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EDUCATION

- 2011 (expected) Ph.D. in Social Psychology, University of North Carolina at Chapel Hill
- 2008 M.A. in Social Psychology, University of North Carolina at Chapel Hill
Thesis: *The Process of Other-Focus: A Synthetic Social Psychological Model*
(Advisor, B.L. Fredrickson)
- 2006 B.A. in Psychology, St. Olaf College, Northfield, Minnesota
Distinction in major of psychology, *summa cum laude*
Minors: Statistics, Computer Science

AWARDS AND FELLOWSHIPS

- 2006 - 2011 William R. Kenan Jr. Fellowship, University of North Carolina at Chapel Hill
- 2010 Student Poster Award Finalist, Society for Personality and Social Psychology
- 2009 Psychology Club Graduate Research Mentor Award, University of North Carolina at Chapel Hill
- 2008 Recognized for superior teaching skill, Spring and Fall 2008, Psychology Department, University of North Carolina at Chapel Hill
- 2008 Honorable Mention, NSF Graduate Research Fellowship
- 2002 – 2006 Regents Scholar, St. Olaf College
- 2002 - 2006 National Merit Scholar
- 2006 Phi Beta Kappa, St. Olaf College
- 2006 Donald G. Paterson Award, Minnesota Psychological Association
- 2005 Howard Hughes Foundation Fellowship, St. Olaf College
- 2005 Gordon Allport Psychology Award, St. Olaf College
- 2004 - 2005 NSF Undergraduate Research Fellowship in Statistics, Center for Interdisciplinary Research at St. Olaf College

GRANTS

- 2007 Graduate Mentor Support Grant, Office of Undergraduate Research, University of North Carolina at Chapel Hill (\$1,000)

PUBLICATIONS

- Pek, J., Sterba, S. K., **Kok, B.E.** & Bauer, D. J. (2009). Estimating and visualizing nonlinear relations among latent variables: A semiparametric approach. *Multivariate Behavioral Research*, 44, 404-437.

Kok, B.E., Catalino, L. I. & Fredrickson, B.L. (2008). The broadening, building, buffering effects of positive emotions. In S. Lopez (Ed.). *Positive Psychology [Four Volumes]: Exploring the Best in People. Vol. 3 Capitalizing on emotional experiences.* (pp.1-19). Westport, CT: Greenwood Publishing Company.

MANUSCRIPTS IN PREPARATION

Kok, B.E. & Fredrickson, B.L. (under review) Upward spirals of the heart: Autonomic flexibility, as indexed by vagal tone, reciprocally and prospectively predicts social connectedness and positive emotions.

Kok, B.E. & Fredrickson, B.L. A Bodymind perspective on affiliation and health: An interdisciplinary synthesis.

Kok, B.E. & Fredrickson, B.L. Lovingkindness meditation increases baseline vagal tone.

Kok, B.E., Daffron, K. & McMillan, D. Nature experiences generate positive emotions through fulfillment of psychological needs.

PRESENTATIONS

Kok, B.E. & Fredrickson, B.L. (January, 2010). *Upward Spirals of the Heart: Baseline Vagal Tone Predicts Increases in Social Connectedness, Positive Emotion, Which In Turn Predict Future Baseline Vagal Tone.* Society for Personality and Social Psychology Conference. Las Vegas, NV.

Kok, B.E. & Fredrickson, B.L. (May, 2009). *Baseline Vagal Tone Predicts Social Connectedness, Positive Emotion, and May Predict Progesterone Levels.* Association for Psychological Science. San Francisco, CA.

Kok, B.E. & Fredrickson, B.L. (February, 2009). *A Bodymind Perspective on Affiliation and Health.* Society for Personality and Social Psychology Conference. Tampa, FL.

Kok, B.E. & Fredrickson, B.L. (May, 2008). *The Process of Other-Focus: Evidence for a Psychophysiological Model.* Association for Psychological Science. Chicago, IL.

Lee, H., **Kok, B.E.** & Fredrickson, B.L. (May, 2008). *The Eight Coping Behaviors Related to Positive Emotion, Self-Transcendence, and Psychological Resilience.* Association for Psychological Science. Chicago, IL.

Kok, B.E. & Fredrickson, B.L. (October, 2007). *Cardiac Vagal Tone and Social Engagement: Support for the Polyvagal Theory.* Society for Southeastern Social Psychologists Conference. Durham, NC.

Jacobson (**Kok**), **B.E.** & McMillan, D. (January, 2006). *Religiosity, Environmental Identity and Well-Being.* Society for Personality and Social Psychology Conference. Palm Springs, CA.

SOFTWARE

Kok, B.E., Pek, J., Sterba, S. & Bauer, D.J. (2008). *PlotSEMM: An R package for visualizing nonlinear relations among latent variables.* Comprehensive R Archive Network: <http://cran.r-project.org/>

COURSES TAUGHT

University of North Carolina at Chapel Hill
Introduction to Social Psychology
Introduction Social Psychology (online course)
Independent Research

Senior Honors Thesis

St. Olaf College
Introduction to Psychology: Laboratory

UNDERGRADUATE ADVISING

- 2010 (Spring) Holly Turner, *The Role of Oxytocin in Social Coping Behaviors*
- 2009 (Fall)- 2010 Sarah Edwards, Senior Honors Thesis: *The effects of a longitudinal positive emotion intervention on employees' manager-assessed work performance.* Highest Honors.
- 2009 (Spring) Sarah Edwards, *Positive Affect Interventions and Their Possible Effects on Work Behaviors*
- 2008 (Spring) Adam Childers, *The Influence of Sexual Orientation on Determinants of Others' Physical Attractiveness*
- 2008 (Spring) Denise Wallace, *Can Belief in a Higher Power Have Positive Emotional Effects?*
- 2007 (Fall) Kayzandine Exum, *Ingroup Salience Shifts the Own-Race Bias*
- 2007 (Spring, Summer) Hyunjung Crystal Lee, *Identifying Relationships among Self-Transcendence, Positive Emotion, and Coping Behavior for College Students*
- 2007 (Spring) Angela Vandergrift, *The Effect of Positive Emotions on Prosocial, Cooperative Behavior*

TEACHING TRAINING

- 2007 Future Faculty Fellowship Program
Intensive six-day college teaching training course.
University of North Carolina at Chapel Hill
- 2007 College Teaching (Professional Problems in Psychology 792)
Course on research and practice in college teaching and learning.
University of North Carolina at Chapel Hill
- 2005 Preceptorship: Introduction to Psychology Lab
Semester-long supervised teaching experience in a laboratory setting.
St. Olaf College

PROFESSIONAL SOCIETIES

Society for Personality and Social Psychology
Association for Psychological Science

DEPARTMENT/UNIVERSITY SERVICE

- 2010 Wrote Introduction to Social Psychology course for Carolina Courses Online.
- 2009 LGBT Safe Zone Ally Training, UNC LGBT Center
- 2008 - 2009 Academic Liaison, Social Psychology Program
- 2006 UNC at Chapel Hill Psi Chi *Life in Graduate School* guest speaker

OTHER PUBLICATIONS

Kok, B.E. (in press). Zinfandel. In Crown (Ed.), *The Art of Knitted Lace: With Complete Lace How-To and Dozens of Patterns* (pp. xx-xx). New York, NY: Potter Craft.

Kok, B.E. (2009, Spring). Shipwreck. *Knitty Magazine*. Retrieved March 17, 2009 from <http://www.knitty.com/ISSUESpring09/PATTshipwreck.php>