

Peter M. Ruberton

Department of Psychology
The Pennsylvania State University
140 Moore Building
University Park, PA 16802

pmruberton@gmail.com
314-852-1169
www.pmruberton.com

Education & Employment

- 2017-present Postdoctoral Scholar, Department of Psychology, The Pennsylvania State University, University Park, PA
- 2017 Ph.D. in Social/Personality Psychology, University of California, Riverside
Doctoral advisor: Sonja Lyubomirsky
Dissertation title: *Development of an online humility-boosting program*
- 2014 M.A. in Psychology, University of California, Riverside
- 2011 B.S. in Psychology, *summa cum laude*, Truman State University, Kirksville, MO
Minors in Statistical Methods and Spanish

Grants & Fellowships

- 2017 Dissertation Year Fellowship Award, \$7200 quarterly stipend (3 quarters; declined), University of California, Riverside
- 2015-2018 Contributor, John Templeton Foundation grant
Project title: How can people become lastingly more humble? Development of a long-term humility-boosting program (Amount of award: \$414,979; P.I.: Sonja Lyubomirsky)
- 2014-2017 National Science Foundation Graduate Research Fellowship, University of California, Riverside
- 2010 TruScholars Summer Research Program, \$3000 stipend, Truman State University

Awards & Honors

- 2016 Graduate Student Research Award, Department of Psychology, University of California, Riverside
- 2015 Outstanding Teaching Assistant Award, Department of Psychology, University of California, Riverside
- 2011 President's Recognition Award for Outstanding Academic Achievement (95th percentile or above on senior field exam), Truman State University

- 2011 Co-Valedictorian, Truman State University
- 2010 Phi Beta Kappa, Truman State University chapter
- 2007-2011 President's List (4.0 semester GPA), Truman State University

Research Interests

Determinants and Outcomes of State Humility

- State humility interventions: How and for whom do humility interventions (expressing gratitude, experiencing awe, affirming self-relevant values) work best? How can their effects be maximized?
- What types of people are highly motivated to become more humble? For example, do narcissistic individuals have a desire to become more humble or do only the humble seek out humility?
- Development of a long-term humility-boosting program: Can people become lastingly more humble?
- What are the outcomes (e.g., for well-being and job satisfaction, for physician-patient interactions) of increasing humility?

Financial and Consumer Behaviors and Well-Being

- What types of spending habits (e.g., variety vs. consistency of spending) promote longer-lasting happiness boosts from purchases?
- How can individuals learn to spend money in a way that maximizes their well-being?
- How do financial behaviors (e.g., spending vs. saving money) relate to well-being?

Peer-Reviewed Publications

Ruberton, P. M., Gladstone, J., & Lyubomirsky, S. (2016). How your bank balance buys happiness: The importance of “cash on hand” to life satisfaction. *Emotion, 16*, 575-580. doi:dx.doi.org/10.1037/emo0000184

Ruberton, P. M., Huynh, H. P., Miller, T. A., Kruse, E., Chancellor, J., & Lyubomirsky, S. (2016). The relationship between physician humility, physician-patient communication, and patient health. *Patient Education and Counseling, 99*, 1138-1145. doi:dx.doi.org/10.1016/j.pec.2016.01.012

Kruse, E., Chancellor, J., **Ruberton, P. M.**, & Lyubomirsky, S. (2014). An upward spiral between gratitude and humility. *Social Psychological and Personality Science, 5*, 805-814. doi:10.1177/1948550614534700

Chapters

Ruberton, P. M., Kruse, E., & Lyubomirsky, S. (2017). Boosting state humility via gratitude, self-affirmation, and awe: Theoretical and empirical perspectives. In E. Worthington, D. Davis, & J. Hook (Eds.), *Handbook of humility*. New York: Routledge.

Boehm, J., **Ruberton, P. M.**, & Lyubomirsky, S. (2017). The promise of fostering greater happiness. In S. J. Lopez, Edwards, L., & Marques, S. (Eds.), *Oxford handbook of positive psychology* (3rd ed.). New York: Oxford University Press.

Armenta, C., **Ruberton, P. M.**, & Lyubomirsky, S. (2015). Subjective well-being, psychology of. In J. D. Wright (Ed.), *International encyclopedia of social and behavioral sciences* (2nd ed., pp. 648-653). Oxford: Elsevier.

Manuscripts Under Review

Ruberton, P. M.*, Gladstone, J.*, Margolis, S., & Lyubomirsky, S. (2017). *Adding spice to life: Variety in hedonic spending increases subjective well-being*. Manuscript under review.
*Co-first authors

Shin, L. J., **Ruberton, P. M.**, & Lyubomirsky, S. (2016). *The spotlight activity: Development and initial test of a naturalistic attention-redirection well-being intervention*. Manuscript under review.

Nelson-Coffey, S. K., Chancellor, J., **Ruberton, P. M.**, Cornick, J., Blascovich, J., & Lyubomirsky, S. (2017). *Above the Pale Blue Dot: Eliciting awe and humility in immersive virtual environments*. Manuscript under review.

Projects in Progress

Ruberton, P. M. (dissertation research). *Development of an online humility-boosting program*.

Ruberton, P. M., Walsh, L. C., Revord, J., & Lyubomirsky, S. *Characteristics of people motivated to become more humble*.

Conference Presentations

Ruberton, P. M., Walsh, L. C., Revord, J., & Lyubomirsky, S. (2017, January). *Do only the humble seek humility? Characteristics of people motivated to become more humble*. Poster session presented at the meeting of the Society for Personality and Social Psychology, San Antonio, TX.

Ruberton, P. M., Gladstone, J., & Lyubomirsky, S. (2016, January). *How your bank balance buys happiness: The importance of "cash on hand" to life satisfaction*. Poster session presented at the meeting of the Society for Personality and Social Psychology, San Diego, CA.

- Ruberton, P. M.**, Huynh, H., Miller, T., Kruse, E., Chancellor, J., Sweeny, K., & Lyubomirsky, S. (2015, February). *The relationship between physician humility, physician-patient communication, and patient health*. Poster session presented at the meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Ruberton, P. M.**, Kruse, E. T., Chancellor, J., & Lyubomirsky, S. (2014, February). *An upward spiral between gratitude and humility*. Poster session presented at the meeting of the Society for Personality and Social Psychology, Austin, TX.
- Ruberton, P.**, Jacobson, N., Bangert, L., Constance, J. M., Pearlstein, J., & Vittengl, J. (2011, May). *Seeing the good in life: The effects of gratitude reflection on perceived life events and subjective well-being*. Poster session presented at the meeting of the Midwestern Psychological Association, Chicago, IL.
- Ruberton, P.**, Maassen, K., Garcia, S., Coffman, A., & Heckert, T. (2011, April). *Effects of blame attribution and apology on willingness to forgive*. Paper session presented at the Truman State University Psi Chi Research Conference, Kirksville, MO.
- Maassen, K., **Ruberton, P.**, Garcia, S., Coffman, A., Bowles, C., & Heckert, T. (2012, May). *Effect of blame attribution and transgressor apology on willingness to forgive*. Poster session presented at the meeting of the Association for Psychological Science, Chicago, IL.
- Jacobson, N. C., **Ruberton, P.**, Constance, J. M., Pearlstein, J., Bangert, L., & Vittengl, J. (2011, May). *Strengths and weaknesses in test-taking: In what ways do anxiety and impulsivity impact test performance?* Poster session presented at the meeting of the Midwestern Psychological Association, Chicago, IL.

Media Coverage

May 29, 2017	<i>CNBC.com</i>	“The investing upside of having more cash on hand than you need”
April 2017	<i>The Atlantic</i>	“How To Buy Happiness”
December 26, 2016	<i>Greater Good Center</i>	“The Top 10 Insights from the ‘Science of a Meaningful Life’ in 2016”
November 1, 2016	<i>Psychology Today</i>	“Bank Notes: The Amount of Happiness a Dollar Buys Depends On How You Use It”
September 11, 2016	<i>The Wall Street Journal</i>	“The More Cash People Have, The Happier They Are”
April 15, 2016	<i>Time.com</i>	“How Your Checking Account Affects Your Mood”

Teaching Experience

As Primary Instructor, UC Riverside

Introductory Psychology (1 summer session)

As Teaching Assistant, UC Riverside

Psychological Methods: Statistical Procedures (1 quarter, 1 summer session)

Instructors: Robert Rosenthal, Ph.D.; S. Katherine Nelson, M.A. (summer session)

Social Psychology (1 quarter)

Instructor: Sonja Lyubomirsky, Ph.D.

Industrial/Organizational Psychology (1 quarter)

Instructor: Thomas Sy, Ph.D.

Abnormal Psychology (1 summer session)

Instructor: Ana Marcelo, M.A.

Evaluations available on request. (Note: Summer TA appointments were not evaluated.)

Other Teaching Experience & Credentials

2016 University Teaching Certificate Program, University of California, Riverside

2008-2011 Elementary Spanish peer teacher, Truman State University (6 semesters)

I am prepared to teach:

Social Psychology (undergraduate or graduate)

Statistics/Statistical Methods

Introductory Psychology

Professional Experience

2011-2012 Research assistant, Department of Psychology, Washington University in St. Louis

Professional Service, Associations, and Activities

2017 Ad hoc reviewer, *Emotion*

2015-present Graduate student peer mentor, University of California, Riverside

2015 Poster award reviewer, Happiness & Well-Being Preconference, meeting of the Society for Personality and Social Psychology

2013-present Member, Society for Social and Personality Psychology

2009-present Member, Psi Chi, Truman State University chapter
Publicity Chair, 2010-2011