

VITA

SARAH ROSE CAVANAGH

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ADDRESSES

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CURRENT POSITIONS

Associate Professor (tenured), Department of Psychology, Assumption College 2015-Present

- 2009-2015 Assistant Professor (tenure-track)
- Teaching load: 4 courses in fall / 3 courses in spring
- Co-Director, Laboratory for Cognitive and Affective Science

Associate Director for Grants and Research, Center for Teaching Excellence 2016-Present

Research Affiliate, Emotion, Brain, & Behavior Laboratory, Tufts University 2009-Present

EDUCATION

Tufts University, Medford, Massachusetts 2001-2007

Degrees: Doctoral Degree, Experimental Psychology 2007
Thesis Chair: Lisa M. Shin, Ph.D.

*Attentional Deployment as Emotion Regulation:
Implications for Dysphoria & Subjective Well-Being*
Masters of Science, Experimental Psychology 2004

Honors: Summer Institute on College Teaching Fellowship 2002
Wisconsin Symposium on Emotion Travel Award 2002
University Nominee, Dolores Zohrab Liebmann Fellowship 2003
Outstanding Academic Achievement, Tufts University 2004
Bio Basis of Personality & Individual Differences Travel Award 2004

Boston University, Boston, Massachusetts 1995-1999

Major: Psychology
Minor: Women's Studies
Degree: B.A., Summa Cum Laude 1999
Honors: Dean's List 1995-1999
Graduation, Boston University Honors Program 1997
Phi Beta Kappa 1999

TEACHING EXPERIENCE

<i>Assistant/Associate Professor</i> , Assumption College	2009-Present
General Psychology	Fall and spring
Motivation & Emotion	Fall and spring
Brain & Behavior/Physiological Psychology	Fall
Abnormal Psychology	Fall
Social, Cognitive, and Affective Neuroscience	Spring
<i>Co-Instructor</i> , Tufts University	
Portrayals of Mental Illness in Popular Film	Spring 2004
Introduction to Statistics (Summer Course)	2005-2009
Stigma, Sonnets, & Psychiatry: Perspectives on Psychopathology	2005, 2008
<i>Instructor</i> , Tufts University, Research Methods in Clinical Psychology	2005, 2007
<i>Visiting Lecturer</i> , Framingham State College, Introductory Psychology	2005-2006

FUNDED GRANT APPLICATIONS

Davis Educational Foundation Research Grant	2016-2019
Assumption College Faculty Development Award	2015
Collaborative Pilot Research Program Grant (University of Massachusetts Medical School & Assumption College)	2013
Assumption College Summer Research Mentorship Award	2012
Assumption College Faculty Development Award	2012
Assumption College Summer Research Mentorship Award	2010
Assumption College Faculty Development Award	2010
Tufts University Graduate Student Research Grant-in-Aid	2007
Tufts University Graduate Student Research Grant-in-Aid	2004

RESEARCH INTERESTS

- Socio-emotional factors in teaching, learning, and science communication
- Storytelling and motivation for exposure to fictional narratives
- Influence of context and strategy choice on emotion regulation success

PREVIOUS RESEARCH & CLINICAL WORK POSITIONS

Postdoctoral Fellow, Emotion, Brain, & Behavior Laboratory, Medford, MA 2007-2009
Mentor: Heather L. Urry, Ph.D.

- Primary research project: *Risk and Resilience: The Role of Emotion Regulation*, explored how attentional bias and gaze-directed cognitive reappraisal may predict dysphoria, anxiety, and well-being in healthy undergraduates (*in preparation*).
- Supervised undergraduate and graduate research team in behavioral & psychophysiological laboratory.
- Created and assisted grant applications to NIH, NIA, NARSAD, and other organizations.

Graduate Researcher, Tufts University, Medford, MA

2001-2007

Mentor: Lisa M. Shin, Ph.D.

- Dissertation: *Attentional Deployment as Emotion Regulation: Implications for Dysphoria and Subjective Well-Being* explored how patterns of shifting attention based on induced emotion may predict changes in dysphoria, anxiety, and well-being in healthy undergraduates (Cavanagh, Urry, & Shin, 2011).
- Major research project: *Psychiatric and Emotional Sequelae of Amputation* investigated psychiatric and emotional outcomes in cases of surgical and accidental amputations. Clinically interviewed participants a few weeks following their amputation during rehabilitative treatment at Spaulding Hospital (Cavanagh, Karamouz, Shin, & Rauch, 2006).

Research Coordinator, UMass Medical School, Worcester MA

1999-2001

Supervisors: Anthony J. Rothschild, M.D.; Carlos A. Zarate, M.D.

- Coordinated investigational drug studies for major pharmaceutical companies, serving as the main contact for patients participating in trials for most of the major Axis I Disorders.
- Collected and interpreted clinical data using standardized testing instruments; received certification in phlebotomy.
- Acted as a liaison between pharmaceutical companies and UMass Institutional Review Board, and educated patients and families on available treatment options.

Residential Caseworker, The KEY Program, Inc., Worcester MA

1999-1999

- Provided global case management in a Behavioral Treatment Residence for adolescent girls with severe behavioral and emotional difficulties.
- Created and led skills-streaming groups, oversaw self-administration of medications, and provided informal counseling.
- Trained in first aid and non-violent physical restraint.

BOOKS

Cavanagh, S.R. (2016). *The spark of learning: Energizing education with the science of emotion*. West Virginia University Press.

Cavanagh, S.R. (*under contract, estimated March 2019 publication*). *Hivemind: The perils and promise of our collective social selves*. Grand Central Publishing.

JOURNAL PUBLICATIONS

Cavanagh, S.R., & McCready, J. (*under review*). A novel approach to teaching muscle anatomy in a fully flipped classroom. *Anatomical Sciences Education*.

Birk, J.L., Cavanagh, S.R., Opitz, P.C., Raskin, M.R., & Urry, H.L. (*under revision*). Lingering on joy: Slowness to disengage attention from happy faces predicts lower depressive symptoms a year

later.

Opitz, P.C., Cavanagh, S.R.*, & Urry, H.L. (2015). Uninstructed emotion regulation choice in four studies of cognitive reappraisal. *Personality and Individual Differences*, 86, 455-464.

Cavanagh, S.R., & Glode, R.J. (2015). Lost or fond? Effect of nostalgia on recovery from sad mood vary by security of attachment. *Frontiers in psychology*, 6, 773.

Zhang, F.; Parmley, M.; Wan, X.; & Cavanagh, S.R. (2015). Cultural differences in recognition of subdued facial expressions of emotions. *Motivation and Emotion*, 39(2), 309-319.

Cavanagh, S.R.*, Fitzgerald, E.J., & Urry, H.L. (2014). Emotion reactivity and regulation are associated with psychological functioning following the 2011 earthquake, tsunami, and nuclear crisis in Japan. *Emotion*, 14(2), 235-240.

Brunye, T.T., Cavanagh, S.R., & Propper, R.E. (2014). Hemispheric bases for emotion and memory. *Frontiers in Human Neuroscience*, 8, 997.

Cavanagh, S.R., Urry, H.L., & Shin, L.S. (2011). Mood-induced shifts in attentional bias to emotional information predict ill- and well-being. *Emotion*, 11(2), 241-248.

Cavanagh, S.R., Shin, L.M., Karamouz, N., Rauch, S.R. (2006). Psychiatric and emotional sequelae of surgical amputation. *Psychosomatics*, 47, 459-464.

Cavanagh, S.R., Shin, L.M., Rauch, S.R. (2006). Brain imaging in PTSD. *Directions in Psychiatry*, 26(3), 33-48.

Soraci, S.A., Carlin, M.T., Read, J.D., Krangel, T.S., Wakeford, Y., Cavanagh, S.R., & Shin, L.M. (2006). Psychological impairment and false memories: Individual differences. In M.P. Toglia, J.D. Read, D.F. Ross, & R.C.L. Lindsay (Eds.), *Handbook of Eyewitness Psychology, Volume I: Memory for events*. Lawrence Erlbaum.

Shin, L.M., Wright, C.I., Cannistraro, P., Wedig, M., McMullin, K., Martis, B., Macklin, M.L., Lasko, N.B., Cavanagh, S., Krangel, T.S., Orr, S.P., Pitman, R.K., Whalen, P.J., Rauch, S.L. (2005). An fMRI study of amygdala and medial prefrontal cortex responses to overtly presented fearful faces in posttraumatic stress disorder. *Archives of General Psychiatry*, 62, 273-281.

Zarate, C.A., Tohen, M., Land, M. & Cavanagh, S. (2000). Functional impairment and cognition in bipolar disorder. *Psychiatric Quarterly*, 71(4): 309-329.

Zarate, C.A., Vemuri, M., Cavanagh, S. & Land, M. (2000). Atypical antipsychotic drugs in nonschizophrenic psychiatric disorders. *Current Psychiatry Reports*, 2(4): 291-297.

* First two authors contributed equally.

EDITED SPECIAL ISSUES

Brunye, T.T., Cavanagh, S.R., & Propper, R.E. (2014). Hemispheric bases for emotion and memory. *Frontiers in Human Neuroscience*.

BLOGGING & ESSAYS

- 2012-Present Expert blogger for Psychology Today online. “Once More, With Feeling: The Science (and Neuroscience) of Your Emotions.
<http://www.psychologytoday.com/blog/once-more-feeling>
- 2017 All the Classroom’s a Stage. *Chronicle of Higher Education*.
- 2016 Caring Isn’t Coddling. *Chronicle Vitae*.
- 2015 Life of Thought. *Darling Magazine*.
- 2015 What Kind of Person Loves Scary Movies? *Motherboard.com*.
- 2010-2011 Expert blogger (weekly) for www.wholeliving.com. Tagline: “applying the science of happiness to everyday life”.

KEYNOTE ADDRESSES, TALKS, AND WORKSHOPS FOR THE SPARK OF LEARNING

Salt Lake City Community College, Keynote & Workshop	2018
Lancaster Learns Conference, PA College of Health Sciences, Keynote & Workshop	2018
West Chester University, Keynote & Workshop	2018
Faculty Development Bookclub, two Zoom sessions, Indiana University Bloomington	2017
Ensuring Student Success Keynote, Indiana University Kokomo	2017
Center for the Integration of Research, Teaching, & Learning, Workshop	2017
Conestoga College Institute of Technology & Advanced Learning, Keynote	2017
Grand View University, Summer Teaching Workshops (2 day)	2017
Teachers of Accounting at Two-Year Colleges Conference, Keynote	2017
Tufts University Faculty Development Program in SEL, Civic Engagement, Diversity, & Inclusion, Workshop	2017
Finger Lakes Community College, Jumping the Desk Conference Keynote	2017
Northern Illinois University, Teaching Effectiveness Institute Workshop	2017
Nova Southeastern University, Faculty Development Workshops (2)	2016
Fitchburg State University, Course Re-Design Summer Institute Presentation	2016
Assumption College, Innovations in Higher Education Lecture	2016

CONSULTING WORK & TALKS FOR ORGANIZATIONS

Surface Acting at Work. Talk for Globoforce’s 2nd Annual WorkHuman conference. May, 2016.

Embedded: The Science of Team Dynamics. Workshop for Boston-area thinktank Subforum. January, 2016.

The Science of Goal-Setting. Talk for Mount Auburn Hospital’s Psychiatry Department. January, 2014.

The Science of Human Communication. Literature Review & Presentation for the Bose Corporation, Inc. September, 2013.

CONFERENCE TALKS AND CHAIRED SYMPOSIA

Cavanagh, S.R. & Lang, J.M. (2016, November). Energizing the college classroom with the science of

emotion. Research session talk presented at the 41st conference of the Professional and Organizational Development Network in Higher Education, Louisville, KY.

Cavanagh, S.R. (2016, October). Energizing the college classroom with the science of emotion. Science in Society presentation, New England Psychological Association Annual Meeting, Worcester, MA.

Opitz, P.C., Cavanagh, S.R., & Urry, H.L. (2014, September). The impact of context and choice on emotion regulation success. Symposium talk presented at the 54th annual meeting of the Society for Psychophysiological Research, Atlanta, GA.

Part of **co-chaired symposium** *What, When, and How: Contextual Influences on Emotion Regulation Choices and Success.*

Cavanagh, S.R., Urry, H.L., & Shin, L.M. (2009, October). Shifts in attentional bias following mood induction predict future ill- and well-being. Symposium talk presented at the 49th annual meeting of the Society for Psychophysiological Research, Berlin, Germany.

Part of **co-chaired symposium** *Once More, With Feeling: The Role of Automaticity in Emotion Regulation.*

CONFERENCE POSTER PRESENTATIONS

Cavanagh, S.R., Hickey, R. Peck, M., & DiLoreto, E. (2017, April). Fictional transportation: Associations among reading, interest in emotion, and genre preferences. Poster presented at the 4th annual meeting of the Society for Affective Science, Boston, MA.

Cavanagh, S.R., Birk, J.L., Urry, H.L., Opitz, P.C., & Fulwiler, Carl (2016, April). Assessing mindfulness: A novel task reflects changes in emotional responding following mindfulness training. Poster presented at the 3rd annual meeting of the Society for Affective Science, Chicago, IL.

Cavanagh, S.R., Opitz, P.C., Birk, J.L., Raskin, M., & Urry, H.L. (2015, April). Appraisal in action: Habitual use, task-based implementation, and associations with psychological functioning. Poster presented at the 2nd annual meeting of the Society for Affective Science, Oakland, CA.

Cavanagh, S.R., Fitzgerald, E.J., & Urry, H.L. (2014, April). Emotion reactivity and regulation are associated with psychological functioning following the 2011 earthquake, tsunami, and nuclear crisis in Japan. Poster presented at the 1st annual meeting of the Society for Affective Science, Bethesda, MD.

Cavanagh, S.R., Glode, R.J., & Fitzgerald, E.J. (2013, May). Lost and fond: The effects of nostalgic versus ordinary event memory on recovery from a sad mood induction. Poster presented at the 25th annual meeting of the Association for Psychological Science, Washington, DC.

Zhang, F., Parmley, M., Cavanagh, S.R., & Wan, X.A. (2013, May). Cultural differences in selective attention to facial expressions of emotion. Poster presented at the 25th annual meeting of the Association for Psychological Science, Washington, DC.

Cavanagh, S.R., Opitz, P.C., Birk, J., & Urry, H.L. (2012, May). Variation in strategies during instructed cognitive reappraisal: Autonomic changes depend on regulatory choice and

emotional intensity of stimuli. Poster presented at the 24th annual meeting of the Association for Psychological Science, Chicago, IL.

- Fitzgerald, E.J., Cavanagh, S.R., & Urry, H.L. (2012, May). Emotion regulation in the context of crisis: An examination of cognitive reappraisal and expressive suppression in the aftermath of the 2011 earthquake, tsunami, and nuclear crisis in Japan. Poster presented at the 24th annual meeting of the Association for Psychological Science, Chicago, IL.
- Birk, J., Opitz, P.C., Cavanagh, S.R., & Urry, H.L. (2012, May). Spontaneous suppression of sadness predicts lower current depressive symptoms in people with a history of depression but higher symptoms in healthy controls. Poster presented at the 24th annual meeting of the Association for Psychological Science, Chicago, IL.
- Cavanagh, S.R., Opitz, P.C., Birk, J., & Urry, H.L. (2011, September). Physiological and phenomenological responses during amusement are correlated with eudaimonic and hedonic well-being. Poster presented at the 51st annual meeting of the Society for Psychophysiological Research, Boston, Massachusetts.
- Harris, A.J. & Cavanagh, S.R. (2011, September). Attentional bias toward positive cues following anxiety induction linked to cognitive reappraisal use. Poster presented at the 51st annual meeting of the Society for Psychophysiological Research, Boston, Massachusetts.
- Zhang, F., Parmley, M., Cavanagh, S., & Wan, X. A. (2011, July). Perception of emotional facial expressions of varying intensities: An American-Chinese Comparison. Poster presented at the regional conference of International Association for Cross-Cultural Psychology, in Istanbul, Turkey.
- Cavanagh, S.R., Opitz, P.C., Birk, J., & Urry, H.L. (2010, September). Cardiac response during cognitive reappraisal linked to eudaimonic well-being. Poster presented at the 50th annual meeting of the Society for Psychophysiological Research, Portland, Oregon.
- Cavanagh, S.R., Pogoda, T.S.K.; Quereshi, R.; Rubin, R.; Zobel, N., & Shin, L.M. (2008, September). Emotional modulation of attention but not memory in high versus low trait dissociation. Poster presented at the 22nd annual meeting of the Society for Research in Psychopathology, Pittsburgh, PA.
- Urry, H.L.; Cavanagh, S.R., & Rauch, L. (2008, October). Gaze-directed reappraisal: Implications for emotion regulation. Poster presented at the 48th annual meeting of the Society for Psychophysiological Research, Austin, TX.
- Cavanagh, S.R., & Shin, L.M. (2007, October). Attentional deployment predicts dysphoria. Poster presented at the 47th annual meeting of the Society for Psychophysiological Research, Savannah, GA.
- Cavanagh, S.R., Krangel, T.S. & Shin, L.M. (2002, November). Dissociation, attention & emotion. Poster presented at the 36th annual meeting of the Association for the Advancement of Behavior Therapy, Reno, N.V.

MEDIA APPEARANCES:

Women in Higher Education Profile, September 2017 issue.

Two radio interviews and one documentary interview re: blog post *No, Smartphones Have Not Destroyed a Generation*, August 2017.

Inside Higher Education podcast with Bonni Stachowiak, January 2017, on the Spark of Learning.

Television segment on New England Cable News on “the science of love”, February 14, 2013

Television show on Higher Education Today on neuroscience in small liberal arts education, June 10, 2013

Appearance associated with blog, *The Martha Stewart Show*, January 2010

Radio interview regarding scientific study of procrastination, on Whole Living’s Sirius Show, August 11, 2010

MEMBERSHIP IN PROFESSIONAL ASSOCIATIONS

Professional & Organizational Development Network in Higher Education	2016 – present
Association for Psychological Science	2007 – present
Society for Psychophysiological Research	2007 – 2015

PROFESSIONAL ACTIVITIES

Departmental Committees & College Service:

One Time Activities:

2016 Early Acceptance Day, Department Presentation
2015 Psychology Department Search Committee
2015 Early Acceptance Day, Model Classroom
2014 Chemistry Department Search Committee
2014 Early Acceptance Day, Model Classroom
2014 Accepted Students Day, Departmental Presentation
2014 Discovery Day (Admissions) Brunch
2013 Early Acceptance Day, Model Classroom
2013 Discovery Day (Admissions) Brunch
2013 Fall Semester, Department of Psychology Representative, Faculty Senate
2012 Early Acceptance Day, Model Classroom
2012 Discovery Day (Admissions) Brunch
2011 Early Acceptance Day, Model Classroom
2011 Accepted Students Day, Departmental Presentation
2011 Spring Semester, Department of Psychology Representative, Faculty Senate
2010 Majors Fair
2010 Faculty Judge, Undergraduate Research Symposium
2010 Academic Advising at Orientation for new students
2010 Dessert & Dialogues, “Choosing Your Major”

Recurring Activities:

2016-2018	Chair, Institutional Review Board
2011-Present	Assumption College Honors Council
2012-2015	Community Service Learning Committee
2011-2014	Assumption College Undergraduate Research Symposium Committee (appointed by Provost)

- 2010-2011 Department of Psychology Assessment Committee
- 2010-2011 Living & Learning Center Faculty Mentor, *Positively Living*
 Serve as a faculty mentor for two semesters for students living in the Living & Learning Center at Assumption College. Ten hours of “Interest Circle” mentoring and discussion leadership in the dorm. Topic: Applying the science of positive psychology to our everyday lives; at the same time critically evaluating this field and its research findings.
- 2010-2012 Tagaste Program Faculty, *Mind and Matter*
 The Tagaste Program is a first year program run by Assumption College in which faculty from diverse fields link their courses conceptually and through extra-curricular activities in order to demonstrate that knowledge crosses paradigms. Two faculty members from the Natural Sciences department and I competitively submitted a proposal called *Mind and Matter* and were selected to teach this linkage over the next two years.
- Mind and Matter* summary: How accurately do our subjective perceptions represent objective reality? Why do people trust celebrities more than scientists on scientific issues? In this linkage, we’ll discuss both perceptions and scientific fact about various topics such as vaccinations and autism, nutrition and fad diets, DNA fingerprinting and criminal profiling. We’ll have a series of dinner and movie nights as a mean for discussing many of these topics. Fall Courses: General Psychology (Cavanagh) and Chemicals and Modern Society (Hauri). Spring Courses: Brain and Behavior (Cavanagh) and Human Health and Disease (Lemons).
- 2010-Present Department of Psychology Undergraduate Research Committee, Chair
- 2010-Present Assumption College Admissions Committee

Ad hoc reviewer for:

Cognition
 Emotion*
 Psychology & Aging
 Psychophysiology
 Social, Cognitive, and Affective Neuroscience

* Consulting editor, 2011-2012

Research society committee work:

2012-2014 Committee To Promote Student Interests, *Society for Psychophysiological Research*