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EDUCATION

- 2013 – Present** **Ph.D. in Social/Personality Psychology**
Expected conferral May 2018
- 2013** **M.A., Oregon State University**
Interdisciplinary Studies: Psychology, Human Development and
Family Studies, Philosophy
- 2011** **B.S., Oregon State University, in Psychology**
Minored in Philosophy; Graduated Summa Cum Laude
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PUBLICATIONS

- Sweeny, K. & **Falkenstein, A.** (in press). Even optimists get the blues: Inter-individual consistency in bracing for the worst. *Journal of Personality*.
- Shepperd, J. A., **Falkenstein, A.**, & Sweeny, K. (in press). Fluctuations in future outlooks: From unrealistic optimism to bracing for the worst. In G. Oettingen, A. T. Sevincer, & P. M. Gollwitzer (Eds.), *The psychology of thinking about the future*.
- Falkenstein, A.**, Dooley, M. D., & Sweeny, K. (in press). Waiting for medical news. In K. Sweeny & M. L. Robbins (Eds.), *The Wiley encyclopedia of health psychology: Volume II, the social bases of health behavior*.
- Falkenstein, A.**, Tran, B., Ludi, D., Molkara, A., Nguyen, H., Tabuenca, A., & Sweeny, K. (2016). Characteristics and correlates of word use in physician-patient communication. *Annals of Behavioral Medicine*, 50(5), 664-677.
- Sweeny, K., Reynolds, C. A., **Falkenstein, A.**, Andrews, S. A., & Dooley, M. (2016). Two definitions of waiting well. *Emotion*, 16(1), 129-143.

Sweeny, K. & **Falkenstein, A.** (2015). Is waiting really the hardest part? Comparing the emotional experiences of awaiting and receiving bad news. *Personality and Social Psychology Bulletin*, 41(11), 1551-1559.

PRESENTATIONS AND OUTREACH

Falkenstein, A. & Sweeny, K. (January, 2017). *Personality and Prolonged Uncertainty: Conscientiousness and Neuroticism During the Wait for Important News*. Poster presented at the 2017 meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Edwards, J., **Falkenstein, A.**, Braun, V. (November, 2016). *Different Types of Meditation Lead to Common Outcomes via Different Mechanisms*. Poster presented at the 2016 meeting of the International Symposium for Contemplative Studies, San Diego, CA.

Falkenstein, A. & Sweeny, K. (May, 2016). *Explicit sources of performance expectations*. Poster presented at the 96th annual convention of the Western Psychological Association, Long Beach, CA.

Falkenstein, A. & Sweeny, K. (January, 2016). *Justifying expectations of the future: The contents and correlates of explanations for performance expectations*. Poster presented at the 2016 meeting of the Society for Personality and Social Psychology, San Diego, CA.

Falkenstein, A. & Sweeny, K. (May, 2015). *Linguistic characteristics of communication during medical visits*. Poster presented at the 95th annual convention of the Western Psychological Association, Las Vegas, NV.

Falkenstein, A. & Sweeny, K. (February, 2015). *Linguistic characteristics of physician-patient communication*. Poster presented at the Social Personality Health Preconference at the 2015 meeting of the Society for Personality and Social Psychology, Long Beach, CA.

Falkenstein, A. & Sweeny, K. (February, 2015). *Bracing for the worst: Strategic or reflexive expectation management?* Poster presented at the 2015 meeting of the Society for Personality and Social Psychology, Long Beach, CA.

Edwards, J., **Falkenstein, A.**, Needham, S., & Cone, J. (2015). *Implicit versus explicit feelings towards tsunami debris risk*. Poster presented at the 2015 meeting of the Society for Personality and Social Psychology, Long Beach, CA.

Needham, S., **Falkenstein, A.**, Edwards, J., & Braun, V. (February, 2014). *A comparison of loving-kindness and mindfulness meditation practice*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Falkenstein, A., Edwards, J., & Braun, V. (January, 2013). *Loving-kindness meditation and prosocial construct activation*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Falkenstein, A. & Piper, W. (March, 2012). *Meditation as a biology-based stress reduction practice for teachers*. Conference seminar at the annual meeting of the Northwest Positive Behavioral Interventions and Supports Network, Portland, OR.

Edwards, J., Allen P., Snyder, F., **Falkenstein, A.**, Morris, K., Makinson, K., & Hamby, D. (January, 2012). *A comparison of methods of presenting probability information to decision makers*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, San Diego, CA.

Edwards, J., Allen, P., Snyder, F., Makinson, K., **Falkenstein, A.**, & Hamby, D. (January, 2011). *The presentation of uncertainty information to decision makers*. Poster presentation at the annual meeting of the Society for Personality and Social Psychology, San Antonio, TX.

RESEARCH EXPERIENCE

2013 – Present

Graduate Fellow

- Department of Psychology, University of California, Riverside
- Advisor: Kate Sweeny, Ph.D.
- Researches situations of prolonged uncertainty in which people prepare for a performance or await important news.
- Focuses on expectation management processes in times of uncertainty including antecedents of expectations, how people perceive their own expectations, and behavioral and emotional consequences of expectations once uncertainty is resolved.
- Researches expectations in medical contexts and aspects of physician-patient communication.

2011 – 2013

Graduate Research Assistant

- Department of Psychology, Oregon State University
- Advisor: John Edwards, Ph.D.
- Position funded by Defense Threat Reduction Agency Grant 08-0044 (J. Edwards & D. Hamby, PIs).
- Researched effects of meditation techniques and potential mechanisms.
- Researched the efficacy of graphical representations of risk information in decision making.

Social Cognition Research Lab Manager

- School of Psychological Science, Oregon State University
- Advisor: John Edwards, Ph.D.
- Trained research assistants.

- Oversaw day-to-day lab operations.
- Assisted honors students with thesis development and execution.

2009 – 2011

Undergraduate Research Assistant

- School of Psychological Science, Oregon State University
- Advisor: John Edwards, Ph.D.
- Researched how competitive and cooperative behavior affect social perception.

TEACHING EXPERIENCE

Teaching Assistant or Reader – University of California, Riverside

- Psychology and Law – Summer Session 1 2016
- Psychology of Excellence – Fall 2015 (reader position)
- Social Psychology – Fall 2015
- Psychological Methods: Statistical Procedures – Spring 2015
- Psychological Research Methods – Fall 2014, Spring 2016
- Introduction to Psychology – Winter 2014

Teaching Assistant – Oregon State University

- Introduction to Psychology – Winter 2012, Fall 2012
- Research Methods in Psychology – Fall 2011, Fall 2012
- Social Psychology – Winter 2013

Workshop Lecturer

Presented at the Graduate Quantitative Methods Center, University of California, Riverside

- Introduction to Statistical Inference Summer 2016, Fall 2016
- Introduction to Analysis of Variance, Fall 2016
- Introduction to Meta-Analysis, Fall 2016
- ANOVA: Advanced Topics, Winter 2017
- Effect Size and Contrast Analysis, Winter 2017

UNDERGRADUATE STUDENTS MENTORED

2016 – Present

Dulce Wilkinson

- Dulce was invited to join a project investigating personality and waiting period experiences.

2015 – Present

Danielle Oleskiewicz

- Danielle assisted in the design and execution of an in-lab study investigating emotional experiences while waiting, ultimately submitting a write-up that was accepted into the UCR undergraduate research journal.

- 2014 - 2015** Brandon Tran – MSRIP Program, University of California, Riverside
- Brandon successfully completed a rigorous summer research program and his work was accepted for publication in an undergraduate research journal. Brandon also co-authored a paper published in *Annals of Behavioral Medicine*.
- 2012 - 2013** Fred Whitman – Undergraduate Honors Thesis, Oregon State University
- Fred presented his research to his thesis committee and graduated with honors.
- 2011 - 2012** Rhys Murphy – Undergraduate Honors Thesis, Oregon State University
- Rhys presented his research to his thesis committee and graduated with honors.
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HONORS AND AWARDS

- 2010** Oregon State University Psychology Scholar Award
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GRANTS AND SCHOLARSHIPS

- 2016** Student Scholarship from the Mind & Life Institute to attend the 2016 meeting of the International Symposium for Contemplative Studies
- 2014-2017** Graduate Student Travel Grant award by the University of California, Riverside's Graduate Division
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PROFESSIONAL AFFILIATIONS AND MEMBERSHIPS

Association for Psychological Science
Association for Research in Personality
Society for Personality and Social Psychology
Western Psychological Association

PROFESSIONAL SERVICE AND EXPERIENCE

- 2016 – Present** Lead Consultant, Graduate Quantitative Methods Center
Graduate Division, University of California, Riverside
- Conducts one-on-one consultations with graduate students and post-doctoral fellows who need assistance with data management, statistical analysis, or statistical software use.
 - Prepares and gives workshops on statistical methodologies.

- Supervises and manages a team of part-time consultants.

2016

Part-time Consultant, Graduate Quantitative Methods Center
Graduate Division, University of California, Riverside

- Conducted one-on-one consultations with graduate students and post-doctoral fellows who need assistants with data management, statistical analysis, or statistical software use.
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