

Kyla Rankin, M.A.

University of California, Riverside | Department of Psychology
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EDUCATION

Ph.D. Social/Personality Psychology; June 2021

Health and Well-Being Specialization

University of California, Riverside

Thesis Title: *Promoting Well-Being During Stressful Waiting Periods: Comparing the Benefits of Flow and Mindfulness*

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

PUBLICATIONS

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

Peer-Reviewed

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. Albarracín & B. T. Johnson (Eds.), *Handbook of Attitudes (2nd ed.)*, Vol. 3.

Other Publications

*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 and Under Revision

Sweeny, K., Rankin, K.,... Zhang, W. (invited resubmission). Flow in the Time of COVID-19: Findings from Wuhan, China

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

*Dooley, M. D., Rankin, K., Tehrani, K., & Sweeny, K. (under revision). Being optimistic versus seeming optimistic: Consequences for interpersonal success.

Wilkinson, D., & Rankin, K. (in preparation). Making sense of the 2016 election: Latinx students' reactions.

PRESENTATIONS

Talks

Rankin, K. & Sweeny, K. (under review). *Individual differences and coping with collective uncertainty*. Abstract under review for 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*. To be presented at a symposium for 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

***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. To be 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.

TEACHING EXPERIENCE

Evaluations available upon request

Instructor

Moreno Valley College

- General Psychology; Spring 2020 (emergency transition to remote learning), Fall 2020 (online)

University of California, Riverside

- University Teaching Certificate Program; 2020-2021
 - 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
- 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

UNDERGRADUATE MENTORING

Research

- **Janine Medina Huerta**; Spring 2019-Present
Awarded Undergraduate Education Research Mini-Grant (Summer/Fall 2019; \$1,000). Mentoring focuses on project development, conducting literature reviews, and data collection for large ongoing study. Also worked on research focusing on dispositional flow and mindfulness, which was published in the UCR undergraduate journal and presented at the R'Psych conference at UCR and the Society of Personality and Social Psychology.
- **Sandra Xu**; Spring 2017-Fall 2018
Paper published in peer-reviewed journal. Project focused on subjective time perception and well-being.
- **Dakota Le**; Fall 2016-Spring 2017
Paper published in peer-reviewed journal. Project focused on preemptive benefit finding while women await breast biopsy results.
- **Kaitlyn Spillane**; Winter 2017
Paper published in UCR undergraduate journal. Project focused on political engagement and moral values during the 2016 U.S. presidential election.

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.
Award amount: \$1,000

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 pursue a career in psychology.
Award amount: \$1,500

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.
Award amount: \$7,200

Graduate Travel Award; Society for Personality and Social Psychology Conference, 2018

Awarded to support students traveling to SPSP's annual convention.
Award amount: \$500

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.
Award amount: \$750

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.
Award amount: \$24,000

CSU Pre-Doctoral Scholarship, Sally Casanova Scholar; CSU Fresno, 2015

Supports the doctoral aspirations of CSU students who have experienced economic and educational disadvantages.
Award amount: \$3,000

McNair Summer Research Project Award; CSU Fresno, 2014

Supports an eight-week summer research project under the direction of a faculty mentor.
Award amount: \$2,700

Faculty Sponsored Student Research Award; CSU Fresno, 2014

Supported research and travel associated with a research project under the direction of a faculty mentor.

Award amount: \$1,000

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.

Award amount: \$750

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.

Award amount: \$200

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

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

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 F1RST and Transfer Outreach Program, UC Riverside

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 Graduate Student Resource Center Lead Consultant; July-September, 2019, July-September, 2020

GradSuccess Program, UC Riverside

GradSuccess supports graduate student retention, degree completion, and placement post-degree through a diverse range of programs, 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

Diversity, Equity, and Inclusivity Graduate Summit; September 2020

The Office of Diversity, Equity and Inclusion, UC Riverside

University Teaching Certificate Program; Winter & Spring 2020

Graduate Division of UC Riverside

Research and Scholarship Ethics; Fall 2018

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

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

[*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