



Ellen Greenberger Excellence in Graduate Research Award, awarded for excellence in research, teaching and mentoring, UCI, 2007  
 Chancellors' Club for Excellence Fellowship, awarded for academic excellence, research accomplishments, and leadership qualities, UCI, 2006-2007  
 Travel Award, International Society for Research on Emotions, Atlanta, GA, 2006  
 Martha Newkirk Excellence in Research Award, awarded to one student from the school for a promising program of research, UCI, 2006  
 Mentor Award for work with undergraduate students, UCI, 2006  
 Dean's Dissertation Data Gathering Fellowship, UCI, School of Social Ecology, 2005  
 Dissertation Research Award, American Psychological Association, 2005  
 Travel Award, Society for Personality and Social Psychology, 2004  
 Training Fellowship, National Institute of Mental Health, for support of research on emotion and judgment, 2002-2004  
 Department Comprehensive Exam Distinctions, UCI, 2003  
 Graduate Research Fellowship, Transdisciplinary Tobacco Use Research Center, for support of research on emotion and risk communication, UCI, 2001-2002  
 Burton/Button Renaissance Person Award, CSUF, 2001  
 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)

- <sup>G</sup>Davis, E., Levine, L.J., Lench, H.C., & Quas, J.A. (in press). Metacognitive emotion regulation: Children's awareness that changing thoughts and goals can alleviate negative emotions. *Emotion*.
- Lench, H.C., & Levine, L.J. (in press). Motivational biases in memory for emotion. *Cognition and Emotion*.
- Levine, L.J., Lench, H.C., & Safer, M.A. (2009). Reconstructing memory for 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., <sup>G</sup>Bench, S.W., <sup>G</sup>Flores, 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.
- 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.
- 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)

- <sup>G</sup>Davis, 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., <sup>G</sup>Flores, S.A., & <sup>G</sup>Bench, 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.

- <sup>U</sup>Siegel, 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 American Psychological Society, 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. (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.

### **Teaching**

*Judgment and Decision-Making*, graduate course, Fall 2008 (Psych 621; rating = 4.74/5.00)

*Social Psychology*, cross-stacked undergraduate (Psych 315) & graduate course (Psych 620), summer 2008 (rating unavailable)

*Introduction to Psychology*, undergraduate honors course, Spring 2008 (Psych 107; rating = 4.85/5.00)

*Cognition and Emotion*, UCI, undergraduate course, 2007 (rating 7.78/9)

*Introduction to Human Behavior*, UCI, undergraduate course, 2006 (rating 7.54/9)

*The Social Animal*, UCI, undergraduate social course, 2005, 2006 (rating 6.1/7, 5.71/7)