

Student Research Award for research on optimism, CSUF, 2000
 Graduate Research Award for research on optimism, CSUF, 2000
 Leon S. Peters Fellowship for academic merit, CSUF, 2000-2001
 Pickford Scholarship for academic merit, CSUF, 2000-2001
 Graduated with departmental and university honors, FSU, 1999
 Elected to Psi Chi, Psychological Honors Society, FSU, 1998

Publications

(G indicates a graduate student collaborator; U an undergraduate collaborator)

Lench, H. C., Levine, L. J., & Whalen, C. K. (2012). Exasperating or exceptional? Parents' interpretations of their child's ADHD behavior. *Journal of Attention Disorders*. Online publication, December, 2011.

Lench, H. C., & ^GFlores, S. A. (2012). The fast and the dangerous: The speed of events influences risk judgments. *British Journal of Social Psychology*. Online publication, September, 2011.

^GDarbor, K. E., & Lench, H. C. (in press). Anger and aggression. In M. Shally-Jensen (Ed.), *Mental Health Care Issues in America*. ABC-CLIO (Praeger).

Lench, H. C., ^GFlores, S. A., & ^GBench, S. W. (2011). Discrete emotions predict changes in cognition, judgment, experience, behavior, and physiology: A meta-analysis of experimental emotion elicitations. *Psychological Bulletin*, 137, 834-855.

Lench, H. C., Safer, M. A., & Levine, L. J. (2011). Event salience and bias in anticipated emotion: When it's worse than imagined. *Emotion*, 11, 278-285.

Lench, H. C. (2011). Understanding optimism as an emotional response to the future. In P. R. Brandt (Ed.), *Psychology of Optimism*. (pp. 167-174). New York: Nova Science.

Lench, H. C. (2011). Personality and health outcomes: Making positive expectations a reality. *Journal of Happiness Studies*, 12, 493-507.

Lench, H. C., Schlegel, R., & Berry, C. (2010). *Guide for Elementary Statistics for Psychology*. Iowa: Kendall-Hunt Publishers.

Lench, H. C., Levine, L. J., & ^URoe, E. (2010). To the pointe: Predictors of dancer's health. *Dance Science & Medicine*, 14, 163-170.

***student undergraduate thesis

^GDavis, E., Levine, L. J., Lench, H. C., & Quas, J. A. (2010). Metacognitive emotion regulation: Children's awareness that changing thoughts and goals can alleviate negative emotions. *Emotion*, 10, 498-510.

Lench, H. C., & Levine, L. J. (2010). Motivational biases in memory for emotion. *Cognition and Emotion*, 24, 401-418.

Levine, L. J., Lench, H. C., & Safer, M. A. (2009). Functions of remembering and misremembering emotion. *Applied Cognitive Psychology, Special Issue: What the Hell is it for?*, 23, 1059-1075.

***selected as lead article of special issue

- Lench, H. C., ⁶Bench, S. W., ⁶Flores, S. A., & Ditto, P. H. (2009). Automatic optimism: The role of desire in judgments about the likelihood of future events. In E. P. Lamont (Ed.), *Social Psychology: New Research*. (pp. 55-79). New York: Nova Science.
***reprinted in P. R. Brandt (Ed.), *Psychology of Optimism*, 2011, Nova Science.
- Lench, H. C. (2009). Automatic optimism: The affective basis of judgments about the likelihood of future events. *Journal of Experimental Psychology: General*, *138*, 187-200.
***selected for APA New Investigator Award, 2010
- Lench, H. C. (2008). *The consequences of emotion: The relation of approach and avoidance goals to persistence, affective judgments and health*. Saarbrücken, Germany: VDM Verlag Publishers.
- Lench, H. C., & Levine, L. J. (2008). Goals and responses to failure: Knowing when to hold them and when to fold them. *Motivation and Emotion*, *32*, 127-140.
- Lench, H. C., & Ditto, P. H. (2008). Automatic optimism: Biased use of base rate information for positive and negative events. *Journal of Experimental Social Psychology*, *44*, 631-639.
- Lench, H. C., & Chang, E. S. (2007). Belief in an unjust world: When beliefs in a just world fail. *Journal of Personality Assessment*, *89*, 126-135.
- Quas, J. A., & Lench, H. C. (2007). Arousal at encoding, arousal at retrieval, interviewer support, and children's memory for a mild stressor. *Applied Cognitive Psychology*, *21*, 289-305.
- Price, P. C., Smith, A. R., & Lench, H. C. (2006). Effects of group size on the perceived risk of the average group member: The more, the riskier. *Journal of Personality and Social Psychology*, *90*, 382-398.
- Lench, H. C., Quas, J. A., & Edelman, R. (2006). My child is better than average: The extension and restriction of unrealistic optimism. *Journal of Applied Social Psychology*, *36*, 2963-2979.
- Lench, H. C. (2006). Anger Disorders: Diagnosing unrecognized mood disorders. In T. Plante (Ed.), *Mental Disorders of the New Millennium* (pp. 53-72). Westport Connecticut: Praeger Publishers.
- Levine, L. J., Safer, M. A., & Lench, H. C. (2006). Remembering and misremembering emotions. In L. J. Sanna & E. C. Chang (Eds.), *Judgments over time: The interplay of thoughts, feelings, and behaviors* (pp. 271-290). New York: Oxford University Press.
- Lench, H. C., & Levine, L. J. (2005). Effects of fear on risk and control judgments and memory: Implications for health promotion messages. *Cognition and Emotion*, *19*, 1049-1069.
- Quas, J. A., Wallin, A. R., Papini, S., Lench, H. C., & Scullin, M. H. (2005). Suggestibility, social support, and memory for a novel experience in young children. *Journal of Experimental Child Psychology*, *91*, 315-341.
- Lench, H. C. (2004). Anger management: Diagnostic differences and treatment implications. *Journal of Social and Clinical Psychology*, *23*, 512-531.

Haynes, S. N., & Lench, H. C. (2003). Incremental validity of new clinical assessment measures. *Psychological Assessment, 15*, 456-466.

Price, P. C., Pentecost (Lench), H. C., & Voth, R. D. (2002). Perceived event frequency and the optimistic bias: Evidence for a two-process model of personal risk judgments. *Journal of Experimental Social Psychology, 38*, 242-252.

Professional Presentations

(G indicates a graduate student collaborator; U an undergraduate collaborator)

^GFlores, S. A., & Lench, H. C. (2012). Discrete emotions predict changes in cognition, judgment, experience, behavior, and physiology. Presented at Society for Personality and Social Psychology, San Diego, CA.

^GBench, S. W., & Lench, H. C. (2012). Optimism from negativity: The differential impact of positive and negative value on likelihood judgments. Presented at Society for Personality and Social Psychology, San Diego, CA.

^GDarbor, K. E., & Lench, H. C. (2012). Cognitive emotions and regulatory behavior. Presented at Society for Personality and Social Psychology, San Diego, CA.

^GDarbor, K., & Lench, H. C. (2011). Focalism and the underestimation of future emotion: When it's worse than imagined. Presented at Association for Psychological Science, Washington, DC.

^GSweet, K., Liew, J., & Lench, H.C. (2011). Personality and motivation in college students' general and domain specific self-efficacy: Implications for the STEM fields. Presented at Student Research Week, TAMU, College Station, TX.

^GBench, S. W., & Lench, H. C. (2011). Wanting it more, expecting it less: Intense desire reduces the desirability bias in predicting the likelihood of future events. Presented at Rocky Mountain Psychological Association, Boulder, CO.

^GBench, S. W., & Lench, H. C. (2011). Optimistic judgments predict altruistic behavior. Presented at Society for Personality and Social Psychology, San Antonio, TX.

^GFlores, S. A., & Lench, H. C. (2011). The cognitive costs of regulating implicit impulses. Presented at Society for Personality and Social Psychology, San Antonio, TX.

^GKao, G., Liew, J., Lench, H. C. (2011). Influence of anxiety on math test performance under stereotype threat. Presented at Society for Personality and Social Psychology, San Antonio, TX.

Lench, H.C. (2010). Focalism and the underestimation of future emotion: When it's worse than imagined. Presented at American Psychological Association, San Diego, CA.

^UAtchinson, A., & Lench, H.C. (2010). The effects of instructor feedback on optimistic students. Presented at Student Research Week, TAMU, College Station, TX.

*won second place prize for presentation

^GBench, S.W., & Lench, H.C. (2010). Regulating the desirability bias: A dual process account. Presented at the Society for Personality and Social Psychology, Las Vegas, NV.

- ^GFlores, S.A., & Lench, H.C. (2010). Beyond group identity: The cognitive costs of stigma threat in non-identifying individuals. Presented at the Society for Personality and Social Psychology, Las Vegas, NV.
- Lench, H.C., Safer, M.A., & Levine, L.J. (2010). Focalism and the underestimation of future emotion: When it's worse than imagined. Presented at the Society for Personality and Social Psychology, Las Vegas, NV.
- ^GKaplan, R., Levine, L.J., Safer, M.A., Lench, H.C. (2010). Are predicted and remembered emotions over- or underestimated? Addressing the paradox between impact bias and empathy gap. Presented at the Society for Personality and Social Psychology, Las Vegas, NV.
- ^GDavis, E.L., Lench, H.C., & Quas, J.A. (2009). Metacognitive emotion regulation: Children's awareness that changing thoughts and goals can alleviate negative emotions. Presented at the Society for Research on Child Development, Denver, CO.
- Lench, H.C., ^GFlores, S.A., & ^GBench, S.W. (2009) Automatic optimism: The affective basis of judgments about the likelihood of future events. Presented at the Society for Personality and Social Psychology, Tampa, FL.
- Lench, H.C. (2008). Automatic optimism: The affective basis of judgments about the likelihood of future events. Presented at the Society for Judgment and Decision Making, Chicago, IL.
- ^USiegel, E.H., & Lench, H.C. (2007). What a tangled web we weave: The conundrum of reducing the psychological effects of deception. Presented at the Stanford Undergraduate Research Symposium, Stanford, CA.
- Lench, H.C., & Levine, L.J. (2006). Emotion regulation over time: The relations of goals to anticipated and remembered emotion. Presented at the International Society for Research on Emotion, Atlanta, GA.
- Lench, H.C. (2006). Goals and reactions to failure: Knowing when to hold them and when to fold them. Presented at the Society for Personality and Social Psychology at conference and emotion pre-conference, Palm Springs, CA.
- Lench, H.C., Safer, M.A., & Levine, L.J. (2005). Predicted, actual, and remembered emotion: Accuracy and overestimation. Presented at the Association for Psychological Science, Los Angeles, CA.
- Lench, H.C., & Ditto, P.H. (2005). Automatic optimism? Motivated use of base rate information. Presented at the Society for Personality and Social Psychology. Austin, TX.
- Lench, H.C., & Ditto, P.H. (2004). Motivated use of base rate information. Presented at the Society for Personality and Social Psychology, Austin, TX.
- Smith, A.R., Price, P.C., & Lench, H.C. (2003). The group size effect on personal risk judgments: A result of using a numerosity heuristic? Presented at the Society of Judgment and Decision Making, Vancouver, Canada.

- Lench, H.C., & Levine, L.J. (2003). Risk, control, and memory: Effects of specific emotions and event valence. Presented at the Society for Applied Research in Memory and Cognition, Aberdeen, Scotland.
- Lench, H.C., Quas, J.A., & Beck, B.E. (2003). The influence of coping on child memory and suggestibility. Presented at the Society for Research in Child Development, Tampa, FL.
- Lench, H.C., & Levine, L. J. (2002). Effects of emotions on judgments of risk and control and on memory: Implications for health promotion messages. Presented at the UCI Transdisciplinary Tobacco Use Research Center, Irvine, CA.
- Pentecost (Lench), H.C., Beck, B.E., & Smith, A.R. (2002). Anger management: Diagnostic differences and treatment implications. Presented at the Western Psychological Association, Irvine, CA.
- Pentecost (Lench), H.C., Edmondson, C.B., Altamiro, M. (2001). Anger and interpersonal relationships: A diagnostic approach. Presented at the Association for Advancement of Behavior Therapy, Philadelphia, PA.
- Edmondson, C.B., Pentecost (Lench), H.C., & Gechter, G. (2001). Understanding problem anger in undergraduate psychology students and counseling clients. Presented at the American Psychological Association, San Francisco, CA.
- Pentecost (Lench), H.C., & Price, P.C. (2001). Group size effects on personal risk judgments. Presented at the Western Psychological Association, Maui, HI.
- Pentecost (Lench), H.C., Edmondson, C.B., & Gechter, G. (2001). Gender differences in the use of emotion and coping strategies. Presented at the Western Psychological Association, Maui, HI.
- Pentecost (Lench), H.C., & Price, P.C. (2000) A think-aloud study of unrealistic optimism for health risks. Presented at the Western Psychological Association, Portland, OR.
- Price, P.C., & Pentecost (Lench), H.C. (2000). Unrealistic optimism for negative life events and perceived event frequency. Presented at the Western Psychological Association, Portland, OR.
- White, L., Youngclarke, D., & Pentecost (Lench), H.C. (2000) Intentionally broken homes: Reactive attachment disorder among wards of the court. Presented at the meeting for Western Psychological Association, Portland, OR.
- Youngclarke, D., White, L., Pentecost (Lench), H.C., & Pepper, D. (2000). Decision making for placement and treatment options. Presented at the meeting for Western Psychological Association, Portland, OR.

Invited Presentations (abstract not peer reviewed)

- Lench, H. C. (2010). Optimism. Texas A&M University, Psychology Department, cognitive area.
- Lench, H. C. (2010). When and why people are optimistic. Texas A&M University, Agricultural Economics.
- Lench, H. C. (2009). Automatic optimism: The affective basis of prediction. University of Texas, Austin.

- Lench, H. C. (2008). Automatic optimism: The affective basis of prediction. Presented at the meeting for Social Psychologists in Texas, Lubbock, TX.
- Lench, H. C. (2007). The process of everyday decision making. Texas A&M University, Department of Psychology, student seminar.
- Lench, H. C., (2006). Driving in the dark: The process of everyday decision making. University of California, Irvine, Department of Psychology and Social Behavior.

Media Presentations

- Psychological consequences of the economic downturn (i.e., effects of emotions on cognition):
 May 2008: KBTX (Bryan/ College Station television news), KTRH (Houston radio morning show), FOX Waco (Brazos television news)
 June, 2008: Abilene Reporter-News (Abilene newspaper)
- Teenage risk-taking and decision-making
 August, 2009: Insite magazine
- Road rage
 October, 2011: KBTX (Bryan/College Station television news)

Teaching

- Introduction to Psychology*, undergraduate course, Fall 2010 (Psych 107)
Introduction to Statistics for Psychology, undergraduate W course, Spring 2010, Fall 2010, Spring 2012 (Psyc 203)
Judgment and Decision-Making, graduate course, Fall 2008 (Psyc 621)
Social Psychology, cross-stacked undergraduate (Psyc 315) & graduate course (Psyc 620), summer 2008
Introduction to Psychology, undergraduate honors course, Spring 2008 (Psyc 107)
Cognition and Emotion, UCI, undergraduate course, 2007
Introduction to Human Behavior, UCI, undergraduate course, 2006
The Social Animal, UCI, undergraduate social course, 2005, 2006

Teaching Development

- Rubric development, Center for Teaching Excellence, 2011
 Why students plagiarize and what you can do about it, University Writing Center, 2010
 Classroom Assessment Techniques, Center for Teaching Excellence, 2008
 Introduction to the Teaching Portfolio, Center for Teaching Excellence, 2007
 Teaching and teaching assistant development course, UCI, 2001
 Head Teaching Assistant, developed materials for and trained graduate student instructors, CSUF, 2000-2001
 Teaching development course, CSUF, 1999-2001

Mentoring

Undergraduate

- Mentor for Talya Lazerus, Undergraduate Research Honors Scholar, 2011-2012
 Mentor for Amisha Atchinson, Undergraduate Research Scholar, 2009-2010 (recipient of 2nd place award for presentation at Student Research Week)
 Mentor for 29 undergraduate students over multiple semesters (50% continued to graduate school, 41% from underrepresented backgrounds; 79% female), Fall 2007-Fall 2010
 Mentor (w/ Beth Loftus) for undergraduate honors research project, Erika Siegel, UCI, 2007

(now at Boston College as a social PhD student)

Mentor (w/ Linda Levine) for undergraduate honors research project, Elisa Roe, UCI, 2005
 Mentor for 42 undergraduate students (60% continued to graduate school, 75% from underrepresented backgrounds; 93% female), UCI, 2001-2007

Graduate

Primary mentor for Kathleen Darbor, social doctoral student, 2010
 Primary mentor for Sarah Flores, social doctoral student, 2008 (recipient of TAMU Diversity Fellowship; NSF Diversifying the Social, Behavioral, and Economic Sciences Grant)
 Primary mentor for Shane Bench, social doctoral student, 2008

Dissertation and Thesis Committees

Peggy Chang, Department of Educational Psychology, doctoral student, doctoral dissertation, expected 2012
 Shane Bench (chair), Psychology Department, doctoral student in social psychology, master's thesis, 2011
 Sarah Flores (chair), Psychology Department, doctoral student in social psychology, master's thesis, 2010
 Archibald McLeish Martin, Psychology Department, doctoral student in social psychology, 2009
 Jennifer Rasmussen, Psychology Department, doctoral student in I/O psychology, served on initial committee for oral comprehensive exams, 2008

Professional Service

Ad-hoc grant reviewer for National Science Foundation
 Ad-hoc grant reviewer for Social Sciences and Humanities Research Council of Canada
 Member of Editorial Board, Journal of Happiness Studies, 2008-present
 Ad-Hoc Reviewer for:

Applied Cognitive Psychology
 British Journal of Social Psychology
 Cognition and Emotion
 Emotion
 European Journal of Social Psychology
 Journal of Attention Disorders
 Journal of Behavioral Decision Making
 Journal of Experimental Psychology: General
 Journal of Experimental Social Psychology
 Journal of Happiness Studies
 Journal of Individual Differences
 Journal of Nonverbal Behavior
 Journal of Personality Assessment
 Journal of Personality and Social Psychology
 Journal of Research in Personality
 Mc-Graw Hill
 Motivation and Emotion
 Personality and Individual Differences
 Personality and Social Psychology Bulletin
 Psychoneuroendocrinology
 Social and Personality Psychology Compass
 Wiley Publishers
 Worth Publishers

Chaired symposium on “Emotion regulation and reactivity: Predictors of negative outcomes in childhood and adolescence” at the Society for Research in Child Development, Tampa, FL, with Bruce Compas, Edith Chen, and Gail Goodman, 2003

Departmental and University Service

Reviewer for Texas A&M-CONACYT Collaborative Research Grant Program, 2010
 University Scholar Selection Committee, 2010
 Member of search committee for Cognitive Psychology faculty, TAMU, 2009-2010
 Contributed to college and university white papers, Mental Health and Well-Being (incorporated in other target areas) and Whole System Genomics for Improved Human, Animal, and Environmental Well-being (identified as a finalist target area), 2008-2009
 Organizer for the social area colloquium series, Spring 2009
 Member of search committee for Social Psychology faculty, TAMU, 2008-2009
 Judge of symposia presentations for Student Research Week, TAMU, 2008
 Member of search committee for Quantitative Psychology faculty, TAMU, 2007-2008
 Ad-hoc reviewer for promotion file, UCI, 2006
 Student member of search committee for Social Psychology faculty, UCI, 2005-2006
 Invited and managed visits of speakers for department-wide colloquia, UCI, 2002-2003
 Director of 1st Semiannual Psi Chi Research Exploration Meeting at CSUF, for undergraduate students to explore faculty research interests, 2000-2001
 Psi Chi Faculty Liaison, communicated between students (undergraduate and graduate) and faculty regarding research and academics, CSUF, 2001
 Consultant for National Depression Screening Day, National Eating Disorders Screening Day, College Anxiety Screening Day, worked with national organizations to develop and implement a publicly accessible screening day, CSUF, 2000, 2001

Professional Memberships

American Psychological Association (APA)
 Society of Personality and Social Psychology (SPSP), APA Div. 8
 American Psychological Society (APS)
 International Society for Research on Emotions (ISRE)
 Society for Judgment and Decision Making (SJDJM)