, NC.
- Waugh, C.E.** (2018, April). *People are better at maintaining positive than negative emotional states*. Talk given at Society for Affective Science Conference, Los Angeles, CA. <https://osf.io/g7bj8/>
- Waugh, C.E.** (2018, March). *Brain networks supporting positive emotion's impact on stress regulation*. Talk given at American Psychosomatic Society Conference, Louisville, KY.
- Waugh, C.E.** (2018, February). *People are better at maintaining positive than negative emotional states*. Talk given at the North Carolina Cognition Conference, Chapel Hill, NC.
- 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 given 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 given 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). *RESILIENCE 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. (2023, November). *Implicit motivational value of emotional stimuli*. Talk given at social brownbag at University of North Carolina-Chapel Hill, NC.

Waugh, C.E. (2022, September). *Emotion-focused coping*. Talk given to the Traumatic Brain Injury group.

Waugh, C.E. (2022, March). *People are better at maintaining positive than negative emotional states in working memory*. Talk given at AACTLAB meeting at the University of Denver.

Waugh, C.E. (2022, February). *Positive Appraisal in the Regulation of Stress (PARS): a neuroaffective model*. Talk given at R15 seminar meetings at the University of Louisville.

Waugh, C.E. (2022, January). *Positive Appraisal in the Regulation of Stress (PARS): a neuroaffective model*. Talk given at Social Psychology brownbag at the University of Florida.

Waugh, C.E. (2021, November). *Positive Appraisal in the Regulation of Stress (PARS): a neuroaffective model*. Talk given at the University of Denver, Denver, CO.

Waugh, C.E. (2019, July). *The roles of positive emotion in stress regulation*. Talk given at University of Melbourne, Melbourne, Australia.

Waugh, C.E. (2018, October). *Taking a break from stress*. Talk given at New Idea Series, Wake Forest University, Winston-Salem, NC.

Waugh, C.E. (2015, March). *Temporal dynamics of emotion in the brain*. Talk given 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 give 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

- Vlasenko, V.V., Rogers, E.G., & Waugh, C.E. (2020, June). *Affect labeling increases the intensity of positive emotions* [Poster Session]. APS Poster Showcase, Chicago, IL.
- Rogers, E., & **Waugh, C.E.** (2019, October). *The Mechanisms Underlying Affective Working Memory: Priming, Affect Labeling and Implicit Emotion Regulation*. Poster given at Society for Southeastern Social Psychology, Johnson City, TN.

Rogers, E., & **Waugh, C.E.** (2019, October). *The Mechanisms Underlying Affective Working Memory: Priming, Affect Labeling and Implicit Emotion Regulation*. Poster given at Wake Forest University Undergraduate Research Day.

Leslie-Miller, C.J., & **Waugh, C.E.** (2019, October). *Positive distraction as an effective coping strategy for cancer caregivers*. Poster given at Society for Southeastern Social Psychology, Johnson City, TN.

Leslie-Miller, C.J., & **Waugh, C.E.** (2019, October). *Positive distraction as an effective coping strategy for cancer caregivers*. Poster given at Wake Forest University Undergraduate Research Day.

Okonmah-Obazee, S., Kishida, K., & **Waugh, C.E.** (2018, December). The role of the vmPFC on positive future reappraisal. Poster presented at Neuroscience Student Day, Winston-Salem, NC.

Rivers, J., & **Waugh, C.E.** (2018, October). Walking away from stress: Distraction, relative to avoidance, leads to more stressor re-engagement and to better mood. Poster presented at the Society for Southeastern Social Psychology, Raleigh, NC.

Medina Nieto, T., **Waugh, C.E.**, & Zeidan, F. (2017, October). The effects of multimodal sensory stimuli on the cognitive modulation of pain. Poster presented at Undergraduate Student Research Day, Wake Forest University.

Dolbear, C. & **Waugh, C.E.** (2017, October). Correlating individual differences in avoidance and positive/neutral distraction with positive anticipation. Poster presented at Undergraduate Student Research Day, Wake Forest University.

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 10th 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 34th 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>

Special courses

Summer Immersion Institute	<i>Summer, 2018-2021</i>
Summer Immersion Online (Kaplan)	<i>Summer, 2020</i>

University of Michigan

Graduate student instructor

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

Pedagogical training

2020	Participated in peer-learning group (PLC) for online pedagogical instruction
2017	Help facilitate a TLC workshop on "No more essays! Rethinking what we have students write in our courses".
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

Adam Porth (2022-2023). *Implicit motivational value.*

Yifang Zhao (2021-2022). *The effect of positive anticipation on cognitive appraisal and emotion regulation in a VR paradigm.*

MS student at Columbia University.

Wesley Tucker (2021-2022). *Temporal anchoring of positive reappraisal: Past-relevance versus future-relevance.*

Frank Fang (2020-2021). *Reinforcement learning as a method of assessing implicit emotion regulation.*

Cheyenne Dolbear (2017-2018). *Positive distraction and prioritizing positivity: Increasing effort to gain rewards?*

Masters student at Villanova University.

Tatianaide Medina Nieto (2017-2018). *Mind vs. body: Does multisensory integration change pain perception?*

PhD student at University of Pennsylvania

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

Emma Rogers, Independent researcher

Co-author on publication currently under review

Calissa Leslie-Miller, Wake Forest Fellow

Prize for top poster at Society for Southeastern Social Psychology, Fall, 2019

Master's student at the College of William and Mary

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

Marquis Scheiber (2020-2022). *Breaking down stress: Identifying positive aspects of negative situations.*

MA student in Accounting, WFU.

Fanyi Zeng (2021-2022). *The role of attachment dimensions in using positive emotions to regulate stress from interpersonal conflicts in close relationships.*

MA student in userX at UT – Austin.

Valeriia Vlasenko (2019-2021). *Temporal anchoring of positive reappraisal.*

PhD student at University of Denver.

Jessica Rivers (2017-2019). *Distraction and avoidance: An investigation into underlying mechanisms of two disengagement coping strategies.*

Passed away.

Stephanie Okonmah-Obazee (2017-2019). *The neural correlates of future positive reappraisal.*

Currently working as a research coordinator

Lauren (Yu) Song (2016-2018). *The effects of positive emotion on cognitive reappraisal.*

Works at user data gathering firm.

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*

1st 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*

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

2nd 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 (2014-2018)

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

PROFESSIONAL SERVICE/MEMBERSHIPS

Internal Academic Service

College

2021- Faculty Athletics Committee
 2017-2018 Graduate Faculty Council
 2015- Research Advisory Council
 2015 Space action committee
 2012-2014 Lower division academic advising
 2013-2014 Faculty House calls

Department

2023-2024 Member, curriculum review committee
 2023 Member, Well-being and Culture search committee
 2020- Theme coordinator
 2017 Cognitive psychology search committee member
 2017- Chair, Long Range Planning committee
 2017- Chair, PhD Investigation Task Force
 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

2021-2024 Secretary of Society for Affective Science
 2018-2021 Science program Co-Chair, World Congress of Positive Psychology

2018 Individual poster reviewer for Society for Southeastern Social Psychology
 2018 Flash talk judge for Society for Affective Science
 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

2020-2023 Associate Editor, Emotion
 2017-2020 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
Nature Human Behavior	Journal of Personality and Social Psychology

Grant Reviewer

WFU pilot research grant	University of Michigan fMRI pilot grant
Israeli Science Foundation grant	NASA BMED panel
NIH NCI panel	Research Foundation Flanders (FWO)
National Science Foundation	

Society Memberships

Society for Affective Science
 International Positive Psychology Association
 Social Affective Neuroscience Society

Media

Print

Washington Post (August 3, 2023). The Barbie-Taylor-Beyonce summer offers a release of pandemic emotions. <https://www.washingtonpost.com/lifestyle/2023/08/03/barbie-beyonce-taylor-swift-summer-pandemic/>

Goodnet (Feb. 18, 2023). How to choose goals that make you come alive.

<https://www.goodnet.org/articles/how-to-choose-goals-that-make-you-come-alive>

Science news explores (Nov. 11, 2022). Why fandom feels good – and may be good for you.

<https://www.snexplores.org/article/fandom-fan-psychology-comiccon-marvel-fiction>

The Chill Factory (Sep. 22, 2022). Anticipate! <https://www.podpage.com/the-chill-factory/anticipate/>

NY Times (May 31, 2022). <https://www.nytimes.com/2022/05/31/well/mind/anticipation-happiness.html>.

Insidehook (Sep 7, 2021). <https://www.insidehook.com/article/news-opinion/did-hot-vax-summer-actually-suck>

Futurezone.de (May 27, 2021). <https://www.futurezone.de/science/article232382967/Erholung-ohne-Urlaub-zu-machen-Forscher-kennen-Trick.html>

Eat this not that (May 27, 2021). <https://www.eatthis.com/heres-why-science-says-you-should-book-a-vacation-now/>

Washington Post (May 18, 2021). https://www.washingtonpost.com/lifestyle/style/post-vaccination-summer-partying-dating-sex/2021/05/17/a04ca36e-b43c-11eb-9059-d8176b9e3798_story.html

Vice.com. (March, 2021). <https://www.vice.com/en/article/93wp7a/how-to-make-time-until-vaccinated-go-by-faster>

Wall Street Journal (January 27, 2021). <https://www.wsj.com/articles/how-making-plans-brings-joy-in-january-11611673200>

Vice.com. (December, 2020). <https://www.vice.com/en/article/7k9wvb/science-says-you-need-future-plans-to-look-forward-to-during-pandemic>

WFU News Center. (April, 2020), *Coping with Corona: WFU professor creates video series to help.*

<https://news.wfu.edu/2020/04/23/coping-with-corona-wfu-professor-creates-video-series-to-help/>

Medium.com. (May, 2020). *It's Time to Learn How to Microdose Anticipation.*

<https://elemental.medium.com/its-time-to-learn-how-to-microdose-anticipation-10cb6250a663>

“Emotional well-being: Why you should at least consider eating cupcakes with dead cockroaches next to them.” (2018) Emotional well-being blog for WFU.

<http://thrive.wfu.edu/2018/10/emotional-wellbeing-least-consider-eating-cupcakes-dead-cockroaches-next/>

“Clues from psychology: Morning ice cream may be good for you” (2018) expert opinion on using positive distraction to cope with chronic stress of hiking the PCT.

[\(https://cluestothepacificcresttrail.wordpress.com/2018/02/08/clues-from-psychology-morning-ice-cream-may-be-good-for-you/\)](https://cluestothepacificcresttrail.wordpress.com/2018/02/08/clues-from-psychology-morning-ice-cream-may-be-good-for-you/)

“Sticking to your New Year’s resolution is not about willpower” (2018) – expert opinion on positive emotions while hiking the pacific crest trail hike.

“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

CNN (2023) – How the summer craze can help people cope with stress

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

Radio

Brain Matters at University of Alabama (October, 2021). *The habits of stress-resilient people*.

Global news radio 980 CVPL in London, Ontario (December, 2020). *Planning things to look forward to can give you a positive boost*.

The measure of everyday life (January, 2021). *The science of hope*. <https://measureradio.libsyn.com/the-science-of-hope>

Professional lectures/seminars & Community engagement

Waugh, C.E. (2023). *Resilience and well-being*. Workshop for Union Pacific Railroad.

Waugh, C.E. (2022-2023). *Positive emotions in resilience*. Full-day seminar given for Institute for Brain Potential.

Waugh, C.E. (2020). *Coping with Corona*. YouTube video series on the science behind coping with the coronavirus pandemic.

Waugh, C.E. (2018-2023). *The habits of resilient people*. Full-day seminar given for Institute for Brain Potential.

Waugh, C.E. (2019-2023). *Listening to the Body: Understanding the language of stress-related symptoms*. Full-day seminar given for Institute for Brain Potential.

Waugh, C.E. (2018, December). *Resilience and the role of positive emotions during stress*. Talk given at the annual Turf Builder’s Association Conference, Winston-Salem, NC

Waugh, C.E. *Changing your mind to adopt healthful habits*. (2017-). Full-day seminar given for Institute for Brain Potential.

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* (2016-2017). 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.