

Kyla Rankin, M.A.

University of California, Riverside | Department of Psychology
900 University Ave. | Riverside, CA, 92521
kyla.rankin@email.ucr.edu

EDUCATION

Ph.D. Social/Personality Psychology, Health and Well-Being Minor; June 2021

University of California, Riverside

Thesis Title: *Traits and Strategies to Promote Well-Being and Optimize Perception: Comparing Flow and Mindfulness During Uncertain Waiting Periods*

M.A. Social/Personality Psychology; 2017

University of California, Riverside

Thesis title: *Divided We Stand, United We Worry: Exploring the Role of Uncertainty in the 2016 U.S. Presidential Election*

B.A. Psychology; 2015

California State University, Fresno

Summa Cum Laude, Psychology Honors Program

Transferred from Clovis Community College, 2012

TEACHING EXPERIENCE

Evaluations available upon request

Topics of Interest

- General Psychology
- Psychological Research Methods
- Statistics for the Behavioral Sciences
- Social Psychology
- Personality Psychology
- Science of Well-Being
- Health Psychology
- Emotion and Emotion Regulation
- Stress and Coping
- Research and Scholarship Ethics
- Higher Education Teaching

Instructor

Moreno Valley Community College

- Psychological Research Methods Spring 2021 (synchronous online, Canvas)
- General Psychology; Spring 2020 (emergency transition to remote learning, Canvas), Fall 2020 (asynchronous online, Canvas)

University of California, Riverside

- University Teaching Certificate Program; 2020-2021 (synchronous online, Blackboard, Canvas)

- Design curriculum, operate learning management system, and evaluate participation, assignments, and teaching performance
- Health Psychology; Fall 2019
- Psychological Research Methods; Summer 2018, Summer 2019

Teaching Assistant

University of California, Riverside

- Psychological Methods: Statistical Procedures; Summer 2020 (synchronous online, Blackboard)
- Science of Well-Being; Winter 2020
- Social Psychology; Fall 2016, Winter 2019
- Health Psychology; Fall 2018
- Health and Behavior Change; Spring 2018
- Psychological Research Methods; Summer 2016, Summer 2017, Winter 2018
- Introduction to Psychology; Fall 2017, Fall 2018

Teaching Aid

Fresno City College

- Introduction to Psychology; Spring 2015, Fall 2015
- Psychological Research Methods; Fall 2014

PUBLICATIONS

(*co-authorship with an undergraduate student, student name is italicized)

Peer-Reviewed

Sweeny, K., **Rankin, K.**,... Zhang, W. (2020). Flow in the Time of COVID-19: Findings from Wuhan, China. *PLOS ONE*.

Rankin, K. & Sweeny, K. (2019). Divided we stand, united we worry: Predictors of worry in anticipation of a political election. *Motivation and Emotion*, 43(6), 956-970.

***Rankin, K.**, *Le, D.*, & Sweeny, K. (2019). Preemptively finding benefit in a cancer diagnosis. *Psychology and Health*, 1-16.

***Rankin, K.**, Sweeny, K., & *Xu, S.* (2019). Associations between subjective time perception and well-being during stressful waiting periods. *Stress and Health*, 35(4), 549-559.

Rankin, K., Andrews, S., Sweeny, K. (2019). Awe-full uncertainty: Easing discomfort during waiting periods. *Journal of Positive Psychology*, 1-10.

Rankin, K., Walsh, L. C., & Sweeny, K. (2018). A better distraction: Exploring the benefits of flow during uncertain waiting periods. *Emotion*, 19(5), 818-828.

Book Chapters

Sweeny, K. & **Rankin, K.** (2018). The role of attitudes in cancer. In D. Albarracin & B. T. Johnson (Eds.), *Handbook of Attitudes* (2nd ed.), Vol. 3.

Teaching and Mentorship

Rankin, K. (2020, October). [Increasing Accessibility in Your Online Course](#). University of California, Riverside Graduate Student Resource Center Blog.

**Medina, J., Rankin, K., & Sweeny, K.* (2020). The Benefits of Trait Mindfulness and Flow During a Period of Stressful Preparation. *University of California, Riverside Undergraduate Research Journal*.

Rankin, K. (2020, March). [Getting to know your students \(the online way\)](#). University of California, Riverside Graduate Student Resource Center Blog.

Rankin, K., Walsh L. C., & Sweeny, K. (2019, October). [Forget your worries and find your flow](#). Society for Personality and Social Psychology Character & Context Blog.

Rankin, K. (2019, July). [How can mentorship benefit you?](#) University of California, Riverside Graduate Student Resource Center Blog.

**Spillane, K., Rankin, K., & Sweeny, K.* (2017). Predicting political engagement from moral values during the 2016 U.S. presidential election. *University of California, Riverside Undergraduate Research Journal*.

Under Review

Rankin, K., & Sweeny, K. (under review). Downstream consequences of preemptively finding benefits in bad news.

PRESENTATIONS

Talks

Wilson, M., **Rankin, K., & Sweeny, K.** (2021, February). *Waiting for results: Expectations matter more than risk factors*. To be presented at the Health Preconference at the Annual Conference for the Society for Personality and Social Psychology, Virtual.

Rankin, K. (2021, January). *A toolkit for hacking uncertainty: Traits and states that optimize perception*. Presented at the Social/Personality Psychology Brown Bag talk series, University of California, Riverside.

Rankin, K. & Sweeny, K. (2021, February). *Individual differences and coping with collective uncertainty*. To be presented at the Society for Personality and Social Psychology, Virtual.

- Rankin, K.** (2020, October). *Downstream consequences of finding the good in the bad while waiting for health news*. Presented at the Annual Conference for the Western Psychological Association, Virtual.
- Rankin, K. & Knapp, S.** (2020, May). *Forensic Media: Flow states while consuming true crime media*. Presented at the Social/Personality Psychology Brown Bag talk series, University of California, Riverside.
- ***Medina, O., Rankin, K. & Sweeny, K.** (2020, May). *The benefits of mindfulness and flow during a period of stressful preparation*. Presented at the R'Psyc Conference at the University of California, Riverside.
- Rankin, K.** (2020, February). *Waiting well: Testing coping strategies to promote during stressful waiting periods*. Presented at the Health Psychology colloquium, University of California, Merced.
- Rankin, K. & Sweeny, K.** (2019, April). *Seeking silver linings in bad news*. Presented at the Annual Conference for the Western Psychological Association, Pasadena, CA.
- Rankin, K.** (2019, April). *Best practices in graduate school applications*. Symposium presentation presented at the Annual Conference for the Western Psychological Association, Pasadena, CA.
- Rankin, K.** (2019, April). *Life as a graduate student*. Symposium presentation presented at the Annual Conference for the Western Psychological Association, Pasadena, CA.
- Rankin, K.** (2018, February). *Promoting well-being during a stressful waiting period: Mindfulness versus flow*. Presented at the Social/Personality Psychology Brown Bag talk series, University of California, Riverside.
- Sweeny, K., **Rankin, K.**, & Walsh, L. C. (2018, October). *Finding flow during life transitions*. Symposium presentation at the Annual Conference for the Society of Experimental Social Psychology, Seattle, WA.
- Rankin, K. & Sweeny, K.** (2018, April). *Divided we stand, united we worry: Coping with uncertainty in the 2016 U.S. presidential election*. Presented at the Annual Conference for the Western Psychological Association, Portland, OR.
- Rankin, K.** (2018, April). *Life as a graduate student*. Presented at the Annual Conference for the Western Psychological Association, Portland, OR.
- ***Rankin, K., Le, D., & Sweeny, K.** (2018, March). *Finding benefit in a breast cancer diagnosis: A qualitative analysis*. Data blitz presented at Health Preconference at the Annual Conference for the Society for Personality and Social Psychology, Atlanta, GA.
- Rankin, K.** (2018, February). *Finding benefit in a breast cancer diagnosis: A qualitative analysis*. Presented at the Social/Personality Psychology Brown Bag talk series, University of California, Riverside.

Sweeny, K., & **Rankin, K.** (2017, May). *The role of attitudes in cancer*. Invited presentation at the Conference for the Handbook of Attitudes, Philadelphia, PA.

Rankin, K. (2017, April). *Divided we stand, united we worry: Exploring the role of uncertainty in the 2016 U.S. presidential election*. Presented at the Social/Personality Psychology Brown Bag talk series, University of California, Riverside.

Rankin, K. (2017, March). *The relationship between flow and well-being while waiting for bar exam results*. Presented at the University of California Well-Being Conference, University of California, Riverside.

Rankin, K. (2014, May). *The effects of virtual eye-height on memories of object size*. Presented at the California State University Student Research Competition, California State University, East Bay (*placed second*).

Posters

Rankin, K., Wilson, M., & Sweeny, K. (under review). *Shifts in well-being while waiting for health news*. Under review for the Health Preconference at the Annual Conference for the Society for Personality and Social Psychology, Virtual.

Rankin, K. & Sweeny, K. (under review). *Comparing dispositional mindfulness and flow proneness while waiting for uncertain news*. under review for the Happiness and Well-being Preconference at the Annual Conference for the Society for Personality and Social Psychology, Virtual.

Rankin, K. & Sweeny, K. (2021, February). *Individual Differences and Coping with Collective Uncertainty*. To be presented at the Society for Personality and Social Psychology, Virtual.

Knapp, S., **Rankin, K.**, & Sweeny, K. (2021, February). *Approaching the negative: Exploring emotion regulation flow as a motive for true crime consumption*. To be presented at the Emotion Preconference at the Annual Conference for the Society for Personality and Social Psychology, Virtual.

Medina, O.*, **Rankin, K. & Sweeny, K. (2020, February). *The benefits of mindfulness and flow during a period of stressful preparation*. Presented at the Annual Conference for the Society for Personality and Social Psychology, New Orleans, LA.

Wilkinson, D., & **Rankin, K.** (2020, February) Making sense of the 2016 election: Latinx students' reactions. Presented at the Annual Conference for the Society for Personality and Social Psychology, New Orleans, LA.

Rankin, K., Andrews, S., & Sweeny, K. (2019, February). *Awe-full uncertainty: Easing discomfort during waiting periods*. Presented at the Happiness and Well-Being Preconference at the Annual Conference for the Society for Personality and Social Psychology, Portland, OR.

***Rankin, K., Xu, S., Sweeny, K.** (2019, February). *Distorted time perception during stressful waiting periods*. Presented at the Annual Conference for the Society for Personality and Social Psychology, Portland, OR.

Rankin, K. & Sweeny, K. (2018, March). *The benefits of flow while awaiting uncertain news*. Presented at the Annual Conference for the Society for Personality and Social Psychology, Atlanta, GA.

Rankin, K., & Sweeny, K. (2017, July). *Individual differences in managing uncertainty during the 2016 U.S. presidential election*. Presented at the Annual Conference for the Association for Research in Personality, Sacramento, CA.

Rankin, K., & Sweeny, K. (2017, January). *The complex dynamics of subjective time perception while waiting for uncertain news*. Presented at the Annual Conference for the Society for Personality and Social Psychology, San Antonio, TX.

Hilliard, S., **Rankin, K., & Lachs, L.** (2015, April). *Embodied perception: The effect of optical flow on embodied reaching in virtual reality*. Presented at the Annual Conference for the Western Psychological Association, Las Vegas, NV.

Rankin, K., & Lachs, L. (2014, April). *The effects of virtual eye-height on memories of object size*. Presented at the Annual Conference for the Western Psychological Association, Portland, OR.

RESEARCH EXPERIENCE

Life Events Lab; Winter 2015-Present

Dr. Kate Sweeny; UC Riverside

Graduate researcher and student. Design and manage data collection for experimental and longitudinal studies, conduct analyses, prepare manuscripts, present findings at conferences.

Positive Activities and Well-Being Lab; Spring 2019-Present

Dr. Sonja Lyubomirsky; UC Riverside

Graduate researcher. Manage coding process of data collected from an experimental study examining the benefits of awe experienced in daily life.

Interdisciplinary Virtual Environments Lab; Spring 2013 - Spring 2015

Dr. Lorin Lachs; CSU Fresno

Lead Undergraduate Researcher. Collected and analyzed data, completed honors thesis, presented findings at conferences for research examining the effects of manipulated eye height on perceptions of size.

Social Psychology Lab; Fall 2013 – Spring 2015

Dr. Spee Kosloff; CSU Fresno

Senior Research Assistant and Lab Manager. Conducted all study sessions, debriefing, and training for a study examining conformity and personality.

UNDERGRADUATE MENTORING

Research

- **Janine Medina Huerta**; Spring 2019-Present
Project focused on dispositional flow and mindfulness, which ultimately led to a publication in the UCR undergraduate journal and was presented at the R'Psych conference at UCR and the Society of Personality and Social Psychology. Janine was also awarded an Undergraduate Education Research Mini-Grant to fund project development and data collection for large ongoing study.
- **Sandra Xu**; Spring 2017-Fall 2018
Project focused on subjective time perception and well-being, which ultimately led to a publication in a peer-reviewed journal.
- **Dakota Le**; Fall 2016-Spring 2017
Project focused on preemptive benefit finding while women await breast biopsy results, which ultimately led to a publication in a peer-reviewed journal.
- **Kaitlyn Spillane**; Winter 2017
Project focused on political engagement and moral values during the 2016 U.S. presidential election, which ultimately led to a publication in the UCR undergraduate journal.

Teaching

- **Kyle Kester**; Winter 2018
Introduction to American Sign Language R'Course. Mentored undergraduate student instructor; assisted in developing the course given my fluency in ASL, managing students, and ensuring course instruction was completed in a professional manner.

AWARDS, SCHOLARSHIPS, & HONORS

Robert Rosenthal Outstanding Graduate Student Researcher Award; UC, Riverside, 2020
Nominated by the Social/Personality area and sole awardee in the Psychology department as an outstanding graduate student in research excellence.

Stella R. Arambel Award for Academic Excellence; UC Riverside, 2020
Nominated by faculty advisor and sole awardee selected by department. Recognized as a graduate student in psychology who demonstrates academic excellence, personal integrity and generosity towards colleagues, and a commitment to service.

Best Mentor Award; Graduate Student Peer Mentor Program, UC, Riverside, 2020
Selected by program coordinators and first-year graduate student mentees. Mentored three students (two Sociology students, one Psychology student) from diverse backgrounds with various mentorship needs.

Dissertation Year Program Award; UC Riverside, 2019-2020
Enhances the mentoring of graduate students who are actively engaged in research.

Graduate Travel Award; Society for Personality and Social Psychology Conference, 2018
Awarded to support students traveling to SPSP's annual convention.

Outstanding Teaching Assistant Award; UC Riverside, 2018
Recognized by the Psychology department for teaching excellence.

Psi Chi Steering Committee Travel Grant; Psi Chi National Honor Society, 2018-2019
Funds awarded to graduate student committee members for attending conference, representing Psi Chi, and participating in various events.

Eugene Cota Robles Award; UC Riverside, 2015-2016
Awarded to academically meritorious students who demonstrate high potential and intended to provide access to higher education for students who might otherwise find it difficult or impossible to successfully pursue graduate study.

CSU Pre-Doctoral Scholarship, Sally Casanova Scholar; CSU Fresno, 2015
Supports the doctoral aspirations of CSU students who have experienced economic and educational disadvantages.

McNair Summer Research Project Award; CSU Fresno, 2014
Supports an eight-week summer research project under the direction of a faculty mentor.

Faculty Sponsored Student Research Award; CSU Fresno, 2014
Supported research and travel associated with a research project under the direction of a faculty mentor.

Instructionally-Related Activities and Travel Grant; CSU Fresno, 2014
Fund out-of-class research experience for students who are active in student involvement and engaged in presentations that demonstrate skills from intensive class work.

Edward V. Tenney Memorial Award; CSU Fresno. 2014
Awarded to an undergraduate student who has the potential to make a contribution to the field of psychology and who possess a "rich and differentiated" personality.

Golden Key International Honour Society; CSU Fresno, 2014-2015
Recognizes academic achievement (top 15% of university's student).

McNair Honors Scholars Program; CSU Fresno, 2013-2015
Designed to encourage low-income, first-generation college students and/or traditionally underrepresented college student in graduate education to pursue doctoral study.

Psychology Honors Program; CSU Fresno, 2013-2014
An opportunity for highly qualified, advanced psychology students to work individually with a faculty mentor on an original research project, sharpen critical thinking, research, and writing skills, and explore and prepare for alternative career paths in psychology and related fields.

SERVICE EXPERIENCE

Discussion Facilitator: Inclusive Syllabi, Grading, Testing, and Other Assessment Practices; September 11, 2020

Diversity, Equity, and Inclusivity Graduate Summit

This event was organized by the Office of Diversity, Equity, and Inclusion and Chief Diversity Officer. It provided workshops covering a variety of diverse topics, such as inclusive classroom strategies, pedagogy, research, and best practices.

Ad-hoc Reviewer; 2019-Present

Journal of Health Psychology

Journal of Positive Psychology

Graduate Student Peer Mentor; September, 2016-June, 2020

Graduate Student Mentorship Program, UC Riverside

GSMP facilitates and transforms the graduate student experience at UCR, with the goal of lowering graduate student attrition (especially among vulnerable populations) by helping first-year graduate students transition into graduate study.

Graduate Representative Steering Committee Member; 2017-2019

Psi Chi National Honors Society

Reviewed undergraduate research and travel awards, organized symposia and networking events, and presented several talks relating to graduate school, including how to select a graduate program, the application process, and life as a graduate student.

Chair for Psi Chi National Honors Society Speakers; 2018-2019

Western Psychological Association Conference

Bryan Dik, Career Speaker, 2019

Theodore Burnes, Distinguished Speaker, 2019

Eric Landrum, Psi Chi President and Career Speaker, 2018

Conference Award Reviewer; 2018-2019

Psi Chi National Honors Society Western Psychological Association; 2018-2019

Undergraduate Research Award

Travel Award

Society for Personality and Social Psychology; 2018

Outstanding Research Award

Graduate Student Representative; 2017-2018

Psychology Department, UC Riverside

Departmental Graduate Student Peer Mentor; 2016-2019

Psychology Department, UC Riverside

Reoccurring Graduate Student Presenter and Panelist; 2016-2018

CHASS FIRST and Transfer Outreach Program, UC Riverside

Presented at events for incoming first-year transfer and first-generation college students on topics related to adapting to college life and how to get involved on campus through programs and as a research assistant.

Psychology Outreach Board Member; 2016-2017
Graduate Student Association, UC Riverside

President and Vice President; 2013-2015
Psi Chi National Honors Society, CSU Fresno

PROFESSIONAL EXPERIENCE

University Teaching Certificate Program Coordinator; Fall 2020-Spring 2021
GradSuccess Teaching Assistant Development Program, UC Riverside
Instructional training and certification program that assists graduate students interested in careers as university-level instructors to develop teaching and lecturing strategies, design a teaching philosophy, and become members of the professional teaching community in their continued work in academia.

GradSuccess Summer Coordinator; July-September, 2019, July-September, 2020
GradSuccess Program, UC Riverside
Supported graduate students through organizing a diverse range of programs, community-building events, expert consultations, and peer support.

Independent Contractor/Consultant; February, 2019-present
Client: *Sigma Xi: The Scientific Research Honor Society*
Project Title: “Authors without Borders: Continuing Investigation of International Authorship Norms among Scientists and Engineers”
Scope of Work: Qualtrics survey design

Transfer Student Summer Program Lead Mentor; 2015
Student Support Services Program, Fresno City College, Fresno
Mentored nearly 100 undergraduate students as they explored their options in the early stages of selecting and transferring to a four-year university.

CERTIFICATES, TRAINING, & WORKSHOPS

Regular and Substantive Interaction Training, 2021
Moreno Valley College, Riverside Community College District
This badge indicated that I am aware of the institution, state, and federal standard and expectations of having regular and substantive interactions with students.

Pedagogy Reading Series, Supported by the Center for Ideas and Society
Culturally Responsive Teaching and the Brain: Promoting Authentic Engagement and Rigor Among Culturally and Linguistically Diverse Students; Winter 2021
Pedagogy of the Oppressed by Paulo Friere; Fall 2020

Teaching-Focused Conference Attendee; September 2020

Teaching and Learning Conference, *UC Psychology of Teaching Faculty*; September 2020
Online Teaching Conference, *California Community Colleges*; June 2020

Diversity, Equity, and Inclusivity Graduate Summit; September 2020

The Office of Diversity, Equity and Inclusion, UC Riverside

This event was organized by the Office of Diversity, Equity, and Inclusion and Chief Diversity Officer. It provided workshops covering a variety of diverse topics, such as inclusive classroom strategies, pedagogy, research, and best practices.

University Teaching Certificate Program; Winter & Spring 2020

Graduate Division of UC Riverside

Competitive, two-quarter instructional training and certification program offered by Graduate Division. This program assists instructors in developing effective and inclusive teaching strategies and a teaching philosophy.

Research and Scholarship Ethics; Fall 2018

Graduate Division Course led by Dr. Dena Plemmons, Director of the Research Ethics Education Program

Course offered by Graduate Division that focuses on research integrity and professional conduct through collaborative engagement and how they can be integrated into disciplinary communities.

Health Psychology Summer Workshop; Summer 2016 & 2017

Intercampus Consortium on Health Psychology at UC Los Angeles

International Tutor Training Certification Program; Spring 2014

College Reading and Learning Association, Fresno City College

MEDIA COVERAGE

[*The Pandemic Ruined Time*](#)

The Verge, December 2020. Interviewed to discuss research by Rankin, Sweeny, & Xu (2019).

[*More than just a game: The zen power of Tetris*](#)

CBC Radio, August 2019. Interviewed to discuss research conducted Rankin, Walsh, & Sweeny (2018).

[*The Zen of Video Games*](#)

NPR Wow in the World, December, 2018. Reviewed research conducted in Rankin, Walsh, & Sweeny (2018).

[*Can't stop worrying? Try Tetris to ease your mind.*](#)

NPR, November 2018. Collaborator, Kate Sweeny, interviewed to discuss research conducted in Rankin, Walsh, & Sweeny (2018).

[*Researching Flow to Cope with Stress*](#)

BTR Today, November 2018. Collaborator, Kate Sweeny, interviewed to discuss research conducted in Rankin, Walsh, & Sweeny (2018).

Classic video games can help people achieve flow state.

KQED Morning Report, October, 2018. Collaborator, Kate Sweeny, interviewed to discuss research conducted in Rankin, Walsh, & Sweeny (2018).

For dreamers, fear of deportation is scary – but waiting is even worse.

Washington Post, April 2018. Collaborator, Kate Sweeny, wrote about responses of DACA recipients I collected along with collaborator, Dulce Wilkinson, to examine impact of political climate.

PROFESSIONAL AFFILIATIONS

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