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Academic Position Held and Education

University of Memphis

Assistant Professor of Psychology, (August, 2017- current)

University of California, Berkeley

Ph.D. in Social/Personality Psychology, (May, 2017)

University of California, Berkeley

M.A. in Social/Personality Psychology, (May, 2014)

San Francisco State University

B.A. in Psychology, (May, 2011)

Research Interests

My research focuses on emotions – especially the psychosocial ramification of awe and gratitude, emotion regulation strategy (e.g., self-compassion) upon coping with difficult life events (e.g., breakup, regrets, imperfections), Asian Americans' consumption experiences, money, time perspective and aging, nature, social hierarchy (status, class, power), as well as consumption (e.g., experiential purchases) and happiness.

Teaching Experience

Lead Instructor

Positive Psychology (Undergrad), Spring, Summer & Fall 2018, Department of Psychology, University of Memphis

Social Psychology (Undergrad), Spring 2018, Department of Psychology, University of Memphis

Social Psychology (Grad), Fall 2017 & Fall 2018, Department of Psychology, University of Memphis

Survey Method (Grad), Spring 2017, Department of Psychology, San Francisco State University

Graduate Student Instructor (UC Berkeley)

General Psychology, Summer 2014

Emotion, Fall 2013

Personality Psychology, Fall 2014

Human Happiness, Spring 2015

Mentored Students

Dates	Name	Role	Achievements
2017-2019	Sam Leonard	Master Thesis Advisor	Applying for Ph.D. in Clinical Psychology
2015-2016	Teodora Tomova	Thesis Advisor	Ph.D. program in Organizational Behavior, New York University
2015-2016	Megan Woods	Thesis Advisor	Junior Consultant at Deloitte
2014-2016	Kristophe Green	Thesis Advisor	McNair Scholarship, Haas Scholar
2014-2016	Natalia Van Doren	Thesis Advisor	Ph.D. program in Clinical Psychology at Penn State University
2014-2015	Maria Monroy	Thesis Advisor	Ph.D. program in Social/Personality at UC Berkeley
2014-2015	Shun Ting Yung	Research Assistant	Ph.D. program in Developmental Psychology at UC Merced
2014-2015	Carey Yeap	Research Assistant	Master in Family Therapy at USC
2014-2015	Adriana Bastardas	Research Assistant	M.A. in Psychology at New York University
2013-2014	Marilyn De La Cruz	Research Assistant	Master in Social Work at UC Berkeley

Honors and Awards

Small Research Grant	Society for Personality and Social Psychology	2019
Graduate Research Fellowship	Greater Good Science Center	2015-2016
Graduate Research Fellowship	National Science Foundation	2013-2016
Eugene Cota-Robles Fellowship	UC Berkeley	2011-2013
Power Top-Off Award	UC Berkeley	2011
Sally Casanova Pre-Doctoral Scholarship	California State University System	2010-2011
Ronald E. McNair Research Scholarship	University of Rochester	2010
Associate Scholar	Institute for Recruitment of Teachers	2010
Young Scholars Program	Society for Research on Adolescence	2010
Career Opportunities in Research Education & Training Scholarship	National Institute of Mental Health	2009-2011

Peer-Reviewed Journal Publications

1. **Zhang, J. W.**, Chen, S., Tomova, T. K*, Bilgin, B*, Nutankumar, T., Shaban-Azad, H., Razavi, P., & Manukyan, A. (forthcoming). A compassionate self is a true self?: Self-compassion promotes subjective authenticity. *Personality and Social Psychology Bulletin*.
2. Yaden, D., Kaufman, S., Hyde, E., Chirico, A., Gaggioli, **Zhang, J. W.**, & Keltner, D. (2018). The Development of the Awe Experience Scale (AWE-S): A Multifactorial Measure for a Complex Emotion. *Journal of Positive Psychology*.

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3. **Zhang, J. W.** (2018). Asian Americans and Materialism: Exploring the Phenomenon and Its Why and When. *Cultural Diversity & Ethnic Minority Psychology*, 24, 334-345.
 4. **Zhang, J. W.**, & Chen, S. (2017) Self-compassion promotes positive adjustment for people who attribute responsibility of a romantic breakup to themselves. *Self and Identity*, 16, 732-759.
 5. **Zhang, J. W.**, & Chen, S. (2016) Self-Compassion Promotes Personal Improvement from Regret Experiences via Acceptance. *Personality and Social Psychology Bulletin*, 42, 2, 244-258.
 6. Razavi, P., **Zhang, J. W.**, Hekiert, D., Yoo, S. H., & Howell, R. T. (2016). Cross-cultural Similarities and Differences in the Experience of Awe. *Emotion*. 16, 1097-1101.
 7. Mello, Z. R., **Zhang, J. W.**, Barber, S. J., Paloni, V. C., Howell, R. T., & Worrell, F. C. (2016). Psychometric properties of time attitude scores in young, middle, and older adult samples. *Personality and Individual Differences*, 101, 57-61.
 8. **Zhang, J. W.**, Piff, P. K., Iyer, R., Koleva, S., & Keltner, D. (2014). An occasion for unselfing: Beautiful nature leads to prosociality. *Journal of Environmental Psychology*, 37, 61-72.
 9. **Zhang, J. W.**, Howell, R. T., Caprariello, P. A., & Guevarra, D. (2014). Damned if they do, damned if they don't: Material buyers are not happier from material or experiential consumption. *Journal of Research in Personality*, 50, 71-83.
 10. **Zhang, J. W.**, Howell, R. T., & Howell, C. J. (2014). Living in wealthy neighborhood increases material desires and maladaptive consumption. *Journal of Consumer Culture*, 1-20.
 11. **Zhang, J. W.**, Howell, R. T., & Iyer, R. (2014). Engagement with natural beauty moderates the positive relation between connectedness with nature and well-being. *Journal of Environmental Psychology*, 38, 55-63.
 12. **Zhang, J. W.**, Howell, R. T., & Bowerman, T. (2013). Validating a brief measure of the Zimbardo Time Perspective Inventory. *Time & Society*, 22, 391-409.
 13. **Zhang, J. W.**, Howell, R. T., & Stolarski, M. (2013). Comparing three methods to measure a balanced time perspective: The relationship between a balanced time perspective and subjective well-being. *Journal of Happiness Studies*, 14, 169-184.
 14. **Zhang, J. W.**, Howell, R. T., & Caprariello, P. A. (2013). Buying Life Experiences for the "Right" Reasons: A Validation of the Motivations for Experiential Buying Scale. *Journal of Happiness Studies*, 14, 817-842.
 15. **Zhang, J. W.**, & Howell, R. T. (2011). Do time perspectives predict unique variances in life satisfaction beyond personality traits? *Personality and Individual Differences*, 50, 1261-1266.
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Invited Book Chapters

1. Venhoeven, L., Taufik, D., Steg, L., Bonaiuto, M., Bonnes, M., Ariccio, S., ..., **Zhang, J. W.**, & Keltner, D. (2018). The role of nature and environment in behavioural medicine. *Oxford Textbook of Nature and Public Health: The Role of Nature in Improving the Health of a Population*, 89-94.
2. **Zhang, J. W.**, & Keltner, D. Awe and the natural environment. In Friedman, H. (Eds.), (2015). *Encyclopedia of mental health: Second edition*. Elsevier: Oxford, UK.
3. Piff, P. K., **Zhang, J. W.**, & Keltner, D. On nature and prosocial behavior. In Bird, W., & van den Bosch, M. (Eds.), (2015). *Nature and public health: The role of nature in improving the health of a population*. Oxford University Press: Oxford, UK.
4. Cunningham, K., **Zhang, J. W.**, & Howell, R. T. Time perspective and subjective well-being. A dual pathway framework. In Stolarski, M., Fieulaine, N. & VanBeek, V. (Eds.), (2014). *Time perspective: Theory, research and application*. New York, Springer Science.

Manuscripts Under Revision/Review

* indicates student mentee

1. **Zhang, J. W.**, & Chen, Serena. *From me to you: Self-compassion predicts acceptance of own and others' imperfections*, (Invited for Revision, *Personality and Social Psychology Bulletin*).
2. **Zhang, J. W.**, Anderson, C., Mello, Z., Razavi, P., Shaban-Azad, H., Monroy, M*, Green, K*, Howell, R. T., & Keltner, D. *Trait and state based experience of awe promotes creativity*. (Invited for Revision, *Emotion*).
3. **Zhang, J. W.**, Mello, Z., & Howell, R. *Asian Americans and Materialism in Adolescents: A Replication and Extension* (Under Review, *Cultural Diversity of Ethnic Minority Psychology*)

Conference Presentations

1. **Zhang, J. W.**, Razavi, P., Hekiert, D., Yoo, S. H., & Howell, R. T. (2016). The Cross-cultural Similarities and Differences in the Experience of Awe. Paper presented at *The 23rd Congress of the International Association for Cross-Cultural Psychology*, Nagoya, Japan

Conference Poster Presentations

* indicates undergraduate student mentee; ** indicates graduate student mentee

1. Jordan, S.,* & **Zhang, J. W.** (2018, May). Self-Compassion Promotes Acceptance of Other's Imperfection Via Acceptance of Own Imperfection. Poster presented at the *Association for Psychological Science Convention*, San Francisco, CA
2. Leonard, S.,** & **Zhang, J. W.** (2018, May). A compassionate self is a true self?: Self-compassion promotes subjective authenticity. Poster presented at the *Association for*

Psychological Science Convention, San Francisco, CA

3. Leonard, S.,** & **Zhang, J. W.** (2018, May). Asian Americans and Materialism: Exploring the Phenomenon and Its Why and When. Poster presented at the *Association for Psychological Science Convention, San Francisco, CA*
4. Shunk, C.,** **Zhang, J. W.**, & Chen, S. (2018, May). Incremental growth beliefs in self-compassion foster self-compassion. Poster presented at the *Association for Psychological Science Convention, San Francisco, CA*
5. Bouyssou, M.,** Collins, C., **Zhang, J. W.**, & Howell, R. (2018, Feb). Can't buy your way in: Stereotypes of materialists limit their employment opportunities. Poster presented at the *Society for Personality and Social Psychology Conference, Atlanta, GA*
6. Manukyan, A*., **Zhang, J. W.**, & Chen, S. (2017, Jan). Self-Compassion Promotes Acceptance of Other's Flaw by Enhancing Acceptance of Our Own Flaw. Poster presented at the *Society for Personality and Social Psychology Conference, San Antonio, TX*
7. Ji, M*., **Zhang, J. W.**, & Chen, S. (2017, Jan). How to Be True to Yourself?: Self-Compassion Promotes Authenticity Independent of Self-Esteem. Poster presented at the *Society for Personality and Social Psychology Conference, San Antonio, TX*
8. Long, T*., **Zhang, J. W.**, & Chen, S. (2017, Jan). Self-Compassion Promotes Personal Improvement From Regret Experiences via Acceptance. Poster presented at the *Society for Personality and Social Psychology Conference, San Antonio, TX*
9. Tomova, T. K*., **Zhang, J. W.**, John, O. P., & Allemand, M. (2016, Jan). Normative change of focus on opportunities, focus on limitations, their implications for concurrent, longitudinal change in satisfaction with life and the mediating role of environmental mastery. Poster presented at the *Society for Personality and Social Psychology Conference, San Diego, CA*
10. Yung, S. T*., **Zhang, J. W.**, & Howell, R. T. (2016, Jan). The detriments of appearing materialistic. Poster presented at the *Society for Personality and Social Psychology Conference, San Diego, CA*
11. Van Doren, N*., **Zhang J. W.**, & John, O. (2016, Jan). "Lean in" during group meetings: Do women prefer low-power seats? Poster presented at the *Society for Personality and Social Psychology Conference, San Diego, CA*
12. Monroy, M*., **Zhang, J. W.**, & Keltner, D. (2016, Jan). Awe predicts multicultural experiences via curiosity. Poster presented at the *Society for Personality and Social Psychology Conference, San Diego, CA*
13. Van Doren, N*., **Zhang, J. W.**, & Chen, S. (2015, May). Learning from our regrets: Self-compassion leads to greater personal improvement motivation. Poster presented at the *Association for Psychological Science Convention, New York, NY*

14. Reit, E*., **Zhang, J. W.**, & Chen, S. (2015, Feb). Self-compassion promote positive adjustments toward regrets. Poster presented at the *Society of Personality and Social Psychology Conference*, Long Beach, CA
15. Green, K*., **Zhang, J. W.**, Anderson, C., & Keltner, D. (2015, Feb). The experience of awe leads to creativity. Poster presented at the *Society of Personality and Social Psychology Conference*, Long Beach, CA
16. de la Cruz, M. R*., **Zhang, J. W.**, Howell, R. T., & Iyer, R. (2014, May). Connectedness with nature predicts well-being for people that engage in nature's beauty. Poster presented at the *American Psychological Society Convention*, San Francisco, CA
17. Choi, H*., **Zhang, J. W.**, & Chen, S. (2014, May). The buffering and adaptive role of self-compassion on romantic breakup. Poster presented at the *American Psychological Society Convention*, San Francisco, CA
18. Kim, L*., **Zhang, J. W.**, Howell, R. T., & Chen, S. (2014, May). Self-compassion buffered the negative relationship between materialism and psychological well-being. Poster presented at the *American Psychological Society Convention*, San Francisco, CA
19. Gonzalez, F., **Zhang J. W.**, & John, O. (2014, Feb). The structure of future time perspective and its association with psychological well-being: A three year longitudinal study. Poster presented at the *Society for Personality and Social Psychology Conference*, Austin, Texas
20. Breton, M*., **Zhang, J. W.**, Anderson, C., Iyer, R., Howell, R. T., & Keltner, D. (2014, Feb). The additive influence of connectedness to nature and perceiving nature's beauty on well-being and awe. Poster presented at the *Society for Personality and Social Psychology Conference*, Austin, Texas
21. Lopez, L*., **Zhang, J. W.**, Iyer, R., & Howell, R. T. (2014, Feb). Fond memories of the past explains why grateful people are happy. Poster presented at the *Society for Personality and Social Psychology Conference*, Austin, Texas
22. Corona, S*., **Zhang, J. W.**, Caprariello, P., Iyer, R., & Howell, R. T. (2014, Feb). Self-compassion, self-esteem and materialism. Poster presented at the *Society for Personality and Social Psychology Conference*, Austin, Texas
23. Harsch, N*., Lam, J., Guevarra, D., **Zhang, J. W.**, & Howell, R. T. (2013, May). Materialistic exclusion: On the tendency to ostracize materialistic compared to experiential individuals. Poster presented at the *Stanford Undergraduate Psychology Conference*, Palo Alto, CA
24. Kominiarczuk, N. K., **Zhang, J. W.**, and Howell, R. T. (2013, May). Life experiences do not make everyone happy. Poster presentation at the *Western Psychological Association Convention*, San Francisco, CA

25. Miller, R*, Guevarra, D., **Zhang, J. W.**, and Howell, R. T. (2013, May). Experiential Purchases and prosocial emotions. Poster presented at the *Western Psychological Association convention*, San Francisco, CA
26. Kominiarczuk, N. K., **Zhang, J. W.**, Howell, R. T., and Stolarski, M. (2012, Feb). Comparing three methods to measure a balanced time perspective: The relationship between a balanced time perspective and subjective well-being. Poster presented at the *Society for Personality and Social Psychology Conference*, San Diego, CA
27. **Zhang, J. W.**, & Howell, R. T. (2011, May). Do time perspectives predict unique variance in life satisfaction beyond personality traits? Poster presented at the *Association for Psychological Science Convention*, Washington D. C.
28. **Zhang, J. W.**, & Howell, R. T. (2011, Feb). Enjoy the moment or Plan for the Future? Time Perspectives influencing Well-Being and Financial Behaviors. Poster presented at the *Society for Personality and Social Psychology Conference*, San Antonio, TX
29. **Zhang, J. W.**, & Howell, R. T. (2010, May). The effect of financial development on materialistic values and savings behaviors. Poster presented at the *Association for Psychological Science Annual Convention*, Boston, MA
30. **Zhang, J. W.**, & Howell, R. T. (2010, Feb). Predicting financial security: The role of multiple financial indicators. Poster presented at *The Judgment and Decision Making Pre-conference*, Las Vegas, NV
31. Robello, G., Mak, S., **Zhang, J. W.**, Feng, C. C., Purvis, A., Newton, J. W., Shafer, H., & Howell R. T. (2009, May). Double Jeopardy: Greater risk for females of color in a diverse university. Poster presented at the *Association for Psychological Science Annual Convention*, San Francisco, CA
32. **Zhang, J. W.**, & Howell, R. T. (2009, May). Assessing a behavioral choice: Financial security mediates the saving behavior-life satisfaction link. Poster presented at *the Career Opportunity in Research Annual Conference*, Albuquerque, NM

AD HOC Reviewer

Personality and Social Psychology Bulletin
British Journal of Psychology
Journal of Positive Psychology
Social Behavior and Personality
Self and Identity

Professional Service

Undergraduate Advisory Committee: University of Memphis, 2018
Graduate Admission Committee: UC Berkeley, 2014
Student Poster Award Reviewer: SPSP Annual Convention, 2010 & 2011

Professional Affiliations

American Psychological Association, 2009-present
Association for Psychological Science, 2009-present
Society for Personality and Social Psychology, 2009-present

References

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