

## **Katherine Jacobs Bao**

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Manhattanville College  
Department of Psychology  
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### **Education**

- 2013                      Ph.D., Social/Personality Psychology, University of California, Riverside  
*Doctoral advisor:* Sonja Lyubomirsky  
*Dissertation:* Aspirations and Well-Being: When are High Aspirations for Relationships, Work, and Academics Harmful?
- 2010                      M.A., Social/Personality Psychology, University of California, Riverside  
*Doctoral advisor:* Sonja Lyubomirsky  
*Thesis:* The Course of Well-Being in Romantic Relationships: Predicting Positive Affect in Dating Participants
- 2008                      B.A., Psychology, Minor: Astronomy, University of Virginia, *Highest Distinction*  
*Honors thesis advisor:* Jonathan Haidt  
*Honors thesis:* The Vagus Nerve and Moral Judgments: The Body's Role in Morality

### **Academic and Research Interests**

- The scientific study of happiness—specifically what leads to happiness and how to increase happiness levels
- How to sustain happiness, particularly in the context of romantic relationships
  - o How to thwart hedonic adaptation to positive events
  - o How to improve positive activities to maximize well-being gains
- The relation between aspirations and well-being
- The relation between pet ownership and well-being

### **Teaching Experience**

#### **I have taught the following courses:**

*Fundamentals of Psychology*  
*Personality Psychology*  
*Statistics for the Social Sciences*  
*Psychology of Emotion*  
*Writing Review Articles in Psychology*  
*Psychology of Happiness and Virtue*

## Publications

- Nelson, S. K., Della Porta, M., **Jacobs Bao, K.**, Lee, H. C., Choi, I., & Lyubomirsky, S. (in press) "It's up to you": Experimentally manipulated autonomy support for prosocial behavior improves well-being in two cultures over six weeks. *Journal of Positive Psychology*.
- Jacobs Bao, K.**, & Lyubomirsky, S. (2014). Making happiness last: Using the Hedonic Adaptation Model to extend the success of positive interventions. In A. Parks (Eds.) *Handbook of positive interventions* (pp. 371-384). New York: Wiley Interscience.
- Jacobs Bao, K.**, & Lyubomirsky, S. (2013). Making it last: Combating adaptation in romantic relationships. *Journal of Positive Psychology*, 8, 196-206.
- Jacobs Bao, K.** (2012). The course of well-being in romantic relationships: Predicting positive affect in dating participants. *Psych*, 3, 1091-1099.
- Jacobs Bao, K.**, & Lyubomirsky, S. (2012). The rewards of happiness. In I. Boniwell & S. David (Eds.), *Oxford handbook of happiness* (pp. 119-133). Oxford: Oxford University Press.
- Sin, N. L., **Jacobs, K. M.**, & Lyubomirsky, S. (2011). *House and happiness: A differential diagnosis*. In L. L. Martin & T. Cascio (Eds.), *House and psychology* (pp. 77-94). New York: Wiley.
- Lyubomirsky, S., & **Jacobs, K.** (2010). Is it possible to become lastingly happier? Answers from the growing science of well-being. *Cerveau et Psycho*, 37, 62-64.

## Manuscripts Under Review

- Chancellor, J., **Jacobs Bao, K.**, & Lyubomirsky, S. *Ripples of generosity in the workplace: The benefits of giving, getting, and glimpsing*. Manuscript submitted for publication.

## Other Works in Progress

- Haworth, C. M. A., Nelson, S. K., Layous, K., Carter, K., **Jacobs Bao, K.**, Lyubomirsky, S., & Plomin, R. *Heritability is no barrier to improving well-being*.
- Jacobs Bao, K.**, Layous, K., & Lyubomirsky, S. *Aspirations and well-being: When are high aspirations harmful?*
- Jacobs Bao, K.**, Boehm, J. K., & Lyubomirsky, S. *Using surprise to stay happier: Thwarting hedonic adaptation to positive life events*.

## Paper Presentations

**Jacobs Bao, K.,** Clark, S., & Moreland, M. *My aspirations are your aspirations: Giving participants examples to open-ended questions influences their responses.* Poster to be presented at the 2015 annual meeting of the Society of Personality and Social Psychology.

**Jacobs Bao, K.,** Layous, K., & Lyubomirsky, S. (2013). *Aspirations and well-being: A study of high school students.* Poster presented at the annual meeting of the Society of Personality and Social Psychology, New Orleans, LA.

Haworth, C. M. A., Palmer, C., Layous, K., Nelson, S. K., **Jacobs Bao, K.,** Lyubomirsky, S., & Plomin, R. (2012). *The Twins Wellbeing Intervention Study (TWIST): A genetically sensitive online intervention.* European Association for Behavioural and Cognitive Therapies conference, Geneva, Switzerland.

**Jacobs Bao, K. &** Lyubomirsky, S. (2012). *Well-Being and aspirations: When are high aspirations harmful?* Poster presented at the annual meeting of the Society of Personality and Social Psychology, San Diego, CA.

Layous, K., Nelson, S.K., **Jacobs Bao, K.,** Plomin, R., Haworth, C.M.A., & Lyubomirsky, S. (2012). *Are parents more accurate at gauging the happiness of their sons or daughters?* Poster presented at the Emotion preconference at the annual meeting of the Society of Personality and Social Psychology, San Diego, CA.

**Jacobs, K. M. &** Lyubomirsky, S. (2011). *The course of well-being in romantic relationships.* Poster presented at the annual meeting of the Society of Personality and Social Psychology, San Antonio, TX.

**Jacobs, K. M.,** Boehm, J. K., & Lyubomirsky, S. (2010). *Getting used to the good things in life: Hedonic adaptation to positive life events.* Poster presented at the annual meeting of the Society of Personality and Social Psychology, Las Vegas, NV.

## Invited Talks

**Jacobs Bao, K &** Layous, K. (2012, June). *Aspirations and happiness.* Presented to Great Oak High School Psychology students, Temecula, CA.

**Jacobs Bao, K. &** Layous, K. (2011, December). *Positive psychology.* Presented to Great Oak High School Psychology students, Temecula, CA.

## Service

Pre-Health Professions Advisory Committee Member, Fall 2014

## **Professional Experience**

Poster Judge, Society for Personality and Social Psychology Happiness Pre-Conference, February 2014

Admissions Committee, Positive Psychology Laboratory, January 2012

Consulting Reviewer for the following publications:

- Science
- Psychological Bulletin
- Journal of Personality
- Journal of Positive Psychology
- Canadian Journal of Behavioural Science
- Genetics of Psychological Well-Being (edited volume to be published by Oxford University Press)

## **Awards, Grants, and Honors**

2013 Graduate Student Travel Grant, Society for Personality and Social Psychology  
2012 Graduate Dean's Dissertation Research Grant  
2010 National Science Foundation Graduate Research Fellowship Honorable Mention  
2008-2009 Chancellor's Distinguished Fellowship, University of California, Riverside  
2004-2008 Dean's List, University of Virginia

## **Memberships**

Society for Personality and Social Psychology  
American Psychological Association