

## Curriculum Vitae

### **William Tov**

#### **Office Address**

School of Social Sciences  
Singapore Management University  
90 Stamford Road, Level 4  
Singapore 178903  
Tel: +65 6828 1904  
Fax: +65 6828 0423  
Email: [williamtov@smu.edu.sg](mailto:williamtov@smu.edu.sg)

#### **Employment**

2016 - present Associate Professor of Psychology, Singapore Management University  
2008 - 2016 Assistant Professor of Psychology, Singapore Management University

#### **Education**

2008 Ph.D, Psychology, University of Illinois, Urbana-Champaign  
2006 MA, Psychology, University of Illinois, Urbana-Champaign  
2002 BA, Psychology, University of California, Berkeley  
2002 BA, Anthropology, University of California, Berkeley

#### **Research Interests**

Well-being, mindfulness, and personality in everyday life  
Social implications of personality traits  
Social media and expressions of personality and emotion  
Cultural and societal influences on well-being and personality constructs  
Policy implications of well-being measures

#### **Website**

Faculty (<http://www.mysmu.edu/faculty/williamtov/>)  
Subjective Well-Being Research (<http://swbresearch.netfirms.com>)

#### **Awards, Grants**

2020 Geriatrics Education and Research Institute COVID-19 Grant (*Collaborator*).  
*Bridging distances in times of COVID-19: Does communication technology acceptance and use combat loss of socio-emotional well-being in older adults?*

2020-2025 MOE AcRF Tier 3 Grant (Co-PI). *Dynamic and Holistic Monitoring of the Well-Being of Older Singaporeans.*

- 2019-2022 Workforce Development Applied Research Fund (Co-PI). *Work, Well-being, and Resilience: Understanding Singapore's Mature Workforce*.
- 2019-2020 Lee Kong Chian Fellow (in recognition for excellent research achievement)
- 2017-2018 MOE AcRF Tier 1 Grant (PI). *Unpacking Meaning in Everyday Life*.
- 2015-2016 Social Services Institute (Co-PI). *Mindfulness Training for Social Workers*.
- 2015-2016 MOE AcRF Tier 1 Grant (PI). *Personality in Real-Time Real-World Behaviour*.
- 2013-2014 MOE AcRF Tier 1 Grant (PI). *Emotional Reactions to Daily Events*.
- 2012-2013 MOE AcRF Tier 1 Grant (PI). *Cognitive Representation of Daily Experiences*.
- 2010-2011 MOE AcRF Tier 1 Grant (PI). *Personality, Relationship Quality, & Well-Being*.
- 2009-2010 MOE AcRF Tier 1 Grant (PI). *Memory for Events and Types of Well-Being*.
- 2008-2009 MOE AcRF Tier 1 Grant (PI). *Daily Experiences, Well-Being, and Personality Differences*.
- 2007 UIUC Psychology Department Travel Grant
- 2004-2007 National Science Foundation Fellowship
- 2004 International Positive Psychology Summit Fellow

### Journal Articles

(†) Undergraduate/post-baccalaureate mentee; (‡) Graduate student mentee; (\*) Graduate student collaborator

Tov, W., Ng, W., & Kang, S. H. (2021). The facets of meaningful experiences: An examination of purpose and coherence in meaningful and meaningless events. *Journal of Positive Psychology, 16*, 129-136.

Hartanto, A., Yong, J. C., Toh, W. X., Lee, S. T. H., Tng, G. Y. Q., & Tov, W. (2020). Cognitive, social, emotional, and subjective health benefits of computer use in adults: A 9-year longitudinal study from the Midlife in the United States (MIDUS). *Computers in Human Behavior, 104*, 106179.

Liu, P., Chan, D., Qiu, L., Tov, W., & Tong, V. J. C. (2018). Effects of cultural tightness-looseness and social network density on expression of positive and negative emotions: A large-

scale study of impression management by Facebook users. *Personality and Social Psychology Bulletin*, *44*, 1567-1581.

Wood, D., Qiu, L., Lu, J., Lin, H., & Tov, W. (2018). Adjusting bilingual ratings by retest reliability improves estimation of translation quality. *Journal of Cross-Cultural Psychology*, *49*, 1325-1339.

Costello, C.(\*), Wood, D., & Tov, W. (2018). Revealed traits: A novel method for estimating cross-cultural similarities and differences in personality. *Journal of Cross-Cultural Psychology*, *49*, 554-586.

Tov, W., & Lee, H. W. (‡) (2016). A closer look at the hedonics of everyday meaning and satisfaction. *Journal of Personality and Social Psychology*, *111*, 585-609.

Tov, W., Nai, Z. L.(†), & Lee, H. W.(‡) (2016). Extraversion and agreeableness: Divergent routes to daily satisfaction with social relationships. *Journal of Personality*, *84*, 121-134.

Liu, P.(\*), Tov, W., Kosinski, M., Stillwell, D. J., & Qiu, L. (2015). Do Facebook status updates reflect subjective well-being? *Cyberpsychology, Behavior, and Social Networking*, *18*, 373-379.

Saucier, G., Kenner, J. S., Iurino, K., Bou Malham, P., Chen, Z., Thalmayer, A. G., Kimmelmeier, M., Tov, W., ... Altschul, C. (2015). Cross-cultural differences in a global 'Survey of World Views'. *Journal of Cross-Cultural Psychology*, *46*, 53-70.

Wood, D., Tov, W., & Costello, C.(\*) (2015). What a \_\_\_\_\_ thing to do! Formally characterizing actions by their expected effects. *Journal of Personality and Social Psychology*, *108*, 953-976.

Lin, H.(\*), Tov, W., & Qiu, L. (2014). Emotional disclosure on social networking sites: The role of network structure and psychological needs. *Computers in Human Behavior*, *41*, 342-350.

Tov, W., & Koh, K.(†) (2014). Extraverts categorize their daily experiences by specific social relationships. *Journal of Research in Personality*, *52*, 13-19.

Tov, W., Ng, K. L.(†), Lin, H.(\*), & Qiu, L. (2013). Detecting well-being via computerized content analysis of brief diary entries. *Psychological Assessment*, *25*, 1069-1078.

Li, N. P., Yong, J. C.(\*), Tov, W., Sng, O. (\*), Fletcher, G. J. O., Valentine, K. A.(\*), Jiang, Y. F., Balliet, D. (2013). Mate preferences do predict attraction and choices in the early stages of mate selection. *Journal of Personality and Social Psychology*, *105*, 757-776.

Tov, W. (2012). Daily experiences and well-being: Do memories of events matter? *Cognition and Emotion*, *26*, 1371-1389.

Qiu, L., Lin, H.(\*), Leung, A. K.-y., & Tov, W. (2012). Putting their best foot forward: Emotional disclosure on Facebook. *Cyberpsychology, Behavior, and Social Networking*, *15*, 569-572.

Li, N. P., Patel, L., Balliet, D., Tov, W., & Scollon, C. N. (2011). The incompatibility of materialism and wanting children: Psychological insights into the fertility discrepancy among modern countries. *Social Indicators Research*, *101*, 391-404.

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, *97*, 143-156.

- Portions of the analyses in this paper were re-published in: Diener, E., Wirtz, D., Biswas-Diener, R., Tov, W., Kim-Prieto, C., Choi, D., & Oishi, S. (2009). New measures of well-being. In E. Diener (Ed.), *Assessing well-being: The collected works of Ed Diener* (pp. 247-266). Dordrecht, Netherlands: Springer.

Kim, Y. H., Chiu, C.-y., Peng, S., Cai, H., & Tov, W. (2010). Explaining East-West differences in the likelihood of making favorable self-evaluation: The role of evaluation apprehension and directness of expression. *Journal of Cross-Cultural Psychology*, *41*, 62-75.

Diener, E., & Tov, W. (2009). Well-being on Planet Earth. *Psychological Topics*, *18*, 213-219.

Diener, E., Ng, W., & Tov, W. (2008). Balance in life and declining marginal utility of diverse resources. *Applied Research in Quality of Life*, *3*, 277-291.

Le, T.N., Tov, W., & Taylor, J. (2007). Religiousness and depressive symptoms in five ethnic adolescent groups. *International Journal for the Psychology of Religion*, *17*, 209-232.

Diener, E., & Tov, W. (2007). Subjective well-being and peace. *Journal of Social Issues*, *63*, 421-440.

## Book Chapters

Tov, W., Keh, J. S. (‡), Tan, Y. Q. (‡), Tan, Q. Y. (\*), & Indra Alam Syah, A. (‡) (*accepted*). The assessment of subjective well-being: A review of common measures. In W. Ruch, A. B. Bakker, L. Tay, & F. Gander (Eds.), *Handbook of positive psychology assessment*. European Association of Psychological Assessment.

Tov, W. & Nai, Z. L. S. (†). (2018). Cultural differences in subjective well-being: How and why. In J. E. Maddux (Ed.), *Subjective well-being and life satisfaction* (pp. 50-73). New York, NY: Routledge.

Tov, W. (2018). Well-being concepts and components. In E. Diener, S. Oishi, & L. Tay (Eds.), *Handbook of subjective well-being*. Salt Lake City, UT: DEF Publishers.

Tov, W., & Diener, E. (2013). Subjective wellbeing. In K. D. Keith (Ed.), *Encyclopedia of cross-cultural psychology* (pp. 1239-1245). Hoboken, NJ: John Wiley & Sons.

Tov, W., & Au, E. W. M. (2013). Comparing well-being across nations: Conceptual and empirical issues. In I. Boniwell, S. David, & A. Conley (Eds.), *Oxford handbook of happiness* (pp. 448-464). Oxford, UK: Oxford University Press.

Scollon, C. N., & Tov, W. (2012). Cultural similarities and differences in the conceptualization of emotion. In P. A. Wilson (Ed.), *Łódź Studies in Language: Vol. 27. Dynamicity in emotion concepts* (pp. 235-252). Frankfurt, Germany: Peter Lang.

Diener, E., & Tov, W. (2012). National accounts of well-being. In K. C. Land, A. C. Michalos, & M. J. Sirgy (Eds.), *Handbook of social indicators and quality of life research* (pp. 137-156). New York, NY: Springer.

Tov, W., & Scollon, C. N. (2012). Cross-cultural research. In M. R. Mehl & T. S. Conner (Eds.), *Handbook of research methods for studying daily life* (pp.539-552). New York, NY: Guilford.

Kim, Y. H., & Tov, W. (2011). Cultural processes underlying subjective well-being. In A. K-y. Leung, C-y. Chiu, & Y-y. Hong (Eds.), *Cultural processes: A social psychological perspective* (pp. 154-171). New York, NY: Cambridge University Press.

Diener, E., Kahneman, D., Tov, W., & Arora, R. (2010). Income's association with judgments of life versus feelings. In E. Diener, D. Kahneman, & J. F., Helliwell (Eds.), *International differences in well-being* (pp. 3-15). Oxford, UK: Oxford University Press.

- A preliminary version of this article was published as: Diener, E., Kahneman, D., Arora, R., Harter, J., & Tov, W. (2009). Income's differential influence on judgments of life versus affective well-being. In E. Diener (Ed.), *Assessing well-being: The collected works of Ed Diener* (pp. 233-245). Dordrecht, Netherlands: Springer.

Diener, E., Kesebir, P., & Tov, W. (2009). Happiness. In M. R. Leary & R. H. Hoyle (Eds.), *Handbook of individual differences in social behavior* (pp. 147-160). New York, NY: Guilford.

Tov, W., Diener, E., Ng, W., Kesebir, P., & Harter, J. (2009). The social and economic context of peace and happiness. In R. S. Wyer, C-y. Chiu, & Y-y. Hong (Eds.), *Understanding culture: Theory, research, and application* (pp. 239-258). New York, NY: Psychology Press.

Tov, W., & Diener, E. (2008). The well-being of nations: Linking together trust, cooperation, and democracy. In B. A. Sullivan, M. Snyder, & J. L. Sullivan (Eds.), *Cooperation: The political psychology of effective human interaction* (pp. 323-342). Malden, M.A.: Blackwell.

Tov, W., & Diener, E. (2007). Culture and subjective well-being. In S. Kitayama & D. Cohen (Eds.), *Handbook of cultural psychology* (pp. 691-713). New York, NY: Guilford.

### **Papers in Preparation**

Majeed, N. M., Hartanto, A., Tov, W., & Tan, J. X. (*in preparation*). Optimism is associated with lower negative reactivity to daily stressors.

Catalino, L. I., & Tov, W. (*in preparation*). Daily prioritizing positivity and well-being.

Keh, J. S. (‡), & Tov, W. (*in preparation*). Too tired for meaning: Affective valence, arousal, and the experience of meaning in daily life.

Masters-Waage, T. C. (\*), Reb, J., Tov, W., & Bandara, U. (*submitted*). Cultivating ethics: Loving-kindness practice at work. *Journal of Business Ethics*.

Tov, W., Wirtz, D., Kushlev, K., Biswas-Diener, R., & Diener, E. (*submitted*). Well-being science for teaching and the general public. *Perspectives on Psychological Science*.

## Presentations

Lomas, T., Cheng, C., & Tov, W. (2020). *On peace, balance, and harmony*. Round table discussion at the Global Wellbeing Summit (October 9). Virtual event.

Keh, J. S., & Tov, W. (2020). *Psychological flexibility moderates the relationship between positive affective variability and end-of-day satisfaction*. Poster presented at the Association for Psychological Science Virtual Poster Showcase.

Tov, W. (2019). *Not all meaningful experiences are satisfying: Implications for the distinction between hedonic and eudaimonic well-being*. Invited talk at the Big Questions Conference on Happiness and Suffering, Singapore Management University (October 26) in Singapore.

Tov, W. (2019). *Culture and well-being: A Chinese tamale perspective*. Invited talk at the 6<sup>th</sup> World Congress on Positive Psychology (July 18-21) in Melbourne, Australia.

Tov, W. (2019). *Culture and well-being: Similarities and differences*. Invited talk at the Wee Kim Wee Soka International Seminar on Global Peace & Understanding, Singapore Management University (March 9) in Singapore.

Tov, W. (2019). *Culture and well-being: Similarities and differences*. Invited talk at the Behavioral Sciences Institute, Singapore Management University (January 29) in Singapore.

Tov, W. (2018). *National accounts of well-being: Implications for societal trust*. Presented at the 2<sup>nd</sup> International Conference on Well-Being, Singapore University of Social Sciences (November 1-2) in Singapore.

Tov, W. (2018). *The emotional contours of daily satisfaction and meaning within and between persons*. Invited talk presented at the 2018 Annual Convention of the Society for Personality and Social Psychology Happiness & Well-Being Preconference (March 1-3) in Atlanta, Georgia, USA.

Tov, W., & Indra Alam Syah, A. (2017). *The affective architecture of daily meaning and satisfaction: Does the temporal sequence of affective experience matter?* Presented at the 5<sup>th</sup> World Congress on Positive Psychology (July 13-16) in Montréal, Canada.

Nai, Z. L., & Tov, W. (2017). *Grateful people are more satisfied in their friendships by perceiving that their friends do more and ask less.* Poster presented at the 18<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology (January 19-21) in San Antonio, Texas, USA.

Tov, W., & Lee, H. W. (2017). *Meaning and satisfaction in everyday life.* Invited talk at the Behavioural Sciences Institute, Singapore Management University (January 17) in Singapore.

Tov, W., & Lee, H. W. (2016). *Meaning and satisfaction in everyday life.* Presented at International Conference on Well-Being, UniSIM (October 31 – November 1) in Singapore.

Tov, W., & Nai, Z. L. (2015) *The influence of gratitude on relationship satisfaction.* Poster presented at the Association for Psychological Science 27th Annual Convention (May 21-24) in New York City, New York, USA.

Tov, W. (2014). *Mindfulness Initiative @ SMU: Bridging research and practice.* Invited talk at the SMU Mindfulness Conversation (December 5) in Singapore.

Tov, W. (2014). *Self-reports of well-being: Are they valid even if we can't remember everything that happens to us?* Invited talk at the Behavioral Sciences Institute, Singapore Management University (August 19) in Singapore.

Wood, D., Tov, W., & Costello, C. (2015). *Examining Eastern-Western personality differences using action scenarios.* Presented at the 22<sup>nd</sup> International Congress for Cross-Cultural Psychology (July 18) in Reims, France.

Lee, H. W., Tov, W., & Nai, Z. L. (2014). *Relationship satisfaction of extroverts and agreeable people: How do they get there?* Poster presented at the Association for Psychological Science 26<sup>st</sup> Annual Convention (May 22-May 25) in San Francisco, California, USA.

Tov, W. (2013). *Self-reports of well-being: Are they valid even if we can't remember everything that happens to us?* Invited talk at the Singapore Management University Capstone Seminar (September 10) in Singapore.

Tov, W. (2011). *Subjective well-being across cultures.* Invited talk at the Singapore Management University Capstone Seminar (September 3) in Singapore.

Tov, W. (2010). *Subjective well-being and societal trust.* Invited talk at the Singapore Management University Capstone Seminar (August 31) in Singapore.

Tov, W., & Diener, E. (2010). *Perceived control and well-being across cultures: Moderating effects of GDP, government regulation & social conservatism*. Poster presented at the 20th International Congress of Cross-Cultural Psychology (July 7-10) in Melbourne, Australia.

Tov, W. (2009). *Can money bring happiness?* Invited talk at the Singapore Management University Capstone Seminar (September 15) in Singapore.

Tov, W., & Diener, E. (2009). *Seeking help from happy people: The perceived well-being and morality of potential helpers*. Poster presented at the Association for Psychological Science 21<sup>st</sup> Annual Convention (May 22-May 25) in San Francisco, California, USA.

Tov, W. (2008). *Happiness techniques*. Invited talk at the Singapore Management University Capstone Seminar (October 15) in Singapore.

Tov, W., & Diener, E. (2007). *Subjective well-being and peace*. Presented at the University of Illinois-University of Michigan Culture Conference (April 14) in Champaign, Illinois, USA.

Tov, W., & Diener, E. (2007). *Happiness and peace: Individual well-being, peace-relevant attitudes, and societal conditions*. Poster presented at the 8<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology (January 26-28) in Memphis, Tennessee.

Tov, W. (2004). *Time perspective and SWB*. Poster presented at the 3<sup>rd</sup> International Positive Psychology Summit (September 30 – October 3) at The Gallup Organization, Washington, DC, USA.

Le, T. N., & Tov, W. (2004). *Religiousness, depression & psychosocial mediators in five adolescent ethnic groups*. Poster presented at the 2<sup>nd</sup> Annual Mid-Winter Research Conference on Religion and Spirituality (March 19-20) at Loyola College, Columbia, Maryland, USA.

## Teaching Experience

### Awards

|      |   |
|------|---|
| 2018 | Nominee, Excellent Teacher Award, Singapore Management University   |
| 2017 | Finalist, Innovative Teacher Award, Singapore Management University |
| 2016 | Nominee, Innovative Teacher Award, Singapore Management University  |

### Graduate Level

Psychology of Well-Being (Spring 2019)  
 General Linear Model (Fall 2017)  
 Multivariate Statistics (Spring 2011)  
 Psychology of Emotion (Spring 2011, Fall 2012/2013, Spring 2017, 2018, 2020)



*Ph.D Students Supervised*

Huey Woon Lee (2012 – 2016)  
Zeling Nai (2014 – 2019)  
Indra Alam Syah Bin Aziz (2016 – 2019)  
Junsheng Keh (2017 – present)  
Elizabeth Lim (2019 – present)

*Master's Students Supervised*

Yan Qiang Tan (2017 – 2019)  
Wynn Tan (2019 – present)  
Clement Lau (2020 – present)

*Undergraduate Level*

Subjective Well-Being (Fall 2020)  
Social Science Capstone Seminar (Spring 2013/2014, Fall 2015/2016)  
Research Methods II (Spring 2013-2020)  
Psychometrics & Psychological Testing (Spring 2009-2012, Fall 2013-2015, Spring 2018)  
Design, Measurement, & Analysis (Spring 2009/2010/2012)  
Supervisor of undergraduate independent research (2005-2007, 2009-2015)  
Introduction to Social Psychology (Fall 2007, Spring 2008)  
Training and development of research assistants (2003-present)

*Undergraduate Honors Theses Supervised*

Shieh Yuan Ong (2010)  
Euodia Chua (2011)

- Accepted to doctorate program in clinical psychology (University of South Dakota)

Lester Sim (2014)

- Winner of the Helen Chua Chin Xiang Best Senior Thesis in Psychology
- Accepted to doctorate program in social/personality psychology (University of Michigan)

Mrinal Daryani (2015)

- Presented at SOSS Tea Session (May 9, 2015) for prospective SMU students and their parents
- Presented at the International Conference of Undergraduate Research (September 29, 2015)

*Teaching Interests*

Introduction to Social Psychology  
Introduction to Personality Psychology  
Introduction to Psychology  
Introduction to Statistics  
Research Methods

Subjective Well-Being / Positive Psychology  
Graduate-Level Statistics

- General Linear Model, Multivariate Statistics, Multilevel Modeling

## Service

### *Committees*

Public Policy Search Committee (November 2015 to December 2016)

- Evaluated and interviewed junior candidates for opening in Public Policy

Institutional Review Board Committee (January 1, 2015 to December 31, 2017)

- Evaluated and approved IRB applications; participated in IRB accreditation process

SOSS Post-Doc Selection Committee (March 2016)

- Evaluated 12 applications for post-doc funding

Programme Coordinator, PhD Psychology (July 1, 2016 to July 31, 2018)

- Led promotion of faculty/student research and recruitment of PhD students
- Coordinated teaching assignments of PhD courses and qualifying exam
- Developed the Master of Philosophy in Psychology Fast-Track Programme

SOSS Dean Evaluation Committee for Research Grants (2016, 2020-2021)

- Evaluated 13 applications for internal research grants (MOE AcRF Tier 1)
- Evaluated 1 application for MOE AcRF Tier 2

SOSS School/Reading Evaluation Committee (2016-2020)

- Evaluated 5 dossiers for promotion and renewal

SOSS Curriculum Review Committee (September 2016 to December 2017)

- Participated in focus group interviews with students and alumni on ways to improve the social science curriculum at SMU

Residential Learning & Living Committee (January 2017 to July 2017)

- Discussed and made recommendations to the Provost on the viability of a residential learning and living community at SMU

Faculty Taskforce (October 2017 to March 2018)

- Identified and discussed issues regarding research, teaching, and service and made recommendations to Vice-Provost of Faculty Matters

SOSS Management Committee (November 2017 to March 2018)

Dean Search Committee (December 2017 to Decembmer 2018)

- Evaluated candidates for position of Dean of SMU SOSS

Big Questions Conference on Happiness and Suffering (May 2019 – October 2019)

- Identified potential speakers
- Helped to organize and presented at symposium
- Moderated key note session by Michael Norton (Harvard University)

Helen Chua Chin Xiang Best Senior Thesis Award in Psychology (2018-2020)

- Evaluated and ranked senior theses for award

Deputy Director, Centre for Research on Ageing (ROSA) (July 1, 2020 – June 30, 2022)

- Assist in research design and planning of research agenda for a monthly panel survey of well-being in older adult Singaporeans

### *Outreach and Promotional Activities*

Junior College Mock Seminar, SMU School of Social Sciences (March 2, 2012)

- Introduced students to psychology and SMU's seminar-style teaching

Social Science Conference 2012, SMU School of Social Sciences (March 17, 2012)

- Introduced JC and Polytechnic students to research in psychology and SMU's seminar-style teaching

EDspiration Career, Education, and Scholarships Fair, Nanyang Junior College (February 2, 2013)

- Introduced the curricula of the SMU School of Social Sciences to students

Inconvo 2013: Discussion on Happiness & Singaporean Society, Raffles Girls School (September 25, 2013)

- Presented on well-being research and participated in a discussion with students on happiness in Singaporean society

Social Science Conference 2014, SMU School of Social Sciences (March 20, 2014)

- Introduced JC and Polytechnic students to psychology; talk was also well-attended by visiting students from Harvard University

Dunman High School Learning Journey, SMU School of Business (July 9, 2015)

- Introduced students to psychology and SMU's seminar-style teaching

Singapore University of Technology & Design (April 5, 2016)

- Invited guest speaker on positive psychology to introductory psychology class

Yishun Junior College (April 19, 2017)

- Introduced the curricula of the SMU School of Social Sciences to students

Conversation Starters Speaker Series, National Library. (March, 2017)

- Participated in panel discussion on the meaning of well-being

Interviewee, SMU Research Video (July 3, 2018)

- Discussed my research on daily well-being and meaning to promote SMU research

Featured Faculty, SMU PhD Research Video (August 20, 2018)

- Participated in a short video (“Understanding why grateful people have satisfying relationships”) with former PhD student (Serene Nai) to promote SMU PhD programme in psychology

#### *Chair for Post-Graduate Theses*

Huey Woon Lee (Master’s Thesis, 2014, Psychology)

Ze Ling Nai, Serene (Master’s Thesis, 2016 | Dissertation, 2019, Psychology)

Jun Sheng Keh (Master’s Thesis, 2019, Psychology)

Yan Qiang Tan (Master’s Thesis, 2019, Psychology)

#### *Committee Member for Post-Graduate Theses*

Sharon Koh (Master’s Thesis, 2012, Psychology)

Kay Chai Tay, Peter (Master’s Thesis, 2013, Psychology)

Huey Woon Lee (Doctoral Thesis, 2016, Psychology)

Chou Chuen Yu (Master’s Thesis, 2015; Doctoral Thesis, 2017, Psychology)

Samantha Sim (Doctoral Thesis, 2016, Organizational Behavior)

Moses Koh (Master’s Thesis, 2016, Organizational Behavior)

Nadhilla Melia (Master’s Thesis, 2018, Psychology; Doctoral Thesis, 2021, Psychology)

Brandon Koh (Doctoral Thesis, 2019, Psychology)

Tang Bek Wuay (Doctoral Thesis, 2020, Psychology)

#### *Second Reader for Senior Theses in Psychology*

Sin Hui Chong (2011)

Jonathan Tan (2015)

Jing Han Sim (2015)

Joy Wang (2016)

Hui Yee Diong (2016)

#### *External Examiner*

Master’s Thesis (National University of Singapore, 2015)

Doctoral Thesis (National University of Singapore, 2020)

*Other Voluntary Services*

SMU Dinner & Dance, Drumming Performance Volunteer (August 22-29, 2008)

Survey Consultant, SMU Student Association (February, 20-26, 2010)

- Advised SMUSA on constructing surveys to measure students' satisfaction and preferences for library use policies

Dialogue Session on Student Stress, Discussion Panel Member (August 31, 2010)

- Served on a panel with Counselor Timothy Hsi and President Arnoud de Meyer, discussing the level of stress faced by SMU students
- Chaired by students in the Leadership & Team Building module

School of Social Sciences Newsletter Contest (November 24, 2011)

- Reviewed submissions for the title of the new SOSS newsletter

Speaker, Majors Decision Talk, SMU School of Social Sciences (February 1, 2011; September 19, 2012; March 7, 2014; January 21, 2016)

- Briefed undergraduate students on the psychology major and career opportunities

Speaker, SMU Parents Day (September 9, 2016)

- Took questions from parents of first-year SMU students on how SOSS and SMU support its students and how they can support their student

External Reviewer, Nanyang Technological University (2019)

- Reviewed one case for renewal

Focus Group Member, Blue Ribbon Commission for Postgraduate Education (June 2019)

- Shared my perspectives on improving SMU postgraduate education (as a former PhD programme coordinator)

Moderator, TY Lee Mindfulness Series (March 2020)

- Moderated a virtual seminar by Vidyamala Burch

Evaluator, CIRCLE Award (June 2020)

- Provided feedback and evaluations of students applying for award

Scientific Advisory Committee, Wellbeing for Planet Earth Foundation (April 2020 – September 2021)

- Advise on the development of a more culturally-informed assessment of well-being for partnership with Gallup Organization
- Provide scientific leadership over methodological and analytical decisions

Panel Member, World Wellbeing Panel (October 2020 – September 2021)

- Serve on a panel of well-being experts;
- Panel members answer bi-monthly surveys and the answers are then used to generate policy briefs

### *Media Interviews and Contributions*

Asian Scientist. (May 4, 2017). Life is a rollercoaster—It's just how you ride it.

Channel News Asia. (July 24, 2017). Satisfaction, meaning, and the importance of positive experiences (Invited commentary).

Greater Good Science Center, UC Berkeley. (May 22, 2019). How cultural differences shape your happiness.

Channel News Asia 938. (Aug 7, 2019). Happiness and subjective well-being [Interview].

Channel News Asia. (October, 2019). Spending money and happiness [Interview].

Straits Times. (November 29, 2020). How to be happier at work.

### **Memberships and Professional Activities**

#### *Member*

Association for Psychological Science  
International Positive Psychology Association  
Society for Personality and Social Psychology

#### *Editorial Boards*

Frontiers in Psychology, Review Editor, Personality and Social Psychology, 2017-2022

#### *Ad Hoc Reviewer*

American Journal of Psychology | Asian Journal of Social Psychology | Cross-Cultural Research | Emotion | European Journal of Personality Assessment | European Journal of Social Psychology | Frontiers in Psychology | International Journal for the Psychology of Religion | International Journal of Psychology | International Journal of Community Well-Being | Journal of Applied Social Psychology | Journal of Cross-Cultural Psychology | Journal of Gerontology | Journal of Happiness Studies | Journal of Personality | Journal of Personality and Social Psychology | Journal of Research in Personality | Journal of Socio-Economics | Leisure Sciences | Motivation & Emotion | Personality and Social Psychology Bulletin | Personality and Social Psychology Review | Perspectives in Psychological Science | Political Psychology | Proceedings of the National Academy of Sciences | PsyCh Journal | Psychology and Aging | Psychological Bulletin | Psychological Science | Psychology of Well-Being | Social Personality and Psychological Science

*Grant Reviewer*

ZonMw (Netherlands; organisation for health research and development)

United States-Israel Binational Science Foundation (Israel)

National Science Centre (Poland)