

# Jennifer L. Tanner, Ph.D.

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## **BIOGRAPHICAL STATEMENT**

Jennifer Tanner is an applied developmental scientist (Ph.D., Human Development & Family Studies) whose theoretical and empirical work takes a multidisciplinary approach to the study of development, psychopathology, and mental health in emerging adulthood, ages 18 and 29. Dr. Tanner's research has investigated the role of various factors (e.g., IQ, family divorce, suicidal ideation, early mental health problems, parent-adolescent relationships, risk, and vulnerability) in determining health and mental health outcomes in emerging adulthood through midlife. In 2002, she co-founded the Society for the Study of Emerging Adulthood and in 2012 established the journal *Emerging Adulthood* (Sage), fulfilling the goal of bringing together international scholarship on development and adaptation during the late teens and twenties. In her work at Rutgers University as a Research Visiting Assistant Professor at The Institute for Health, Health Care Policy and Aging Research, Dr. Tanner conceptualized a theoretical framework of emerging adult development and mental health and analyzed social policies related to emerging adults' access to health care. Prior to that, in her role as Co-PI (NIMH) of the Simmons Longitudinal Study, Dr. Tanner analyzed longitudinal trajectories of health, mental health, and psychopathology in a community sample of individuals from age 5 through age 30. Currently she serves on multiple editorial boards and makes professional contributions as a reviewer and as a member of numerous advisory committees. As editor of the professional practice journal, *Yellowbrick Journal*, she publishes cutting-edge assessment, diagnostic, and treatment information for mental health professionals working with emerging adults. Forthcoming in 2014, she will publish the edited volume, *Developing Mental Health in Emerging Adulthood* (Oxford University Press) and the textbook, *Visualizing the Lifespan* (Wiley). Her plans for future work include developing an assessment model of emerging adult development and mental health for use in applied settings (e.g., community and hospital mental health settings, primary care, college counseling centers), developing programs designed to promote healthy emerging adult development and adjustment, and advocating for social policies that support healthy development and adjustment through emerging adulthood.

## **EDUCATION**

Ph.D.	2001	Human Development & Family Studies The Pennsylvania State University
M.S.	1998	Human Development & Family Studies The Pennsylvania State University
B.A.	1995	Psychology, <i>summa cum laude</i> University of Massachusetts Amherst

### **PUBLICATIONS (PEER-REVIEWED): Journal Articles**

- Tanner, J. L., Lanza, S. T., Reinherz, H. Z., Beardslee, W. R., & Labouliere, C. D. (under review). *Emerging adulthood, problem-free or problematic? Trajectories of mental health problems from ages 15 to 30.*
- Tanner, J. L., & Arnett, J. J. (2013). Approaching young adult health and medicine from a developmental perspective. *Adolescent Medicine: State of the Art Reviews (AM:STARs)*, 24(3), 485- 506.
- Mechanic, D. & Tanner, J. L. (2007). Vulnerable people, groups, and populations. *Health Affairs*, 26(5), 1220-1230.
- Tanner, J. L., Reinherz, H. Z., Beardslee, W. R., Fitzmaurice, G. M., Leis, J. A., & Berger, S. R. (2007). Change in 12-month and lifetime prevalence of psychiatric disorders from ages 21, 26, to 30 in a community sample. *Journal of Nervous and Mental Disease*, 195, 298-306.
- Reinherz, H. Z., Tanner, J. L., Berger, S. R., Beardslee, W. R., & Fitzmaurice, G. (2006). Adolescent suicidal ideation as predictive of psychopathology, suicidal behavior and compromised functioning at age 30. *American Journal of Psychiatry*, 163(7), 1226-1232.
- Ahrons, C. R., & Tanner, J. L. (2003). Adult children and their fathers: Relationship changes twenty years after parental divorce. *Family Relations*, 52(4), 340-351.
- Helms-Erikson, H., Tanner, J. L. & Crouter, A. C. (2000). Do womens' provider-role attitudes moderate the links between work and family? *Journal of Family Psychology*, 14(4), 658-670.

### **PUBLICATIONS: Books, Chapters, & Professional Proceedings**

- Tanner, J. L. (Ed.) (under contract; forthcoming, 2014). *Developing Mental Health in Emerging Adulthood*. NY: Oxford University Press.
- Tanner, J. L., Alberts, A. E., & Bellack, D. (under contract; forthcoming, 2014). *Visualizing the Lifespan*. NY: Wiley.
- Schwartz, S., Tanner, J. L., & Syed, M. (2014, in press). Emerging adulthood: A ne developmental period in post-industrial western societies. In S. K. Whitbourne & K. Roberto (Eds.) *The Encyclopedia of Adulthood and Aging*.
- Tanner J. L. (2014, in press). Clinical psychology of emerging adulthood. *Handbook of Clinical Psychology, Vol I*. Washington, DC: American Psychological Association.

- Tanner, J. L.** (2014, *in press*). Mental health in emerging adulthood. J. J. Arnett (Editor) *Handbook of Emerging Adulthood*. NY: Oxford.
- Tanner, J. L.** & Arnett, J. J. (2014, *in press*). Emerging adulthood. Howard Friedman (Ed.), *Encyclopedia of Mental Health, 2nd edition*. NY: Elsevier.
- Tanner, J. L.** (forthcoming, 2014). *Well-being in the transition to adulthood*. In Scott, R., Kosslyn, S., & Pinkerton, N. (Eds.) *Emerging Trends in the Social Sciences*. Thousand Oaks, CA: Sage.
- Arnett, J. J., Kloep, M., Hendry, L., & **Tanner, J.** (2011). *Debating emerging adulthood: Stage or process?* NY: Oxford University Press.
- Tanner, J. L.** (2011). Emerging adulthood. In R. J. Levesque, R. (Ed.), *Handbook of Adolescence*. New York: Springer.
- Tanner, J. L.** (2011). Last child leaving home. In M. Craft-Rosenberg & S.-R. Pehler (Eds.) *Encyclopedia of Family Health*. Thousand Oaks: Sage.
- Tanner, J. L.** (2011). Adult child returning home. In M. Craft-Rosenberg & S.-R. Pehler (Eds.) *Encyclopedia of Family Health*. Thousand Oaks: Sage.
- Tanner, J. L.** & L. Viner (Humphrey) (Co-Editors). (October, 2011) *Yellowbrick Journal of Emerging Adulthood, Issue 3(1)*. Evanston, IL: Yellowbrick Foundation.
- Tanner, J. L.** (May, 2010). LITERATURE REVIEW: "Development" as a component emerging adult mental health. *Yellowbrick Journal of Emerging Adulthood, 3(1)*,
- Arnett, J. J., Kloep, M., Hendry, L., & **Tanner, J. L.** (2010). *Across the Divide? New Perspectives on Emerging Adulthood*. New York: Oxford University Press.
- Tanner, J. L.** (2010). Is there a developmentalist in the house? Using developmental theory to understand the service needs of emerging adults. In Walker, J. S., Gowen, L. K., & Aue, N. (Eds.) *Focal Point: Research, Policy, and Practice in Children's Mental Health*. Portland, OR: Research and Training Center on Family Support and Children's Mental Health, Portland State University.
- Viner (Humphrey), L., & **Tanner, J. L. (Co-Editors)**. (May, 2010) *Yellowbrick Journal of Emerging Adulthood, Issue 2(1)*. Evanston, IL: Yellowbrick Foundation.
- Tanner, J. L.** (May, 2010). LITERATURE REVIEW: Building a foundation of knowledge of emerging adult mental health. *Yellowbrick Journal of Emerging Adulthood, 2(1)*, 16-17.
- Tanner, J. L.** (March, 2010). Mental health in emerging adulthood. *The changing spirituality of emerging adults project*. Washington, DC: The Catholic University of America, The Institute for Policy Research and Catholic Studies.

Published online: <http://changingsea.org/papersyn.htm>

Viner (Humphrey), L., & **Tanner, J. L.** (Co-Editors). (May, 2009) *Yellowbrick Journal of Emerging Adulthood, Issue 1(1)*. Evanston, IL: Yellowbrick Foundation.

**Tanner, J. L.** (2009). Understanding emerging adulthood. *Yellowbrick Journal of Emerging Adulthood, 1(1)*, 4-5.

Viner, J. & **Tanner, J. L.** (2009). Psychiatric disorders in emerging adulthood. *The Yellowbrick Journal 1(1)*, 6-7.

**Tanner, J. L.**, Arnett, J. J., & Leis, J. A. (2009). Emerging adulthood: Learning and development during the first stage of adulthood, Chapter 2 (pp. 34-67). In M. C. Smith & N. DeFrates-Densch (Eds.), *Handbook of research on adult development and learning*. Mahwah, NJ: Lawrence Erlbaum.

**Tanner, J. L.**, & Arnett, J. J. (2009). The emergence of “emerging adulthood”: The new life stage between adolescence and young adulthood, In A. Furlong (Ed.), *Handbook of Youth and Young Adulthood*. London, UK: Routledge.

Arnett, J. J. & **Tanner, J. L.** (2009). Toward a cultural-developmental stage theory of the human life course. In K. McCartney & R. Weinberg (Eds.), *Experience and development: A Festschrift in honor of Sandra Wood Scarr*. Hove, UK: Psychology Press

**Tanner, J. L.** (2008). The transition to adulthood. In D. Carr (Ed.), *Encyclopedia of the Life Course and Human Development*, pgs. 473-478. Farmington Hills, MI: Gale.

Arnett, J. J., & **Tanner, J. L.** (Eds.). (2006). *Emerging adults in America: Coming of age in the 21<sup>st</sup> century*. Washington, DC: American Psychological Association.

**Tanner, J. L.** (2006). Recentering during emerging adulthood: A critical turning point in life span human development. In J. J. Arnett and J. L. Tanner (Eds.), *Emerging adults in America: Coming of age in the 21<sup>st</sup> century*. Washington, DC: American Psychological Association.

Reinherz, H. Z., **Tanner, J. L.**, Paradis, A. D., Beardslee, W. R., Szegedy, E. M., & Bond, A. E. (2006). Depressive disorders in childhood and adolescence. In C. A. Essau (Ed.), *Child and adolescent psychopathology: Theoretical and clinical implications*. London: Brunner-Routledge.

**Tanner, J. L.** (2003). Freud, Sigmund. In J. L. Miller, R. M. Lerner, L. B. Schiamberg, & P. M. Anderson (Eds.), *Human Ecology: An Encyclopedia of Children, Families, Communities, and Environments*. Santa Barbara, CA: ABC-Clío.

**Tanner, J. L.** (2003). Freud, Anna. In J. L. Miller, R. M. Lerner, L. B. Schiamberg, & P. M. Anderson (Eds.), *Human Ecology: An Encyclopedia of Children, Families, Communities, and Environments*. Santa Barbara, CA: ABC-Clío.

- Tanner, J. L., & Alberts, A. E. (2003).** Hall, G. Stanley. In J. L. Miller, R. M. Lerner, L. B. Schiamberg, & P. M. Anderson (Eds.), *Human Ecology: An Encyclopedia of Children, Families, Communities, and Environments*. Santa Barbara, CA: ABC-Clio.
- Tanner, J. L., & Warren, D. (2003).** Ego development. In J. L. Miller, R. M. Lerner, L. B. Schiamberg, & P. M. Anderson (Eds.), *Human Ecology: An Encyclopedia of Children, Families, Communities, and Environments*. Santa Barbara, CA: ABC-Clio.
- Tanner, J. L., & Warren, D. (2003).** Transition to adulthood. In J. L. Miller, R. M. Lerner, L. B. Schiamberg, & P. M. Anderson (Eds.), *Human Ecology: An Encyclopedia of Children, Families, Communities, and Environments*. Santa Barbara, CA: ABC-Clio.
- Tanner, J. L., & Kleinbaum, S. M. (2003).** Family, Theories of. In J. L. Miller, R. M. Lerner, L. B. Schiamberg, & P. M. Anderson (Eds.), *Human Ecology: An Encyclopedia of Children, Families, Communities, and Environments*. Santa Barbara, CA: ABC-Clio.
- Tanner, J. L., & Kleinbaum, S. M. (2003).** The family life cycle. In J. L. Miller, R. M. Lerner, L. B. Schiamberg, & P. M. Anderson (Eds.), *Human Ecology: An Encyclopedia of Children, Families, Communities, and Environments*. Santa Barbara, CA: ABC-Clio.
- Tanner, J. L., & Alberts, A. E. (2003).** Family systems theory. In J. L. Miller, R. M. Lerner, L. B. Schiamberg, & P. M. Anderson (Eds.), *Human Ecology: An Encyclopedia of Children, Families, Communities, and Environments*. Santa Barbara, CA: ABC-Clio.
- Tanner, J. L., & Yabiku, S. (1998).** The economies of young adulthood: One future or two? In A. Booth, A. Crouter, & M. Shanahan (Eds.), *The transition to adulthood in a changing economy: No work, no play, no future?* New York: Greenwood Press.

### **PUBLICATIONS: Book Reviews and Opinions/Editorials (Invited)**

- Tanner, J. L. (forthcoming, 2014).** Book Review: Coming up short: Working-class adulthood in an age of uncertainty. *Social Science Journal*.
- Tanner, J. L. (2012).** Book Review: What's goin' on? Sex and romance in emerging adulthood. *Journal of Family Theory and Review*, 4(2), 177-180.
- Tanner, J. L. (2010 to present).** *Becoming Adult*. Blog for *Psychology Today*.  
<http://www.psychologytoday.com/blog/becoming-adult>
- Tanner, J. L. (2007).** On your own without a net: The transition to adulthood for vulnerable populations. *Social Service Review*, 81(1), 186-191.

**Tanner, J. L.** (2008). Book Review: Emerging and Young Adulthood: Multiple Perspectives, Diverse Narratives (by Varda Konstam). *Journal of Youth and Adolescence*, 37(7), 888-891.

**Tanner, J. L.** (June 13, 2004). Perils of the post-graduate. *Newsday*, p. 56.

### **PRESENTATIONS, SYMPOSIA, & WORKSHOPS**

**Tanner, J. L.** (April 26, 2013). *A new normal for a new life stage: Understanding emerging adult mental health issues in the 21<sup>st</sup> century*. Serious Illness in the Emerging Adult: Challenges and Solutions. Mississippi State University (Starkville, MI).

**Tanner, J. L.** (December 6, 2012). *Helping emerging adults make 21<sup>st</sup> century transitions to adulthood*. Brattleboro Retreat, Brattleboro, VT.

**Tanner, J. L.** (May 8, 2012). *Mental Health in emerging adulthood: Understanding and meeting the mental health needs of this distinct age group*. Mercy Hospital, Chicago, IL.

**Tanner, J. L.** (May 8, 2012). Medical Grand Rounds: *Understanding the emerging adult patient*. Mercy Hospital, Chicago, IL.

**Tanner, J. L.** (October, 2011). Preconference workshop: *Mental health in emerging adulthood (ages 18 to 29): Understanding and meeting the needs of this distinct age group*. Organized for the 5<sup>th</sup> Conference on Emerging Adulthood. Providence, RI.

**Tanner, J. L.** (March 23, 2009). *Getting a life: The emerging adult and the culture of extended adolescence*; DEBATE with Dr. Jeffrey Arnett & Dr. Christian Smith. World View Forum, Malone University, Canton, OH.

**Tanner, J. L.** (October, 2009). *Identifying and defining emerging adults at-risk for psychopathology*. Paper presented at the 4<sup>th</sup> Conference on Emerging Adulthood, Atlanta, GA.

**Tanner, J. L.** (April, 2008). *Emerging adulthood, a new stage of development for ages 18 to 29: Problem-free or problematic?* Invited symposium, Drew University, Department of Psychology, Madison, NJ.

**Tanner, J. L.** (Symposium Chair, February 2007). Health and mental health care policy relevant to emerging adults. Paper presented, **Tanner, J. L.**, *Mental health care needs and health care vulnerability of emerging adults: A developmental perspective*, at the 3<sup>rd</sup> Conference on Emerging Adulthood. Tucson, AZ.

**Tanner, J. L.** (Symposium Chair, February 2007). Finding employment opportunities in the field of emerging adult development and adjustment. Symposium organized for the 3<sup>rd</sup> Conference on Emerging Adulthood. Tucson, AZ.

- Tanner, J. L.** (Symposium Chair, February 2007). Teaching “emerging adulthood.” Symposium organized for the 3<sup>rd</sup> Conference on Emerging Adulthood. Tucson, AZ.
- Tanner, J. L.,** Lanza, S. T., Reinherz, H. Z., & Leis, J. L., (March, 2006). Trajectories of mental health in a community sample from ages 15 to 30. Paper presented at the meeting of the Society for Research on Adolescence, San Francisco, CA.
- Leis, J. A., **Tanner, J. L.,** & Reinherz, H. Z. (March, 2006). Impact of parent psychopathology on adolescent functioning: Type of disorder or level of impairment? Paper presented at the meeting of the Society for Research on Adolescence, San Francisco, CA.
- Tanner, J. L.,** Reinherz, H. Z., Leis, J. A., & Labouliere, C. D. (September, 2005). The global impact of parent psychopathology on young adult functioning. Poster presented at the meeting of the Society for Life History Research on Psychopathology: Intergenerational influences on risk, Portland, OR.
- Reinherz, H. Z., **Tanner, J. L.,** Leis, J. A., & Berger, S. B. (September, 2005). The impact of parental depression and alcohol disorder on young adults. Paper presented at the meeting of the Society for Life History Research on Psychopathology: Intergenerational influences on risk, Portland, OR.
- Tanner, J. L.** (February, 2005). Emerging adulthood: An era of well-being or risk for poor mental health? Paper presented at the 2nd Conference on Emerging Adulthood, Miami, FL.
- Reinherz, H. Z., **Tanner, J. L.,** Paradis, A. D., & Berger, S. B. (November, 2004). Developmental consequences in adulthood of adolescent suicidal behavior: A longitudinal community study. Paper presented at the meeting of the American Public Health Association, Washington, DC.
- Tanner, J. L.,** Reinherz, H. Z., & Leis, J. A. (November, 2004). Lingering shadows of psychopathology: Associations between childhood and adolescent onset psychiatric disorder and young adult functioning. Paper presented at the meeting of the American Public Health Association, Washington, DC.
- Tanner, J. L.** (April, 2004). Turning 30: Mental health during the transition to adulthood. Invited paper presented at the Murray Research Center, Harvard University, Cambridge, MA.
- Tanner, J. L.,** & Arnett, J. J. (Symposium Co-Chair; March, 2004). Social support during emerging adulthood: Configurations, developmental tasks, and adjustment. Symposium presented at the meeting of the Society for Research on Adolescence Biennial Meeting, Baltimore, MD. Paper presented: **Tanner, J. L.,** Social support as a predictor of continuity of psychiatric disorder across emerging adulthood.
- Reinherz, H. Z., & **Tanner, J. L.** (Symposium Co-Chair; 2004, March). Psychopathology and problem behaviors across the transition to adulthood. Symposium presented at the meeting of the Society for Research on Adolescence, Baltimore, MD. Paper presented: **Tanner, J. L.,** Problem behaviors in a community sample

across the transition to adulthood: The impact of family risk exposure.

Reinherz, H. Z., & **Tanner, J. L.** (Symposium Co-Chair; January, 2004). Family matters: Findings from a 25-year longitudinal study of mental health from childhood to adulthood. Symposium presented at the meeting of the Society for Social Work and Research, New Orleans, LA. Paper presented: **Tanner, J. L.**, Family risks and family cohesion: Predictors of emerging adult adjustment?

**Tanner, J. L.** (November, 2003). A life span developmental systems perspective on a critical period: Emerging adulthood. Invited paper presented at the 1<sup>st</sup> Conference on Emerging Adulthood, Cambridge, MA.

**Tanner, J. L.** (April, 2003). Family risks and family cohesion: Predictors of emerging adult adjustment. Paper presented at the meeting of the Society for Research on Child Development, Tampa, FL.

**Tanner, J. L.** (March, 2000). Parent-child relationships across the launching phase: Mother-daughter, father-daughter, mother-son, and father-son variations. Poster presented at the meeting of the Society for Research on Adolescence, Chicago, IL.

Jacobs, J. E., & **Tanner, J. L.** (November, 1999). Stability and change in perceptions of parent-child relationship quality. Paper presented at the meeting of the Gerontological Society of America, San Francisco, CA.

**Tanner, J. L.** (September, 1999). Midlife parents and young adult children: Relationships across the transition to adulthood. Invited paper for the Pennsylvania State University-Hershey Medical Center Gerontology Colloquium, State College, PA.

Jacobs, J. E. & **Tanner, J. L.** (April, 1999). Everyone else is doing it: Relations between bias in base rate estimates and involvement in problem behaviors. Paper presented at the meeting of the Society for Research on Child Development, Albuquerque, NM.

Jacobs, J. E. & **Tanner, J. L.** (April, 1999). Relations between parent perceptions, child-rearing practices, and children's decision making autonomy. Poster presented at the meeting of the Society for Research on Child Development, Albuquerque, NM.

**Tanner, J. L.**, Helms-Erikson, H., & Crouter, A. C. (October, 1998). In what family contexts is sex-typing apparent in adolescence? Poster presented at the meeting of the National Council on Family Relations, Milwaukee, WI.

Helms-Erikson, H., **Tanner, J. L.** & Crouter, A. C. (October, 1998). When employed mothers not only work but provide: Implications for self, marriage, & socialization of the next generation. Paper presented at the meeting of the National Council on Family Relations, Milwaukee, WI.

**Tanner, J. L.** (July, 1998). Mothers' well-being at midlife: Daughters as protective factors. Poster presented at the



meeting of the International Conference for the Study of Personal Relationships, Saratoga Springs, NY.

Corneal, D. A., **Tanner, J. L.**, & Vicary, J. R. (June, 1998). Young women's psychosocial outcomes based on timing of first childbirth. Poster presented at the meeting of the Society for Prevention Research, Park City, UT.

Vicary, J. R., Palmer, R., Corneal, D. A., & **Tanner, J. L.** (June, 1998). Biopsychosocial antecedents and outcomes of age at first intercourse among female rural teens. Poster presented at the meeting of the Society for Prevention Research, Park City, UT.

Hyatt, S., Jacobs, J. E., **Tanner, J. L.**, & Eccles, J. (April, 1998). Explaining the decrease in adolescents' math and sports ability and interest: An example using hierarchical linear models. Poster presented at the meeting of the American Educational Research Association, San Diego, CA.

**Tanner, J. L.** (April, 1998). Putting it in a social context: High ability students' motivations to succeed. Paper presented at the meeting of the American Educational Research Association, San Diego, CA.

Jacobs, J. E., Hyatt, S., **Tanner, J. L.**, & Eccles, J. (April, 1998). Lessons learned at home: Relations between parents' child-rearing practices and children's achievement perceptions. Paper presented at the meeting of the American Educational Research Association, San Diego, CA.

**Tanner, J. L.** (February, 1998). Parent-adolescent conflict and intimacy: The role of parents' marital and occupational satisfaction. Poster presented at the meeting of the Society for Research on Adolescence, San Diego, CA.

## **PROFESSIONAL POSITIONS HELD**

### **Founder and Executive Director: 2009-present**

Develop Institute, [www.developinstitute.com](http://www.developinstitute.com) Mountain Lakes, NJ. In 2009 I founded Develop Institute, LLC dedicated to the *accomplishment and delivery of developmental science to improve lives*. We conduct, review, and translate developmental science and deliver programs, papers, trainings, and consultations to clients.

### **Visiting Research Assistant Professor: July 2008 to 2011**

**[NIMH Postdoctoral Fellow: July 2006-June 2008]**

Institute for Health, Health Care Policy and Aging Research (IHHCPAR) Rutgers University, New Brunswick, NJ. Conducted focused work on social and health vulnerabilities among young adults, individuals between the ages of 18 and 29, in collaboration with IHHCPAR Director, Dr. David Mechanic. Participated as a team member to analyze New Jersey legislation aimed at reducing uninsurance among emerging adults, at The Center for State Health Policy with Center Director, Dr. Joel Cantor.

### **Consultant: 2009-2011**

Venn Center, [www.venncenter.com](http://www.venncenter.com) Ridgewood, NJ. I design programs and oversee service adherence to the Venn Center Mission: *using psychiatry, psychology, and education to promote mental health and human development*. I provide

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consultation to the Executive Director, child, adolescent, and adult psychiatrist, Dr. Steven Wruble to integrate developmental objectives into the clinical, mental health services offered to his clients. Together we write and deliver programs and lead groups designed using a clinical-developmental approach.

**Research Assistant Professor:** *March 2005 to August 2006*

[**Senior Research Associate:** *August 2002 to March 2005*]

Simmons College, School of Social Work: Simmons Longitudinal Study, Boston, MA Served as Co-Investigator for NIMH-funded 28-year longitudinal study of mental health, psychiatric disorder, and adaptation from ages 5-30. Served as primary data analyst; managed and supervised research staff; authored and co-authored project publications, progress reports, and grant proposals. Principal Investigator: Helen Z. Reinherz, Sc.D.

**Data Analyst:** *March 2001 to July 2003*

Harvard University, Murray Research Center: Binuclear Family Project, Cambridge, MA Managed data and conducted data analysis for a four-wave longitudinal study of families of divorce. Assisted Dr. Ahrons in all stages of book preparation including serving as principal data analyst for *We're still family: What grown children have to say about their parents' divorce* (2004, HarperCollins). Principal Investigator: Constance Ahrons, Ph.D., MSW

**Postdoctoral Research Associate:** *August 2001 to April 2002*

Tufts University, Eliot Pearson Department of Child Development, Medford, MA Co-constructed a conceptual model, measurement model, and sampling framework to guide a four-year longitudinal study of positive youth development. Supervised graduate and undergraduate research assistants. Completed project-related writing projects. Principal Investigator: Richard M. Lerner, Ph.D.

**Graduate Student Fellow:** *November 1996 to December 2000*

The Pennsylvania State University, State College, PA. Managed and analyzed data from two longitudinal studies: *The Michigan Study of Adolescent Life Transitions* and *Childhood and Beyond* (Jacqueline Eccles, Ph.D., Principal Investigator) each consisting of multiple waves of data assessing adolescent development, family functioning, parental values, and educational outcomes. Collaborated with teams of researchers, conducted analyses, and presented data. Assisted in grant writing, managed data collection, and analyzed data from a nine-wave, three-generation (midlife parents, young adult children (target sample), and offspring), longitudinal research project.

Supervised and directed a team of undergraduate researchers. Principal Investigator: Janis E. Jacobs, Ph.D.

**Graduate Student Researcher:** *July 1996 to October 1999*

*Family Relationships Project* The Pennsylvania State University, State College, PA Assisted in design and data collection on a short-term longitudinal study of family relationships. Conducted extensive home and telephone interviews with adolescents and their families. Assisted in data management and analysis, managed undergraduate research teams, coded structured interview data, coded WSCT protocols, analyzed, and presented data. Principal Investigators: Ann Crouter, Ph.D. and Susan McHale, Ph.D.

**Data Analyst:** *January 1999 to November 2000*

The Pennsylvania State University, State College, PA Conducted evaluation analyses for a federally funded intervention focused on knowledge development among an African-American, inner-city student population. Principal Investigator: Sharonda Poma, M.S.

**Principal Investigator:** *January 1998 to October 1999* The Pennsylvania State University, State College, PA Developed a three-phase evaluation of an undergraduate internship program. Assessed vocational identity development and antecedents of young adult well-being during the transition to adulthood. Responsible for all phases of data collection, coding, analysis, and follow-up. Independently developed coding schemes to code qualitative data.

**Data Analyst:** *December 1997 to January 1999*

The Pennsylvania State University, State College, PA Analyzed and provided data analysis reports for a federally funded study of rural adolescent mothers. Principal Investigator: Judith Vicary, Ph.D.

**Evaluation Consultant:** *January 1997 to June 1998*

The Pennsylvania State University, State College, PA Conducted an analysis of a short-term intervention program which targeted adolescent decision-making processes. Collected, coded, and analyzed three waves of data. Principal Investigators: Susan McHale, Ph.D. and Janis Jacobs, Ph.D.

**Principal Investigator:** *September 1993 to May 1995*

University of Massachusetts at Amherst, Amherst, MA Proposed and conducted an original intervention; *College adjustment and retention in first-year students*. Independently collected two waves of evaluation data and completed data analysis, write-up, and oral defense. Advisor: Susan Whitbourne, Ph.D.

## TEACHING INTERESTS

Life Span Development; Theories of Human Development; Basic & Advanced Statistics (Multivariate; Longitudinal); Methods; Adolescent Psychology; The Transition to Adulthood; Developmental Psychopathology; Family Development

## TEACHING EXPERIENCE

**Adjunct Professor, Department of Psychology & Counseling, Fairleigh Dickinson University**  
Fall 2013: Diagnosis & Treatment Planning (Graduate)

**Adjunct Professor, Department of Psychology, Drew University**  
Spring 2009 Course: Life Span Human Development

**Adjunct Professor, Department of Psychology, Fairleigh Dickinson University**  
Spring 2008-Spring 2009: Abnormal Psychology: Diagnosis & Assessment (Graduate)

**Adjunct Professor, Department of Counseling, Developmental and Educational Psychology,**

### **Boston College**

Fall 2001-Fall 2005 Course: Adolescent Development: The Psychology of Adolescence (Undergraduate) Taught a large course (~120 students) on biological, cognitive, and developmental features of the age period 10-18; incorporated recent theory on the age period of emerging adulthood (ages 18-30) as an extended period of adolescence; included clinical theory and research as well as case studies to demonstrate the normal-abnormal continuum of development and mental health vs. psychopathology.

### **Instructor, Department of Child Development, Tufts University**

Spring 2002 Course: Advanced Multivariate Statistics (Graduate) Taught advanced multivariate techniques to 15 graduate students and professionals. Course used research examples that combined clinical and developmental perspectives, focusing on clinical outcomes, to teach traditional as well as innovative multivariate analytic techniques. Course included instruction on longitudinal methods that assist in studies of intraindividual change (e.g., useful in evaluations of treatment effectiveness and studies examining changes in symptomology over time).

### **Instructor, Department of Psychology, Assumption College**

Spring 2001 Courses: Abnormal Psychology and Personality Psychology (Honors, Undergraduate)  
(1) Developed and taught two sections of Abnormal Psychology. Emphasized the “normal-abnormal” continuum. Provided an overview of the DSM-IV diagnostic categories. Stressed contextual and developmental elements of “abnormal” behavior. (2) Developed and taught an Honors Course in Personality Psychology that covered Psychodynamic, Post-Psychodynamic, Behavioral, Cognitive, Trait, Existential, and Humanistic conceptualizations of personality. Stressed the developmental and contextual elements of personality development. Highlighted current concepts in the field of personality psychology.

### **Instructor, Department of Human Development and Family Studies, The Pennsylvania State University**

Summers 1998, 1999, 2000 Course: Developmental Psychopathology (Undergraduate) Developed a senior level course in developmental psychopathology that covered applications of the developmental psychopathology framework across the lifespan. Managed final projects which required students to meet with a community mental health providers and, in consultation, develop and provide for distribution mental health literature that reflected the developmental psychopathology framework and resources related to prevention of and interventions available for child and adolescent mental health problems.

### **Graduate Teaching Assistant, The Pennsylvania State University**

Spring 1997 Course: The Transition to Adulthood (Undergraduate) Independently developed a course option for students who were interested in self-analysis as a method for understanding the relationship between pre-adult experience and adaptive functioning during the transition to adulthood. Assisted course instructor in the writing and grading of weekly quizzes. Assisted students in their completion of analytical term papers for submission to the course website.

### **Graduate Teaching Assistant, The Pennsylvania State University**

Spring 1997 Course: Internship Mentoring (Undergraduate) Mentored senior level students who completed their

required internships. Responsibilities included grading of weekly diaries, student term papers, and additional assignments. Served as liaison between internship supervisors and course instructor.

## **SERVICE**

Co-Founder, *Society for the Study of Emerging Adulthood*, 2002

Executive Board member (elected), 2013-present

Deputy Executive Director, 2002-2013

Conference Chair, 6<sup>th</sup> Conference on Emerging Adulthood, October 2013, Chicago, IL

5<sup>th</sup> Conference on Emerging Adulthood, October 2011, Providence, RI

4<sup>th</sup> Conference on Emerging Adulthood, October 2009, Atlanta, GA

3<sup>rd</sup> Conference on Emerging Adulthood, February 2007, Tucson, AZ

2<sup>nd</sup> Conference on Emerging Adulthood, February 2005, Miami, FL

1<sup>st</sup> Conference on Emerging Adulthood, October 2003, Harvard University, Cambridge, MA

Founder & Chair, Special Interest Group on Emerging Adult Mental Health, Society for the Study of Emerging Adulthood, 2007-present

Editor, *Yellowbrick Journal of Emerging Adulthood*, Yellowbrick Foundation, 2009-current

Member, Board of Directors, *Yellowbrick*, 2007-present

Editorial Board, *Emerging Adulthood*, 2012-present

Editorial Board, *Journal of Youth and Adolescence*, 2006-present

Editorial Board, *Journal of Adolescent Research*, 2003-present

*ad hoc* Reviewer

- *Journal of Applied Developmental Psychology*
- Routledge/Taylor & Francis (books)
- Oxford University Press (books)
- *Social Science Research*
- *Journal of Adolescence*
- *Social Science & Medicine*
- *Developmental Psychology*
- *Family Relations*
- *Psychological Medicine*
- *Social Psychology Quarterly*

Committee Member, Society for Research on Adolescence, International Members Committee, 2011-present

Advisory Board, *Pathways Transition Training Collaborative*, Portland State University, 2011-present

Panel Reviewer, *Society for Research on Child Development: Transition to Adulthood*, 2008

Panel Reviewer, *Society for Research on Adolescence* Review Panel, *New Issues in Theory, Methods, and Teaching*, 2011; *Society for Research on Adolescence* Review Panel: *Transition to Adulthood*, 2009; *Psychopathology and problem behaviors*, 2005; *Emerging Adulthood*, 2003

Student Representative, Executive Board, *Society for Research on Adolescence*, 2000-2002

Committee service at The Pennsylvania State University  
PPDE (Departmental Curriculum Planning) Committee, 1998-1999 Faculty Search Committee, September  
1997-1998 Graduate Admissions Committee, 1998 Delegate, Graduate Student Assembly, 1997-1998  
President, *Psi Chi* National Honor Society, University of Massachusetts, 1994-1995

## **PROFESSIONAL MEMBERSHIPS**

American Psychological Association; Society for Research on Adolescence; Society for the Study of Emerging Adulthood;  
Society for Research on Child Development; National Council on Family Relations; Gerontological Society of America;  
International Society for the Study of Behavioral Development

## **HONORS, AWARDS, & FELLOWSHIPS**

NIMH Ruth L. Kirschstein Award, 2006-2008  
NIMH Clinical-Scientist Loan Repayment Fellowship, 2003-2005  
American Psychological Association Grant (w/JJ Arnett, \$11,488), May 2003  
Bravo! Research Grant, Simmons College, \$500, January 2003  
NIMH Pre-doctoral Fellowship, *Midlife Development*, 1999-2001  
Dissertation Grant, \$2,000, College of Health and Human Development The  
Pennsylvania State University, October 1999  
Graham Fellowship, Pennsylvania State University, 1996-1998  
*Phi Beta Kappa*, 1995  
Fellowship, New England Psychological Association, 1995-1996  
Honors Research Fellowship, University of Massachusetts, 1994-1995  
Honors Director Thesis Award, University of Massachusetts, May, 1995  
Outstanding Thesis Award, University of Massachusetts, Psychology Department, May 1995

## **POSTDOCTORAL TRAINING & CERTIFICATIONS**

2011 Certified Family Life Educator, *full certification*, National Council on Family Relations (current)  
2011 Parent Coordinator Certification, Cooperative Parenting Institute  
2005 Summer Institute on Longitudinal Methods, The Pennsylvania State University  
*Survival Analysis*, P. Allison, Ph.D., June 2005  
2005 Applied Statistics Workshop, Harvard University  
*Causal Inferences with Group Based Trajectory Models*, D. Nagin, Ph.D., April 2005  
2004 Summer Institute on Longitudinal Methods, The Pennsylvania State University  
*Analyzing Developmental Trajectories*, D. Nagin, Ph.D., May 2004  
2004 Conference for the Society for Social Work Research  
*Hierarchical Linear Modeling*, Stephen Raudenbush, Ph.D., January 2004  
2003 Murray Research Center, Harvard University

*Electronic Sampling Methods*, L. Barrett, Ph.D., February 2003

2002 Murray Research Center, Harvard University

*Analysis of Personal Projects*, B. Little, Ph.D., December 2002