

CURRICULUM VITAE  
**MICHELE M. TUGADE**  
February 2008

**PERSONAL DATA**

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**Address:**

Department of Psychology  
Vassar College  
124 Raymond Ave.  
Poughkeepsie, NY 12604

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**ACADEMIC APPOINTMENTS**

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- 2004 - **Assistant Professor**  
Department of Psychology  
Vassar College
- 2001 - 2004 **Postdoctoral Research Fellow**  
Interdisciplinary Affective Science Laboratory  
Boston College

**EDUCATION**

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- 2001 **Ph.D., University of Michigan, Ann Arbor, MI**  
Social Psychology
- 1998 **M.A., University of Michigan, Ann Arbor, MI**  
Social Psychology
- 1995 **B.A., Vassar College, Poughkeepsie, NY**  
Major: Psychology/ Minor: Economics  
*magna cum laude* with Distinction in Psychology

**GRANTS AND AWARDS**

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- 2007 **Faculty Research Grant**  
Vassar College, Committee on Research  
Title: Psychological Resilience: Examining Conscious and Non-conscious Processes of Emotion Regulation
- 2007 **Faculty Research Grant**  
Undergraduate Research Summer Institute (URSI)  
Title: Emotional Complexity in Everyday Life
- 2007 **Frances D. Fergusson Faculty Technology Exploration Grant**  
Title: Exploring Software for Research and Teaching about Individual Differences  
Co-PIs: Susan Trumbetta, Michele Tugade, Allan Clifton
- 2006 **Faculty Research Grant**  
Undergraduate Research Summer Institute (URSI)  
Title: The Effects of Conscious and Unconscious Processes of Positive Emotions on Coping with Sadness: An Examination of Subjective and Physiological Response Patterns

- 2006           **Faculty Research Grant**  
Vassar College Committee on Research  
Title: Idiographic Profiles of Emotion: Subjective and Behavioral Patterns of Responding
- 2005           **Faculty Research Grant**  
Undergraduate Research Summer Institute (URSI)  
Title: Conscious and Non-Conscious Positive Emotions: Examining the Effects on Coping and Cognitive Flexibility
- 2001 – 2004   **NIMH: Ruth L. Kirschstein National Research Service Award (NRSA)**  
Post-doctoral Fellowship  
Title: Resilience, Emotion Granularity, and Emotion Regulation  
Sponsor: Lisa Feldman Barrett, Ph.D. (Boston College)
- 2003 – 2004   **Young Scholars Grant**  
Positive Psychology Network  
Title: Positive Emotional Granularity and Resilience: Representing Emotions with Precision Facilitates Emotion Regulation
- 2001 – 2004   **NSF: Small Grants for Exploratory Research (SGER)**  
(Co-PI, with Lisa Feldman Barrett)  
Title: Mechanisms of Resilience in the Face of Ongoing Threat
- 2003           **APA Advanced Training Institute, Visiting Fellowship**  
Functional Magnetic Resonance Imaging (fMRI)  
Massachusetts General Hospital, Charlestown, MA
- 2002           **International Positive Psychology Summit**  
Research Scholar
- 2000 - 2001   **Positive Psychology Network Research Grant**  
Summer Training Institute Scholar  
Title: Positive Emotions Predict Coping Flexibility for Resilient Individuals
- 2000           **Positive Psychology Summit**  
Student Scholar
- 2000           **Outstanding Graduate Student Instructor Award**  
Department of Psychology, University of Michigan
- 1997 – 1999;  
2000 – 2001   **Minority Research Training Fellowship**  
American Psychological Association
- 1996 – 1998;  
1999 – 2000   **Research Training Grant**  
National Institute of Mental Health
- 1999 – 2000   **Summer Research Partnership**  
University of Michigan
- 1996 – 1998   **Margaret Floy Washburn Fellowship**  
Research in Psychology (Vassar College Alumni Fellowship)

## TEACHING EXPERIENCE

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### ***Vassar College***

Introduction to Psychology  
Social Psychology  
Individual Differences in Personality  
Research Methods in Individual Differences/Personality  
Psychology of Emotions Seminar  
Resilience and Thriving (Positive Psychology Seminar)

### ***University of Michigan***

Introduction to Psychology  
Social Psychology  
Group Behavior in Organizations

## PEDAGOGICAL ACTIVITIES

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- 2006                    **Andrew W. Mellon Grant, Faculty Conversations**  
Faculty Career Enhancement Program, Vassar College  
Topic: Teaching Undergraduate Writing
- 2004 – 2005           **Andrew W. Mellon Grant, Faculty Conversations**  
Faculty Career Enhancement Program, Vassar College  
Topic: Assessment of Effective Teaching and Student Learning
- February 2004        **Co-Instructor, Experience Sampling Methodology Workshop**  
Max Planck Institute  
Berlin, Germany
- February 2003        **Assistant Instructor, Experience Sampling Methodology Workshop**  
Radcliffe Research Institute  
Cambridge, MA
- 2000 - 2001           **Teaching Fellow, Center for Research on Learning and Teaching**  
University of Michigan
- 2000 – 2001           **Teaching Fellow, Preparing Future Faculty Program**  
University of Michigan  
Association of Colleges & Universities, Council of Graduate Schools
- 1999                    **Mentor for Graduate Student Instructors (Head Instructor)**  
*Introduction to Psychology*  
University of Michigan

## PUBLICATIONS

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Baird, A. A., Tugade, M. M., & Veague, H. B. (in press). Association for Psychological Science. Current Directions in Introductory Psychology. New York, NY: Pearson.

Tugade, M. M. & Fredrickson, B. L. (in press). Positive Emotions and Emotional Intelligence. In J. C. Cassady & M. A. Eissa (Eds.) Emotional Intelligence : Perspectives on Educational and Positive Psychology. New York, NY: Peter Lang Publishing Company.

Waugh, C., Tugade, M. M., & Fredrickson, B. L. (in press). Psychophysiology of resilience. In B. J. Lukey & V. Tepe (Eds.) Biobehavioral Resilience to Stress. New York, NY: Taylor & Francis.

Tugade, M. M. (2008). Barbara Fredrickson (Biographical entry). In S. J. Lopez (Ed.) Encyclopedia of Positive Psychology. London: Blackwell Publishing.

Tugade, M. M., Conner, T., & Barrett, L. F. (2007). Assessment of mood. In S. Ayers, A. Baum, C. McManus, S. Newman, K. Wallston, J. Weinman, and R. West (Eds.), The Cambridge Handbook of Psychology, Health, and Medicine (2nd Edition). New York, NY: Cambridge.

Tugade, M. M., & Fredrickson, B. L. (2007). Regulation of positive emotions: Emotion regulation strategies that promote resilience. Journal of Happiness Studies: Special Issue on Emotion Self-Regulation, 8, 311 – 333.

Conner, T., Barrett, L. F., Tugade, M. M. & Tennen, H. (2007). Idiographic personality: The theory and practice of experience sampling. In R. W. Robins, R. C. Fraley, & R. Kreuger (Eds.), Handbook of Research Methods in Personality Psychology (pg. 79 – 96). New York, NY: Guilford Press.

Chang, E. C., Tugade, M. M., & Asakawa, K. (2006). Stress, appraisals, and coping among Asian Americans: Lazarus and Folkman's model and beyond. In C. Scott and P. T. Wong (Eds.) Handbook of Multicultural Perspectives on Stress and Coping. International and Cultural Psychology Series. (pp. 439-455). Dallas, TX: Spring Publications.

Barrett, L. F., Tugade, M. M., & Engle, R. (2004). Individual differences in working memory capacity and dual-process theories of the mind. Psychological Bulletin, 130, 553 – 573.

Conner, T., Barrett, L. F., & Tugade, M. M. (2004). Ecological momentary assessment. In N. Anderson (Ed.), Encyclopedia of health and behavior (pp. 291 – 292). Thousand Oaks, CA: Sage.

Tugade, M. M. & Fredrickson, B. L. (2004a). Emotions: Positive emotions and health. In N. Anderson (Ed.), Encyclopedia of health and behavior (pp. 306 – 310). Thousand Oaks, CA: Sage.

Tugade, M. M. & Fredrickson, B. L. (2004b). Resilient individuals use positive emotions to bounce back from negative emotional experiences. Journal of Personality and Social Psychology, 86, 320 – 333.

Tugade, M. M., Fredrickson, B. L., & Barrett, L. F. (2004). Psychological resilience and emotional granularity: Examining the benefits of positive emotions on emotion regulation and health. Journal of Personality, 72, 1161 – 1190.

Fredrickson, B. L., Tugade, M. M., Waugh, C.E., & Larkin, G. (2003). What good are positive emotions in crises?: A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001. Journal of Personality and Social Psychology, 84, 365 – 376.

[Translated into Italian, "A cosa servono le emozioni positive nelle situazioni critiche? Studio prospettico su resilienza ed emozioni dopo gli attacchi terroristici agli USA dell'11 settembre 2001," and reprinted in Rivista Sperimentale di Freniatria: La Rivista della Salute Mentale, 129, 69-99.]

Tugade, M. M. & Fredrickson, B. L. (2002). Positive emotions and emotional intelligence. In Barrett, L. F. & Salovey, P. (Eds.) The wisdom of feelings: Psychological processes in emotional intelligence (pp. 319 – 340). New York, NY: Guilford Press.

Fredrickson, B. L., Mancuso, R. A., Branigan, C., & Tugade, M. M. (2000). The undoing effect of positive emotions. Motivation and Emotion, 24, 237 – 257.

## TALKS

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Tugade, M. M. (2007, April). The resilience response: Automatic and controlled processes of emotion regulation. Colloquium presentation at the University of Connecticut, Storrs, CT.

Tugade, M. M. (2007, January). The effects of conscious and unconscious processes of positive emotions on cognitive flexibility and coping with sadness. In K. C. McLean & J. L. Pals (Chairs) The many ways we "Broaden-and-Build": Processing responses to negative and positive events and multiple pathways to emotional well-being. Symposium at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.

Tugade, M. M. (2006, August). Automatic and controlled processes of positive emotions & outcomes for emotion regulation. Paper presented at the annual conference of the International Society for Research on Emotions, Atlanta, GA.

Tugade, M. M., Barrett, L. F., & Gross, J. J. (2004, July). Matters of feeling precisely: Examining emotional granularity and emotion regulation in context. In S. J. Catanzaro (Chair) Individual differences in mood experience: Recent developments and future trends. Symposium at the annual meeting of the American Psychological Society, Chicago, IL.

Tugade, M. M. & Barrett, L. F. (2004, February). Emotional granularity: Examining properties of emotional experience in everyday life. In J.W. Pennebaker (Chair), Real world social psychology: Exploring people's everyday lives. Symposium at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Tugade, M. M. & Barrett, L. F. (2003, May). Emotional granularity: Representing positive emotional experiences with precision and specificity. Paper presented at the annual meeting of the American Psychological Society, Atlanta, GA.

Tugade, M. M. (2002, November). Positive emotions and resilience: Examining mechanisms of emotion regulation. Boston Area Emotion Research Laboratory, Boston College, MA.

Tugade, M. M. & Barrett, L. F. (2002, July). Correlates of positive emotional granularity. Paper presented at the International Society for Research on Emotions, Cuenca, Spain.

Tugade, M. M. (2002, April). Psychological resilience: Using positive emotions to bounce back from negative emotional experiences. Invited talk. Northeastern University, Boston, MA.

Tugade, M. M. (2001, August). Positive emotions foster coping flexibility for resilient individuals. Paper presented at the Positive Psychology Summer Institute, Sea Ranch, CA.

Tugade, M. M. & Fredrickson, B. L. (2000, June) Emotional resilience: Using positive emotions to bounce back from negative emotional arousal. Paper presented at the annual conference of the American Psychological Society, Miami, FL.

Tugade, M. M. & Fredrickson, B. L. (1999, June). Emotion regulation: The role of resiliency, expectancies, and positive coping. Paper presented at the annual conference of the American Psychological Society, Denver, CO.

Morrow, J., & Tugade, M. M. (May, 1998). Misery doesn't always love company: Individual differences in social partner preference go beyond level of depression. Annual Nags Head Conferences, Highland Beach Florida.

## CONFERENCE PRESENTATIONS

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Kuper, L. E. & Tugade, M. M. (2008, February). What explains persistence in stressful activism and volunteerism?: An investigation of resiliency, coping, and attitudes. Poster presented at the annual conference of the Society for Personality and Social Psychology, Albuquerque, NM.

Morrow, J. & Tugade, M. M. (2008, February). Comparing the effects of induced gratitude and happiness on attention, resiliency, and empathy. Poster presented at the annual conference of the Society for Personality and Social Psychology, Albuquerque, NM.

O'Haire, M. & Tugade, M. M. (2008, February). Writing about campus tragedy is associated with increased compassion for resilient individuals. Poster presented at the annual conference of the Society for Personality and Social Psychology, Albuquerque, NM.

Tugade, M. M., O'Haire, M., Greene, J., & Bray, E. (2008, February). Paying attention to how you feel and what you do: Examining links to psychological well-being and dialectical thinking. Poster presented at the annual conference of the Society for Personality and Social Psychology, Albuquerque, NM.

Tugade, M. M. & Morrow, J. (2007, May). Emotional recollections: The affective memory bias of high and low grateful individuals. Poster presented at the annual conference of the Association for Psychological Science, Washington, DC.

Morrow, J. & Tugade, M. M. (2007, January). The effects of trait gratitude and emotion on vengefulness, predictions of future life events, and interpersonal relationships: Why traits and states matter. Paper presented at the annual conference of the Society for Personality and Social Psychology, Memphis, TN.

Tugade, M. M., Morrow, J., & Granot, Y. (2006, August). Resilience and complex representations of gratitude: The mediating and moderating role of positive emotionality. Paper presented at the annual conference of the International Society for Research on Emotions, Atlanta, GA.

Morrow, J., Cikara, M., Granot, Y., & Tugade, M. M. (2006, August). Narcissistic traits, emotional well-being, self-perception, and social perception. Paper presented at the annual conference of the International Society for Research on Emotions, Atlanta, GA.

Tugade, M. M. & Fonseca, E. (2006, January). The effects of conscious and non-conscious positive emotions on coping and cognitive flexibility. Paper presented at the annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.

Cognigni, D., & Tugade, M. M., & Barrett, L. F. (2005, January). Individual differences in time insensitivity: Examining links to cognitive performance and emotions on time pressure tasks. Paper presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Cognigni, D., Tugade, M. M., Barrett, L. F., & Lebo, K. (2004, February). Positive emotions and positive reappraisal in the face of sustained threat: Examining predictors of emotional complexity. Poster presented in the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Hristic, A., Barrett, L. F., Ross, M., Tugade, M. M., Ryback, M., & Sekerka, L. (2004, February). Attitudes toward the war in Iraq: Memory bias due to affect. Poster presented in the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Lebo, K., Tugade, M. M., Hristic, A., & Barrett, L. F. (2004, February). How flexible are you?: The role of positive emotional granularity in emotion regulation variability. Poster presented in the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Lindquist, K., Conner, C., Barrett, L. F., Tugade, M. M., & Zubkowitz, A. (2004, February). Complexities of the mind: The relation between complexity of the self and emotional complexity. Poster to be presented in the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Tugade, M. M., Lebo, K., Ringeisen, T., & Barrett, L. F. (2003, May). Positive emotions in the face of ongoing threat: Examining emotional complexity in response to the September 11th attacks. Poster session presented at the annual meeting of the American Psychological Society, Atlanta, GA.

Tugade, M. M. & Barrett, L. F. (2003, February). Emotional granularity: Representing emotional experiences with precision and specificity. Poster session presented at the annual meeting of the Society for Personality and Social Psychology, Los Angeles, CA.

Bliss-Moreau, E., Hristic, A., Barrett, L. F., & Tugade, M. M. (2003, February). Working memory capacity: A test of content specificity and implications for dual-process models. Poster session presented at the annual meeting of the Society for Personality and Social Psychology, Los Angeles, CA.

Fredrickson, B.L., Tugade, M. M., Waugh, C.E., & Larkin, G. (2002, October). What good are positive emotions in crises?: A prospective study of resilience and emotions following the terrorist attacks on the United States on September 11th, 2001. In S. Goodwin (Chair), Social, emotional, and political reactions to the September 11th attacks. Symposium conducted at the annual meeting of the Society of Experimental Social Psychology, Columbus, OH.

Tugade M. M. & Barrett, L. F. (2002, October). Mechanisms of resilience in the face of ongoing threat: Responses to 9/11/01. Poster session presented at the annual meeting of the Society of Experimental Social Psychology, Columbus, OH.

Tugade, M. M. & Barrett, L. F. (2002, October). Positive emotional granularity: Examining the relations between positive emotion knowledge and emotion regulation. Poster session presented at the First International Positive Psychology Summit, Washington, DC.

Tugade, M. M. & Fredrickson, B. L. (2002, February). Resilient individuals find positive meaning in negative circumstances: The benefits of positive emotions in coping. Poster presented at the annual conference of the Society for Personality and Social Psychology, Savannah, GA.

Tugade, M. M. & Fredrickson, B. L. (2001, August). Positive emotions, coping, and resilience: Finding positive meaning in negative circumstances. Poster presented at the annual conference of the American Psychological Association, San Francisco, CA.

Tugade, M. M. & Fredrickson, B. L. (2001, February). Physiological consequences of challenge and threat appraisals in resilient individuals. Poster presented at the annual conference of the Society for Personality and Social Psychology, San Antonio, TX.

Tugade, M. M. & Fredrickson, B. L. (2000, August). Resilient individuals use positive emotions to bounce back from negative emotional arousal. Poster presented at the meeting of the International Society for Research on Emotions, Quebec City, Quebec.

Tugade, M. M. & Fredrickson, B. L. (1998, September). Cardiac vagal control: A psychophysiological correlate of emotional expressivity. Poster presented at the annual meeting of the Society for Psychophysiological Research, Denver, CO.

Fredrickson, B. L., Branigan, C., Tugade, M. M., & Mancuso, R. A. (1998, September). More evidence for the "undoing effect" of positive emotions. In J. Tsai (Chair) The many facets of emotion. Symposium conducted at the Society for Psychophysiological Research, Denver, CO.

Roberts, N. A., Pole, N., Tugade, M. M., & Levenson, R. W. (1998, August). Cultural differences in emotion responding to simple stimuli. Poster presented at the annual conference of the American Psychological Association, San Francisco, CA.

Tugade, M. M., Branigan, C. A., & Ellsworth, P. C. (1998, June). Attitudes toward ethnic ingroup/outgroup dating and marriage in a college sample. Poster presented at the annual conference of the Society for the Psychological Study of Social Issues, Ann Arbor, MI.

Tugade M. M. & Fredrickson, B. L. (1997, October). Individual differences in vagal tone predict cardiovascular recovery from sadness. Poster presented at the annual meeting of the Society for Psychophysiological Research, Cape Cod, MA.

## PROFESSIONAL AFFILIATIONS

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American Psychological Association  
Association for Psychological Science  
Association for Research in Personality  
International Society for Research on Emotions  
Positive Psychology Network  
Society for Personality and Social Psychology  
Social Psychology Network

## EXTERNAL SERVICE HISTORY

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- 2001 – present      **Social Psychology Network Mentorship Program**  
Society for Personality and Social Psychology (SPSP) Diversity Initiative
- 2007                    **Dissertation Committee (External Member)**
- Ozge Gurel, Ph.D. (American University)
  - Elizabeth McIntosh, Ph.D. (American University)
- 2003                    **Society for Experimental Social Psychology (SESP) Conference**  
Co-Chair: Informal Paper Presentations
- 2003                    **Association for Psychological Science (APS) Conference**  
Social/Personality Psychology programming

## INTERNAL SERVICE HISTORY

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### Vassar College

- 2005 – present      College Regulations Panel
- 2005 – present      International Students Host Program, Faculty Sponsor
- 2005 – present      Women in Math and Science, Member
- 2006 - 2007        Ad-hoc Committee on Student Input in Teaching and Tenure
- 2006                    Individual Differences in Personality Search Committee
- 2006                    Social Psychology Search Committee
- 2005                    Developmental Psychology Search Committee
- 2005                    Departmental Computer Committee
- 2005                    Chair, Departmental Statistics Software Committee
- 2005                    Co-Chair, Faculty Scholarly Discussions (Summer Series)
- 2004 – 2005        Chair, Colloquia Programming Committee

### University of Michigan

- 2000 – 2001        Emotion Laboratory Speaker Coordinator
- 1997 – 2001        Co-founder, Asian Psychology Students Association
- 1998 – 1999        Graduate Admissions Committee
- 1996 – 1998        Social Psychology Graduate Representative

## **SPECIALIZED SKILLS**

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Psychophysiological measurement and data analysis

- Cardiovascular psychophysiology
- Facial electromyography (EMG)
- Functional Magnetic Resonance Imaging (fMRI)

Facial Action Coding System (FACS) trained coder

Experience-Sampling Methodology

## **EDITORIAL REVIEWING**

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Biological Psychology

Cognition and Emotion

Emotion

Journal of Abnormal Psychology

Journal of Clinical and Consulting Psychology

Journal of Experimental Social Psychology

Journal of Happiness Studies

Journal of Personality

Journal of Personality and Social Psychology

Journal of Positive Psychology

Personality and Individual Differences

Personality and Social Psychology Bulletin