

# Gary W. Lewandowski Jr.

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## Professional Experience

2013-present Professor (Tenured), Monmouth University  
2008-2013 Associate Professor (Tenured), Monmouth University  
2002-2008 Assistant Professor, Monmouth University

## Education

2002 Ph.D. Psychology (Social/Health), State University of New York at Stony Brook  
2000 M.A. Psychology, State University of New York at Stony Brook  
1998 B.A. Psychology, Millersville University of Pennsylvania. Departmental and University Honors; Magna Cum Laude

## Books

Goodfriend, W., Heinzen, T., & Lewandowski, G. W., Jr. (under contract). *Psychology and Our Curious World*. Sage.

Lewandowski, G. W., Jr., & McIntyre, K. P. (under contract). *Statistics For Research And Life, 1e*. Macmillan/Worth.

Lewandowski, G. W., Jr. (2021). *Stronger Than You Think: The 10 Blind Spots that Undermine Your Relationship...and How to See Past Them*. Little, Brown: Spark.

Mattingly, B. A., & McIntyre, K. P., & Lewandowski, G. W., Jr. (Eds.) (2020). *Interpersonal relationships and self-concept change*. Springer Publishers.

Lewandowski, G. W., Jr., Ciarocco, N., & Strohmets, D. B. (2019). *Discovering the scientist within: Research methods in psychology (2nd Edition)*. Worth Publishers.

Lewandowski, G. W., Jr., Ciarocco, N., & Strohmets, D. B. (2016). *Discovering the scientist within: Research methods in psychology (1<sup>st</sup> Edition)*. Worth Publishers.

Lewandowski, G. W., Jr., Loving, T., Le, B., & Gleason, M. (Eds.) (2011). *The science of relationships: Answers to your questions about dating, marriage, and family*. Dubuque, IA: Kendall Hunt. ([link](#))

## Peer-Reviewed Journal Articles

\* Monmouth University Undergraduate Student

\*\* Undergraduate Student from another Institution

Hughes, E. K.\*, Lewandowski, G.W. Jr., & Slotter, E. B. (2020). Expanding who I am: Validating the Preferences for Self-Expansion Scale. *Journal of Personality Assessment*, 102, 792-803. DOI: 10.1080/00223891.2019.1641109

- Tomlinson, J. K., Hughes, E. K.\*, Lewandowski, G.W. Jr., Aron, A. P., & Geyer, R. (2019). Do shared self-expanding activities have to be physically arousing? *Journal of Social and Personal Relationships*, 36, 2781-2801. <https://doi.org/10.1177/0265407518801095>
- Lewandowski, G.W. Jr. (2018). My watch has ended: A department chair's exit interview. *The Department Chair*, 29, 9-11. <https://doi.org/10.1002/dch.30217>
- Dinella, L. M., Claps, J., & Lewandowski, G.W. Jr. (2017). Princesses, princes, and superheroes: children's gender cognitions and fictional characters. *Journal of Genetic Psychology: Research and Theory on Human Development*, 178, 262-280.
- Ciarocco, N.J., Strohmetz, D.B., & Lewandowski, G.W. Jr. (2017). What's the point? Faculty perceptions of research methods courses. *Scholarship of Teaching and Learning in Psychology*, 32(2), 116-131. <http://dx.doi.org/10.1037/stl0000085>
- Dwiggins, J.\* & Lewandowski, G. W., Jr. (2015) Does hard work pay off? The influence of perceived effort on romantic attraction. *Interpersona: An International Journal on Personal Relationships*, 9, 184-199. doi:10.5964/ijpr.v9i2.174
- Acri, L.\* & Lewandowski, G. W., Jr. (2015). The influence of the self in partner behavior interpretation. *Modern Psychological Studies*, 20, 15-30.
- McIntyre, K. P., Mattingly, B. A., & Lewandowski, G. W., Jr. (2015). When "we" changes "me": The two-dimensional model of relational self-change and relationship outcomes. *Journal of Social and Personal Relationships*, 32, 857-878. doi: 10.1177/0265407514553334
- Lewandowski, G. W., Jr., Mattingly, B. A., & Pedreiro, A.\* (2014). Under pressure: The effects of stress on positive and negative relationship behaviors. *Journal of Social Psychology*, 154, 463-473. doi: 10.1080/00224545.2014.933162
- Mattingly, B. A., & Lewandowski, G. W., Jr. (2014). Expanding the self brick by brick: Non-relational self-expansion and self-concept size. *Social Psychological and Personality Science*, 5, 483 - 489. doi: 10.1177/1948550613503886.
- Mattingly, B. A., Lewandowski, G. W., Jr., & McIntyre, K. P. (2014). You make me a better/worse person: A two-dimensional model of relationship self-change. *Personal Relationships*, 21, 176-190, doi: 10.1111/per.12025.
- McIntyre, K. P., Mattingly, B. A., Lewandowski, G. W., Jr., & Simpson, A.\*\* (2014). Workplace self-expansion: Implications for job satisfaction, commitment, self-concept clarity and self-esteem among the employed and unemployed. *Basic and Applied Social Psychology*, 36, 59-69. doi: 10.1080/01973533.2013.856788
- Mattingly, B. A., & Lewandowski, G. W., Jr. (2014). Broadening horizons: Self-expansion in relational and nonrelational contexts. *Social and Personality Psychology Compass*, 8, 30-40. doi: 10.1111/spc3.12080
- Mattingly, B. A., & Lewandowski, G. W., Jr. (2013). An expanded self is a more capable self: The association between self-concept size and self-efficacy. *Self and Identity*, 12, 621-634. doi:10.1080/15298868.2012.718863
- Mattingly, B. A., & Lewandowski, G. W., Jr. (2013). The power of one: Benefits of individual self-expansion. *Journal of Positive Psychology*, 8, 12-22. doi: 10.1080/17439760.2012.746999
- Ciarocco, N., Lewandowski, G. W., Jr., & Van Volkom, M. (2013). The impact of a multifaceted approach to teaching research methods on students' efficacy, utility, and attitudes towards research and statistics. *Teaching of Psychology*, 40, 20-25. doi: 10.1177/0098628312465859

- Lewandowski, G. W., Jr., Ciarocco, N., Pettenato, M.,\* & Stephan, J.\* (2012). Pick me up: Ego depletion and receptivity to relationship initiation. *Journal of Social and Personal Relationships*, 29, 1071-1084. doi: 10.1177/0265407512449401
- Lewandowski, G. W., Jr., Higgins, E.,\* & Nardone, N. (2012). Just a harmless website?: An experimental examination of RateMyProfessors.com's effect on student evaluations. *Assessment & Evaluation in Higher Education*, 37, 987-1002. doi:10.1080/02602938.2011.594497
- Lewandowski, G. W., Jr., Ciarocco, N. J., & Gately, E. L. \* (2012). The effect of embodied temperature on perceptions of global warming. *Current Psychology*, 31, 318-324. doi: 10.1007/s12144-012-9148-z
- Mattingly, B. A., McIntyre, K. P., & Lewandowski, G. W., Jr. (2012). Approach motivation and the expansion of self in close relationships. *Personal Relationships*, 19, 113-127. doi: 10.1111/j.1475-6811.2010.01343.x
- Lewandowski, G. W., Jr., & Nardone, N.\* (2012). Self-concept clarity's role in self-other agreement and the accuracy of behavioral prediction. *Self and Identity*, 11, 71-89. doi: 10.1080/15298868.2010.512133
- Ciarocco, N., Echevarria, J.,\* & Lewandowski, G. W., Jr. (2012). Hungry for love: The influence of self-regulation on infidelity. *Journal of Social Psychology*, 152(1), 1-14. doi: 10.1080/00224545.2011.555435
- Sizemore, O.J., & Lewandowski, G. W., Jr. (2011). Lesson learned: Using clinical examples for teaching research methods. *Psychology Learning and Teaching*, 10, 25-31.
- VanderDrift, L. E., Lewandowski, G. W., Jr., & Agnew, C. R. (2011). Reduced self-expansion in current romance and interest in relationship alternatives. *Journal of Social and Personal Relationships*, 28, 356-373. doi: 10.1177/0265407510382321
- Lewandowski, G. W., Jr., Nardone, N.,\* & Raines, A. J.\* (2010). The role of self-concept clarity in relationship quality. *Self and Identity*, 9, 416-433. doi: 10.1080/15298860903332191
- Karafantis, D.M., Pierre-Louis, J., & Lewandowski, G. W., Jr. (2010). A comparison of the multicultural and colorblind perspectives on the intergroup attitudes of college students. *Journal of Human Behavior and the Social Environment*, 20, 688-710. doi:10.1080/10911351003751876
- Lewandowski, G. W., Jr., & Strohmetz, D. (2009). Actions can speak as loud as words: Measuring behavior in psychological science. *Social and Personality Psychology Compass*, 3(6), 992-1002. doi:10.1111/j.1751-9004.2009.00229.x
- Sizemore, O.J., & Lewandowski, G. W., Jr. (2009). Learning might not equal liking: Research methods course changes knowledge but not attitudes. *Teaching of Psychology*, 36(2), 90-95. doi:10.1080/00986280902739727.
- Raines, A. J.\*, & Lewandowski, G. W., Jr. (2009). The role of self-views in college adjustment. *Graduate Student Journal of Psychology*, 11, 46-51.
- Lewandowski, G. W., Jr. (2009). Promoting positive emotions following relationship dissolution through writing. *The Journal of Positive Psychology*, 4(1), 21-31. doi:10.1080/17439760802068480
- Le, B., Loving, T. J., Lewandowski, G. W., Jr., Feinberg, E. G.\*\*, Johnson, K. C.\*\*, Fiorentino, R.\*\*, & Ing, J.\*\* (2008). Missing a romantic partner: A prototype analysis. *Personal Relationships*, 15, 511-532. doi:10.1111/j.1475-6811.2008.00213.x
- Lewandowski, G. W., Jr., Aron, A., & Gee, J.\*\* (2007). Personality goes a long way: The malleability of opposite-sex physical attractiveness. *Personal Relationships*, 14(4), 571-585. doi:10.1111/j.1475-6811.2007.00172.x

- Lewandowski, G. W., Jr., & Bizzoco, N.\* (2007). Addition through subtraction: Growth following the dissolution of a low quality relationship. *The Journal of Positive Psychology*, 2(1), 40-54. doi:10.1080/17439760601069234
- Lewandowski, G. W., Jr., & Harrington, S.\* (2006). The influence of phonetic abbreviations on evaluation of student performance. *Current Research in Social Psychology*, 11(15), 215-226.
- Lewandowski, G. W., Jr., Aron, A., Bassis, S.\*\*, & Kunak, J.\* (2006). Losing a self-expanding relationship: Implications for the self-concept. *Personal Relationships*, 13(3), 317-331. doi:10.1111/j.1475-6811.2006.00120.x
- Lewandowski, G. W., Jr., & Ackerman, R. A.\* (2006). Something's missing: Need fulfillment and self-expansion as predictors of susceptibility to infidelity. *The Journal of Social Psychology*, 146(4), 389-403. doi:10.3200/SOCP.146.4.389-403
- Lewandowski, G. W., Jr., & Sahner, D. F.\* (2005). The influence of past relationships on subsequent relationships: The role of the self. *Individual Differences Research Journal*, 3(4), 269-275.
- Lewandowski, G. W., Jr., & Aron, A. (2004). Distinguishing arousal from novelty and challenge in initial romantic attraction between strangers. *Social Behavior and Personality*, 32(4), 361-372. doi:10.2224/sbp.2004.32.4.361

### Book Chapters

\* Monmouth University Undergraduate Student

- Lewandowski, G. W., Jr., & Emmet, J.\* (in press). Break-up in non-marital romantic relationships. In R. Gurung & S. Leder (Eds.), *Routledge Encyclopedia of Psychology in the Real World*. Abingdon, UK: Routledge.
- Lewandowski, G. W., Jr., & Ferrara, J.\* (in press). Self-expansion in romantic relationships. In R. Gurung & S. Leder (Eds.), *Routledge Encyclopedia of Psychology in the Real World*. Abingdon, UK: Routledge.
- Xu, X., Lewandowski, G. W., Jr., & Aron, A. (2020). The self-expansion model and relationship maintenance. In B. G. Ogolsky & J. K. Monk (Eds.), *Relationship maintenance: Theory, process, and context*. New York, NY: Cambridge University Press.
- McIntyre, K. P., Mattingly, B. A., & Lewandowski, G. W., Jr. (2017). Self-concept clarity and romantic relationships. In J. Lodi-Smith & DeMarree (Eds.), *Self-concept clarity: Perspectives on assessment, research, and applications*. New York: Springer.
- Acevedo, B., Aron, A., Xu, X., & Lewandowski, G. W., Jr. (2017). Foundations for couples: Love and self-expansion. In J. Fitzgerald (Ed.) *Foundations for couples' therapy: Research for the real world* (pp. 245-255). New York: Routledge.
- Lewandowski, G. W., Jr., Ciarocco, N. J., & Strohmetz, D. B. (2017). Research methods 2.0: A new approach for today's students. In R. Obeid, A. Schartz, C. Shane-Simpson, & P. J. Brooks (Eds.) *How We Teach Now: The GSTA Guide to Student-Centered Teaching* (pp. 328-338). Retrieved from the Society for the Teaching of Psychology web site: <http://teachpsych.org/ebooks/>
- Strohmetz, D. B., Ciarocco, N. J., & Lewandowski, G. W., Jr. (2017). [TeachPsychScience.org](http://teachpsych.org/ebooks/): Sharing to improve the teaching of research methods. In R. S. Jhangiani & R. Biswas-Diener (Eds.), *Open: The philosophy and practices that are revolutionizing psychological science and education* (pp. 237-244). London, UK: Ubiquity Press [E-book]. doi: <https://doi.org/10.5334/bbc>.
- Ciarocco, N.J., Strohmetz, D.B., & Lewandowski, Jr., G. W. (2017). Research methods: An employer's dream course. In R. L. Miller & T. Collette (Eds.) *Teaching Tips: A Compendium of Conference Presentations on Teaching, 2015-16*. Retrieved from the Society for the Teaching of Psychology web site: <http://teachpsych.org/ebooks/>

- Xu, X., Lewandowski, G. W., Jr., & Aron, A. (2016). The self-expansion model and optimal relationship development. In C.R. Knee & H.T. Reis (Eds.), *Positive Approaches to Optimal Relationship Development*. New York: Cambridge University Press.
- Lewandowski, G. W., Jr., Higgins, E.,\* & Ozog, V.\* (2014). The science of improving relationships. In A. Reynolds (Ed.) *The Psychology of Interpersonal Perception and Relationships* (pp. 1-36). Nova Science Publishers, Inc.
- Aron, A., Lewandowski, G. W., Jr., Mashek, D., & Aron, E. N. (2013). The self-expansion model of motivation and cognition in close relationships. In J. A. Simpson & L. Campbell (Eds.) *The Oxford handbook of close relationships* (pp. 90-115). New York: Oxford University Press.
- Lewandowski, G. W., Jr., & Radice, G. M.\* (2012). Relationship dissolution in nonmarital romantic relationships. In M. Paludi (Ed.), *The psychology of love* (pp. 89-106). Santa Barbara, CA US: Praeger/ABC-CLIO.
- Lewandowski, G. W., Jr. (2011). Why do people seek out intimate relationships even though they are complicated and frequently don't end well? In L. Boyd (Ed.), *Your mental health questions answered*. New York, NY: Big Apple Publishing Company.
- Dinella, L. M., & Lewandowski, G. W., Jr. (2011). It's all in the family: A comparison of Bella's and Edward's family structure. *The psychology of Twilight*. Dallas, TX: Benbella Books Inc.
- Lewandowski, G. W., Jr. (2011). What makes someone hot, and others not? In G. W. Lewandowski Jr., T. J. Loving, B. Le, & M. Gleason (eds.), *The science of relationships: Answers to your questions about dating, marriage, and family*. Dubuque, IA: Kendall-Hunt.
- Lewandowski, G. W., Jr. (2011). Why do people cheat in relationships? In G. W. Lewandowski Jr., T. J. Loving, B. Le, & M. Gleason (eds.), *The science of relationships: Answers to your questions about dating, marriage, and family*. Dubuque, IA: Kendall-Hunt.
- Lewandowski, G. W., Jr. (2011). What is cheating and its consequences? In G. W. Lewandowski Jr., T. J. Loving, B. Le, & M. Gleason (eds.), *The science of relationships: Answers to your questions about dating, marriage, and family*. Dubuque, IA: Kendall-Hunt.
- Lewandowski, G. W., Jr. (2011). How will my breakup affect me? How can I get over it? In G. W. Lewandowski Jr., T. J. Loving, B. Le, & M. Gleason (eds.), *The science of relationships: Answers to your questions about dating, marriage, and family*. Dubuque, IA: Kendall-Hunt.
- Ciarocco, N., Dinella, L. M., & Lewandowski, G. W., Jr. (2011). Strategies for making psychology self-relevant in and out of the classroom. In R. Miller & B. Rycek (Eds.), *Promoting student engagement: Volume I: Programs, techniques and opportunities* (pp. 178-184) [E-book]. Society for the Teaching of Psychology. <http://teachpsych.org/resources/e-books/pse2011/vol1/36.%20Self-relevance.pdf>
- Le, B., & Lewandowski, G. W., Jr. (2007). Castaways, outcasts, and cyberball: Social isolation, interpersonal rejection, and ostracism on Exile Island. In R. J. Gerrig (Ed.), *The psychology of survivor* (pp. 145-157). Dallas, TX: Benbella Books Inc.
- Lewandowski, G. W., Jr., & Le, B. (2007). Outwitting to outlast: The role of impression management on Survivor. In R. J. Gerrig (Ed.), *The psychology of survivor* (pp. 57-70). Dallas, TX: Benbella Books Inc.
- McLaughlin-Volpe, T., Aron, A., Wright, S. C., & Lewandowski, G. W., Jr. (2005). Exclusion of the self by close others and by groups: Implications of the self-expansion model. In D. Abrams, J. Marques, & M. Hogg (Eds.), *Social inclusion and exclusion, diversity and deviance* (pp. 113-134). Philadelphia, PA: Psychology Press.

- Aron, A., McLaughlin-Volpe, T., Mashek, D., Lewandowski, G. W., Jr. Wright, S. C., & Aron, E. N. (2005). Including others in the self. In W. Stroebe, & M. Hewstone (Eds.), *European review of social psychology* (pp. 101-132). New York, NY: Psychology Press.
- Aron, A., Mashek, D. J., McLaughlin-Volpe, T., Wright, S. C., Lewandowski, G. W., Jr. & Aron, E. N. (2004). Including close others in the cognitive structure of the self. In M. Baldwin (Ed.), *Interpersonal cognition* (pp. 206-232). New York, NY: Guilford Press.
- Aron, A., Norman, C., Aron, E. N., & Lewandowski, G. W., Jr. (2003). Shared participation in self-expanding activities: Positive effects on experienced marital quality. In P. Noller & J Feeney (Eds.), *Marital interaction* (pp. 177-196). Cambridge University Press.
- Aron, A. & Lewandowski, G. W., Jr. (2002). Interpersonal attraction, psychology of. In N. J. Smelser & P. B. Baltes (Eds.), *International encyclopedia of the social and behavioral sciences* (pp. 7860-7862). Oxford: Pergamon.

### Grants

- \* Monmouth University Undergraduate Student † Faculty Supervisor
- Ciarocco, N. J., Strohmets, D. B., & Lewandowski, G. W., Jr. (December, 2015). *TeachPsychScience.org: Communicating Science*. Association for Psychological Science Fund for Teaching and Public Understanding of Psychological Science (Award Amount: \$4,989.00).
- Lewandowski, G. W., Jr. (2013). *The 'heat' of passion: Do embodied perceptions of temperature affect attraction and passionate love toward others*. Psi Chi/Regular Summer Research Grant: Faculty Supervisor. (Award Amount: 1500.00).
- Lewandowski, G. W., Jr. (2011). *Embodiment of self-expansion: Benefits for individual efficacy and effort*. Psi Chi/Regular Summer Research Grant: Faculty Supervisor. (Award Amount: 1500.00).
- Dinella, L. M., Ciarocco, N., & Lewandowski, G. W., Jr. (2011). *Atlantic Coast Teaching of Psychology Conference (ACToP Conference)*. American Psychological Association Board of Educational Affairs Block Grant. (Award Amount: 1000.00).
- Lewandowski, G. W., Jr. (2011). *Exploring the benefits of self-expansion in a community sample*. Grant-in-Aid for Creativity, Monmouth University. (Award Amount: 1498.00).
- Ciarocco, N., Dinella, L. M., & Lewandowski, G. W., Jr. (2011). *Atlantic Coast Teaching of Psychology Conference (ACToP Conference)*. Association for Psychological Science (APS) Fund for Teaching and Public Understanding of Psychological Science. (Award Amount: 1000.00).
- Dinella, L. M., Ciarocco, N., & Lewandowski, G. W., Jr. (2010). *Grant in support of the first biennial Atlantic Coast Teaching of Psychology Conference (ACT Conference)*. Society for the Teaching of Psychology's Small Grants—Promoting Partnership Program. (Amount awarded: \$750).
- Lewandowski, G. W., Jr., Ciarocco, N., & Strohmets, D. B. (2009). *TeachPsychScience.org: Resources for teaching research and statistics in psychology*. Association for Psychological Science (APS) Fund for Teaching and Public Understanding of Psychological Science. (Award Amount: 4908.00).
- Ciarocco, N., Strohmets, D. B., & Lewandowski, G. W., Jr. (2009). *Exemplar studies for teaching research methodology*. Society for Teaching of Psychology: Instructional Resource Award. (Award Amount: 1500.00).
- Stephan, J.\*, & Lewandowski, G. W., Jr. † (2009). *Call me: The influence of ego depletion on relationship initiation*. Psi Chi: Undergraduate Research Grant. (Award Amount: 900.00).

- Lewandowski, G. W., Jr. (January 2007-present). *Positively single: Casting light on the darkness of dissolution*. Anthony Marchionne Foundation Small Grants Program. (Award Amount: 21,923.00).
- Nardone, N.\* & Lewandowski, G. W., Jr. † (2007). *Self-understanding and the accuracy of behavioral prediction*. Psi Chi: Undergraduate Research Grant. (Award Amount: 700.00).
- Raines, A. J.\* & Lewandowski, G. W., Jr. † (2007). *Writing about the self*. Psi Chi: Undergraduate Research Grant. (Award Amount: 900.00).
- Lewandowski, G. W., Jr. (2006). *A web-based study of factors that influence relationships*. Grant-in-Aid for Creativity, Monmouth University. (Award Amount: 980.00).

### **Additional Scholarly Work**

\* Monmouth University Undergraduate Student/Alumni

- Lewandowski, G. W., Jr. (2020). The 15 Questions to Check if Your Relationship Will Work, According to Experts. *Yahoo News*.
- Lewandowski, G. W., Jr. (2020) Research methods in relationship science. In W. Goodfriend, *Intimate Relationships*. Sage Publishers.
- Lewandowski, G. W., Jr., (February 2019) Valentine's Day 2019: Should I stay with my partner? *Newsweek*.
- Lewandowski, G. W., Jr. (2018, May). Why are we meeting like this? The 10 worst types of meetings in academe. *InsideHigherEd.com*.
- Lewandowski, G. W., Jr. (2018, February). 15 questions that determine if your relationship will last, according to science. *IFLScience.com*.
- Strohmetz, D., & Lewandowski, G. W., Jr. (2017, August). Skill building, one assignment at a time. *Society for the Teaching of Psychology* [www.TeachPsych.org](http://www.TeachPsych.org)
- Lewandowski, G. W., Jr. & Hughes, E.\* (2017, June). Want a satisfying relationship? Don't present yourself as a sex object. *The Conversation*.
- Lewandowski, G. W., Jr. (2017, February). Path to true love may start with your BFF. *CNN.com*
- Lewandowski, G. W., Jr. (2016, October). Research methods: The one course every graduate student should teach. *Society for the Teaching of Psychology* [www.TeachPsych.org](http://www.TeachPsych.org)
- Lewandowski, G. W., Jr. (2016, April). It's not all tears and loneliness: The positive side of breaking up. *The Washington Post*.
- Lewandowski, G. W., Jr. (2016, February). How to choose a valentine, according to science. *Time.com*.
- Lewandowski, G. W., Jr. (2015, November). Wedding bells or single again: Psychology predicts where your relationship is headed. *IFLScience.com*. [This article was read over 1 million times]
- Lewandowski, G. W., Jr. & Mattingly, B. M., (2015, August). 36 questions to get to know yourself better - Imperfections and all. *Elle Magazine – Canada*.
- Lewandowski, G. W., Jr. (2015, June). The psychology of flirtation: How to know when someone's interested. *The Independent*.
- Lewandowski, G. W., Jr. (2015, June). Breaking-up better: Why your break-up won't destroy you. *Digital Romance*.

- Lewandowski, G. W., Jr. (2015, May). The one thing that will get you through a bad breakup. *Refinery29*.
- Lewandowski, G. W., Jr. (2015, April). Science figured out the type of person who falls in love the fastest. *Business Insider*.
- Lewandowski, G. W., Jr. (2015, April). What is the secret to a great relationship? *Digital Romance*.
- Lewandowski, G. W., Jr. (2015, January). Students separated from their phones do worse on tests. *Business Insider*.
- Lewandowski, G. W., Jr. (2015, January). The biology of cheating. *Refinery29*.
- Lewandowski, G. W., Jr. (2014, December). It only takes a few minutes to spot a cheater. *Business Insider*.
- Lewandowski, G. W., Jr. (2014, October). This is the best way to flirt if you want to score a date. *The Washington Post*.
- Lewandowski, G. W., Jr. (2014, October). Everyday stress can poison a relationship. *New York Magazine (Science of Us)*.
- Lewandowski, G. W., Jr. (2014, June). Thinking about breaking up with someone? Flip a coin. *The Washington Post*.
- Lewandowski, G. W., Jr. (2014, May). Flowers have powers to change men's dating prospects, studies suggest. *The Conversation*.
- Lewandowski, G. W., Jr. (2014, April). Women are more socially anxious than men – but only just. *The Conversation*.
- Lewandowski, G. W., Jr. (2013, December). Nudity found to offer new social benefits. *Scientific American*.
- Lewandowski, G. W., Jr. (2013, November). Women act like men when they switch seats at speed dating. *LiveScience*.
- Lewandowski, G. W., Jr. (2013, September). What physiological changes can explain the honeymoon phase of a relationship? *Scientific American Mind*.
- Lewandowski, G. W., Jr., & Aron, A. (2013). Attraction. In H. Pashler (Ed.), *The encyclopedia of the mind*. Thousand Oaks, CA: Sage Publications Inc.
- Lewandowski, G. W., Jr. (2012, July/August). Is a bad mood contagious? *Scientific American Mind*, pg 72.
- Lewandowski, G. W., Jr., & Palermo, C.\* (2011, December). A match made in... *Cover2Cover Magazine*.
- Lewandowski, G. W., Jr., & Nestor, J.\* (2011, November). The state of our unions: Politics and relationships. *Cover2Cover Magazine*.
- Lewandowski, G. W., Jr., & Abate, J.\* (2011, October). In sickness and in health: The benefits of marriage. *Cover2Cover Magazine*.
- Lewandowski, G. W., Jr., & Nestor, J.\* (2011, September). The music of love and relationships. *Cover2Cover Magazine*.
- Lewandowski, G. W., Jr., & Bobrowski, M.\* (2011, August). The importance of healthy relationships in college and beyond. *Cover2Cover Magazine*.
- Lewandowski, G. W., Jr. (2011, July). Long-distance relationships: Many miles, many problems?. *Cover2Cover Magazine*, pg 26.



- Lewandowski, G. W., Jr. (2011, June). The hidden benefits of travel for you and your relationship. *Cover2Cover Magazine*, pg 27.
- Lewandowski, G. W., Jr. (2010, Summer). Resources for facilitating the teaching of research methods in psychology. *Psychology Teacher Network Newsletter (APA)*.
- Lewandowski, G. W., Jr. (2010). Break-ups aren't all bad: Coping strategies to promote positive outcomes. *APA: Research in Action*. Retrieved from <http://www.apa.org/research/action/romantic-relationships.aspx>
- Lewandowski, G. W., Jr., & Le, B. (2009). Fun in relationships. In H. T. Reis & S. Sprecher (Eds.), *Encyclopedia of human relationships*. Thousand Oaks, CA: Sage Publications Inc.
- Lewandowski, G. W., Jr. (2009). Adultery. In J. O'Brien (Ed.), *Encyclopedia of gender and society*. Thousand Oaks, CA: Sage Publications Inc.
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### Teaching Materials

- Lewandowski, G. W., Jr., Ciarocco, N. J., Strohmets, D. B., & Ensley, C. J. (2016). Instructor's manual to accompany *Discovering the Scientist Within: Research Methods in Psychology*. New York: Worth.
- Strohmets, D. B., Lewandowski, G. W., Jr., & Ciarocco, N. J. (2016). PowerPoint slide presentations to accompany *Discovering the Scientist Within: Research Methods in Psychology*. New York: Worth.
- Lewandowski, G. W., Jr., Strohmets, D. B. & Ciarocco, N. (2015). Essentials of experimental psychology. *Journal of Visualized Experiments*. doi: 10.3791/10169 ([Link](#))
- [Lewandowski, G. W., Jr., Loving, T. J., & Bobrowski, M.\\* \(2013\). The eyes have it: Promoting classroom discussion of equal marriage rights. iCollaborative \(MedEdPORTAL\), Association of American Medical Colleges \(AAMC\).](#)
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Lewandowski, G. W., Jr. (2009). *Study guide to accompany Gazzaniga, Heatherton, and Halpern's Psychological Science (3<sup>rd</sup> ed.)*. W. W. Norton Publishers.

Lewandowski, G. W., Jr. (2005). *Intimate Relationships*. Office of Teaching Resources in Psychology [Online]. Available: <http://www.teachpsych.org/otrp/syllabi/gl04specialf.pdf>

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### **Conference Presentations – Research**

\* Monmouth University Undergraduate Student

\*\* Undergraduate Student from another Institution

McIntyre, K., Mattingly, B., Cheatham, M., & Lewandowski, G. W., Jr. (2019, June). *You fulfill me: Self-expansion and the satisfaction of basic psychological needs*. Poster presented at the International Association for Relationship Research Mini-Conference, Ottawa, CA.

Lewandowski, G. W., Jr., DiSilvestro, J.,\* & Mattingly, B. (2019, February). *To settle or not to settle: The influence of stress*. Poster presented at the 20th Annual Society for Personality and Social Psychology Conference, Portland, OR.

D'Annunzio, B. M.\*, Aynes, A.\*, Kvalo, S.\*, Ryan, K.\*\*, & Lewandowski, G. W., Jr. (2018, March). *It's logical: How thinking impacts tolerance of negative relationship behaviors*. Poster presented at the 19th Annual Society for Personality and Social Psychology Conference, Atlanta, GA.

McIntyre, K., Mattingly, B., Xu, X., Loving, T., & Lewandowski, G. W., Jr. (2018, March). *Self-expansion and psychological well-being within romantic relationships*. Poster presented at the 19th Annual Society for Personality and Social Psychology Conference, Atlanta, GA.

Lewandowski, G. W., Jr. & D'Annunzio, B. M.\* (2018, March). *The power of companionate love: Effects on memory*. Poster presented at the 19th Annual Society for Personality and Social Psychology Conference, Atlanta, GA.

Tomlinson, J., Hughes, E.\*, Lewandowski, G. W., Jr., Aron, A., & Geyer, R.\*\* (2018, March). *Expansion promoting experiences predict individual and relationship benefits*. Poster presented at the 19th Annual Society for Personality and Social Psychology Conference, Atlanta, GA.

Aron, A., Tomlinson, J. M., & Lewandowski, G. W., Jr. (2017). *Self-expansion motivation: Beyond close relationships, new work on basic mediators, and an overview of current status and future directions*. Paper to be presented at the Bridging Close Relationship Models and Broader Social Processes: Recent Developments in Four Major Relationship Models Symposium at the Society for Experimental and Social Psychology Conference Boston, MA

Tomlinson, J., Aron, A., & Lewandowski, G. W., Jr. (2017, June). *Perceived engagement drives benefits of self-expanding activities*. Paper presented at the IARR-mini conference. Syracuse, NY.

D'Annunzio, B. M.\*, LoPresti, M.\*, & Lewandowski, G. W., Jr. (2017, March). *The perils of passionate love*. Poster presented at the 2017 Eastern Psychological Association Conference, Boston, Massachusetts.

Roderick, E. M.\*, D'Annunzio, B. M.\*, Lewandowski, G. W. Jr. (2017, March). *Knowing what's good for us: Examining romantic lay beliefs*. Poster presented at the 2017 Eastern Psychological Association Conference, Boston, MA.

- Hughes, E. K.\*, Lewandowski, G. W., Jr., Mattingly, B. A., McIntyre, K. P., & Branick, A. (2017, January). *Workplace self-expansion: Can you make boring job tasks better?* Poster presented at the 18th Annual Society for Personality and Social Psychology Conference, San Antonio, TX.
- McIntyre, K., Gray, C., Mattingly, B., & Lewandowski, G. W., Jr., Mattingly, B. A., McIntyre, K. P., & Branick, A. (2017, January). *Examining the role of self-expansion in workplace leadership.* Poster presented at the 18th Annual Society for Personality and Social Psychology Conference, San Antonio, TX.
- Tomlinson, J., Hughes, E. K.\*, & Lewandowski, G. W., Jr. (2017, January). *What causes the benefits of self-expanding activities?* Poster presented at the 18th Annual Society for Personality and Social Psychology Conference, San Antonio, TX.
- Lewandowski, G. W., Jr. (2016, July). *Sharing relationship research with the world: The importance of relationship education.* Paper presented as part of a symposium entitled Beyond the college classroom: The important role of sex and relationship researchers in large scale educational efforts, at the 2016 International Association for Relationships Research Conference, Toronto, ON, Canada.
- Lewandowski, G. W., Jr. (2016, July). *Sharing your research with the public: www.ScienceofRelationships.com.* Paper presented as part of a symposium entitled Sharing your research with the public: Tips and tricks for interacting with the media, at the 2016 International Association for Relationships Research Conference, Toronto, ON, Canada.
- McIntyre, K. P., Mattingly, B. A., & Lewandowski, G. W., Jr. (2016, July). *How close relationships change the self-concept: A two-dimensional model.* Presented at the 2016 International Association for Relationships Research Conference, Toronto, ON, Canada.
- Tomlinson, J., Hughes, E. K. \*, & Lewandowski, G. W., Jr. (2016, July). *Understanding the role of challenge and arousal in self-expanding activities.* Poster presented at the 2016 International Association for Relationships Research Conference, Toronto, ON, Canada.
- Kozitzky, A., Straughn, S., Mattingly, B. A., McIntyre, K. P., & Lewandowski, G. W., Jr. (2016, May). *In relationships, size matters: Associations between self-concept size and self-change processes.* Presented at the 2016 Midwestern Psychological Association Conference, Chicago, IL.
- D'Annunzio, B. M.\*, Cappuccino, N.\*, Hughes, E. K. \*, & Lewandowski, G. W., Jr. (2016, March). *Workplace self-expansion: Can you make boring job tasks better?* Poster presented at the 2016 Eastern Psychological Association Conference, New York City, NY.
- Hughes, E. K. \*, Roderick, E. \*, & Lewandowski, G. W., Jr. (2016, March). *What the self wants: Expansion versus conservation.* Poster presented at the 2016 Eastern Psychological Association Conference, New York City, NY.
- Bobrowski, M. E., Mattingly, B. A., Lewandowski, G. W. Jr., & DeMarree, K. G. (2016, January). *Expanding the self without compromising clarity.* Poster presented at the 17th Annual Society for Personality and Social Psychology Conference in San Diego, CA.
- Gray, C.\*\*\*, McIntyre, K. P., Mattingly, B. A., & Lewandowski, G. W., Jr. (2016, January). *Self-expansion in the workplace: Implications for burnout and engagement.* Poster presented at the 17th Annual Society for Personality and Social Psychology Conference in San Diego, CA.
- Hubbard, M.\* & Lewandowski, G. W., Jr. (2016, January). *The impact of grit on relationship quality.* Poster presented at the 17th Annual Society for Personality and Social Psychology Conference in San Diego, CA.

- McIntyre, K. P., Mattingly, B. A., & Lewandowski, G. W., Jr. (2016, January). *How do close relationships change the self-concept? A two-dimensional model*. Poster presented at the 17th Annual Society for Personality and Social Psychology Conference in San Diego, CA.
- Acri, L. M.\* & Lewandowski, G. W., Jr. (2015, May). *The influence of the self in partner behavior interpretation*. Poster presented at the Association for Psychological Science Convention, New York, NY.
- Townsend, J.\* & Lewandowski, G. (2015, May). *Let's talk about it: Sexual communication, personality, and authenticity*. Poster presented at the Association for Psychological Science Convention, New York, NY.
- Mattingly, B. A., McIntyre, K. P., & Lewandowski, G. W., Jr. (2015, May). *You change me: Relationship-induced self-change, relationship quality, and maintenance behaviors*. Presented at the 2015 Midwestern Psychological Association Conference, Chicago, IL.
- Hughes, E. K.\*, Magenheimer, J.\*, & Lewandowski, G. W., Jr. (2015, March). *To expand or not to expand the self: Individual differences in self-expansion and self-conservation*. Poster presented at the 2015 Eastern Psychological Association Conference, Philadelphia, PA.
- Warehime, R.\*, Hunt, E.\*, & Lewandowski, G. W., Jr. (2015, March). *Heat of passion: The effects of embodied temperature on relationship perception*. Poster presented at the 2015 Eastern Psychological Association Conference, Philadelphia, PA.
- Branick, A. \*, Hughes, E.\*, & Lewandowski, G. W., Jr. (2014). *Can self-expansion make a boring job better?* Poster presented at the 2014 Eastern Psychological Association Conference, Boston, MA.
- Ozog, V. \* & Lewandowski, G. W., Jr. (2014). *Closeness and self-concept clarity's role in acquisition of partner traits*. Poster presented at the 2014 Eastern Psychological Association Conference, Boston, MA.
- Lewandowski, G. W., Jr., McIntyre, K. P., & Mattingly, B. A. (2014, February). *Relationship self-change: Validation of a two-dimensional model*. Poster presented at the 15th Annual Society for Personality and Social Psychology Conference in Austin, TX.
- Mattingly, B. A., Lewandowski, G. W., Jr., Mosley, A. K., Guarino, S. N., & Carson, R. E. A. (2014, February). *Another brick in the self: Non-relational self-expansion and self-concept size*. Poster presented at the 15th Annual Society for Personality and Social Psychology Conference in Austin, TX.
- McIntyre, K. P., Simpson, D. A., Mattingly, B. A., & Lewandowski, G. W., Jr. (2014, February). *Self-expansion in the workplace increases organizational citizenship and reduces turnover intentions*. Poster presented at the 15th Annual Society for Personality and Social Psychology Conference in Austin, TX.
- Dinella, L.M., Pierce, J.\*, & Lewandowski, G. W., Jr. (April, 2013). *Internalization of princess culture: Gender messages, early childhood and young adulthood*. Paper symposium presented at the meeting of the Society for Research in Child Development, Seattle, 2013.
- McCabe, R.\*, McDonnell, B.\*, & Lewandowski, G. W., Jr. (2013). *An examination of the self-expansion model as it relates to best friendships*. Poster presented at the 2013 Eastern Psychological Association Conference, New York, NY.
- Sangster, M.\*, & Lewandowski, G. W., Jr. (2013). *The truth about honesty: Authenticity and relationship satisfaction*. Paper presented at the 2013 Eastern Psychological Association Conference, New York, NY.

- Viaud, J. M.\*, Ozog, V.\*, & Lewandowski, G. W., Jr. (2013). *I love it because it's mine: the mere ownership effect in relationships*. Poster presented at the 2013 Eastern Psychological Association Conference, New York, NY.
- Mattingly, B. A., & Lewandowski, G. W., Jr. (2013, January). *Too much (self) to lose: Self-expansion as a relationship investment*. Poster presented at the 14th Annual Society for Personality and Social Psychology Conference in New Orleans, LA.
- Piasio, C.\*, & Lewandowski, G. W., Jr. (2013, January). *The perils of passionate love*. Poster presented at the 14th Annual Society for Personality and Social Psychology Conference in New Orleans, LA.
- Simpson, D. A.\*\*, McIntyre, K. P., Mattingly, B. A., & Lewandowski, G. W., Jr. (2013, January). *Self-expansion at work: Implications for job satisfaction, commitment, and self-esteem among the employed and unemployed*. Poster presented at the 14th Annual Society for Personality and Social Psychology Conference in New Orleans, LA.
- Hillaire, N., & Lewandowski, G. W., Jr. (2012). *Impact of account-making for breakup experience on self-esteem and post-dissolution relationship self-efficacy*. Interest Group Meeting presented at 6<sup>th</sup> International Association for Relationship Research Conference, Chicago, IL.
- Holmes, B., (all others ABC order) Le, B., Lewandowski, G., Loving, T., Mashek, D., & Orbuch, T. (2012). *Reaching a mass audience: exciting developments in making relationship research accessible to all*. Interest Group Meeting presented at 6<sup>th</sup> International Association for Relationship Research Conference, Chicago, IL.
- Mattingly, B. A., Lewandowski, G. W., Jr., Bobrowski, M. E.\*, & Mattingly, M. J. B. (2012). *Benefits of self-expansion for individuals and relationships*. Poster presented at 6<sup>th</sup> International Association for Relationship Research Conference, Chicago, IL.
- Abate, J. F.\*, Lewandowski, G. W., Viaud, J. M.\*, & Corrigan, K. M.\* (2012, March). *My partner is better than your partner: The mere ownership effect in romantic relationships*. Poster presented at the 2012 Eastern Psychological Association Conference, Pittsburgh, PA. (Note: Jacqueline Abate, Jeffrey Viaud, and Kelsey Corrigan won the *Psi Chi Regional Research Award* for this presentation.)
- Carson, R. E. A.\*\*, Guarino, S. N.\*\*, Mattingly, B. A., & Lewandowski, G. W., Jr. (2012, March). *The effects of self-expansion on self-efficacy*. Poster presented at the 2012 Eastern Psychological Association Conference, Pittsburgh, PA.
- Mattingly, B. A., Bobrowski, M. E. \*, & Lewandowski, G. W., Jr. (2012, March). *I want, therefore I am not: Self-expansion in relation to self-concept clarity*. Paper presented at the 2012 Eastern Psychological Association Conference, Pittsburgh, PA.
- Mosley, A.\*\*, Hoover, K.\*\*, Mattingly, B. A., & Lewandowski, G. W., Jr. (2012, March). *The effect of self-expanding tasks on implicit and explicit self-concept*. Poster presented at the 2012 Eastern Psychological Association Conference, Pittsburgh, PA.
- Nestor, J.\*, Carson, R.\*\*, Palermo, C.\*\*, Kocsik, S.\*, Piasio, C.\*, Dooley, J.\*, Mattingly, B.A., & Lewandowski, G. W., Jr. (2012, March). *How the embodiment of self-expansion and self-contraction influences self-efficacy*. Poster presented at the 2012 Eastern Psychological Association Conference, Pittsburgh, PA.
- Piasio, C. \*, Dooley, J. \*, Corrigan, K. \*, LoPresti, M. \*, & Lewandowski, G. W., Jr. (2012, March). *The effects of love on memory*. Poster presented at the 2012 Eastern Psychological Association Conference, Pittsburgh, PA.

- Ketay, S., Brady, M.\*\*\*, Lewandowski, G. W., Jr., & Aron, A. P. (2012). *Conversing towards happiness: The link between well-being, deep conversation, and closeness*. Poster presented at the 13th Annual Society for Personality and Social Psychology Conference in San Diego, CA.
- Lebovits, J.\*\*\*, Ketay, S., Kocsik, S.\*, Knowles, K.\*\*\*, & Lewandowski, G. W., Jr. (2012). *Learning from break-ups*. Poster presented at the 13th Annual Society for Personality and Social Psychology Conference in San Diego, CA.
- Lewandowski, G. W., Jr., & Radice, G. M.\* (2012). *Forgetting you, remembering me: Coping with relationship dissolution through rediscovery of self*. Paper presented as part of a symposium *The many benefits of self-expansion*, at the 13<sup>th</sup> Annual Society for Personality and Social Psychology Conference in San Diego, CA.
- Mattingly, B. A., Lewandowski, G. W., Jr., Clark, E. M., & Blankmeyer, K. (2012). *Less likely to stray: Self expansion opportunities moderate the effect of ego depletion on susceptibility to infidelity*. Poster presented at the 13<sup>th</sup> Annual Society for Personality and Social Psychology Conference in San Diego, CA.
- Bobrowski, M. E.\*, Lewandowski, G. W., Jr., & Mattingly, B. (2011, March). *The effect of self-expansion on effort*. Poster presented at the 82nd Annual Eastern Psychological Association Conference, Cambridge, MA. (Note: Miranda Bobrowski won the *Psi Chi Regional Research Award* for this presentation.)
- Fulmer, B. A.\*, Pedreiro, A.\*, Lewandowski, G. W., Jr., & Dinella, L. M. (2011, March). *Positively princess: Princesses' self-views, occupational values, and effort*. Poster presented at the 82nd Annual Eastern Psychological Association Conference, Cambridge, MA.
- Gately, E. L.\*, Dambra, C. M.\*, Ciarocco, N. J., & Lewandowski, G. W., Jr. (2011, March). *The influence of temperature sensations on global warming*. Poster presented at the 82nd Annual Eastern Psychological Association Conference, Cambridge, MA.
- Kocsik, S. L.\*, Abate, J.\*, Lewandowski, G. W., Jr., & Ketay, S. (2011, March). *Learning from lost love: The nature of learning about relationships through break-up*. Poster presented at the 82nd Annual Eastern Psychological Association Conference, Cambridge, MA.
- Higgins, E.\* & Lewandowski, G. W., Jr. (2011, March). *The sunk-cost fallacy in relationships: Throwing good investments after bad*. Paper presented at the 82nd Annual Eastern Psychological Association Conference, Cambridge, MA.
- Le, B., Farrell, A.\*\*\*, & Lewandowski, G. W., Jr. (2011, January). *Self-expansion and infidelity in romantic relationships: The mediating role of satisfaction*. Poster presented at the 12th Annual Society for Personality and Social Psychology Conference in San Antonio, TX.
- Lewandowski, G. W., Jr., Ciarocco, N., Pettenato, M.\*, & Stephan, J.\* (2011, January). *The influence of ego depletion on the receptivity to relationship initiation strategies*. Poster presented at the 12th Annual Society for Personality and Social Psychology Conference in San Antonio, TX.
- Mattingly, B. A., Lewandowski, G. W., Jr., & Carson, R.\*\* (2011, January). *Solving the unsolvable: The effects of self-expansion on generating solutions to impossible problems*. Poster presented at the 12th Annual Society for Personality and Social Psychology Conference in San Antonio, TX.
- McIntyre, K. P., Mattingly, B. A., Lewandowski, G. W., Jr., Carey, R.\*\*\*, Nieman, L.\*\*\*, & Russack, D.\*\* (2011, January). *Motivation and prospects of self-concept change affect desire to form friendships*. Poster presented at the 12th Annual Society for Personality and Social Psychology Conference in San Antonio, TX.

- VanderDrift, L. E., Lewandowski, G. W., Jr., & Agnew, C. R. (2011, January). *Self-expansion in current romance, interest in relationship alternatives, and susceptibility to infidelity*. Poster presented at the 12th Annual Society for Personality and Social Psychology Conference in San Antonio, TX.
- Fulmer, B. A. \*, & Lewandowski, G. W., Jr. (2010). *Evaluating information about relationships: Quality of source and memory for information*. Poster presented at the 81<sup>st</sup> Annual Eastern Psychological Association Conference, Brooklyn, NY.
- Kocsik, S. L. \*, & Lewandowski, G. W., Jr. (2010). *But will we grow in the future?: Potential self-expansion and infidelity*. Poster presented at the 81<sup>st</sup> Annual Eastern Psychological Association Conference, Brooklyn, NY.
- Weldon, K. A.\*, & Lewandowski, G. W., Jr. (2010). *The effect of self-efficacy on interpersonal attraction*. Poster presented at the 81<sup>st</sup> Annual Eastern Psychological Association Conference, Brooklyn, NY.
- Ciarocco, N., Echevarria, J. \*, & Lewandowski, G. W., Jr. (2010). *Too weak to resist: The influence of self-regulation on infidelity*. Poster presented at the 11<sup>th</sup> Annual Society for Personality and Social Psychology Conference in Las Vegas, NV.
- Lewandowski, G. W., Jr. (2010). *Self-focused strategies for minimizing the negative effects of relationship dissolution*. Poster presented at the 11<sup>th</sup> Annual Society for Personality and Social Psychology Conference in Las Vegas, NV.
- Mattingly, B. A., McIntyre, K. P., & Lewandowski, G. W., Jr. (2010). *Approach and avoidance motivation as predictors of self-expansion*. Poster presented at the 11<sup>th</sup> Annual Society for Personality and Social Psychology Conference in Las Vegas, NV.
- Nardone, N.\*, & Lewandowski, G. W., Jr. (2010). *Clarity versus confusion: Effects on the self and romantic relationships*. Poster presented at the 11<sup>th</sup> Annual Society for Personality and Social Psychology Conference in Las Vegas, NV.
- Strohmetz, D. B., Lewandowski, G. W., Jr., & Clark, A.\* (2010). *Self-expansion in college: A novel application of the self-expansion model*. Poster presented at the 11<sup>th</sup> Annual Society for Personality and Social Psychology Conference in Las Vegas, NV.
- Karafantis, D.M., Pierre-Louis, J., & Lewandowski, G. W., Jr. (2009, March). *Dueling lay theories: The effect of the multicultural and colorblind theories on the social attitudes of college students*. Poster presented at the 80th Annual Eastern Psychological Association Conference, Pittsburgh, PA., USA.
- Lewandowski, G. W., Jr., Cahill, K. A.\*, VanderDrift, L. E., & Agnew, C. R. (2009, February). *On the path to infidelity: Self-expansion and increased attention to alternatives*. Poster presented at the 10<sup>th</sup> Annual Society for Personality and Social Psychology Conference in Tampa, FL.
- Le, B., Lewandowski, G. W., Jr., Mattingly, B., Korn, M. S., & Evans, K.\* (2009, February). *Self-expansion and closeness in predicting infidelity in romantic relationships*. Poster presented at the 10<sup>th</sup> Annual Society for Personality and Social Psychology Conference in Tampa, FL.
- VanderDrift, L. E., Agnew, C. R., & Lewandowski, G. W., Jr. (2008, May). *Searching for wider horizons: Self-expansion motivation increases interest in relational alternatives*. Poster presented at the 20<sup>th</sup> Annual Association for Psychological Science Convention, Chicago, IL.
- Javas, L. K.\*, & Lewandowski, G. W., Jr. (2008, March). *Life satisfaction vs. relationship satisfaction: The influence of personal characteristics*. Poster presented at the 79<sup>th</sup> Annual Eastern Psychological Association Conference, Boston, MA., USA. (Note: Leigh-Ann Javas won the *Psi Chi Regional Research Award* for this presentation.)

- Nardone, N. \*, St. Amour, S. \*, Shababo, F. \*, Sammon, E. \*, & Lewandowski, G. W., Jr. (2008, March). *Perceptions of relationship quality of online dating*. Poster presented at the 79<sup>th</sup> Annual Eastern Psychological Association Conference, Boston, MA., USA.
- Raines, A. J. \*, Nardone, N. \*, & Lewandowski, G.W. Jr. (2008, March). *The role of the self-knowledge in college adjustment*. Poster presented at the 79<sup>th</sup> Annual Eastern Psychology Association Conference, Boston, MA., USA.
- Lewandowski, G. W., Jr., & Scarponi, T.\* (2008, February). *The role of self-expansion and desired similarity in romantic attraction*. Poster presented at the 9<sup>th</sup> Annual Meeting of the Society of Personality and Social Psychology, Albuquerque, NM.
- Nardone, N.\*, Lewandowski, G. W., Jr., & Le, B. (2008, February). *The relation of self-expansion to well-being and relationship quality*. Poster presented at the 9<sup>th</sup> Annual Meeting of the Society of Personality and Social Psychology, Albuquerque, NM.
- Harrington, S.\*, & Lewandowski, G. W., Jr. (2007, March). *Thx 4 ur help: Phonetic abbreviations effect on student evaluation*. Poster presented at the 78<sup>th</sup> Annual Eastern Psychological Association Conference, Philadelphia, PA. , USA.
- Karafantis, D.M., Pierre-Louis, J., & Lewandowski, G. W., Jr. (2007, March). *A comparison of the multicultural and colorblind perspectives on the intergroup attitudes of college students*. Poster presented at the 78<sup>th</sup> Annual Eastern Psychological Association Conference, Philadelphia, PA., USA.
- Korcz, L. M. \*, Lewandowski, G. W., Jr., & Le, B. (2007, March). *Self variables as predictors of ethnocentrism and study abroad interest*. Poster presented at the 78<sup>th</sup> Annual Eastern Psychological Association Conference, Philadelphia, PA. , USA.
- Nardone, N.\*, & Lewandowski, G. W., Jr. (2007, March). *Self-understanding and the accuracy of self-knowledge*. Poster presented at the 78<sup>th</sup> Annual Eastern Psychological Association Conference, Philadelphia, PA. , USA. (Note: Natalie Nardone won the *Psi Chi Regional Research Award* for this presentation.)
- Lewandowski, G. W., Jr. (2007, January). *The use of expressive writing to promote positive emotions following break-up*. Poster presented at the 8<sup>th</sup> Annual Meeting of the Society of Personality and Social Psychology, Memphis, TN.
- Strong, G., Acevedo, B., Stein, A., Aron, A., & Lewandowski, G. W., Jr. (2007, January). *The prototype and factor structure of "soulmates."* Poster presented at the 8<sup>th</sup> Annual Meeting of the Society of Personality and Social Psychology, Memphis, TN.
- Lewandowski, G. W., Jr. (2006, July). *For better and for worse: The impact of relationship dissolution on the self*. In C. Agnew (Chair), *Romantic relationship dissolution: Theoretical and methodological advances and challenges*. Symposium conducted at the 3<sup>rd</sup> International Association for Relationship Research Conference, Crete, Greece.
- Nardone, N.\*, Raines, A. J.\*, & Lewandowski, G. W., Jr. (2006, March). *Get it out: The effects of writing about dissolution*. Poster presented at the 77<sup>th</sup> Annual Eastern Psychological Association Conference, Baltimore, MD, USA.
- Resenhoft, A.\*, Lupon, J.\*, Scarponi, T.\*, & Lewandowski, G. W., Jr. (2006, March). *The urge to merge: Correlates of desiring less closeness*. Poster presented at the 77<sup>th</sup> Annual Eastern Psychological Association Conference, Baltimore, MD, USA.



- Lewandowski, G. W., Jr., & Ackerman, R.\* (2006, January). *The role of relationship motivations in perceived susceptibility to infidelity*. Poster presented at the Seventh Annual Meeting of the Society of Personality and Social Psychology, Palm Springs, CA.
- Lewandowski, G. W., Jr., & Hampson, R. J.\* (2004, July). *The influence of self-understanding on relationship satisfaction and commitment*. Paper presented at the 12th Meeting of the International Society for the Study of Personal Relationships, Madison, WI, USA.
- Lewandowski, G. W., Jr., & Sahner, D. F.\* (2004, July). *The influence of past relationships on subsequent relationships: The role of the self*. Paper presented at the 12th Meeting of the International Society for the Study of Personal Relationships, Madison, WI, USA.
- Lewandowski, G.W., Jr. (2004, June). *My research: State of the union*. Paper presented at the 1<sup>st</sup> Annual Meeting of Emerging Relationships Researchers Group, Highland Beach, FL, USA.
- White, C.\*, Lewandowski, G.W., Jr., Aron, A., & Aron, E. (2004, February). *Development and validation of the state measure of self-expansion motivation*. Poster presented at the Fifth Annual Meeting of the Society of Personality and Social Psychology, Austin, TX.
- Lewandowski, G.W., Jr. (2004, February). *The effects of relationship dissolution on the self: An experimental design*. Poster presented at the Fifth Annual Meeting of the Society of Personality and Social Psychology, Austin, TX.
- Lewandowski, G. W., Jr. (2003, February). *The impact of relationship dissolution on the self: Implications for self-concept, self-esteem, and self-construals*. Poster presented at the Fourth Annual Meeting of the Society of Personality and Social Psychology, Los Angeles, CA.
- Bassis, S.\*\* & Lewandowski, G. W., Jr. (2003, February). *Relationship dissolution and the self: Implications for coping with loss*. Poster presented at the Fourth Annual Meeting of the Society of Personality and Social Psychology, Los Angeles, CA.
- Lewandowski, G. W., Jr. & Mashek, D. (co-presenters) (2003, February). Self-expansion and inclusion of other in the self as two distinct processes. In C.A. Sanderson (Chair), *Current approaches to intimacy and its impact on well-being*. Symposium conducted at the Fourth Annual Meeting of the Society of Personality and Social Psychology, Los Angeles, CA.
- Lewandowski, G. W., Jr. (2002, July). Shedding light on the darkness of dissolution: An integrative theory of how the self is affected. In D. Mashek (Chair), *The dark side of close relationships*. Symposium conducted at the 11<sup>th</sup> Meeting of the International Society for the Study of Personal Relationships, Halifax, Nova Scotia, Canada.
- Lewandowski, G. W., Jr., & Aron, A. (2002, February). *The Self-expansion Scale: Construction and validation*. Paper presented at the Third Annual Meeting of the Society of Personality and Social Psychology, Savannah, GA.
- Aron, A., Mashek, D., & Lewandowski, G. W., Jr. (2001). The use of fMRI (brain imaging) in personal relationships research. In A. Aron (Chair), *Some new methodologies for studying personal relationships*. Symposium conducted at the Third Annual International Network on Personal Relationships and International Society of the Study of Personal Relationships Joint Conference, Prescott Arizona.
- Aron, A., Mashek, D., Lewandowski, G. W., Jr., & Aron, E. N. (2001, February). Relationship closeness as an overlap of cognitive representations of self and partner. In E. Finkel (Chair), *The self in relationships*. Symposium conducted at the Second Annual Meeting of the Society of Personality and Social Psychology, San Antonio, TX.

- Lewandowski, G. W., Jr., & Aron, A. (2001, February). *The role of arousal on the interpersonal attraction between strangers*. Poster presented at the Second Annual Meeting of the Society of Personality and Social Psychology, San Antonio, TX.
- Lewandowski, G. W., Jr., Gee, J. O.\*\*\*, & Aron, A. (2001, February). *The effect of personal information on ratings of physical attractiveness*. Poster presented at the Second Annual Meeting of the Society of Personality and Social Psychology, San Antonio, TX.
- Lewandowski, G. W., Jr., & Aron, A. (2000, February). *Delineating mechanisms in the effect of novel arousing shared activities on marital satisfaction*. Poster presented at the First Annual Meeting of the Society of Personality and Social Psychology, Nashville, TN.
- Aron, A., Mashek, D., & Lewandowski, G. W., Jr. (2000, February). *Brain-imaging and social psychology*. Poster presented at the First Annual Meeting of the Society of Personality and Social Psychology, Nashville, TN.
- Mashek, D., Aron, A., & Lewandowski, G. W., Jr. (2000, February). *Towards a brain-based assessment of interpersonal closeness and love*. Poster presented at the First Annual Meeting of the Society of Personality and Social Psychology, Nashville, TN.
- Aron, A., Mashek, D., & Lewandowski, G. W., Jr. (1999, October). *The relational brain: Spatial and temporal cortical mapping of self and close others*. In A. Aron (Chair), *Social neuroscience*. Symposium conducted at the Society for Experimental Social Psychology, St. Louis.
- Aron, A., Mashek, D., Odenhall, G., Li, H., Lewandowski, G. W., Jr., & Roque, C. T. (1999, October). *fMRI activation patterns associated with self-and close-other-related semantic processing*. Poster presented at the Society for Neuroscience, Miami Beach, FL.

### **Conference Presentations – Teaching**

- Strohmetz, D. B., Ciarocco, N., & Lewandowski, G. W., Jr. (2018, October). *Getting on the same page: Aligning student and instructor perceptions to facilitate learning in methods classes*. Paper symposium presented at the Society for the Teaching of Psychology's 17<sup>th</sup> Annual Conference on Teaching in Phoenix, AZ.
- Dinella, L. M., & Lewandowski, G. W., Jr. (2011, January). *Increasing the self-relevance of psychology: Using the Twilight saga to teach family therapy concepts*. Poster presented at the 33rd Annual National Institute on the Teaching of Psychology Conference in St. Pete Beach, FL.
- Lewandowski, G. W., Jr., Ciarocco, N., & Strohmetz, D. B. (2011, January). *Teaching the science of psychology: A collection of resources*. Poster presented at the 33rd Annual National Institute on the Teaching of Psychology Conference in St. Pete Beach, FL.
- Ciarocco, N., Strohmetz, D. B., & Lewandowski, G. W., Jr. (2011, January). *Teaching through example: How to use empirical studies to teach research methods*. Poster presented at the 33rd Annual National Institute on the Teaching of Psychology Conference in St. Pete Beach, FL.

- Lewandowski, G. W., Jr. (2009, June). Two-group designs: A demonstration of the effect of arousal on attraction. In *"A few of our favorite things": Activities and demonstrations for teaching psychology*. Symposium conducted at Eastern Conference on the Teaching of Psychology, Staunton, VA.
- Lewandowski, G. W., Jr. (2009, June). Setting students up for success: Strategies for making material relevant to students. In *Strategies for making psychology self-relevant in and out of the classroom*. Symposium conducted at Eastern Conference on the Teaching of Psychology, Staunton, VA.
- Strohmetz, D. B., Lewandowski, G. W., Jr., & Sizemore, O. J. (2005, August). Systematically teaching research methods: From introductory psychology to senior thesis. In David B. Strohmetz (Chair), *Developing undergraduate researchers: Two curricular approaches*. Symposium conducted at the annual meeting of the American Psychological Association, Washington, D.C.
- Lewandowski, G. W., Jr., Kassinove, J. I., Strohmetz, D. B., & Sizemore, O. J. (2004, September). *The "research sequence": A curricular approach for training young researchers*. Paper presented at Finding Out: Best Practices in Teaching Research Methods and Statistics in Psychology Conference, Atlanta, GA.
- Lewandowski, G. W., Jr. (2004, September). *Classroom lab activity for teaching analysis of variance*. Poster presented at Finding Out: Best Practices in Teaching Research Methods and Statistics in Psychology Conference, Atlanta, GA.
- Kassinove, J. I., Strohmetz, D. B., & Lewandowski, G. W., Jr. (2004, March). *Teaching research methods programmatically*. Paper presented at 18th Annual Meeting on Undergraduate Teaching of Psychology: Ideas and Innovations, Monticello, NY.
- Lewandowski, G. W., Jr., & Strohmetz, D. B. (2003, September). *Teaching honors introductory psychology: A cluster approach*. Poster presented at Taking Off: Best Practices in Introductory Psychology Conference, Atlanta, GA.
- Strohmetz, D. B., & Lewandowski, G. W., Jr. (2003, September). *Incorporating research participation as a course requirement*. Paper presented at Taking Off: Best Practices in Introductory Psychology Conference, Atlanta, GA.
- Lewandowski, G. W., Jr. (2003, March). *Classroom demonstration for teaching threats to internal validity*. Poster presented at 17<sup>th</sup> Annual Meeting on Undergraduate Teaching of Psychology Ideas and Innovations, Ellenville, NY.

### **Professional Affiliations**

- American Psychological Society (APS)
- Eastern Psychological Association (EPA)
- International Association for Relationship Research (IARR)
- Society of Experimental Social Psychology (SESP)
- Society for Personality and Social Psychology (SPSP)
- Society for the Teaching of Psychology (STP)

## Honors and Awards

|             |   |
|-------------|---|
| 2016        | Teacher/Scholar Travel Award from the Society for Personality and Social Psychology (SPSP)  |
| 2013        | The Association of American Medical Colleges (AAMC) Award for Outstanding Instruction in Pre-health Competencies: Psychology  |
| 2012        | Winner of the Society for Personality and Social Psychology (SPSP) Media Prize as Co-Founder & Administrator for <a href="http://www.ScienceOfRelationships.com">www.ScienceOfRelationships.com</a> |
| 2012        | Monmouth University Distinguished Teacher Award   |
| 2012        | Princeton Review's The Best 300 Professors  |
| 2011        | New Jersey Psychological Association (NJPA) - Emerging Researcher Award   |
| 2011        | Inducted into the Society of Experimental Social Psychology (SESP)  |
| 2004 - 2005 | Excellence in Advising (Undergraduate Psychology Club) - S.O.A.R Award  |
| 2003 - 2004 | Excellence in Advising (Undergraduate Psychology Club) - S.O.A.R Award  |
| 2003        | "Best of the Best" The Outlook - Monmouth University  |
| 2002        | Distinguished Teaching Award in Psychology (SUNY - Stony Brook)   |
| 1998        | Scholastic All-American   |

## Service

- Member, International Association for Relationship Research (IARR) Teaching Committee (July 2016 – Present)
- Editorial Board Member, *Journal of Social and Personal Relationships*, (January 2011 – January 2015)
- Ad-hoc Reviewer: *American Psychological Association (APA) Books*, *Journal of Personality and Social Psychology*, *Evolution and Human Behavior*, *Personal Relationships*, *Journal of Applied Social Psychology*, *Personality and Social Psychology Bulletin*, *Journal of Experimental Social Psychology*, *Psychological Science*, *Teaching of Psychology*
- Co-Creator & Editor, [www.TeachPsychScience.org](http://www.TeachPsychScience.org)
- Co-Creator & Editor, [www.ScienceOfRelationships.com](http://www.ScienceOfRelationships.com) (February 2011 – June 2018)
- Conference Co-Organizer, Atlantic Coast Teaching of Psychology (ACToP) (2011)
- Conference Organizer, Relationships Research Interest Group Steering Committee, Society of Personality and Social Psychology (2008 – 2009).
- Member, International Association for Relationship Research (IARR) Conference Planning Committee for the 2008 conference in Providence, RI.
- Attendee, Middle States Commission on Higher Education Assessment Workshop (2008).
- Associate Conference Organizer, Relationships Research Interest Group Steering Committee, Society of Personality and Social Psychology (2007 – 2008).
- Co-founder, Meeting of the Emerging Relationships Researchers Group (June 2004-2008).
- Textbook Reviewer
  - *Psychology (9th ed.)* and *Psychology in Everyday Life*, David Myers, Worth Publishers
  - *Psychological Science*, Michael Gazzaniga, Todd Heatherton, & Diane Halpern, W.W. Norton
  - *The Self*, Jonathan Brown & Robert Arkin, Psychology Press
- Nardone, N.\*, & Lewandowski, G. W., Jr. (2007, May). Evaluation plan for the Long Branch Concordance. (Program evaluation report provided for a local non-profit agency).

## University Service

- Member, President's Advisory Council for Diversity and Inclusion (October 2016 – present)
- Member, Institutional Review Board (September 2008 – August 2010; July 2012- June 2014; July 2018-Present)
- Peer Teaching Observer (September 2009 – present)
- Member, Honors Council, Honors School (August 2009 – July 2018)
- Member, Strategic Planning Scholarship Week Planning Group (September 2015 – July 2018)
- Administrator, Summer Scholar's Program, (September 2016 – September 2018)
- Member, Strategic Planning Implementation Group (November 2014 – August 2015)
- Member, Strategic Planning Steering Committee (January 2014 - October 2014)
- Chair, Strategic Planning Personalized/Transformative Learning Theme Committee (January 2014 - October 2014)
- Member, Search Committee for Associate Vice-President for Marketing (December 2014)
- Chair, Institutional Review Board (September 2010 – June 2012)
- Department Advising Coordinator (DAC) (July 2006 – June 2012)
- Member, General Education Task Force (First Year Seminar) (September 2008 – 2009)
- Member, Psychology Awards Committee (January 2012 – present)
- Member, Psychology Ethics Committee (September 2009 – May 2010)
- Member, Search Committee for the Dean of the Center for Student Success (April - July 2009)
- Career Advisor and Planner (CAP) (July 2004 – June 2008)
- Faculty Advisor, Undergraduate Psychology Club (September 2002 – June 2008)
- Faculty Advisor, Psi Chi: National Honor Society in Psychology (September 2002 – June 2007)
- Founder, Undergraduate Psychology Club (September 2002)
- Freshman Advisor for First Year Experience (FYE) Program (July 2004 – June 2009)
- Member, Academic Probation Committee (December 2004 – June 2009)
- Member, Parking Space Planning Committee (January 2006 – September 2006)
- Member, Enrollment Planning Committee (First-Year Experience Task Force)

## Invited Talks

Lewandowski, G. W., Jr. (2018, October). *Relationships 101: From Hook-Ups to Heartbreak*. Invited talk at The New Jersey Council for the Social Studies.

Lewandowski, G. W., Jr. (2018, February). *Four keys to remaining whole while working as a SAC*. Invited talk at The Association of Student Assistance Professionals of New Jersey 32nd Annual Conference.

Lewandowski, G. W., Jr., & Strohmets, D. B. (2017, October). *A day in the life of a reinvigorated research methods course*. Presented at the City University of New York Graduate Center's 8<sup>th</sup> Annual Conference on the Teaching of Psychology, New York City, New York.

Ciarocco, N. J., Lewandowski, G. W., Jr. & Strohmets, D. B. (June, 2017). *The many myths of research methods*. Invited talk presented at the Eastern Conference on the Teaching of Psychology, Staunton, VA.

Lewandowski, G. W., Jr., Strohmets, D. B., & Ciarocco, N. J. (January, 2017). *Research 2.0: Reimagining your methods course*. Invited talk at the 18<sup>th</sup> Annual Society for Personality and Social Psychology Teaching Preconference in San Antonio, TX.

Strohmets, D. B., Ciarocco, N. J., & Lewandowski, G. W., Jr. (October, 2016). *Mythbusters: Research methods edition*. Invited talk presented at the 22<sup>nd</sup> annual meeting of the Northeast Conference for Teachers of Psychology, Worcester, MA.

- Lewandowski, G. W., Jr. (2016, August). *Discussing teaching with your faculty*. Provost's Chair Retreat, Monmouth University.
- Lewandowski, G. W., Jr. (2016, March). *Success: Choosing your life's path*. Phi Eta Sigma Honor Society Induction Ceremony, Monmouth University.
- Ciarocco, N. J., Strohmets, D. B., & Lewandowski, G. W., Jr. (March, 2016). *Mythbusters: Research methods edition*. Invited talk presented at the annual meeting of the Eastern Psychological Association, New York, NY.
- Strohmets, D. B., Ciarocco, N. J., & Lewandowski, G. W., Jr. (2016, Feb. 22). *Returning the joy to research methods* [Webinar]. In Macmillan's The Psychology Community Webinar Series.
- Lewandowski, G. W., Jr. (2016, January). *Maintaining research productivity while being an excellent teacher*. Invited roundtable discussion presented at the Society for Personality and Social Psychology (SPSP) Conference, San Diego, CA.
- Ciarocco, N. J., Strohmets, D. B., & Lewandowski, G. W., Jr. (2016, January). *Research methods: An employer's dream course*. Invited talk presented at the National Institute for the Teaching of Psychology (NITOP) Conference, St. Petersburg Beach, FL.
- Lewandowski, G. W., Jr. (2015, September). *Succeeding as a teacher-scholar at Monmouth*. Presentation as part of the Center for Excellence in Teaching and Learning (CETL) Roundtable for New Faculty.
- Lewandowski, G. W., Jr. (2015, April). *TED Talk: Break-ups don't have to leave you broken*. Talk given at the TEDx: Accelerators Conference. Link: <https://www.youtube.com/watch?v=Cw2qD87KDHc>
- Lewandowski, G. W., Jr. (2015, February). *Undergraduate focused institutions (UFIs)*. Mentored Lunch and Breakout session hosted at the Academic and Non-Academic Jobs for Social-Personality Psychologists Preconference (Society for Personality and Social Psychology).
- Lewandowski, G. W., Jr. (2014, March). *Love science: Findings from Monmouth University's Relationship Science Lab*. 52nd Annual Monmouth Junior Science Symposium, Monmouth University.
- Lewandowski, G. W., Jr. (2014, March). *Tapping the breaks on technology: Why more may not be better in the classroom*. Invited talk presented at the 2014 Eastern Psychological Association Conference, Boston, MA.
- Lewandowski, G. W., Jr. (2014, February). *Staying whole while helping the whole student: Insights from psychology*. Invited talk at The Association of Student Assistance Professionals of New Jersey 28th Annual Conference.
- Lewandowski, G. W., Jr. (2014, February). *The science of the self in relationships: From attraction to break-up*. Invited talk given at Rowan University, NJ.
- Lewandowski, G. W., Jr. (2013, September). *Science of relationships and the self*. Invited talk given at York College, PA.
- Lewandowski, G. W., Jr. (2013, June). *It's all about relationships, especially when teaching about research, statistics, and writing*. Invited keynote speaker at the Eastern Teaching of Psychology Conference (hosted by James Madison University) in Staunton, VA.
- Lewandowski, G. W., Jr. (2013, April). *Science (and science teaching) starts with a question*. Invited talk given at the Center for Excellence in Teaching and Learning (CETL) of Misericordia University, PA.
- Lewandowski, G. W., Jr. (2013, April). *The dark side of relationships: Why do people cheat?* Invited talk given at Misericordia University, PA.

- Lewandowski, G. W., Jr., & Ciarocco, N. J. (2013, January). *What's the point?: A new approach to teaching research methods*. Invited speaker at the Society for Personality and Social Psychology Teaching Preconference in New Orleans, LA.
- Lewandowski, G. W., Jr., & Ciarocco, N. (2012). *It all starts with a question: A new perspective on teaching methodology*. Invited/Keynote Talk given at the Best Practices in Teaching Research Methods and Statistics in Psychology Conference, Atlanta, GA.
- Lewandowski, G. W., Jr. (2012, September). *Staying whole while teaching the whole student: Insights from psychology*. Keynote presentation at Shore Regional School District, Professional Development.
- Lewandowski, G. W., Jr. (2011, November). *The science of healthy high school relationships*. Freehold Township High School, Freehold, NJ.
- Lewandowski, G. W., Jr. (2011, November). *Relationship science: From hook-ups to heartbreak*. Bard College, Annandale-on-Hudson, NY.
- Lewandowski, G. W., Jr., & Sizemore, O. J. (2011, May). *Research methods in psychology: What's the use?* Invited speaker at the 18th Annual Association for Psychological Science STP Teaching Institute in Washington, D.C.
- Lewandowski, G. W., Jr. (2010, May). *Helping your students understand how college is different from high school*. Presentation for the Center for Student Success First Year Seminar Workshop, Monmouth University.
- Lewandowski, G. W., Jr. (2010, April). *CASTING LIGHT ON THE DARKNESS OF DISSOLUTION: ENDINGS, BEGINNINGS, AND WANDERINGS*. Ashland University, Ashland, OH.
- Lewandowski, G. W., Jr. (2010, March). *The science of hook-ups and heart break*. 48th Annual Monmouth Junior Science Symposium, Monmouth University.
- Lewandowski, G. W., Jr. (2009, September). *Keys to promoting connections with our students*. Presentation given at the 2009 New Faculty Orientation, Monmouth University.
- Lewandowski, G. W., Jr. (2009, February). *Fostering faculty-student collaborations: The Close Relationship Research Lab*. Presentation given to the Board of Trustees, Monmouth University.
- Lewandowski, G. W., Jr. (2008, August). *Connecting with students: Overcoming a common obstacle*. Presentation given at the 2008 New Faculty Orientation, Monmouth University.
- Lewandowski, G. W., Jr. (2008, May). *Hello good-bye: From initial attraction to break-up in romantic relationships*. 48th Semi-annual Undergraduate Research Conference, Monmouth University.
- Lewandowski, G. W., Jr. (2008, April). *Relationship research: From initial attraction to break-up*. 46th Annual Monmouth Junior Science Symposium, Monmouth University.

## Media Mentions (selected)

- CNN appearance “Putting the ‘I’ in Marriage” (January 2011)
- New York Times “The Happy Marriage Is the ‘Me’ Marriage” (January 2011)
- American Psychological Association (APA) Research in Action: Break-ups Aren’t All Bad
  
- Billboard.com "Dennis Lloyd Breaks Down His Debut EP 'Exident': Exclusive" (April 2019)
- NHK, Japan's public broadcaster, social affairs television show, "Close-Up Gendai Plus" on Sustainable Marriage
- Deccan Chronicle (India Newspaper) "Relationship Matters"(February 2019)
- 9Honey (Australia) “How To Deal With a One-Sided Love Affair” (February 2019)
- Psychology Today “15 Questions to Know if You’ve Found the One”(February 2019)
- Time.com "Why You Should Stop Trying to Find Your Soulmate—And What to Do Instead" (November 2018)
- AskMen.com "You Will Never Find Your Soulmate, Here's What To Do Instead" (November 2018)
- SwipeLife Tinder "Here's What's Really Behind Your Dating 'Type' and Why You Should Ditch It." (October 2018)
- Health.com "I've Been Dating My Partner for a Year and a Half, but I Still Haven't Said I Love You" (October 2018)
- WellandGood.com "Here's How To Break Up with Your Gym." (October 2018)
- Women's Health "Your Guide To Getting Over That Ex You Just Can't Shake" (August 2018)
- The Independent "Nine Signs Your Marriage Isn't As Happy As You Think It Is" (March 2018)
- Huffington Post "9 Signs Your Relationship Isn't Worth Fighting For" (April, 2018)
- USNews "5 Health Benefits of Being Single" (February, 2018)
- Shape Magazine "4 All-Too-Real Reasons Friends Break Up (and How to Deal)" (February, 2018)
- The Daily Beast "Why Heartbreak Hurts—and How to Fix It" (February, 2018)
- Thrive "15 questions to determine if your relationship is Hall of Fame material or a strikeout" (February, 2018)
- VICE “Playing Hard to Get Is Effective, According to Psych Researchers” (August, 2017)
- Psychology Today “Breaking Up: Positive View Despite Emotional Turmoil” (July, 2017)
- Study Breaks “The Physiology of Breakups” (July, 2017)
- Times-Colonist “Soul mate romantic illusion: Experts” (May, 2017)
- Chicago Tribune “Is Your Soul Mate Out There? Here’s What Experts Think.” (April, 2017)
- Men’s Health “The Man’s Guide to Getting Over a Break Up" (February, 2017)
- New York Magazine (Science of Us) "What Does Closure Even Mean, Anyway?" (February, 2017)
- USNews "7 Types of Friends You Need to Break Up With" (February, 2017)
- Business Insider "8 Signs You're in a Strong Relationship — Even if it Doesn't Feel Like It" (February, 2017)
- New York Magazine (Science of Us) "How a Breakup Distorts Your Sense of Self" (February, 2017)
- Asbury Park Press "It's Amazing, How Many Men and Women are Cheating" (February, 2017)
- Yahoo Finance "How to Ask Out a Stranger without Seeming Like a Creep" (February, 2017)
- NJ101.5 "Most Americans Believe in Soulmates. But is it Better if You Don't?" (February, 2017)
- Bangor Daily News "What Science Can Tell You about Finding Your Valentine" (February, 2017)
- Good Men Project "A Flirter’s Dilemma: Subtlety Vs. Success" (February, 2017)
- NJ.com "Here's How Many Americans Believe in 'Soulmates'" (February, 2017)
- The Talko "16 Dating Experts Share Their Best Advice For Finding Love" (December, 2016)
- USNews "3 Common Marriage Vows That May Actually Be Unhealthy" (October, 2016)
- Thrillist "Smart Dating Technology May Be Making Us Relationship Stupid" (August, 2016)
- The Academic Minute (WAMC) "Should I Stay or Should I Go?" (July, 2016)
- Psychology Today "The Breakup Museum: One of 11 Tips to Heal Your Heart" (June, 2016)
- Glamour "Is There Really Just One Person for Each of Us?" (June, 2016)
- Marie Claire "These Are the Qualities Men \*Actually\* Look for in Women" (May, 2016)
- Asbury Park Press “Which Dating Apps Make the Match?” (April, 2016)
- The Washington Post “It’s Not All Tears and Loneliness: The Positive Side of Breaking Up” (April, 2016)
- Redbook "8 Ways You're Emotionally Detached in Your Marriage Without Even Realizing It" (March, 2016)
- Scholastic (Choices Magazine) "How to Break Up (Without Being a Jerk About It)" (March, 2016)
- Time "How to Choose a Valentine, According to Science" (February, 2016)
- BusinessInsider "How to Figure Out if Your Partner is Right for You" (February, 2016)
- Newsweek "Valentine's Day: How Science Can Help You Pick the Perfect Partner" (February, 2016)
- New Republic "Science: Here’s How to Find Your Valentine" (February, 2016)
- IFLScience "Should You Be My Valentine? Research Helps Identify Good And Bad Romantic Relationships" (February, 2016)
- Men's Health "Why Young Women Marry Older Men (It's Not Always About Money)" (January, 2016)



- Mic.com "Here's What It's Really Like to Date Someone Way Hotter Than You" (January, 2016)
- The Atlantic "Why Ikea Causes So Much Relationship Tension" (September, 2015)
- Men's Health "25 Ways to Fix a Sexless Marriage" (September, 2015)
- Cosmopolitan "4 Reasons Break-Ups Can Be GOOD for You" (July, 2015)
- Yahoo Health "You Don't Need Ashley Madison's Hacked Information to Spot a Cheater" (July, 2015)
- Men's Health "5 Women Reveal Why They Went Home with Him" (June, 2015)
- Huffington Post "The No. 1 Thing To Do If You Want To Move On Post-Split" (May, 2015)
- Cosmopolitan "Watch This Scientist Perfectly Explain Why Your Breakup Won't Destroy You" (April, 2015)
- Bloomberg/Asbury Park Press "Rethinking hospital gowns, breakups and climate change" (April, 2015)
- Psychology Today "5 Ways to Heal a Broken Heart" (April, 2015)
- Greatist "How to End a Relationship Without Being a Jerk" (April, 2015)
- Baltimore Sun "Beauty Is In The Shifting Eye of the Beholder" (April, 2015)
- eHarmony "The Best Break-Up I Ever Had" (March, 2015)
- Iowa Public Radio Interview "The Science of Love" (February, 2015)
- Careers in Psychology "Choosing To Focus On Research As A Psychologist" (February, 2015)
- Self "Here's What Everyone Does On Valentine's Day" (February, 2015)
- Forbes "What's Love Got To Do With It?" (February, 2015)
- USNews "The Anatomy of a Broken Heart" (February, 2015)
- io9 "The Best Way To Recover From A Break-Up — According To Science" (February, 2015)
- New York Magazine (Science of Us) "Happy Couples Are Probably Deluding Themselves" (February, 2015)
- MedicalDaily "Time Heals All Wounds: Broken Heart Mends 3 Months After The Breakup, Says Science" (January, 2015)
- Puckermob "6 Ways to Break Up with Someone Without Emotionally Scarring Them for Life" (January, 2015)
- NPR "Breaking Up Is Hard To Do, But Science Can Help" (January, 2015)
- Yahoo Health "When Opposites (Seem to) Attract: How Does Science Explain Sexual Chemistry?" (December, 2014)
- Cosmopolitan "Could Your Stress Level Be Messing Up Your Relationship?" (October, 2014)
- Men's Fitness "Men Who Do Housework Really Clean Up in the Bedroom" (October, 2014)
- Glamour "How to Keep Stress From Ruining Your Relationship" (October, 2014)
- YourTango "Don't Lie To Yourself: Looks Really Do Matter A Lot" (September, 2014)
- DatingAdvice "Study: 1 in 5 Women Would End a Relationship Over "Bad Sex" (August, 2014)
- New York Magazine (Science of Us) "The Case Against 'Soul Mates'" (August, 2014)
- YourTango "It's Science! 9 in 10 People Lie About How Much Looks Matter (Infographic)" (August, 2014)
- The Epoch Times "Flowers Have Powers to Change Men's Dating Prospects, Studies Suggest" (May, 2014)
- APA Monitor "Making the Grade" (April, 2014)
- CBSNews "Twitter use linked to relationship conflict, infidelity, breakups and divorce." (April, 2014)
- Psychology Today "The Best Psychology Websites You Probably Never Heard About" (March, 2014)
- 92.7 FM / 101.5 FM "Survey Reveals Valentine's Day Truths " (February, 2014)
- USA Today "What We Really Want for Valentine's Day" (February, 2014)
- Examiner.com "Valentine's Day 2014: What do women really want for Valentine's Day?" (February, 2014)
- Philly.com "Want to Rekindle Your Romance? Try Double-Dating" (February, 2014)
- Ladies Home Journal "Separate Bedrooms, Happy Marriage" (October, 2013)
- Men's Health "What Do You Do When Your Vacation Turns Awful" (August, 2013)
- Asbury Park Press "Oh, Baby! Sandy Baby Boom Due At Shore This Month" (July 2013)
- Men's Health "Your Relationship Curriculum" (June, 2013)
- Asbury Park Press "Adultery May Be on the Rise, But Societal Approval Isn't" (June, 2013)
- Asbury Park Press "Interpretation of What Constitutes Infidelity Varies" (June, 2013)
- USA Today "Professor Researches, Teaches Science of Love" (February, 2013)
- Asbury Park Press "Secrets of Love and Intimacy Exposed" (February, 2013)
- MyHealthNewsDaily "Three Ways to Bounce Back from a Broken Heart" (February, 2013)
- Redbook "Get Ready to Crush on Your Husband" (January 2013)
- Women's Health "Curious if You're a Normal Couple?" (January 2013)
- NBC Today Health "A House Divided: Love, Marriage and Opposing Political Views" (October 2012)
- Huffington Post "The Psychology of Pick-Up Lines" (August 2012)
- Washington Post "How to Pick a Successful Pick Up Line" (August 2012)
- YouBeauty.com "When Two's a Crowd" (August 2012)
- Men's Health "Beware the Dieting Woman" (June 2012)

- Men's Health "Why She'll Cheat on You" (May 2012)
- YouBeauty.com "Young and Divorced: How to Bounce Back" (April 2012)
- KMTV Action News appearance "Do You Have a 'Me Marriage?'" (February 2012)
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