

Curriculum Vitae
Jennifer Pals Lilgendahl¹

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Department of Psychology
Haverford College
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Haverford, PA 19041

Education

- Ph.D. Personality/Social Psychology, University of California, Berkeley, 2000.

 Dissertation Title: Self-narratives of difficult life experiences in adulthood.
 Dissertation Chair: Oliver P. John
- B.A. (Honors) Psychology, University of Chicago, 1993.
 Phi Beta Kappa, 1993.
 Student Marshal (recognition of academic excellence), 1992, 1993.

Research and Teaching Positions

Associate Professor, Department of Psychology, Haverford College, Haverford, PA, 2013-present.

Assistant Professor, Department of Psychology, Haverford College, Haverford, PA, 2006-2013.

Research Assistant Professor (post-doctoral researcher), Foley Center for the Study of Lives, Dan McAdams, Director, School of Education and Social Policy, Northwestern University, Evanston, IL, 2002-2006.

Adjunct Instructor, Department of Psychology, Northwestern University, Evanston, IL, Spring 2005, Fall 2005, Spring 2006.

Assistant Professor, Department of Psychology, College of William and Mary, Williamsburg, VA, 2000-2003.

Research Assistant, Adult Development and Mental Health in Women: Mills Longitudinal Study (Dr. Ravenna Helson and Dr. Oliver P. John, PIs). Institute of Personality and Social Research, UC Berkeley, 1996-2000.

Teaching Assistant, Introduction to Psychology, UC Berkeley, Spring, 1994; Introduction to Personality, UC Berkeley, Fall, 1995.

¹ Through 2007, I published under the name Jennifer L. Pals. From 2008 forward, I have used Jennifer Pals Lilgendahl. In the sections listing my publications, conference presentations, and talks (pp. 3-8), I have bolded my name in each reference for ease of identification.

Research Assistant, Longitudinal Study of Career Planning in Adolescence: Sloan Foundation Project (Dr. Mihaly Csikszentmihalyi, Dr. Charles Bidwell, and Dr. Barbara Schneider, PIs). National Opinion Research Center, University of Chicago, 1992-1993.

Awards, Fellowships, and Grants

MIDUS Pilot Project Grant, Midlife in the United States (MIDUS) Program Project Grant funded by the National Institute of Aging, 2003-2005 (\$15,000).

Summer Research Grant, College of William and Mary, 2001 and 2002.

Dissertation Support Award, Society of Multivariate Experimental Psychology, 1999.

Dissertation Research Award, Psychology Department, UC Berkeley, 1998.

Predocctoral Fellowship, National Science Foundation, 1993-1998.

Professional Affiliations and Service

Secretary-Treasurer, Association for Research in Personality, 2011-present

Member, Society for Personality and Social Psychology, 2000-present

Member, Association for Research in Personality, 2003-present

Consulting Editor, *Journal of Personality and Social Psychology*, 2009-present.

Consulting Editor, *Personality and Social Psychology Bulletin*, 2009-2013.

Consulting Editor, *Journal of Research in Personality*, 2003-2009.

Ad hoc reviewer, *Developmental Psychology*, *Journal of Applied Development*, *Memory*, *Journal of Research in Personality*.

Research Interests

- Lifespan development with an emphasis on self and identity processes, sociocultural contexts, and personality change and growth in adulthood.
- The narrative construction of self and identity with an emphasis on autobiographical reasoning about past experiences, particularly negative experiences, and the implications of this process for well-being, maturity, and physical health throughout adulthood.
- Bicultural identity and its developmental underpinnings, with an emphasis on the narrative approach to identity.
- Lay theories about the fixed vs. changeable nature of intellectual ability and personality (entity vs. incremental beliefs) and their consequences in various life contexts.

- Integrative methods that combine the coding of open-ended, qualitative materials (i.e., interviews, written narratives) with traditional quantitative measures.

Publications

Peer-reviewed journal articles :

- Lilgendahl, J. P.**, Helson, R., & John, O. P. (2013). Does ego development increase during midlife? The effects of openness and accommodative processing of difficult events. *Journal of Personality, 81*, 403–416.
- Lilgendahl, J. P.**, McLean, K. C., & Mansfield, C. D. (2013). When is meaning-making unhealthy for the self? The roles of neuroticism, implicit theories and memory telling in trauma and transgression memories. *Memory, 21*, 79–96.
- Lilgendahl, J. P.**, & McAdams, D. P. (2011). Constructing stories of self-growth: How individual differences in patterns of autobiographical reasoning relate to well-being in midlife. *Journal of Personality, 79*, 391-428.
- Mansfield, C. D., McLean, K. C., & **Lilgendahl, J. P.** (2010). Narrating traumas and transgressions: Links between narrative processing, wisdom, and well-being. *Narrative Inquiry, 20*, 246-273.
- McLean, K. C., & **Lilgendahl, J. P.** (2008). Why we recall our highs and lows: Relations between memory functions, age, and well-being. *Memory, 16*, 751-762.
- McLean, K. C., Pasupathi, M., & **Pals, J. L.** (2007). Selves creating stories creating selves: A process model of self-development. *Personality and Social Psychology Review, 11*, 262-278.
- Pals, J. L.** (2006a). Narrative identity processing of difficult life experiences: Pathways of personality development and positive self-transformation in adulthood. *Journal of Personality, 74*, 1079-1110.
- McAdams, D. P., & **Pals, J. L.** (2006). A New Big Five: Fundamental principles of a science of personality. *American Psychologist, 61*, 204-217.
- McAdams, D. P., Bauer, J. J., Sakaeda, A. R., Machado, M. A., Magrino-Failla, K., White, K. W., & **Pals, J. L.** (2006). Continuity and change in the life story: A longitudinal study of autobiographical memories in emerging adulthood. *Journal of Personality, 74*, 1371-1400.
- Robins, R. W., & **Pals, J. L.** (2002). Implicit self-theories of intelligence: Implications for goal orientation, attributions, affect, and self-esteem change. *Self and Identity, 1*, 331-336.
- Helson, R., & **Pals, J. L.** (2000). Creativity potential, creative achievement, and personal growth. *Journal of Personality, 68*, 1-27.
- Pals, J. L.** (1999). Identity consolidation in early adulthood: Relations with ego-resiliency, the context of marriage, and personality change. *Journal of Personality, 67*, 295-329.

John, O. P., **Pals, J. L.**, & Westenberg, P. M. (1998). Personality prototypes and ego development: Conceptual similarities and relations in adult women. *Journal of Personality and Social Psychology*, *74*, 1093-1108.

Invited contributions, book chapters, and commentaries:

Lilgendahl, J. P. (in press). The dynamic role of identity processes in personality development: Theories, patterns, and new directions. In K. C. McLean & M. Syed (Eds.), *The Oxford Handbook of Identity Development*. New York: Oxford University Press.

Bauer, J., McAdams, D. P., & **Pals, J. L.** (2008). Narrative identity and eudaimonic well-being. *Journal of Happiness Studies*, *9*, 81-104.

McAdams, D. P., & **Pals, J. L.** (2007). The role of theory in personality research. In R. F. Krueger, R. W. Robins, & R. C. Fraley (Eds.), *Handbook of Research Methods in Personality Psychology*, (pp. 3-20). New York: Guilford.

Pals, J. L. (2006b). Authoring a second chance in life: Emotion and transformational processing within narrative identity. Special Issue: Second Chances as Transformative Stories in Human Development. K. M. Roy, & D. P. McAdams (Eds.). *Research in Human Development*, *3*, 101-120.

Pals, J. L. (2006c). Constructing the “springboard effect”: Causal connections, self-making, and growth within the life story. In D. P. McAdams, R. Josselson, & A. Lieblich (Eds.), *Identity and story: Creating self in narrative* (pp. 175-199). Washington, D.C.: American Psychological Association.

Pals, J. L. (2004). The resilience of great ideas: Jack Block’s theoretical contribution to personality psychology [Review of the book *Personality as an affect-processing system: Toward an integrative theory*]. *Contemporary Psychology*, *49*, 598-601.

Pals, J. L., & McAdams, D. P. (2004). The transformed self: A narrative understanding of posttraumatic growth. *Psychological Inquiry*, *15*, 65-69.

Pals, J. L. (2001). Identity: A contextualized mechanism of personality continuity and change. *Psychological Inquiry*, *12*, 88-91.

Pals, J. L., & John, O. P. (1998). How are dimensions of adult personality related to ego development? An application of the typological approach. In P. M. Westenberg, L. Cohn, & A. Blasi. (Eds.), *Personality development: Theoretical, empirical, and clinical investigations of Loevinger’s conception of ego development* (pp. 113-131). Hillsdale, NJ: Lawrence Erlbaum.

Helson, R., **Pals, J.**, & Solomon, M. (1997). Is there an adult development distinctive to women? In R. Hogan, J. Johnson, & S. Briggs (Eds.), *Handbook of Personality Psychology* (pp. 291-314). San Diego, CA: Academic Press.

Manuscripts Under Review

*Haverford student co-author

*Tan, J., **Lilgendahl, J. P.**, *Bass, R., *Galef, N., & *Plowden, M. (under review). *Does transformational processing of negative events cause self-growth? An experimental manipulation.*

Manuscripts in Preparation

*Haverford student co-author

Lilgendahl, J. P., Benet-Martinez, V., *Festa, L., *Levenson, C., *Rosenbaum, R., *Gilson, K., & *Bishop, M). (in preparation). *“So now, I wonder, what am I?”: A narrative approach to bicultural identity integration.*

Lilgendahl, J. P., Benet-Martinez, V., *Gilson, K., & *Bishop, M. (in preparation). *Age differences in bicultural identity integration: Quantitative and qualitative perspectives in an adult national sample.*

Conference Presentations

*Haverford student co-author

*Alpert, L., *Marsden, E., *Szymanowski, K., & **Lilgendahl, J. P.** (2014, February). *Feeling different: The roles of social and personality factors in shaping self-defining stories of master narrative deviation experiences.* Poster to be presented at the Annual of the Society for Personality and Social Psychology, to be held in Austin, TX.

*Tan, J., **Lilgendahl, J. P.**, *Bass, R., *Galef, N., & *Plowden, M. (2013, January). *Does transformational processing of negative events cause self-growth? An experimental manipulation.* In Jonathan Adler and Jack Bauer (Chairs), *From crisis to catalyst: The narrative transformation of difficulty into self-development.* Symposium presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Lilgendahl, J. P., Benet-Martinez, V., *Festa, L., *Levenson, C., *Rosenblum, R., & *Dix, E. (2012, January). *“So now, I wonder, what am I?”: A narrative approach to bicultural identity integration.* Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

Lilgendahl, J. P., McLean, K. C., Mansfield, C. D., & *Festa, L. (2011, June). *Bad self or transformed self? The moderating role of implicit theories of personality in narratives of trauma and transgression memories.* In Jennifer P. Lilgendahl (Chair), *Believing in change:*

Implications of implicit theories for aggression, emotion regulation, and narrative identity. Symposium presented at the Second Biannual Meeting of the Association for Research in Personality, Riverside, CA.

*Gilson, K., **Lilgendahl, J. P.**, *Bishop, M., & Benet-Martinez, V. (2011, January). *Age differences in bicultural identity integration: Quantitative and qualitative perspectives in a national sample.* Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Lilgendahl, J. P. (2009, July). *Taking a "principled" approach to personality.* Symposium talk given at the First Biannual Meeting of the Association for Research in Personality, Evanston, IL.

Lilgendahl, J. P. (2009, February). *Narrative identity in adulthood: Dynamic processes and developmental pathways.* Symposium talk given at the Annual Meeting of the Society for Personality and Social Psychology, Tampa, FL.

Lilgendahl, J. P., *Havassy, A., *Karzon, L., *Scully, J., *Fox, M., *Benson, J., & *Yasinski, C. (2008, February). *Lay theories as sources of meaning-making within self-defining memories: The case of academic events.* Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, Albuquerque, NM.

McLean, K. C., & **Pals, J. L.** (2007, January). The functions of positive and negative memories in two age groups. In K. C. McLean and 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 conducted at the Annual Meeting of the Society for Personality and Social Psychology, Memphis, TN.

Pals, J. L. (2006, January). Narrative identity processing: A mediator of the relationship between traits and well-being. In K.C. McLean (Chair), *Building on the Big Five: Traits, autobiographical narratives, and a dynamic view of personality.* Symposium conducted at the Annual Meeting of the Association for Research in Personality, Palm Springs, CA.

Pals, J. L. (2005, October). *Religiousness, spirituality, and narrative interpretations of self-growth: Quantitative and qualitative explorations.* Poster presented at the 4th Biennial Meeting of the Society for the Study of Human Development, Asilomar, CA.

Pals, J. L. (2005, August). Constructing growth: Causal connections between past events and self within the life story. In J. J. Bauer (Chair), *Growth stories: Narrative identity development and its empirically emerging principles.* Symposium conducted at the 113th Annual Convention of the American Psychological Association, Washington, D.C.

Pals, J. L. (2005, January). *Constructing growth: Causal connections between past events and self within the life story.* Poster presented at the 5th annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Pals, J. L. (2004, January). *Emotion, insight, and self: Patterns of word use in the narration of the life story*. Poster presented at the 5th annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Pals, J. L. (2003, August). Narrative processes of identity construction within narratives of difficult life events. In K. C. McLean & J. L. Pals (Chairs), *Narrative construction of self: Autobiographical memory, social narration, and well-being*. Symposium conducted at the 111th Annual Meeting of the American Psychological Association, Toronto, Canada.

Dohn, M. C., & **Pals, J. L.** (2003, February). *Implicit theories of personality and proneness to experience shame and guilt*. Poster presented at the 4th annual meeting of the Society of Personality and Social Psychology, Los Angeles, CA.

Smith, J. L., & **Pals, J. L.** (2003, February). *Religious identity narratives and their relations with personality and well-being*. Poster presented at the 4th annual meeting of the Society of Personality and Social Psychology, Los Angeles, CA.

Pals, J. L. (2002, February). *Emotional complexity in the narrative construction of identity*. Poster presented at the 3rd annual meeting of the Society of Personality and Social Psychology, Savannah, GA.

Smith, J. L., & **Pals, J. L.** (2002, February). *Religion, flow, and self-actualization*. Poster presented at the 3rd annual meeting of the Society of Personality and Social Psychology, Savannah, GA.

Pals, J. L. (2000, February). Positive self-transformation in autobiographical memory: Findings from two longitudinal studies. In J. A. Singer (Chair), *Personality and Autobiographical Memory*. Symposium conducted at the personality pre-conference of the first annual meeting of the Society of Personality and Social Psychology, Nashville, TN.

Pals, J. L., Hendin, H. M., & Beer, J. S. (1998, August). *Self-defining memories in a longitudinal study of the college experience*. Poster presented at the 106th annual convention of the American Psychological Association, San Francisco, CA.

Pals, J. L. (1997, August). Women negotiating early adulthood: Ego-resiliency, marriage, and identity consolidation. In R. Helson (Chair), *Personality and relationships*. Symposium conducted at the 105th annual convention of the American Psychological Association, Chicago, IL.

Helson, R., & **Pals, J. L.** (1997, August). Creative potential, creative achievement, and personal growth. In R. Helson (Chair), *Creativity and adult development*. Symposium conducted at the 105th annual convention of the American Psychological Association, Chicago, IL.

Pals, J. L. (1996, June). *The lives of women in young adulthood: Identity consolidation, ego-resiliency and socio-historical context*. Poster presented at the 8th annual convention of the American Psychology Society, San Francisco, CA.

Robins, R. W., & Pals, J. L. (1996, June). *Implicit self-theories in the academic domain: A longitudinal test of Dweck's model*. Poster presented at the 8th annual convention of the American Psychology Society, San Francisco, CA.

Pals, J. L., & John, O. P. (1995, August). *Personality types and ego development: Conceptual and empirical relations*. Poster presented at the 103rd annual convention of the American Psychological Association, New York, NY.

Invited Talks

Lilgendahl, J. P. (2008, February). *Transforming the self: Negative events and growth in the life stories of midlife adults*. Invited colloquium, Psychology Department, Lehigh University.

Lilgendahl, J. P. (2007, October). *Transforming the self: Negative events and growth in the life stories of midlife adults*. Invited colloquium, Rutgers-Camden.

Pals, J. L. (2002, December). *Difficult life events and the narrative construction of identity*. Invited colloquium, University of Illinois, Urbana-Champaign.

Pals, J. L. (2001, March). *Self-narratives of difficult life experiences*. Invited colloquium, University of California, Davis.

Pals, J. L. (1998, May). *Identity consolidation in early adulthood*. Invited colloquium, University of California, Davis, CA.

Pals, J. L. (1998, March). Ego development in the Mills longitudinal study of women. In *Ego development: Implications and applications*. Specialized symposium on ego development, Washington University, St. Louis, MO.

Specialized Training and Skills

Narrative Coding. Experienced in developing coding schemes for open-ended, narrative data. These coding schemes have involved both the “macro-level” assessment of self-defining themes in narrative (e.g., identity consolidation, positive self-transformation) as well as the “micro-level” assessment of specific emotion episodes as they are described in narrative.

Washington University Sentence Completion Test (SCT) Scoring Technique. Trained in the scoring technique, scored two data sets, and conducted a training program; invited to present at *Ego Development: Implications and Applications*, a specialized conference on the use of the SCT in psychological research held at Washington University, St. Louis, MO, March 3-4, 1998.

Teaching Experience

Courses Taught at Haverford College

Introduction to Personality Psychology (Psychology 215), Fall 2006, Fall 2007, Spring 2010, Fall 2010, Spring 2012, Fall 2012

Laboratory in Personality Psychology (Psychology 315), Fall 2006, Fall 2007, Fall 2010, Spring 2012, Fall 2012

Foundations of Psychology (Psychology 100), Spring 2007, Spring 2008, Spring 2010, Spring 2011, Fall 2011, Spring 2013

Self and Identity (Psychology 225), Spring 2007, Spring 2008

Self and Identity (Psychology 335), Fall 2011, Spring 2013

Courses Taught at Northwestern University

Research Methods in Psychology, Spring, 2005

Psychology of Personality, Fall, 2005

Courses Taught at the College of William and Mary

Personality Theory, Fall and Spring, 2000-2001, Fall and Spring, 2001-2002.

Advanced Research in Personality, Fall, 2000, Spring, 2002.

Motivation and Emotion, Spring, 2001.

Defining Ourselves: Psychological Perspectives on Identity, Fall, 2001.

Graduate Proseminar in Personality, Spring, 2002.