

VERONICA FRUIHT, PH.D.
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ACADEMIC APPOINTMENTS

2021- **Associate Professor**, Dominican University of California, San Rafael, CA
2016-2021 **Assistant Professor**, Dominican University of California, San Rafael, CA
2014-2016 **Assistant Professor**, University of Wisconsin-Whitewater
2012-2014 **Lecturer**, Santa Ana College, Santa Ana, CA
2012-2014 **Lecturer**, California State University, Fullerton

EDUCATION

Ph.D. Claremont Graduate University, Claremont, CA
2014 *Positive Developmental Psychology*

M.A. Claremont Graduate University, Claremont, CA
2010 *Positive Developmental Psychology*

Certificate Claremont Graduate University, Claremont, CA
2010 *Preparing Future Faculty*

B.S. California Polytechnic State University, San Luis Obispo
2007 *Psychology, Magna Cum Laude*

PEER REVIEWED PUBLICATIONS

Gowdy, G., **Fruiht, V.**, Tadese, H., & Rivera, M. (2022). One of these things is not like the other: Predictors of core and capital mentoring in adolescence, *American Journal of Community Psychology*, <https://doi.org/10.1002/ajcp.12627>

Boeder, J., **Fruiht, V.**, Erikson, K. *, Hwang, S. *, Blanco, G. *, & Chan, T. (2021). Reflecting on an academic career: Associations between past mentoring investments and career benefits. *Mentoring and Tutoring: Partnerships in Education*. <https://doi.org/10.1080/13611267.2021.1986797>

Fruiht, V., Boeder, J., & Chan, T. (2021). Rising stars and underdogs: The role race and parental education play in predicting mentorship. *Youth and Society*. <https://doi.org/10.1177/0044118X211004637>

Boeder, J., **Fruiht, V.**, Hwang, S. *, Blanco, G. *, & Chan, T. (2021). Learning to love, work, and live your best life: Mentoring in emerging adulthood predicts later flourishing and subjective well-being. *Emerging Adulthood*. <https://doi.org/10.1177/21676968211012879>

Boeder, J., Tse, D. C. K., **Fruiht, V.**, & Chan, T. (2021). Medium matters: A decade of media consumption predicts positive and negative dimensions of self-perceptions of aging. *The Journals of Gerontology, Series B: Psychological Sciences*. <https://doi.org/10.1093/geronb/gbaa229>

* denotes student co-author

† denotes authors contributed equally to this work

- Guthrie, D. & **Fruht, V.** (2020). On campus social support and hope as unique predictors of perceived ability to persist in college. *Journal of College Student Retention: Research, Theory, Practice*, 22, 522-543. <https://doi.org/10.1177/1521025118774932>
- Fruht, V.** & Chan, T. (2018). Naturally occurring mentorship in a national sample of first-generation college goers: A promising portal for academic and developmental success. *American Journal of Community Psychology*, 61, 386-397
<https://doi.org/10.1002/ajcp.12233>
- Miranda-Chan, T.,[†] **Fruht, V.**,[†] Dubon, V., & Wray-Lake, L. (2016). The functions and longitudinal outcomes of adolescents naturally occurring mentorships. *American Journal of Community Psychology*, 57, 47-59. <https://doi.org/10.1002/ajcp.12031>
- Fruht, V.** (2015). Supportive others in the lives of college students and their relevance to hope. *Journal of College Student Retention: Research, Theory & Practice*, 16, 64-87.
<https://doi.org/10.1177/1521025115571104>
- Fruht, V.** & Wray-Lake, L. (2013). The role of mentor type and timing in predicting educational attainment. *Journal of Youth and Adolescence*, 42, 1459-1472.
<https://doi.org/10.1007/s10964-012-9817-0>

PROCEEDINGS & UNPUBLISHED MANUSCRIPTS

- Fruht, V.** (2018). *Project-based curriculum as a guide for the re-sequencing of a discipline specific statistics course* (non-refereed). Proceedings of the Tenth International Conference on Teaching Statistics.
- Fruht, V.** (2014). *Beyond Wills and Ways: Expanding the Scope of Snyder's Hope Model to Understand the Transmission of Hope Through Developmental Relationships*. (Doctoral dissertation). Available from ProQuest Dissertations & Theses Global: Social Sciences. (Order No. 3668014)
- Fruht, V.** (2010). *Finding the will and the ways: How using character strengths can make adolescents more hopeful*. (Unpublished master's thesis). Claremont Graduate University, Claremont, CA.
- Fruht, V.**, McInnis, N., & Chan, T. (in preparation). Building blocks for a happy life: Longitudinal associations between early life income, mentorship and later well-being. *Journal of Happiness Studies*.
- Ramos, C.* & **Fruht, V.** (in preparation). Internalized racial oppression and perceived racial discrimination among Asians and Asian-Americans during COVID-19. *The Asian American Journal of Psychology*,
- Fruht, V.** (under review). Sunny skies ahead? Climate concern moderates the relationship between dispositional hope and hope about climate change among young adults. *The Journal of Environmental Psychology*.

ORAL PRESENTATIONS & INVITED TALKS

- Glibert, D. & **Fruht, V.** (2021, January). *The science of happiness: What your mother didn't tell you* [Moderator]. Carl Hungerford Lecture Series in San Rafael, CA.

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† denotes authors contributed equally to this work

- Fruiht, V.** (2019, July). *Just another dot on the map? A qualitative investigation of the functional roles of mentors in higher education* [Podium presentation]. International Positive Psychology Association World Congress in Melbourne, Australia.
- Fruiht, V.** (2019, April). *A strong case for weak ties: How mentoring shapes who we believe we can become* [Keynote address]. Dominican Scholarly and Creative Works Conference in San Rafael, CA.
- Fruiht, V.** (2019, March). *What good mentors do and why they do it* [Continuing Education lecture]. Dominican University of California Occupational Therapy Alumni Group in San Rafael, CA.
- Fruiht, V.** (2018, July). *Project-based curriculum as a guide for the re-sequencing of a discipline specific statistics course* [Contributed paper]. Tenth International Conference on Teaching Statistics in Kyoto, Japan.
- Fruiht, V.,** & Chan, T. (2017, April). *Naturally occurring mentors of first-generation college students* [Symposium]. Society for Research on Child Development in Austin, TX.
- Fruiht, V.** (2017, February). *Hope: A practice and a gift* [Lecture]. Gather@Grand with the Dominican Sisters in San Rafael, CA.
- Fruiht, V.** (2016, March). *An exploration of the informal mentoring relationships of community college students* [Symposium]. Society for Research on Adolescence in Baltimore, MD.
- Miranda-Chan, T.,[†] **Fruiht, V.,**[†] Dubon, V., & Wray-Lake (2016, March). *The functions and longitudinal outcomes of adolescents naturally occurring mentorships: A mixed methods approach* [Symposium]. Society for Research on Adolescence in Baltimore, MD.
- Fruiht, V.** & Dias, S. (2015, June). *Training teachers to do good work: A case study of excellence, ethics, and engagement in teacher education* [Symposium]. International Positive Psychology Association World Congress in Lake Buena Vista, FL.
- Nakamura, J. Csikszentmihalyi, M., Chan, T., Branand, B., **Fruiht, V.** & Dias, S. (2015, June). *Good work and vital engagement in the professions.* [Symposium]. International Congress of Positive Psychology in Lake Buena Vista, FL.

POSTER PRESENTATIONS

- Fruiht, V. (2023, July). *Sunny skies ahead? Climate concern moderates the relationship between dispositional hope and hope about climate change among young adults* [Poster presentation]. International Positive Psychology Association World Congress in Vancouver, BC.
- Hwang, S.* & **Fruiht, V.** (2022, March). *Parental warmth as moderator of the relationship between mentoring in emerging adulthood and downstream flourishing.* [Poster presentation]. Society for Research on Adolescence in New Orleans, LA.
- Blanco, G.*, Boeder, J.*, **Fruiht, V.,** Erikson, E.*, Hwang, S.*, & Chan, T. (2021, October). *A retrospective study of retired academics: Long-term career benefits of past mentoring behaviors.* [Poster presentation]. Gerontological Society of Aging Annual Scientific Meeting, Phoenix, AZ.

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† denotes authors contributed equally to this work

- Hwang, S.*, Armendariz, J.*, Argueta, J.*, **Fruiht, V.**, & Chan, T. (2021, October). *Piloting an augmented reality life review experience to promote mental health outcomes in aging Asian American women*. [Poster presentation]. Gerontological Society of Aging Annual Scientific Meeting, Phoenix, AZ.
- Rusk A., Amick, B., Harrell, M., Cavanagh, T., **Fruiht, V.**, & Wilkerson, M. (2018, June). Caught between a rock and a hard place: *The challenge of role ambiguity and role conflict facing medicine retailers for malaria in western Kenya* [Poster presentation]. International Health Conference at University of Oxford's St Hugh's College.
- Fruiht V.** & Chan, T. (2018, April). *Antecedents to natural mentoring: Do adolescent risk and flourishing characteristics predict their mentors' functional roles?* [Poster presentation]. Society for Research on Adolescence in Minneapolis, MN.
- Myers-Santos, H.***, & Fruiht, V. (2018, April). *The role of socioemotional support from mentors in predicting teen pregnancy* [Poster presentation]. Western Psychological Association conference in Portland, OR.
- Easley, S.*, Davis, D.*, & **Fruiht, V.** (2018, April). *The effect of mentoring functions on mental health outcomes* [Poster presentation]. Western Psychological Association conference in Portland, OR.
- Fruiht, V.** (2015, June). *Beyond wills and ways: Investigating what it means to be hopeful and the transmission of hope through developmental relationships* [Poster presentation]. International Positive Psychology Association World Congress in Lake Buena Vista, FL.
- Fruiht, V.** (2013, July). *Supportive others in the development of four-year and community college students* [Poster presentation]. International Positive Psychology Association World Congress in Los Angeles, CA.
- Fruiht, V.** & Wray-Lake, L. (2012, March). *Do who and when matter? The mentor type and timing interaction in naturally occurring mentoring relationships* [Poster presentation]. Society for Research on Adolescence Biennial Meeting, Vancouver, BC.
- Fruiht, V.** (2011, July). *Hope and the practice of character strengths among adolescents* [Poster presentation]. International Positive Psychology Association World Congress in Philadelphia, PA.
- Ko, I., Dias, S., Koch, J., **Fruiht, V.**, Branand, B., Chan, T., & Nakamura, J. (2011, April). *The relationship between work-home interference and job/life satisfaction: Mediating effects of meaning and flow* [Poster presentation]. Western Psychological Association, Los Angeles, CA

TEACHING APPOINTMENTS & COURSES PREPARED

Dominican University of California

Adulthood and Aging, Advances in Positive Psychology, Child and Adolescent Development, Critical Thinking, Directed Research I & II, Introduction to Psychology, Psychology of Hope, Psychology of Mentoring, Psychology of Career Choice, Positive Psychology, Statistics for the Health & Behavioral Sciences, Stress Management, Social Media/Networks & Support

University of Wisconsin-Whitewater

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Individual and Society, Introduction to Psychology, Psychology of Adolescence,
Learning in Educational Contexts (Graduate Seminar)
Developed new course: Positive Psychology

California State University, Long Beach
Human Cognition

Santa Ana College, CA
Introduction to Psychology, Honors Introduction to Psychology

California State University, Fullerton
Cognitive Psychology, Laboratory in Cognitive Psychology,
Computer Applications in Psychology, Psychology of Aging

RESEARCH APPOINTMENTS

- 2012-2014 **Project Manager**, Sources of Good Mentoring Study, Drs. Jeanne Nakamura & Mihaly Csikszentmihalyi, Claremont Graduate University
- 2009-2011 **Research Associate**, Sources of Good Mentoring Study, Drs. Jeanne Nakamura & Mihaly Csikszentmihalyi, Claremont Graduate University
- 2010-2011 **Research Assistant**, Positive Developmental Research Practicum, Dr. Laura Wray-Lake, Claremont Graduate University

GRANTS, AWARDS & HONORS

- 2017-2020 **Honors Faculty Fellow**, Dominican University of California [\$500/year]
- 2018 **Faculty Grant Recipient**, Fanjeaux Heritage Trip [\$2650]
- 2017 **Fellowship Recipient**, College of Arts Humanities and Social Sciences Curricular and Pedagogical Innovation [\$5500]
- 2008-2013 **Dean's Travel Awards**, Claremont Graduate University [\$300/year]
- 2009 **Mayerson Foundation Scholarship Recipient**, VIA Character Institute Values in Action Intensive Training [\$500]
- 2008-2011 **Fellowship Recipient**, Claremont Merit-Based Fellowships. Claremont Graduate University [\$60,000+]

PROFESSIONAL LEADERSHIP & SERVICE

- 2020 **Table Leader**, Advanced Placement Psychology, Educational Testing Service
- 2019-present **Advisory Board Member**, California Polytechnic State University Department of Psychology and Child Development
- 2018 **Conference volunteer**, Society for Research on Adolescence Biennial Meeting
- 2016-present **Media and Communications Committee**, Society for Research on Adolescence
- 2016-2021 **Council of Representatives**, Western Psychological Association
- 2015-present **Reader**, Advanced Placement Psychology Exam, Educational Testing Service

PEER REVIEWING & SCHOLARSHIP

Ad hoc reviewing, *Annals of the New York Academy of Sciences*, *American Journal of Community Psychology*, *Children and Youth Services Review*, *Current Psychology*, *Journal of*

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Happiness Studies, Journal of Research in Higher Education, Journal of American College Health, Journal of Community Psychology

Pre-revision reviewer, Tara Kuther, *Child & Adolescent Development (1st edition)* SAGE Publishing

Abstract reviewer, *Society for Research on Adolescence* Biennial Meeting

DEPARTMENTAL & UNIVERSITY LEADERSHIP

2021-2022 **Co-chair**, Department of Psychology
2021-2022 **Chair**, Faculty Forum
2020-2021 **Chair**, Faculty Compensation Committee
2018-2019 **Chair**, Ad Hoc Committee on Digital TPR Portfolios
2017-2020 **Co-chair**, Space and Facilities Committee, Dominican University of California
2017-present **Faculty Advisor**, Psi Chi International Honors Society in Psychology, Dominican University of California
2017-2018 **Facilitator**, Dominican Research Collective Group B

DEPARTMENTAL & UNIVERSITY COMMITTEE MEMBERSHIP

2022 Search Committee: Tenure Track Diversity Science faculty
2020-2022 Faculty Affairs Committee
2020 Search Committee: Tenure-track Clinical Psychology faculty
2019 Search Committee: Tenure-track Global Public Health faculty
2019 Search Committee: Tenure-track Social Psychology faculty
2019 Search Committee: Program coordinator, Integrative Coaching
2019-2020 Faculty Compensation Committee
2018-2020 MKS@Dominican Digital Curriculum Task Force
2018-2019 Liberal Studies Revitalization Grant Team
2017 General Education Subgroup 6-Quantitative Literacy
2016 Institutional Review Board
2015-2016 College of Letters and Sciences Inclusive Excellence Committee
2015-2016 Department of Psychology Curriculum Committee

COMMUNITY OUTREACH

2018-present **Lecturer**, Osher Life-Long Learning Institute, Dominican University of California
2017-2019 **Troop Leader**, Girl Scouts of Northern California Troop #10958
2015 **Volunteer**, Girl Scouts Southeast Wisconsin
2012-2014 **Program Development and Training Consultant**, iFalcon Coaching Corps at Cerritos College, Norwalk, CA
2012-2014 **Volunteer**, Girl Scouts of Greater Los Angeles
2011-2012 **Counseling Apprentice IV: Success Guide**, Chaffey College, Rancho Cucamonga, CA

SUPERVISED RESEARCH ASSISTANTS

Dominican University of California

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Katherine Jensen (2021-2023), Criselle Ramos (2021-2022), Alexis Roberts (2019), Ruby Baskett-Stone (2019), Kayla Andersen (2019), Hannah Myers-Santos (2017-2018), Danielle Davis (2016-2018), Samantha Easley (2016-2018)

University of Wisconsin-Whitewater

Isaiah Nordeng (2016), Paige Buchanan (2015), Danielle Bernier (2014)

California State University, Fullerton

Aaron Watenmaker (2013), Analyeli Garfias (2012)

SUPERVISED STUDENTS' SCHOLARLY PRESENTATIONS

Alvarez-Piñeda, M. (2020, March). *Effects of Latinx parental English proficiency on stress* [Poster session]. National Conference for Undergraduate Research in Bozeman, MT (conference cancelled).

Antolin-Wilczek, E. (2022, April) *Associations between self-esteem, gender congruence, and living environments and their effect on transgender and gender nonconforming persons* [Poster session]. Western Psychological Association convention in Portland, OR.

Anderson, K. (2020, March). *Adults with ASD: Therapeutic riding and observed social behaviors and stress levels* [Poster session]. National Conference for Undergraduate Research in Bozeman, MT (conference cancelled).

Bradley, M. (2016, March) *A strengths-based approach to improving self-esteem and life-satisfaction* [Poster session]. Wisconsin School Psychologists Association Spring Conference in Wisconsin Dells, WI.

Cardenas, M. R. (2017, April). *Coloring, not just for kids: Testing the effectiveness of mandala coloring in reducing anxiety* [Poster session]. at the National Conference for Undergraduate Research in Memphis, TN.

Cardenas, M. R. (2017, April). *Coloring, not just for kids: Testing the effectiveness of mandala coloring in reducing anxiety* [Poster session]. Western Psychological Association convention in Sacramento, CA.

Chin, N. (2018, April). *Does alcohol and religion affect satisfaction with life?* [Poster session]. Western Psychological Association convention in Portland, OR.

Davis, D. (2019, April). *The effects of perceived discrimination and acculturative stress on ethnic minority young adult self-esteem and anxiety* [Poster session]. Western Psychological Association convention in Pasadena, CA.

Fink, M. (2017, April). *Are there too many fish in the sea? A dive into online dating* [Poster session]. National Conference for Undergraduate Research in Memphis, TN.

Hernandez, B. (2018, April). *Self-efficacy, sense of belonging, and sense of obligation in first generation college students* [Poster session]. Western Psychological Association convention in Portland, OR

Hunter, H. (2021, April). *The Influence of online advertisements on consumer behavior*. [Poster session]. Western Psychological Association Virtual Conference.

Hunter, H. (2021, April). *The Influence of online advertisements on consumer behavior* [Poster session]. National Council on Undergraduate Research Virtual Conference.

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- Jackson, A. (2017, April). *Misleading information in social media news: How bias affects perceptions* [Poster session]. Western Psychological Association convention in Sacramento, CA.
- Long, B. (2018, April). *Puppy power: Can dogs benefit human work groups?* [Poster session]. Western Psychological Association convention in Portland, OR
- Lastra, E. (2020, March). *The hard facts: The influence of crime and education on public perceptions of criminals* [Poster session]. National Conference for Undergraduate Research in Bozeman, MT (conference cancelled).
- Lehman, E. (2020, March). Peer perceptions and social support for young adults on the cancer continuum [Poster session]. National Conference for Undergraduate Research in Bozeman, MT (conference cancelled).
- Maunupau Robertson, R. (2020, October). Single parents level of hope to achieve academic success and help-seeking skills to graduate from college. Western Psychological Association convention in San Francisco, CA
- Murrietta, K. (2017, April). *The effects of gender, age, and duration on exercise motivation* [Paper presentation]. National Conferences on Undergraduate Research in Memphis, TN.
- Nguyen, M. (2021, April). *The Relationship Between Parental Personality, Attachment Style, and Subjective Well-Being*. [Poster session]. Western Psychological Association Virtual Conference.
- Nguyen, M. (2021, April). *The Relationship Between Parental Personality, Attachment Style, and Subjective Well-Being*. [Poster session]. National Council on Undergraduate Research Virtual Conference.
- Salazar, J. (2020, March). Korean and American college students' attitudes towards intellectual disabilities [Poster session]. National Conference for Undergraduate Research in Bozeman, MT (conference cancelled).
- Tennant, L. (2017, April). *Stress reducing effects of indoor plants in a classroom setting* [Poster session]. Western Psychology Association Convention in Sacramento, CA.

PROFESSIONAL AFFILIATION

International Positive Psychology Association
 Psi Chi Honors Society in Psychology
 Society for Research on Adolescence
 Society for the Teaching of Psychology (APA Division 2)
 Western Positive Psychology Association
 Western Psychological Association

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