

John M. Zelenski

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EDUCATION

Ph.D. in Psychology, Washington University in Saint Louis, 2002

Dissertation Title: The influence of state and trait emotion on sensitivity and bias in affect-congruent perception
(Chair: Randy Larsen)

M.A. in Psychology, University of Michigan, 1998

B.A. in Psychology (with honors), Northwestern University, 1996

ACADEMIC POSITIONS

Professor, Department of Psychology Carleton University, 2015-present (Assistant, 2002-07; Associate 2007-15)

Visiting Lecturer, Department of Psychology, University of Virginia (Semester at Sea), 2008

RESEARCH INTERESTS

Personality-Social Psychology: How personality, emotion, cognition, and behaviour combine 'in the moment' to produce happiness, especially in the domain of introversion-extraversion.

Environmental Psychology: Exploring nature and people's relationships with nature, especially the links with environmentally sustainable behaviour and well-being.

COURSES TAUGHT

Psychology of Personality
Personality Honours Seminar
Abnormal Psychology
Social Psychology
Motivation and Emotion

Positive Psychology (grad & undergrad)
Graduate Proseminar in Psychology
Contemporary Research in Personality (grad)
Open Science and Method Improvements (grad)

GRANT SUPPORT

Primary Investigator. "Helping ourselves by helping nature: Testing the hedonic benefits of pro-environmental behaviour," Social Sciences and Humanities Research Council of Canada, 2020-2025, \$222,904.

Collaborator. "Meaningful real-time citizen science tools: Visualizing water quality knowledge to motivate the public to participate in water stewardship," Social Sciences and Humanities Research Council of Canada, 2019-2020, \$24,938.

Team Member. "Sustainable communities." Carleton Multidisciplinary Research Catalyst Fund, 2019-2020, \$30,000.

Team Member. "Workplace of the future." Carleton Multidisciplinary Research Catalyst Fund, 2019-2020, \$50,000.

Primary Investigator. "The effects of a short nature immersion on children's social and psychological well-being," Carleton University Psychology Research Fund. 2015. \$3,120.

Primary Investigator. "The effects of nature exposure and nature relatedness on environmentally sustainable decision making and behaviour," Social Sciences and Humanities Research Council of Canada, 2014-2019, \$191,734.

Primary Investigator. "The effects of nature exposure and nature relatedness on environmentally sustainable decision making and behaviour II," Carleton University. 2013-2014. \$5,000.

Primary Investigator. "The effects of nature exposure and nature relatedness on environmentally sustainable decision making and behaviour," Carleton University. 2012-2013. \$7,500.

Research Achievement Award, Carleton University, 2012, \$15,000.

Primary Investigator, "Exploring the causes and consequences of extraverted behavior: Implications for happiness," Social Sciences and Humanities Research Council of Canada, 2009-2012, \$99,050.

Primary Investigator, "Causes and consequences of extraversion II," Carleton University, 2008-2009, \$8,000.

Primary Investigator, "Causes and consequences of extraversion," Carleton University, 2007-2008, \$10,000.

Primary Investigator, "How emotion states and emotion-related traits influence perception of emotional information," Social Sciences and Humanities Research Council of Canada, 2003-2006, \$124,364.

Primary Investigator, "Personality and well-being: Establishment of the Carleton University Happiness Laboratory (CUHL)," Canada Foundation for Innovation (40%), Ontario Research Fund (40%), Carleton University & corporate contributions (20%), 2004, \$474,067.

JOURNAL ARTICLES

Hepburn, L., Smith, A. C., Zelenski, J., & Fahrig, L. (2021). Bird diversity unconsciously increases people's satisfaction with where they live. *Land*, 10(2), 153.

Davydenko, M., Zelenski, J. M., Gonzalez, A., & Whelan, D. (2020). Does acting extraverted evoke positive social feedback?. *Personality and Individual Differences*, 159, 109883.

- Krys, K., Park, J., Kocimska-Zych, A., Kosiarczyk, A., Selim, H. A., Wojtczuk-Turek, A., ... & Adamovic, M. (2020). Personal life satisfaction as a measure of societal happiness is an individualistic presumption: Evidence from fifty countries. *Journal of Happiness Studies*, 1-18. <https://doi.org/10.1007/s10902-020-00311-y>
- Lambert, L., Warren, M., Brulé, G., O'Brien, C., Murray, S., Mulay-Shah, A., ... & Alsubaiei, S. (2020). Perspectives: using positive psychology and the United Nations' sustainable development goals to build a better world. *Middle East Journal of Positive Psychology*, 6, 1-28.
- Wohl, M. J., Tabri, N., & Zelenski, J. M. (2019). The need for open science practices and well-conducted replications in the field of gambling studies. *International Gambling Studies*, 19(3), 369-376.
- Dopko, R. L., Capaldi, C. A., Zelenski, J. M. (2019). The psychological and social benefits of a nature experience for children: A preliminary investigation. *Journal of Environmental Psychology*, 63, 134-138.
- Krys, K., Capaldi, C. A., Zelenski, J. M., Park, J., Nader, M., Kocimska-Zych, A., ... & Uchida, Y. (2019). Family well-being is valued more than personal well-being: A four-country study. *Current Psychology*, 1-12. <https://doi.org/10.1007/s12144-019-00249-2>
- Krys, K., Zelenski, J. M., Capaldi, C. A., Park, J., van Tilburg, W., van Osch, Y., ... & Igbokwe, D. O. (2019). Putting the "we" into well-being: Using collectivism-themed measures of well-being attenuates well-being's association with individualism. *Asian Journal of Social Psychology*, 22(3), 256-267..
- Nisbet, E. K., Zelenski, J. M., Grandpierre, Z. (2019). Mindfulness in nature enhances connectedness and mood. *Ecopsychology*, 11(2), 81-91.
- Davis, W. E., Giner-Sorolla, R., Lindsay, D. S., Loughheed, J. P., Makel, M. C., Meier, M. E., ... & Zelenski, J. M. (2018). Peer-review guidelines promoting replicability and transparency in psychological science. *Advances in Methods and Practices in Psychological Science*, 1(4), 556-573.
- Klein, R. A., Vianello, M., Hasselman, F., Adams, B. G., Adams Jr, R. B., Alper, S., ... & Nosek, B. A. (2018). Many Labs 2: Investigating variation in replicability across samples and settings. *Advances in Methods and Practices in Psychological Science*, 1(4), 443-490.
- Van Allen, Z. M., & Zelenski, J. M. (2018). Testing trait-state isomorphism in a new domain: An exploratory manipulation of openness to experience. *Frontiers in Psychology*, 9, 1964.
- Ruci, L., van Allen, Z. M., & Zelenski, J. M. (2018). Pro-social personality traits, helping behavior, and ego-depletion: Is helping really easier for the dispositionally pro-social?. *Personality and Individual Differences*, 120, 32-39.
- Zelenski, J. M., & Blouin-Hudon, E. M. C. (2017). Broad traits need simple process explanations. *European Journal of Personality*, 31(5), 576-577.
- Krys, K., Xing, C., Zelenski, J. M., Capaldi, C. A., Lin, Z., & Wojciszke, B. (2017). Punches or punchlines? Honor, face, and dignity cultures shape different reactions to provocation. *International Journal of Humor Research*, 30, 303-322.
- Howell, G. T., & Zelenski, J. M. (2017). Personality self-concept affects processing of trait adjectives in the self-reference memory paradigm. *Journal of Research in Personality*, 12, 197-209.
- Smallenbroek, O., Zelenski, J. M., & Whelan, D. C. (2017). Authenticity as a eudaimonic construct: The relationships among authenticity, values, and valence. *Journal of Positive Psychology*, 12, 197-209.

- Blouin-Hudon, E. M. C., & Zelenski, J. M. (2016). The daydreamer: Exploring the personality underpinnings of daydreaming styles and their implications for well-being. *Consciousness and Cognition*, *44*, 114-129.
- Nealis, L. J., van Allen, Z. M., & Zelenski, J. M. (2016). Positive affect and cognitive restoration: Investigating the role of valence and arousal. *PLoS ONE*, *11*(1), e0147275. doi:10.1371/journal.pone.0147275
- Capaldi, C. A., & Zelenski, J. M. (2016). Seeing and being green? The effect of money priming on willingness to perform sustainable actions, social connectedness, and prosociality. *The Journal of Social Psychology*, *156*(1), 1-7. DOI:10.1080/00224545.2015.1047438
- Capaldi, C. A., Passmore, H. A., Nisbet, E. K., Zelenski, J. M., & Dopko, R. L. (2015). Flourishing in nature: A review of the benefits of connecting with nature and its application as a wellbeing intervention. *International Journal of Wellbeing*, *5*(4), 1-16. doi:10.5502/ijw.v5i4.1
- Sobocko, K., & Zelenski, J. M. (2015). Trait sensory-processing sensitivity and subjective well-being: Distinctive associations for different aspects of sensitivity. *Personality and Individual Differences*, *83*, 44-49.
- Zelenski, J. M., Dopko, R. L., & Capaldi, C. A. (2015). Cooperation is in our nature: Nature exposure may promote cooperative and environmentally sustainable behavior. *Journal of Environmental Psychology*, *42*, 24-31.
- Capaldi, C. A., Dopko, R. L., & Zelenski, J. M. (2014). The relationship between nature connectedness and happiness: A meta-analysis. *Frontiers in Psychology*, *5*:976. doi: 10.3389/fpsyg.2014.00976
- Dopko, R. L., Zelenski, J. M., & Nisbet, E. K. (2014). Nature salience increases judgments of environmental satisfaction. *Ecopsychology*, *6*(4), 207-217.
- Zelenski, J. M., & Nisbet, E. K. (2014). Happiness and feeling connected: The distinct role of nature relatedness. *Environment and Behavior*, *46*(1), 3-23.
- Nisbet, E. K., & Zelenski, J. M. (2013). The NR-6: A new brief measure of nature relatedness. *Frontiers in Psychology*, *4*:813. doi: 10.3389/fpsyg.2013.00813
- Thake, J., & Zelenski, J. M. (2013). Neuroticism, BIS, and reactivity to discrete negative emotion inductions. *Personality and Individual Differences*, *54*(2), 208-213.
- Zelenski, J. M., Whelan, D. C., Nealis, L. J., Besner, C. M., Santoro, M. S., & Wynn, J. E. (2013). Personality and affective forecasting: Trait introverts underpredict the hedonic benefits of acting extraverted. *Journal of Personality and Social Psychology*, *104*(6), 1092-1108.
- Cothran, D. L., Larsen, R. J., Zelenski, J. M., & Prizmic, Z. (2012). Do emotion words interfere with processing emotion faces? Stroop-like interference versus automatic vigilance for negative information. *Imagination, Cognition, and Personality*, *32*(1), 59-73.
- Whelan, D. C., & Zelenski, J. M. (2012). Experimental evidence that positive moods cause sociability. *Social Psychological and Personality Science*, *3*(4), 430-437.
- Zelenski, J. M., Santoro, M. S., & Whelan, D. C. (2012). Would introverts be better off if they acted more like extraverts? Exploring emotional and cognitive consequences of counter-dispositional behavior. *Emotion*, *12*(2), 290-303.

- Elgar, F. J., Davis, C. G., Wohl, M. J., Trites, S. J., Zelenski, J. M., & Martin, M. S. (2011). Social capital, health, and well-being in 50 countries. *Health and Place, 17*(5), 1044-1053.
- Nisbet, E. K., & Zelenski, J. M. (2011). Underestimating nearby nature: Affective forecasting errors obscure the happy path to sustainability. *Psychological Science, 22*(9), 1101-1106.
- Nisbet, E. K., Zelenski, J. M., & Murphy, S. A. (2011). Happiness is in our nature: Exploring nature relatedness as a contributor to subjective well-being. *Journal of Happiness Studies, 12*, 303-322.
- Murphy, S. A., Lupton, N. C., Hine, M. J., & Zelenski, J. M. (2009). Emotion and judgements in virtual environments: A research framework. *Journal of Electronic Commerce in Organizations, 7*, 21-43.
- Nisbet, E. K. L., Zelenski, J. M., & Murphy, S. A. (2009). The Nature Relatedness Scale: Linking individuals' connection with nature to environmental concern and behavior. *Environment and Behavior, 41*, 715-740.
- Ruci, L., Tomes, J. L. & Zelenski, J. M. (2009). Mood-congruent false memories in the DRM paradigm, *Cognition and Emotion, 23*, 1153-1165.
- Desjardins, J., Zelenski, J. M., & Coplan, R. J. (2008). An investigation of maternal personality, parenting styles, and subjective well-being. *Personality and Individual Differences, 44*, 587-597.
- Zelenski, J. M., Murphy, S. A., & Jenkins, D. A. (2008). The happy-productive worker thesis revisited. *Journal of Happiness Studies, 9*, 521-537.
- Coplan, R.J., Wilson, J., Frohlick, S.L., & Zelenski, J. M. (2006). A person-oriented analysis of behavioral inhibition and behavioral activation in childhood. *Personality and Individual Differences, 41*, 917-927.
- Jenkins, D. A., Zelenski, J. M., & Murphy, S. A. (2006). Basic psychological needs: Examining employee well-being and commitment in Canada's naval reserve. *Canadian Journal of Police and Security Services, 4*, 125-135.
- Kiene, S. M., Barta, W. D., Zelenski, J. M. & Cothran, D. L. (2005). Why are you bringing up condoms now? The effect of message content on framing effects of condom use messages. *Health Psychology, 24*(3) 321-326.
- Zelenski, J. M., Rusting, C. L., & Larsen, R. J. (2003). Consistency in the time of experiment participation and personality correlates: A methodological note. *Personality and Individual Differences, 34*(4), 547-558.
- Aviv, A. L., Zelenski, J. M., Rallo, L. & Larsen, R. J. (2002). Who comes when: Personality differences in early and later participation in a university subject pool. *Personality and Individual Differences, 33*(3), 487-496.
- Zelenski, J. M., & Larsen, R. J. (2002). Predicting the future: How affect-related personality traits influence likelihood judgments of future events. *Personality and Social Psychology Bulletin, 28*(7), 1000-1010.
- Zelenski, J. M. & Larsen, R. J. (2000). The distribution of basic emotions in everyday life: A state and trait perspective from experience sampling data. *Journal of Research in Personality, 34*(2), 178-197.
- Zelenski, J. M. & Larsen, R. J. (1999). Susceptibility to affect: A comparison of three personality taxonomies. *Journal of Personality, 67*, 761-791.

BOOK CHAPTERS

- Zelenski, J. M., Sobocko, K., & Whelan, D. C. (in press). Introversion, solitude, and happiness. In R. J. Coplan, J. C. Bowker, & L. J. Nelson (Eds.), *The Handbook of Solitude: Psychological Perspectives on Social Isolation, Social Withdrawal, and Being Alone, 2nd Edition*. (pp.). Wiley-Blackwell.
- Coplan, R. J., Zelenski, J. M., & Bowker, J. C. (2017). Leave well enough alone? The costs and benefits of solitude. In J. Maddox (Ed.), *Social Psychological Foundations of Well-Being*. (pp. 129-147). New York: Psychology Press.
- Nisbet, E. K., & Zelenski, J. M. (2014). Nature relatedness and subjective well-being. In A. C. Michalos (Ed.) *Encyclopedia of Quality of Life and Well-Being Research*. (pp. 4269-4276). Springer.
- Zelenski, J. M., Sobocko, K., & Whelan, D. C. (2014). Introversion, solitude, and subjective well-being. In R. J. Coplan and J. C. Bowker (Eds.), *The Handbook of Solitude: Psychological Perspectives on Social Isolation, Social Withdrawal, and Being Alone*. (pp. 184-201). Wiley-Blackwell.
- Zelenski, J. M. (2008). The role of personality in emotion, judgment, and decision making. In K. D. Vohs, R. F. Baumeister, & G. Loewenstein (Eds.), *Do Emotions Help or Hurt Decision Making? A Hedgfoxian Perspective*. (pp. 117-132). New York: Russell Sage Foundation Press.
- Nisbet, E. K. L., Zelenski, J. M., & Murphy, S. A. (2007). The human-nature connection: Sustainable development policy implications. In B. Doern (Ed.), *Innovation, Science, and Environment: Canadian Policies and Performance 2007-2008*, (pp. 200-218). McGill-Queen's University Press.
- Zelenski, J. M. (2007). Experimental approaches to individual differences and change: Exploring the causes and consequences of extraversion. In A. D. Ong and M. Van Dulman (Eds.), *Oxford Handbook of Methods in Positive Psychology* (pp. 205-219). New York: Oxford University Press.

OTHER PUBLICATIONS

- Zelenski, J. M. (2020). *Positive Psychology: The Science of Well-Being*. Sage Publications. [Textbook, 383 pages]
- Zelenski, J. M. (2008). Invited Book Review: "Happier" by Tal Ben-Shahar, McGraw Hill, 2007, *Canadian Psychology*, 49, 271-272.
- Murphy, S. A. & Zelenski, J. M. (2004). *Maximizing the potential of individuals and organizations*. (A series of four technical reports individually tailored to organizations that participated in our research.)
- Zelenski, J. M., (2001). *Test Bank to Accompany Personality Psychology: Domains of Knowledge About Human Nature (Larsen & Buss)*. McGraw-Hill. [215 pages]

SELECTED CONFERENCE PRESENTATIONS

- Desrochers, J. E. & Zelenski, J. M. (July, 2020). *Why are men not doing environmental behaviours?* [Gimme-5 presentation]. 81st Canadian Psychological Association Annual National Convention, Virtual.
- van Ginkel, S., & Zelenski, J. M. (2020, February). *Happy planet, happy people? Affective forecasting for pro-environmental behavior*, Poster presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.

- Zelenski, J. M. (2018, May). *Nature is a path to healthy people, communities, and environments*, Invited talk at the 4th Canadian Conference on Positive Psychology, Toronto, ON.
- Zelenski, J. M., Dopko, R. L., & Capaldi, C. A. (2018, March). *Testing the psychological and social benefits of a nature experience for children*. Blitz talk presented at the Sustainability Psychology preconference of Society for Personality and Social Psychology annual meeting, Atlanta, GA.
- Dopko, R. L., Capaldi, C. A., & Zelenski, J. M. (2017, August). *Barking up the right tree: The psychological and social benefits of a nature experience for children*. Poster to be presented at the 125th Annual Convention of the American Psychological Association.
- Zelenski, J. M. (2017, July). *Nature as a resource for healthy people, communities, and environments*. Paper given at the Fifth World Congress of the International Positive Psychology Association, Montreal, QC.
- Walker, D. L. & Zelenski, J. M., & van Allen, Z. (2017, January). *Why are we happier when we act extraverted? Examining social connectedness and novelty in well-being interventions*. Poster presented at the 18th Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Krys, K., Capaldi, C. A., Dominguez-Espinosa, A., Haas, B. W., Igbokwe, D. O., Nader, M., ... Zhu, Z. (2016, November). *The second step towards an ethno-relative way of measuring happiness – the meaning of the interdependent happiness of families and of the independent happiness of individuals differs across cultures*. Paper presented at the International Conference on Well-being, Singapore.
- Krys, K., Dominguez-Espinosa, A., Park, J., Torres, C., Ahmed, R., Amanna, S., ... Zelenski, J. M. (2016, August). *Smile perceptions vary across cultures – the study of forty-four cultures*. Symposium conducted at the 23rd Congress of the International Association for Cross-Cultural Psychology, Nagoya, Japan.
- Levine, S. & Zelenski, J. M. (2016, June). *The unique effects of awe on nature and prosocial behaviour and interest*. Poster presented at the 3rd Canadian Conference on Positive Psychology, Niagara-on-the-Lake, ON.
- Werner, K. M., Zelenski, J. M., Lindsay, D. S., & Capaldi, C. A. (2016, June). *Promoting open science in Canada: Practical advice on how to incorporate research transparency at any stage of your career*. Round-table conversation session at the Canadian Psychological Association's 77th Annual Convention, Victoria, BC.
- Capaldi, C. A., & Zelenski, J. M. (2016, May). *Can cognitive depletion lead to natural resource depletion? An initial investigation*. Poster presented at the Interdisciplinary Conference in Psychology, Ottawa, ON.
- Davydenko, M. & Zelenski, J. M. (2016, May). *Does extraverted behavior evoke positive responses from new interaction partners?* Poster presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.
- Van Allen, Z. & Zelenski, J. M. (2016, May). *An exploratory manipulation of openness to experience*. Poster presented at the 28th Annual Convention of the Association for Psychological Science, Chicago, IL.
- Capaldi, C. A., & Zelenski, J. M. (2016, January). *Emotionally diverse experiences in natural environments: Experimental investigations of nature contact and emotional diversity*. Poster presented at the 17th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Blouin-Hudon, E. M. C., & Zelenski, J. M. (2016, January). *The daydreamer: Exploring the personality underpinnings of daydreaming and their implications for wellbeing*. Poster presented at the Canadian Psychological Association's 76th Annual Convention, Ottawa, ON.

- Capaldi, C. A., & Zelenski, J. M. (2015, June). *Seeing and being green? The effect of money priming on willingness to perform sustainable actions, social connectedness, and prosociality*. Poster presented at the Canadian Psychological Association's 76th Annual Convention, Ottawa, ON.
- van Allen, Z., Streiner, T., & Zelenski, J. (2015, June). *Is acting extraverted a viable positive psychology intervention?* Poster presented at the Canadian Psychological Association's 76th Annual Convention, Ottawa, ON.
- Capaldi, C. A., & Zelenski, J. M. (2015, February). *Nice or naughty in nature? A meta-analysis on the effect of nature exposure on prosociality*. Poster presented at the 16th Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Dopko, R. L., & Zelenski, J. M. (2015, February). *Can nature reduce materialistic orientations while increasing well-being?* Poster presented at the 16th Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Howell, G. T., & Zelenski, J. M. (2015, February). *Does the self-reference effect in memory tap into personality self-concept?* Poster presented at the 16th Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Capaldi, C. A., & Zelenski, J. M. (2014, June). *Naturally concerned and built selfish: The influence of positive and negative valenced exposures to nature and built stimuli on concern for others and the environment*. Poster presented at the 75th Annual Convention of the Canadian Psychological Association, Vancouver, BC.
- Capaldi, C. A., & Zelenski, J. M. (2014, January). *The relationship between hedonic well-being and nature connectedness: A meta-analysis*. Poster presented at the 15th Annual Meeting of the Society for Personality and Social Psychology, Austin, TX.
- Zelenski, J. M. (2013, November). *Nature as a path to sustainability*. Paper presented at the Annual Scientific Meeting of the Psychonomic Society, Toronto, ON.
- Nisbet, E. K., & Zelenski, J. M. (2013, June). *Underestimating the mood benefits of virtual nature: Affective forecasting errors and the effect of nature photographs on positive emotions*. Poster presented at the 74th Annual Convention of the Canadian Psychological Association, Quebec, QC.
- Pelletier, R. C., Nealis, L. J., & Zelenski, J. M. (2013, June). *Cognitive restoration: The effect of positive mood induction on depleted cognitive control*. Poster presented at the 74th Annual Convention of the Canadian Psychological Association, Quebec City, QC.
- Pineau, S., & Zelenski, J. (2013, June). *Does self efficacy mediate the relationship between spatial distance, environmental concern, and nature relatedness?* Poster presented at the 74th Annual Convention of the Canadian Psychological Association, Quebec City, QC.
- Dopko, R. L., & Zelenski, J. M. (2013, January). *Exposure to nature increases cooperation in a commons dilemma*. Poster presented at the 14th Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Howell, G. T., Whelan, D. C., & Zelenski, J. M. (2013, January). *Does voluntary mass testing introduce a selection effect in subject pool sampling?* Poster presented at the 14th Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.

- Sobocko, K., & Zelenski, J. M. (2013, January). *Do all types of sensory processing sensitivity predict unfavourable life outcomes?* Poster presented at the 14th Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Whelan, D. C., Zelenski, J. M., & Sillanpaa, H. (2013, January). *Do introverts under-predict the emotional benefits of acting extraverted?* Poster presented at the 14th Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Whelan, D. C., & Zelenski, J. M. (2012, July). *Subjective authenticity and counterdispositional behavior: Exploring the relation between behaving extraverted and feeling authentic.* Poster presented at the International Network on Personal Meaning Conference 2012, Toronto, ON.
- Dopko, R. L., & Zelenski, J. M. (2012, January). *How nature salience affects our local environmental satisfaction: A test of the biophilia hypothesis.* Poster presented at the 13th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Nealis, L., & Zelenski, J. M. (2012, January). *Do positive moods facilitate cognitive control? Generalizing the restorative effect of pleasant moods to cognitive outcomes.* Poster presented at the 13th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Nisbet, E. K., & Zelenski, J. M. (2012, January). *Happiness and feeling connected: The unique role of nature relatedness.* Poster presented at the 13th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Whelan, D. C., & Zelenski, J. M. (2012, January). *Ideal-self image may explain why counter-dispositional behavior can feel authentic.* Poster presented at the 13th Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Nisbet, E. K., Nealis, L., & Zelenski, J. M. (2011, September). *Nature related people benefit most from nature contact: Trait connectedness moderates the happiness benefits of time in nature.* Paper presented at the 9th Biennial Conference on Environmental Psychology, Eindhoven, The Netherlands.
- Nisbet, E. K., & Zelenski, J. M. (2011, June). *Nature relatedness: Human-nature connections and the happy path to sustainable behavior.* Paper presented at the Annual Meeting of the Association for Environmental Studies and Sciences, Burlington, VT.
- Nisbet, E. K., & Zelenski, J. M. (2011, June). *Bridging sustainability and well-being with the NR-6, a brief new measure of nature relatedness.* Paper presented at the 72nd Annual Convention of Canadian Psychological Association, Toronto, ON.
- Nisbet, E. K., & Zelenski, J. M. (2010, January). *The importance of nature in promoting personal and environmental well-being.* Poster presented at the 11th Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Santoro, M. & Zelenski, J. (2010, January). *Why introverts do not act extraverted more often: A potential cost of counter-dispositional behavior.* Poster presented at the 11th Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.
- Whelan, D. C. & Zelenski, J. M. (2010, January). *Sociability and mood: Do positive moods make you social or do negative moods make you unsocial?* Poster presented at the 11th Annual Meeting of the Society for Personality and Social Psychology, Las Vegas, NV.

- Nisbet, E. K., & Zelenski, J. M. (2009, September). *Individual differences in nature relatedness, materialism, and affective forecasting*. Paper presented at the 8th Biennial Conference on Environmental Psychology, Zurich, Switzerland.
- Zelenski, J.M. (2009, August). *Teaching with Semester at Sea*. Presented at *American psychologists working in other countries* symposium at the annual meeting of the American Psychological Association, Toronto, ON.
- Nisbet, E. K., & Zelenski, J. M. (2009, June). *The nature of affective forecasting: Individual differences in prediction accuracy for positive and negative emotions during outdoor experiences*. Paper presented at the 70th Annual Convention of the Canadian Psychological Association, Montreal, QC.
- Santoro, M. & Zelenski, J. M. (2009, February). *Acting extraverted may not be as good as being extraverted: A potential cost of counter-dispositional behavior*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Tampa, FL.
- Nisbet, E. K., & Zelenski, J. M. (2008, August). *Finding Happiness in Nearby Nature*. Paper presented at the 116th Annual Convention of the American Psychological Association, Boston, MA.
- Whelan, D.C. & Zelenski, J.M. (2008, January). *Do positive moods make people feel more social?* Poster presented at the annual meeting of the Society for Personality and Social Psychology, Albuquerque, NM.
- Zelenski, J. M. & Nisbet, E. K. L. (2007, October). *Happiness is in our nature*. Paper presented at the 2007 Global Well-Being Forum, Washington DC.
- Zelenski, J.M. (2007, September). *Talk to me, talk to the trees: Personality and happiness*. Invited paper presented at the Canadian Institute for Advanced Research program meeting on Social Interactions, Identity, and Well-Being (SIIBW). Ottawa, ON.
- Murphy, S.A., Lupton, N.C., Hine, M.J., & Zelenski, J.M. (2007, June). *Emotion and judgement in virtual environments: A research framework*. Paper included in the proceedings of the Administrative Sciences Association of Canada, Ottawa, ON.
- Nisbet, E. K. L. & Zelenski, J.M. (2007, June). *The effects of framing and nature relatedness on persuasive environmental messages*. Poster presented at the Canadian Psychological Association Social and Personality Psychology Preconference, Ottawa, Ontario.
- Ruci, L. & Zelenski, J.M. (2007, January). *How far out of your way will you go? Variations in self-offering and positive affect in helping behaviour*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Thake, J.A. & Zelenski, J.M. (2007, January). *Personality and reactivity to discrete negative mood inductions*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Whelan, D. & Zelenski, J.M. (2007, January). *The emotional implications of acting extraverted: Does it depend on disposition?* Poster presented at the annual meeting of the Society for Personality and Social Psychology, Memphis, TN.
- Zelenski, J.M., Murphy, S.A., & Jenkins, D.A. (2006, September). *The happy/productive worker thesis revisited*. Paper included in proceedings of the Irish Academy of Management Conference, Cork, Ireland.

- Murphy, S.A., Lupton, N.C., Hine, M.J., & Zelenski, J.M. (2006, August). *The role of personality, emotion and judgement in virtual environments: A research framework*. Presented at the 5th International Conference on Emotions and Organizational Life, Atlanta, GA.
- Zelenski, J.M. & Nisbet, E.K.L. (2006, June). *Using 'nature relatedness' to link individuals' connection with nature, environmental concern, behaviour, and well-being*. Invited paper presented at the Canadian Psychological Association Social and Personality Psychology Preconference, Calgary, AB.
- Thake, J. A. & Zelenski, J. M. (2006, January). *Academic Delay of Gratification and Subjective Well-Being*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Palm Springs, CA.
- Nisbet, E. K. L. & Zelenski, J. M. (2005, September). *Nature relatedness: Restoring connectedness to the natural environment and increasing psychological well-being through environmental education*. Paper presented at the 6th Biennial Conference on Environmental Psychology, Bochum, Germany.
- Nisbet, E. K. L., Murphy, S. A., & Zelenski, J. M. (2005, June). *Time in nature is well spent: A cross-sectional and experience sampling approach to assessing nature relatedness, emotions, and psychological well-being*. Paper presented at the annual meeting of the Canadian Psychological Association, Montreal, QC.
- Murphy, S. A. & Zelenski, J. M. (2005, May). *An examination of dispositional and social influences on the job-life satisfaction relationship*. Paper presented at the annual meeting of the Administrative Sciences Association of Canada, Toronto, ON.
- Murphy, S. A. & Zelenski, J. M. (2005, April). *A dispositional approach to the job-life satisfaction relationship*. Poster presented at the annual meeting of the Society for Industrial and Organizational Psychology, Los Angeles, CA.
- Ruci, L. & Zelenski, J. M. (2005, January). *Personality traits and mood-state effects on perception of emotion words*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA.
- Nisbet, E. K. L. & Zelenski, J. M. (2004, June). *Nature Relatedness and Subjective Well-Being: Are Nature Lovers Happier People?* Paper presented at the annual meeting of the Canadian Psychological Association, St. John's, NL.
- Yarkoni, T. & Zelenski, J. M. (2004, January). *Too much emotion or too little? Modeling the relationship between alexithymia, negative affect, and verbal expressivity*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.
- Zelenski, J. M. (2003, May). *A process dissociation analysis of personality- and mood-congruent perception*. Paper presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Kiene, S. M., Barta, W., Cothran, D. L., & Zelenski, J. M. (2003, February). *Framing of condom-use messages: The distinction between relationship-threatening and preventative health behaviors*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Los Angeles, CA.
- Zelenski, J. M., & Larsen, R. J. (2003, February). *The importance of knowing what we want: How implicit and explicit motives interact to predict well-being*. Paper presented at the annual meeting of the Society for Personality and Social Psychology, Los Angeles, CA.
- Zelenski, J. M. & Larsen, R. J. (2002, February). *The psychological benefits of implicit-explicit power motive congruence*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Savannah, GA.

- Cothran, D. L., Larsen, R. J., & Zelenski, J. M. (2001, May). *Personality and performance on positive and negative emotion Stroop tasks*. Paper presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Larsen, R. J., Cothran, D. L., & Zelenski, J. M. (2001, May). *Cardiovascular reactivity to the emotional Stroop task*. Paper presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Zelenski, J. M., & Larsen, R. J. (2001, May). *Arousal or valence?: A test of Eysenck's and Gray's theories of personality*. Paper presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Zelenski, J. M., & Larsen, R. J. (2000, May). *The effects of personality and mood on likelihood estimates of future events*. Paper presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Zelenski, J. M., Rusting, C. L., & Larsen, R. J., (2000, February). *Personality differences in the time of experiment participation*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Nashville, TN.
- Zelenski, J. M. & Larsen, R. J. (1999, April). *The distribution of basic emotions and emotion blends in everyday life: An experience sampling study*. Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.
- Flynn, H. A., Coyne, J. C., & Zelenski, J. M., (1998, June) *Physical health is a more important determinant of functional impairment than major depressive disorder*. Poster presented at the annual meeting of the American Psychological Society, Washington, DC.
- Zelenski, J. M. & Larsen, R. J. (1998, April). *Susceptibility to affect: A comparison of three personality taxonomies*. Paper presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL.

AWARDS AND HONORS

Open Education Excellence Award 2019
 Best Article of 2015, *International Journal of Wellbeing*
 Faculty of Arts and Social Sciences Research Award (Carleton; 2014)
 Carleton University Research Achievement Award (2012)
 Center for Advanced Study in the Behavioral Sciences Summer Institute Scholar (2004)
 Society for Personality and Social Psychology Travel Award (2002)
 Washington University Dissertation Fellowship (2001-2002)
 Washington University Summer Research Fellowship (1999, 2001)
 University of Michigan Summer Research Fellowship (1997, 1998)

PROFESSIONAL AFFILIATIONS

American Psychological Association
 Association for Psychological Science
 Association for Research in Personality
 Canadian Positive Psychology Association
 Canadian Psychological Association
 International Positive Psychology Association

International Society for Quality-of-Life Studies
International Society for the Study of Individual Differences
Midwestern Psychological Association (Carleton Local Representative)
Society for Experimental Social Psychology (Fellow)
Society for the Improvement of Psychological Science
Society for Personality and Social Psychology

PROFESSIONAL & UNIVERSITY SERVICE

Editorial Boards:

Journal of Environmental Psychology (Editorial Board, 2020-present)
European Journal of Personality (Consultant Editor 2011-2016)
Frontiers in Psychology (Review Editor 2010-2013, 2018-; Associate Editor 2013- 2016)

Reviewing:

Canadian Psychological Association (conference programming)

Basic and Applied Social Psychology
BMC Research Notes
British Journal of Social Psychology
Canadian Journal of Experimental Psychology
Canadian Psychology
Children, Youth and Environments
Cognition and Emotion
Conservation Biology
Current Directions in Psychological Science
Ecopsychology
Emotion
Emotion Review
Environment and Behavior
European Journal of Psychological Assessment
Health Psychology
Journal of Environmental Psychology
Journal of Experimental Psychology: General
Journal of Experimental Psychopathology
Journal of Family Psychology
Journal of Happiness Studies
Journal of Health Psychology
Journal of Individual Differences
Journal of Personality
Journal of Personality and Social Psychology
Journal of Research in Personality
Journal of Social and Personal Relationships
Journal of Sustainable Tourism
Landscape and Urban Planning
Personality and Individual Differences
Personality and Social Psychology Bulletin
PLoS ONE
Psychiatry Research
Psychological Assessment

Psychological Review
Psychological Science
Psychology and Aging
Review of General Psychology
Scientific Reports
Sexually Transmitted Diseases
Social & Personality Psychology Compass
Social Psychological and Personality Science
The Lancet Psychiatry
Urban Forestry & Urban Greening

Lawrence Erlbaum Associates
Oxford University Press
Pearson Education Canada
Wiley-Blackwell
W.W. Norton

Canadian Institutes of Health Research
Irish Research Council
Israel Science Foundation
Mitacs (Canada)
National Science Foundation (USA)
Social Sciences and Humanities Research Council of Canada

Search Committee (Personality Psychology), 2020-21
Carleton University Research Ethics Board, 2017-
Psychology Personnel Committee, 2017-
Search Committee (Mental Health), 2018
Psychology Graduate Studies Committee, Carleton University, 2004-2008; 2014-2016
Search Committee (Social-Personality-Health Psychology) 2014
Subject Pool Committee, 2014-2016
Research Integrity Committee, 2013-2016
Associate Chair, Department of Psychology 2012-2014
Tenure and Promotion Committee (Psychology) 2012-2014
Carleton University Senate, 2011-2014
Search Committee (Organizational Psychology), Carleton University 2012-2013
Search Committee (Health Psychology), Carleton University, 2012
Occupational Health Psychology Faculty Search Committees, Carleton University, 2012
Carleton University Psychology Department Space Committee 2011-2012
Carleton University Ethics Committee for Psychological Research, 2002-2004, 2009-2012
Graduate Studies Strategic Planning Committee, 2008
Graduate Programs and Planning Committee, Carleton University, 2007-2008
Chair of Graduate Studies, Department of Psychology, Carleton University, 2006-2008
CUASA (union) Council Representative, Carleton University, 2005-2008
Human Subjects Ethics Appeal Committee, 2005-2008
Search Committee (Cognitive Psychology), Carleton University, 2006
SSHRC Doctoral Fellowship Selection Committee, Carleton University 2005
Psychology PhD Comprehensive Exam Committee 2004
Search Committee (Health Psychology), Carleton University, 2002-2003.

Social-Personality Faculty Search Committee, Washington University, 2000.

Social Psychology Across the Midwest (SPAM) Communications Committee, 2000.
Graduate Student Representative, University of Michigan, 1997-1998.

THESES SUPERVISED

PhD

- Nisbet, E. (2011). A nature relatedness intervention to promote happiness and environmental concern.
- Ruci, L. (2011). Pro-social personality traits and helping motivations.
- Whelan, D. (2013). Extraversion and counter-dispositional behaviour: Exploring consequences and the impact of situation-behaviour congruence.
- Howell, G. (2015). Self-reference elicits slower recall for personality congruent adjectives: An item-specific processing effect.
- Dopko, R. L. (2017). Effects of nature exposure and nature relatedness on goals: Implications for materialism.
- Blouin-Hudon, E. M. C. (2019). I daydream therefore I am: Investigating associative and narrative processes in daydreaming and self-concept.
- Sobocko, K. (2019). Being alone with others: A unique form of social contact and its impact on momentary positive affect.
- Capaldi, C. A. (2020). From mother to mother nature: The role of interpersonal attachment in human-nature relations.

MA

- Sullivan, R. (2004). Looking on the bright side: Smoking cessation, stages of change, and message framing.
- Nisbet, E. (2005). The human-nature connection: Nature relatedness, environmental concern, and well-being.
- Ruci, L. (2005). How far should you go out of your way? Variations in self-offering and positive affect in helping behavior.
- Jenkins, D. (2005). Examining the relationships between the satisfaction of basic psychological needs at work, job satisfaction, and commitment.
- Whelan, D. (2008). The impact of positive moods on situational preferences and feeling sociable.
- Besner, C. (2009). The role of personality and current mood in predicting behaviour and self-reported affective forecasts for imagined social events.
- Santoro, M. (2009). Ego depletion: A potential cost associated with acting counter dispositionally.
- Dopko, R. (2012). Effects of nature on cooperation in a commons dilemma: Implications for sustainability.
- Sobocko, K. (2012). The relationship between ego-depletion and sensory processing sensitivity.
- Capaldi, C. (2014). Helping nature: The impact of exposure to nature on prosociality and sustainability.
- Pineau, S. (2014). Attempting to foster biophilia through caring for a common plant.
- van Allen, Z. (2016). An exploratory manipulation of openness to experience.
- van Ginkel, S. (2020). Happy planet, happy people? The impact of pro-environmental behaviour on psychological well-being.

BA Honours

- Yarkoni, T. (2003). Two constructs are better than one: An empirical investigation and theoretical remodeling of alexithymia.
- Morrow, J. (2003). How implicit and explicit achievement motivation combine to influence well-being.
- Murphy, S. (2004). Parental personality and behavioural activation in children: Exploring the effects of parenting.
- Mazpolis, A. (2004). The influence of mood and personality on cognitive processing.
- Thake, J. (2004). The relationship between delay of gratification and subjective well-being.
- Legault, M. (2005). Persuasion and individual differences in environmental behaviour: A new perspective on the issue of involvement in message framing.
- Zoretic, M. (2005). Responsible environmental behaviour.
- Williams, C. (2006). An investigation of the self-regulatory costs associated with manipulating state extraversion.
- Whelan, D. (2006). The emotional implications of acting extraverted: Does it depend on disposition?

- Abunassar, J. (2007). Am I easily affected? An examination of neuroticism and reactivity to negative mood inductions.
- Adamyk, J. (2007). "Let's take a walk:" An analysis of the effects of the natural environment on happiness, nature relatedness, and environmental concern.
- Santoro, M. (2007). Why acting extraverted may not be as good as being extraverted: An investigation into a potential cost of behaving in a counter-dispositional manner.
- Wynn, J. (2007) Errors in affective forecasting: Are they influenced by state extraversion and disposition?
- Boros, Z. (2007). Concordance of implicit and explicit needs and their relation to well-being.
- Shaw, C. (2008). Being there: The effects of mindfulness and thought suppression in the regulation of negative emotions.
- Rouse, J. (2008). The relationship between nature and well-being on a daily basis.
- Gillen, N. (2010). The effects of acting counter dispositionally on cognition and mood.
- Hill, R. (2010). Winter wonderland: The effects of winter nature on mood and cognition.
- Graham, M. E. (2011). "Go fish!": The benefits of walking in nature on individual and group cooperation in N-person commons dilemma games.
- Grandpierre-Nagy, Z. (2011). Mindfulness as a moderating agent on time spent in nature: Deepening human-nature connection and enhancing associated benefits.
- Nealis, L. J. (2011). Dimensions of restoration: The effect of valence and arousal of positive emotion on the restoration of depleted mental energy.
- Ryan, J. (2011). Do moods cause differences in social behaviour?
- O'Neill, D. (2012). Do nice guys finish last? The costs and benefits of acting agreeably.
- Vandervalk, S. (2012). Intraindividual variability across social roles: Relationships with well-being and authenticity.
- Gonzalez, A. (2013). An investigation of social responses to extraverted behaviour.
- Habets, N. (2013). Examining the effects of exposure to natural environments as moderated by depressive symptoms.
- Jones, S. (2013). A trait specific self-reference effect in memory.
- Smallembroek, O. (2013). The role of value priorities and affect on judgments of state authenticity.
- Streiner, T. (2014). Examining the effects of enacted extraversion on well-being in naturalistic and longitudinal timeframes.
- van Allen, Z. (2014). Is enacted extraversion a viable positive psychology intervention?
- Davydenko, M. (2015). Is extraversion contagious? Effects of acting extraverted on mood contagion.
- Walker, D. (2015). Why are we happier when we act extraverted? Examining social connectedness in well-being interventions.
- Levine, S. (2016). The unique effects of awe and nature on prosociality and interest.
- Wiseman, O. (2016). Does visual disorder reduce charitable behaviour?
- Holmstrom, S. (2018). Personality differences in predicting emotions in social situations.
- Richards, O. (2018). The impact of nature on interpersonal conflict resolution.
- Babb, N. (2019). Environmental context and prosocial behaviour: How virtual nature exposure influences cooperation.
- McLeod, J. (2019). Nature, affect, and pro-environmental behaviour.
- Beaudin, K. (2020). Shyness and socioemotional outcomes among university students: Potential moderating roles of extracurricular participation and gender.
- Bossom, I. R. L. (2020). Do beliefs about our traits matter? How beliefs about extraversion impact authenticity.
- Scanlon, M. (2020). The effects of spending time in nature on cooperation and pro-environmental behaviour.
- Villeneuve, M. (2020). The influence of feeling authentic on perceived feelings of being connected to nature.