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Professional Experience

2013 - present	Professor (Tenured), Monmouth University
2012 - 2018	Department Chair (Two 3-year terms)
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., & Lewandowski, G. W., Jr (2026). *Intimate Relationships (2nd Edition)* Sage.
- Heinzen, T., Goodfriend, W., & Lewandowski, G. W., Jr (2025). *Social Psychology (3rd Edition)* Sage.
- Goodfriend, W., Lewandowski, G. W., Jr., Griffin, C., & Heinzen, T. (2024). *Psychology and Our Curious World (1st Edition)*. Sage.
- Lewandowski, G. W., Jr., & McIntyre, K. P. (2024). *Statistics For Research and Life (1st Edition)* Macmillan/Worth.
- Lewandowski, G. W., Jr., Ciarocco, N., & Strohmetz, D. B. (2023). *Discovering the scientist within: Research methods in psychology (3rd Edition)*. Worth Publishers.
- 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., & Strohmetz, D. B. (2019). *Discovering the scientist within: Research methods in psychology (2nd Edition)*. Worth Publishers.
- Lewandowski, G. W., Jr., Ciarocco, N., & Strohmetz, D. B. (2016). *Discovering the scientist within: Research methods in psychology (1st 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

- Santos, D., Júnior, F., Lewandowski, G. W., Jr., Castro, F., & Lopes, F. (2026). Cross-cultural adaptation and validation of the Self-Expansion Questionnaire in Brazil. *Interpersona: An International Journal on Personal Relationships*, 20, <https://doi.org/10.5964/ij.755>
- Robinson, S.* & Lewandowski, G. W., Jr. (2025) Is the light triad really that light?: The light triad's role in relationship savior complex. *Modern Psychological Studies*, 30 (2), Article 4.
- Liu, S., Tang, Y., Peng, M., & Lewandowski, G. W., Jr. (2024). The effect of self-expansion on creativity: Examining the role of novelty experiences. *Psychology of Aesthetics, Creativity, and the Arts*. Advance online publication. <https://doi.org/10.1037/aca0000682>
- Strohmetz, D. B., Ciarocco, N. J., & Lewandowski, G. W., Jr. (2023). Why am I here? Student perceptions of the research methods course. *Scholarship of Teaching and Learning in Psychology*, 11(2), 273–283. <https://doi.org/10.1037/stl0000353>
- McIntyre, K. P., Mattingly, B. A., Stanton, S. C. E., Xu, X., Loving, T. J., & Lewandowski, G.W. Jr. (2023). Romantic relationships and mental health: Investigating the role of self-expansion on depression symptoms. *Journal of Social and Personal Relationships*, 40, 3-28. <https://doi.org/10.1177/02654075221101127>
- Aron, A., Lewandowski, G.W. Jr., Branand, B., Mashek, D., & Aron, E. (2022). Self-expansion motivation and inclusion of others in self: An updated review. *Journal of Social and Personal Relationships*, 39, 3821–3852. <https://doi.org/10.1177/02654075221110630>
- Liu, S., Peng, M. & Lewandowski, G.W. Jr. (2022). Psychometric evaluation of a Chinese translation of the relational and individual self-expansion scales. *Current Psychology*, <https://doi.org/10.1007/s12144-021-02585-8>
- 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. <https://doi.org/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., & Strohmets, 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

- Strohmetz, D. B., Ciarocco, N. J., & Lewandowski, G. W., Jr. (2026). From content to application: Reinventing research methods for today's psychology students. In R. A. R. Gurung, & S. M. Byers (Eds.) *Teaching research methods in psychology* (pp. 7-18). Elgar.
<https://doi.org/10.4337/9781035359943.00012>
- Lewandowski, G. W., Jr., & Fazio, J.* (2023). Reciprocity in relationships. In R. Gurung & S. Leder (Eds.), *Routledge Encyclopedia of Psychology in the Real World*. Abingdon, UK: Routledge.
- Lewandowski, G. W., Jr., & Romain, A.* (2023). Trust in romantic relationships. In R. Gurung & S. Leder (Eds.), *Routledge Encyclopedia of Psychology in the Real World*. Abingdon, UK: Routledge.
- Lewandowski, G. W., Jr., & Emmet, J.* (2022). 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.* (2022). Self-expansion in romantic relationships. In R. Gurung & S. Leder (Eds.), *Routledge Encyclopedia of Psychology in the Real World*. Abingdon, UK: Routledge.
- Lewandowski, G. W., Jr. (2022). Writing is teaching. In N. J. Ciarocco, M. Sawhney, & J. E. Westfall (Eds.), *Essays from e-xcellence in teaching: 2021* (Vol. 21, pp. 34-36). Society for the Teaching of Psychology. <http://teachpsych.org/ebooks/eit2022/index.php>
- 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 1: 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).

Conference Presentations – Research

* Monmouth University Undergraduate Student

** Undergraduate Student from another Institution

Erienne, A.* & Lewandowski, G. W., Jr. (2025, March). *I can fix you*. Poster presented at the 2025 Eastern Psychological Association Conference, New York, NY.

Macey, J.* & Lewandowski, G. W., Jr. (2025, March). *To know and be known: Feeling known as a bisexual*. Poster presented at the 2025 Eastern Psychological Association Conference, New York, NY.

McGrath, L.* & Lewandowski, G. W., Jr. (2025, March). *Decoding desire: Which traits are most attractive in long-term partners?* Poster presented at the 2025 Eastern Psychological Association Conference, New York, NY.

Tischler, H.* & Lewandowski, G. W., Jr. (2025, March). *Pathways into relationships and their effect on relationship outcomes*. Poster presented at the 2025 Eastern Psychological Association Conference, New York, NY. (Won a Regional Research Award from Psi Chi)

Lentino, L.* & Lewandowski, G. W., Jr. (2024, March). *Improving relationship quality: low-power and relationship maintenance behaviors*. Poster presented at the 2024 Eastern Psychological Association Conference, Philadelphia, PA.

Robinson, S.* & Lewandowski, G. W., Jr. (2024, March). *Is the light triad really that light?* Poster presented at the 2024 Eastern Psychological Association Conference, Philadelphia, PA.

Arango, O.* & Lewandowski, G. W., Jr. (2022, March). *15 questions for the future of relationships*. Poster presented at the 2022 Eastern Psychological Association Conference, New York, NY.

D'Acunto A.* & Lewandowski, G. W., Jr. (2022, March). *Capable and competent: Relationship competence's role in positive and negative relationship behaviors*. Poster presented at the 2022 Eastern Psychological Association Conference, New York, NY.

Fazio, J.* & Lewandowski, G. W., Jr. (2022, March). *Taking positivity too far: Toxic positivity in relationships*. Poster presented at the 2022 Eastern Psychological Association Conference, New York, NY.

Xu, X., Aubuchon-Endsley, N., Tart-Zelvin, A., Makwana Mehmel, B., Mozafari, A., Kaplan, S., Mattingly, B., Lewandowski Jr., G., Loving, T., & McIntyre, K. (2022, February 18). *Self-expansion's associations with mental health symptoms in a clinical sample*. Poster presented at the Society for Personality and Social Psychology Convention, San Francisco, CA.

McIntyre, K. P., Mattingly, B. A., Stanton, S. C. E., Xu, X., Loving, T. J., & Lewandowski, G. W. Jr. (2021, June 29). *New, improved, and psychologically healthy: Examining the association between self-expansion and symptoms of depression*. Paper given at the 2021 International Association for Relationships Research Conference.

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 presented 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. Paper given 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). *Work place 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 6th 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 6th 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 6th 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 13th 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 13th 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 81st 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 81st 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 81st 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 11th 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 11th 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 11th 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 11th 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 11th 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 10th 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 10th 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 20th 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 79th 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 79th 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 79th 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 9th 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 9th 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 78th 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 78th Annual Eastern Psychological Association Conference, Philadelphia, PA., USA.
- Korcus, L. M. *, Lewandowski, G. W., Jr., & Le, B. (2007, March). *Self variables as predictors of ethnocentrism and study abroad interest*. Poster presented at the 78th 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 78th 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 8th 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 8th 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 3rd 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 77th 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 77th 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 1st 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 11th 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., Odenthal, 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 17th 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 17th 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 www.ScienceOfRelationships.com
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
- Co-Creator & Editor, 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

- Peer Teaching Observer (September 2009 – Present)
- President's Appointed Member, University Qualifications Committee (2024 - 2025)
- President's Appointed Member, University Qualifications Committee (2021 - 2022)
- Member, Honors Council, Honors School (2009 – 2018; 2020 - 2022)
- Member, President's Advisory Council for Diversity and Inclusion (2016 – 2021)
- Member, Institutional Review Board (2008 – 2010; 2012-2014; 2018-2021)
- Chair, Institutional Review Board (2010 – 2012)
- Member, Strategic Planning Scholarship Week Planning Group (2015 – 2018)
- Administrator, Summer Scholar's Program, (2016 – 2018)
- Member, Strategic Planning Implementation Group (2014 – 2015)
- Member, Strategic Planning Steering Committee (2014)
- Chair, Strategic Planning Personalized/Transformative Learning Theme Committee (2014)
- Member, Search Committee for Associate Vice-President for Marketing (2014)
- Department Advising Coordinator (DAC) (2006 – 2012)
- Member, General Education Task Force (First Year Seminar) (2008 – 2009)
- Member, Psychology Awards Committee (2012 – present)
- Member, Search Committee for the Dean of the Center for Student Success (2009)
- Career Advisor and Planner (CAP) (2004 – 2008)
- Faculty Advisor, Undergraduate Psychology Club (2002 – 2008)
- Faculty Advisor, Psi Chi: National Honor Society in Psychology (2002 – 2007)
- Founder, Undergraduate Psychology Club (September 2002)
- Freshman Advisor for First Year Experience (FYE) Program (2004 – 2009)
- Member, Academic Probation Committee (2004 – 2009)
- Member, Parking Space Planning Committee (2006)
- Member, Enrollment Planning Committee (First-Year Experience Task Force)

Invited Talks

- Lewandowski, G. W., Jr. (2025). So you're teaching undergrad stats: Surviving and thriving. *Society for Personality and Social Psychology Free-Form Friday Forum*.
- Lewandowski, G. W., Jr. (2024). The 3 Relationship Superpowers Everyone Partner (and Professional) Needs. *Invited talk for the Lower Bucks County Chamber of Commerce*.
- Lewandowski, G. W., Jr. (2023). A Conversation about the Science of Love & Relationships. *The 6th Annual Graduate School Success Summit*
- Lewandowski, G. W., Jr. (2022, September). *Building Stronger Relationships for Stronger Families?* Invited Strong Families AZ Home Visiting Conference
- Lewandowski, G. W., Jr. (2020, May). *Will the Pandemic Ruin Your Relationship?* Invited Talk at Oregon State University.
- 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 8th 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 18th 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 22nd 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.

Additional Scholarly Work

* Monmouth University Undergraduate Student/Alumni

- Lewandowski, G. W., Jr. (December, 2023). *The Allure (and Challenge) of Invisible Loyalty.* *Psychology Today Magazine.*
- Lewandowski, G. W., Jr. (June 26, 2021). *The Pandemic Made Our Relationships Stronger.* *Wall Street Journal.*
- Lewandowski, G. W., Jr. (2021). *10 Pillars of a Strong Relationship.* *Greater Good Magazine.*
- Lewandowski, G. W., Jr. (2021). *Writing is teaching.* *Relationship Research Newsletter, International Association of Relationship Research.*
- 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

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

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. *IFLSscience.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.
- Lewandowski, G. W., Jr. (2009). Divorce. In J. O'Brien (Ed.), *Encyclopedia of gender and society*. Thousand Oaks, CA: Sage Publications Inc.
- Lewandowski, G. W., Jr., & Strohmetz, D. B. (2009, October). The kids are all right: Overcoming a common obstacle to connecting with "today's" students. *InsideHigherEd.com*. Retrieved from <http://www.insidehighered.com/views/2009/10/28/lewandowski>
- Lewandowski, G. W., Jr. (2008, September). Stop trying to get tenure and start trying to enjoy yourself. *InsideHigherEd.com*. <http://www.insidehighered.com/views/2008/09/22/lewandowski>
- **Reprinted (2009, February). TP Msg. 923: Stop trying to get tenure and start trying to enjoy yourself. *Tomorrow's Professor Email Newsletter*. <http://cgi.stanford.edu/~dept-ctl/cgi-bin/tomprof/postings.php> Stanford Center for Teaching and Learning.
- Lewandowski, G. W., Jr. (2007). Arousal. In R. F. Baumeister, & K. D. Vohs (Eds.), *Encyclopedia of social*

psychology (pp. 49-51). Thousand Oaks, CA: Sage.

Aron, A., Mashek, D., Odenthal, G., Li, H., Lewandowski, G. W., Jr., & Roque, C. T. (1999). fMRI activation patterns associated with self-and close-other-related semantic processing. *Society for Neuroscience Abstracts* (Vol. 25, Part 2), 1629. (Abstract)

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 \(AAMC\).](#)

Lewandowski, G. W., Jr. (2010). First Year Seminar: Psychology for (College) Life. *Office of Teaching Resources in Psychology* [On-line]. Retrieved from <http://www.teachpsych.org/otrp/syllabi/gl10psychology.pdf>

Ciarocco, N., Strohmets, D. B., & Lewandowski, G. W., Jr. (2010). *Exemplar studies for teaching research methodology*. Society for Teaching of Psychology. Retrieved from <http://teachpsych.org/otrp/resources/ciarocco10.pdf>

Lewandowski, G. W., Jr. (2009). *Study guide to accompany Gazzaniga, Heatherton, and Halpern's Psychological Science* (3rd ed.). W. W. Norton Publishers.

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

Lewandowski, G. W., Jr. (2005). Senior Seminar: The Self. *Office of Teaching Resources in Psychology* [On-line]. Available: <http://www.teachpsych.org/otrp/syllabi/gl04capstonef.pdf>

Selected Media/Public Outreach

- Op-Ed in the Wall Street Journal "The Pandemic Made Our Relationships Stronger"
- CNN appearance "Putting the 'I' in Marriage"
- New York Times "The Happy Marriage Is the 'Me' Marriage"
- New York Times "The Sustainable Marriage Quiz"
- American Psychological Association (APA) Research in Action: Break-ups Aren't All Bad

- LAist Radio Interview "[Everything You Need To Know About Love Languages](#)" (February, 2024)
- SiriusXM's Doctor Radio Valentine's Show Appearance on Channel (February, 2024)
- Washington Post "[Does your relationship help you grow? Take our quiz to find out.](#)" (February 2024)
- Washington Post "[Love Letter: Romance, friendship and pets](#)" (February, 2024)
- Women's Health "[Your Ultimate Guide To Overcoming Rejection](#)" (February, 2024)
- LiveScience "You cannot put people into arbitrary boxes: Psychologists critique the '5 love languages'" (February, 2024)
- Mind Body Green "[11 Things To Do In January If You Want To Fall In Love This Year](#)" (January, 2024)

- YourTango "These 15 Questions Determine If Your Relationship Will Last, According To Science" (April 2023)
- OprahDaily "[How to Breakup with Just about Anyone](#)" (February 2023)
- KatieCouric "[The 8 Reasons Why We Cheat](#)" (February 2023)

- Today "Seniors looking for love this Valentine's Day may have better luck in these 10 states" (February 2022)
- Yahoo "Your Post-Breakup Plan, in 20 Expert Steps" (January 2022)
- Discover Magazine "What Is Cuffing Season and Is It a Real Thing?" (January 2022)
- Men's Health "What Does Love Feel Like? Here's How to Tell if You're in Deep." (August 2021)
- Inc.com "Relationship Expert to Couples (and Co-Founders): Please Fight More"
- Daily Mail "Why more sex isn't the key to a better relationship" (July 2021)
- ABC "Could 15 questions help you determine if your current romantic partner is the best of the best for you?" (July 2021)
- The Guardian "Has the pandemic actually been good for relationships?" (July 2021)
- CNN "Your Reddit posts could predict a breakup over 3 months before it happens" (February 2021)
- DatingAdvice.com "Psychology Experts Weigh in on How COVID-19 Has Impacted Dating & Relationships"(November 2021)
- InsiderNJ "Monmouth National: Uptick in Relationship Satisfaction During COVID" (February 2021)
- The Healthy "5 Relationship Deal Breakers That Suggest It's Time to Move on" (January 2021)
- BigThink "7 research-based resolutions that will help strengthen your relationship in the year ahead"(January 2021)
- People "New Year's Resolutions Couples Can Make Together" (December 2020)
- Stylist "Want to get back together with your ex? It's a sign your relationship was unhealthy to begin with" (December 2020)
- Yahoo News "A Professor Explained To Us Why Relationships Can Fall Apart"(February 2020)
- Yahoo News "The 15 Questions to Check if Your Relationship Will Work, According to Experts" (January 2020)
- Prevention "How Long Does It Really Take to Get Over Someone After a Breakup?" (November 2019)
- ABC.net "Can you really stay friends with an ex?" (October 2019)
- Women's Health "15 Tips For Dating After Divorce" (September 2019)
- ThriveGlobal "8 Signs You're in a Strong Relationship" (July 2019)
- 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)
- 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)
- 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)
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