**Christina Armenta**

Department of Psychology

University of California, Riverside

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**EDUCATION**

Ph.D in Social/Personality Psychology, University of California, Riverside 2017 (expected)

Advisor: Sonja Lyubomirsky

B.A. in Psychology, *magna cum laude,* University of California, Riverside 2012

Minor: History

**AWARDs**

National Science Foundation Graduate Research Fellowship 2014 – 2017

Graduate Student Mentorship Program – two quarters full support (declined one) 2014

Chancellor’s Distinguished Fellowship 2012 – 2013

CCPOA Scholarship 2008 – 2012

AVID Dream Foundation 2008

**RESEARCH INTERESTS**

**Positive interventions in the workplace**.

* + Extending the generalizability of positive interventions to the workplace.
  + Understanding the effect of happiness on job satisfaction, empowerment, and organizational citizenship behaviors.
  + Exploring cultural differences in the success of positive interventions with employees in Spain, Germany, France, and Africa.

**Positive activities and self-improvement.**

* + Exploring the relationship between positive activities and self-improvement efforts. Can felt gratitude help bolster people’s efforts towards self-improvement?
  + How and why might different positive activities lead to greater or worse self-improvement?

**Hedonic adaptation.**

* + Do some people adapt to positive or negative experiences faster than others?
  + What are the mechanisms by which people adapt to life experiences?

**Money and happiness.**

* + Exploring the relationship between money and happiness.
  + The role of materialism. How and why might rising aspirations affect well-being? Are there any cultural differences?
  + Thrift and happiness. Do thrifty decisions make people happier? How can people spend money to maximize happiness and thrift?

**PUBLICATION**

**Armenta, C. N.**, Jacobs Bao, K., Sheldon, K. M., & Lyubomirsky, S. (2013). Is lasting change possible Lessons from the Hedonic Adaptation Prevention model. In Sheldon, K. M., & Lucas, R. E. (Eds.), Can happiness change? Theories and evidence. New York: Elsevier.

**WORKS UNDER REVIEW**

**Armenta, C. N.**, Ruberton, P. M., & Lyubomirsky, S. (2015). The psychology of subjective wellbeing. To appear in Wright, J. (Ed.), International encyclopedia of social and behavioral sciences (2nd ed.). Oxford, UK: Elsevier.

**TEACHING EXPERIENCE**

**Teaching Assistant (UC Riverside)**

Psychology of Happiness and Virtue (with Katie Bao**)**  2012 Winter

Introductory Psychology (with Rebecca Richert) 2013 Summer

Industrial Organizational Psychology (with Tom Sy) 2013 Fall

**Professional EXPERIENCE**

Positive Psychology Lab, PI: Sonja Lyubomirsky, UC Riverside

Research Assistant 2011 – 2012

Designed studies using an online research-oriented tool (modernresearch.org).

Leadership Lab, PI: Thomas Sy, UC Riverside

Research Assistant 2011 – 2012

Brainstormed ideas for and piloted priming studies to test hypotheses from implicit followership theories.

Life Events Lab, PI: Kate Sweeny, UC Riverside

Research Assistant 2012

Acted as a confederate in a study examining how people deliver good and bad

news and helped run a study simulating women’s physical examinations.

**MEMBERSHIPS**

Society for Personality and Social Psychology