

## VERONICA FRUIHT, PH.D.

50 Acacia Ave. • San Rafael, CA 94901

(415) 482-2482 • veronica.fruiht@dominican.edu

veronicafruiht.com

### ACADEMIC APPOINTMENTS

2021-	<b>Associate Professor</b> , Dominican University of California, San Rafael, CA
2016-2021	<b>Assistant Professor</b> , Dominican University of California, San Rafael, CA
2014-2016	<b>Assistant Professor</b> , University of Wisconsin-Whitewater
2014	<b>Lecturer</b> , California State University, Long Beach
2012-2014	<b>Lecturer</b> , Santa Ana College, Santa Ana, CA
2012-2014	<b>Lecturer</b> , California State University, Fullerton

### EDUCATION

<b>Ph.D.</b>	Claremont Graduate University, Claremont, CA
2014	<i>Positive Developmental Psychology</i>
<b>M.A.</b>	Claremont Graduate University, Claremont, CA
2010	<i>Positive Developmental Psychology</i>
<b>Certificate</b>	Claremont Graduate University, Claremont, CA
2010	<i>Preparing Future Faculty</i>
<b>B.S.</b>	California Polytechnic State University, San Luis Obispo
2007	<i>Psychology, Magna Cum Laude</i>

### PEER REVIEWED PUBLICATIONS

- Boeder, J., **Fruiht, V.**, Erikson, K. \*, Hwang, S. \*, Blanco, G. \*, & Chan, T. (2021). Reflecting on an academic career: Associations between past mentoring investments and career benefits. *Mentoring and Tutoring: Partnerships in Education*.  
<https://doi.org/10.1080/13611267.2021.1986797>
- Fruiht, V.**, Boeder, J., & Chan, T. (2021). Rising stars and underdogs: The role race and parental education play in predicting mentorship. *Youth and Society*.  
<https://doi.org/10.1177/0044118X211004637>
- Boeder, J., **Fruiht, V.**, Hwang, S. \*, Blanco, G. \*, & Chan, T. (2021). Learning to love, work, and live your best life: Mentoring in emerging adulthood predicts later flourishing and subjective well-being. *Emerging Adulthood*. <https://doi.org/10.1177/21676968211012879>
- Boeder, J., Tse, D. C. K., **Fruiht, V.**, & Chan, T. (2021). Medium matters: A decade of media consumption predicts positive and negative dimensions of self-perceptions of aging. *The Journals of Gerontology, Series B: Psychological Sciences*.  
<https://doi.org/10.1093/geronb/gbaa229>
- Guthrie, D. & **Fruiht, V.** (2020). On campus social support and hope as unique predictors of perceived ability to persist in college. *Journal of College Student Retention: Research, Theory, Practice*, 22, 522-543. <https://doi.org/10.1177/1521025118774932>

\* denotes student co-author

† denotes authors contributed equally to this work

- Fruiht, V.** & Chan, T. (2018). Naturally occurring mentorship in a national sample of first-generation college goers: A promising portal for academic and developmental success. *American Journal of Community Psychology*, 61, 386-397. <https://doi.org/10.1002/ajcp.12233>
- Miranda-Chan, T.,<sup>†</sup> **Fruiht, V.**,<sup>†</sup> Dubon, V., & Wray-Lake, L. (2016). The functions and longitudinal outcomes of adolescents naturally occurring mentorships. *American Journal of Community Psychology*, 57, 47-59. <https://doi.org/10.1002/ajcp.12031>
- Fruiht, V.** (2015). Supportive others in the lives of college students and their relevance to hope. *Journal of College Student Retention: Research, Theory & Practice*, 16, 64-87. <https://doi.org/10.1177/1521025115571104>
- Fruiht, V.** & Wray-Lake, L. (2013). The role of mentor type and timing in predicting educational attainment. *Journal of Youth and Adolescence*, 42, 1459-1472. <https://doi.org/10.1007/s10964-012-9817-0>

### **PROCEEDINGS & UNPUBLISHED MANUSCRIPTS**

- Fruiht, V.** (2018). *Project-based curriculum as a guide for the re-sequencing of a discipline specific statistics course* (non-refereed). Proceedings of the Tenth International Conference on Teaching Statistics.
- Fruiht, V.** (2014). *Beyond Wills and Ways: Expanding the Scope of Snyder's Hope Model to Understand the Transmission of Hope Through Developmental Relationships*. (Doctoral dissertation). Available from ProQuest Dissertations & Theses Global: Social Sciences. (Order No. 3668014)
- Fruiht, V.** (2010). *Finding the will and the ways: How using character strengths can make adolescents more hopeful*. (Unpublished master's thesis). Claremont Graduate University, Claremont, CA.
- Guthrie, D. & **Fruiht, V.** (in preparation). The influence of involvement, campus climate, and on campus support in predicting educational outcomes for underrepresented minority students.
- Chan, T., Boeder, J., Nakamura, J., Csikszentmihalyi, M., Shultz, K., **Fruiht, V.**, Gross, A., & Carlson, M. C. (under review). The road to riches in retirement begins with building psychological and social wealth: Trajectories of subjective well-being from the Americans' Changing Lives Study. *Work, Aging, and Retirement*.

### **ORAL PRESENTATIONS & INVITED TALKS**

- Glibert, D. & **Fruiht, V.** (2021, January). *The science of happiness: What your mother didn't tell you* [Moderator]. Carl Hungerford Lecture Series in San Rafael, CA.
- Fruiht, V.** (2019, July). *Just another dot on the map? A qualitative investigation of the functional roles of mentors in higher education* [Podium presentation]. International Positive Psychology Association World Congress in Melbourne, Australia.
- Fruiht, V.** (2019, April). *A strong case for weak ties: How mentoring shapes who we believe we can become* [Keynote address]. Dominican Scholarly and Creative Works Conference in San Rafael, CA.

\* denotes student co-author

† denotes authors contributed equally to this work

- Fruiht, V.** (2019, March). *What good mentors do and why they do it* [Continuing Education lecture]. Dominican University of California Occupational Therapy Alumni Group in San Rafael, CA.
- Fruiht, V.** (2018, July). *Project-based curriculum as a guide for the re-sequencing of a discipline specific statistics course* [Contributed paper]. Tenth International Conference on Teaching Statistics in Kyoto, Japan.
- Fruiht, V., & Chan, T.** (2017, April). *Naturally occurring mentors of first-generation college students* [Symposium]. Society for Research on Child Development in Austin, TX.
- Fruiht, V.** (2017, February). *Hope: A practice and a gift* [Lecture]. Gather@Grand with the Dominican Sisters in San Rafael, CA.
- Fruiht, V.** (2016, March). *An exploration of the informal mentoring relationships of community college students* [Symposium]. Society for Research on Adolescence in Baltimore, MD.
- Miranda-Chan, T.,<sup>†</sup> **Fruiht, V.,**<sup>†</sup> Dubon, V., & Wray-Lake (2016, March). *The functions and longitudinal outcomes of adolescents naturally occurring mentorships: A mixed methods approach* [Symposium]. Society for Research on Adolescence in Baltimore, MD.
- Fruiht, V. & Dias, S.** (2015, June). *Training teachers to do good work: A case study of excellence, ethics, and engagement in teacher education* [Symposium]. International Positive Psychology Association World Congress in Lake Buena Vista, FL.
- Nakamura, J. Csikszentmihalyi, M., Chan, T., Branand, B., **Fruiht, V. & Dias, S.** (2015, June). *Good work and vital engagement in the professions.* [Symposium]. International Congress of Positive Psychology in Lake Buena Vista, FL.

## **POSTER PRESENTATIONS**

- Blanco, G.\*, Boeder, J.\*, **Fruiht, V.,** Erikson, E.\*, Hwang, S.\*, & Chan, T. (2021, October). *A retrospective study of retired academics: Long-term career benefits of past mentoring behaviors.* Poster presented at Gerontological Society of Aging Annual Scientific Meeting, Phoenix, AZ.
- Hwang, S.\*, Armendariz, J.\*, Argueta, J.\*, **Fruiht, V.,** & Chan, T. (2021, October). *Piloting an augmented reality life review experience to promote mental health outcomes in aging Asian American women.* Poster presented at Gerontological Society of Aging Annual Scientific Meeting, Phoenix, AZ.
- Rusk A., Amick, B., Harrell, M., Cavanagh, T., **Fruiht, V.,** & Wilkerson, M. (2018, June). Caught between a rock and a hard place: *The challenge of role ambiguity and role conflict facing medicine retailers for malaria in western Kenya* [Poster presentation]. International Health Conference at University of Oxford's St Hugh's College.
- Fruiht V. & Chan, T.** (2018, April). *Antecedents to natural mentoring: Do adolescent risk and flourishing characteristics predict their mentors' functional roles?* [Poster presentation]. Society for Research on Adolescence in Minneapolis, MN.
- Myers-Santos, H.\*, & Fruiht, V.** (2018, April). *The role of socioemotional support from mentors in predicting teen pregnancy* [Poster presentation]. Western Psychological Association conference in Portland, OR.

\* denotes student co-author

† denotes authors contributed equally to this work

- Easley, S.\*, Davis, D.\*, & **Fruht, V.** (2018, April). *The effect of mentoring functions on mental health outcomes* [Poster presentation]. Western Psychological Association conference in Portland, OR.
- Fruht, V.** (2015, June). *Beyond wills and ways: Investigating what it means to be hopeful and the transmission of hope through developmental relationships* [Poster presentation]. International Positive Psychology Association World Congress in Lake Buena Vista, FL.
- Fruht, V.** (2013, July). *Supportive others in the development of four-year and community college students* [Poster presentation]. International Positive Psychology Association World Congress in Los Angeles, CA.
- Fruht, V.** & Wray-Lake, L. (2012, March). *Do who and when matter? The mentor type and timing interaction in naturally occurring mentoring relationships* [Poster presentation]. Society for Research on Adolescence Biennial Meeting, Vancouver, BC.
- Fruht, V.** (2011, July). *Hope and the practice of character strengths among adolescents* [Poster presentation]. International Positive Psychology Association World Congress in Philadelphia, PA.
- Ko, I., Dias, S., Koch, J., **Fruht, V.**, Branand, B., Chan, T., & Nakamura, J. (2011, April). *The relationship between work-home interference and job/life satisfaction: Mediating effects of meaning and flow* [Poster presentation]. Western Psychological Association, Los Angeles, CA

## **TEACHING APPOINTMENTS & COURSES PREPARED**

### **Dominican University of California**

Critical Thinking (5 sections), Child and Adolescent Development (5 sections) Adulthood and Aging (2 section), Directed Research I & II (10 sections)  
 Advances in Positive Psychology (2 section), Statistics (5 section)  
 Introduction to Psychology (2 sections), Positive Psychology (1 section)  
 Stress Management (2 section), Psychology of Mentoring (2 section)  
 Psychology of Hope (3 section), Social Media, Networks & Support (1 section)

### **University of Wisconsin-Whitewater**

Individual and Society (11 sections), Introduction to Psychology (1 section)  
 Psychology of Adolescence (4 sections)  
 Learning in Educational Contexts (Graduate Seminar, 2 sections)  
 Developed new course: Positive Psychology

### **California State University, Long Beach**

Human Cognition (1 section)

### **Santa Ana College, CA**

Introduction to Psychology (7 sections), Honors Introduction to Psychology (1 section)

### **California State University, Fullerton**

Cognitive Psychology (3 sections), Laboratory in Cognitive Psychology (4 sections)  
 Computer Applications in Psychology (2 sections), Psychology of Aging (2 sections)

\* denotes student co-author

† denotes authors contributed equally to this work

## **RESEARCH APPOINTMENTS**

- 2012-2014     **Project Manager**, Sources of Good Mentoring Study, Drs. Jeanne Nakamura & Mihaly Csikszentmihalyi, Claremont Graduate University
- 2009-2011     **Research Associate**, Sources of Good Mentoring Study, Drs. Jeanne Nakamura & Mihaly Csikszentmihalyi, Claremont Graduate University
- 2010-2011     **Research Assistant**, Positive Developmental Research Practicum, Dr. Laura Wray-Lake, Claremont Graduate University
- 2007            **Research Assistant**, Dr. Jasna Jovanovic, California Polytechnic State University

## **GRANTS, AWARDS & HONORS**

- 2017-2020     **Honors Faculty Fellow**, Dominican University of California [\$500/year]
- 2018            **Faculty Grant Recipient**, Fanjeaux Heritage Trip [\$2650]
- 2017            **Fellowship Recipient**, College of Arts Humanities and Social Sciences Curricular and Pedagogical Innovation [\$5500]
- 2008-2013     **Dean's Travel Awards**, Claremont Graduate University [\$300/year]
- 2009            **Mayerson Foundation Scholarship Recipient**, VIA Character Institute Values in Action Intensive Training [\$500]
- 2008-2011     **Fellowship Recipient**, Claremont Merit-Based Fellowships. Claremont Graduate University [\$60,000+]

## **PROFESSIONAL LEADERSHIP & SERVICE**

- 2019-present   **Advisory Board Member**, California Polytechnic State University Department of Psychology and Child Development
- 2018            **Conference volunteer**, Society for Research on Adolescence Biennial Meeting
- 2016-present   **Council of Representatives**, Western Psychological Association
- 2016-present   **Media and Communications Committee**, Society for Research on Adolescence
- 2020            **Table Leader**, Advanced Placement Psychology, Educational Testing Service
- 2015-2019     **Reader**, Advanced Placement Psychology Exam, Educational Testing Service

## **PEER REVIEWING & SCHOLARSHIP**

**Ad hoc reviewing**, *Annals of the New York Academy of Sciences*, *American Journal of Community Psychology*, *Children and Youth Services Review*, *Current Psychology*, *Journal of Happiness Studies*, *Journal of Research in Higher Education*

**Pre-revision reviewer**, *Tara Kuther's Child & Adolescent Development (1st edition)* SAGE Publishing

**Abstract reviewer**, *Society for Research on Adolescence Biennial Meeting*

## **DEPARTMENTAL & UNIVERSITY LEADERSHIP**

- 2021-2022     **Chair**, Faculty Forum
- 2020-2021     **Chair**, Faculty Compensation Committee
- 2018-2019     **Chair**, Ad Hoc Committee on Digital TPR Portfolios
- 2017-2020     **Co-chair**, Space and Facilities Committee, Dominican University of California

\* denotes student co-author

† denotes authors contributed equally to this work

- 2017-present **Faculty Advisor**, Psi Chi International Honors Society in Psychology, Dominican University of California
- 2017-2018 **Facilitator**, Dominican Research Collective Group B
- 2015-2016 **Faculty Advisor**, Psychology Club and Psi Chi International Honors Society in Psychology, University of Wisconsin, Whitewater

### **DEPARTMENTAL & UNIVERSITY COMMITTEE MEMBERSHIP**

- 2020-2022 Faculty Affairs Committee
- 2020 Search Committee: Tenure-track Clinical Psychology faculty
- 2019 Search Committee: Tenure-track Global Public Health faculty
- 2019 Search Committee: Tenure-track Social Psychology faculty
- 2019 Search Committee: Program coordinator, Integrative Coaching
- 2019-2020 Faculty Compensation Committee
- 2018-2020 MKS@Dominican Digital Curriculum Task Force
- 2018-2019 Liberal Studies Revitalization Grant Team
- 2017 General Education Subgroup 6-Quantitative Literacy
- 2016 Institutional Review Board
- 2015-2016 College of Letters and Sciences Inclusive Excellence Committee
- 2015-2016 Department of Psychology Curriculum Committee

### **COMMUNITY OUTREACH**

- 2018-present **Lecturer**, Osher Life-Long Learning Institute, Dominican University of California
- 2017-2019 **Troop Leader**, Girl Scouts of Northern California Troop #10958
- 2015 **Volunteer**, Girl Scouts Southeast Wisconsin
- 2012-2014 **Program Development and Training Consultant**, iFalcon Coaching Corps at Cerritos College, Norwalk, CA
- 2012-2014 **Volunteer**, Girl Scouts of Greater Los Angeles
- 2011-2012 **Counseling Apprentice IV: Success Guide**, Chaffey College, Rancho Cucamonga, CA

### **SUPERVISED RESEARCH ASSISTANTS**

#### **Dominican University of California**

Alexis Roberts (2019), Ruby Baskett-Stone (2019), Kayla Andersen (2019)  
 Hannah Myers-Santos (2017-2018), Danielle Davis (2016-2018),  
 Samantha Easley (2016-2018)

#### **University of Wisconsin-Whitewater**

Isaiah Nordeng (2016), Paige Buchannan (2015), Danielle Bernier (2014)

#### **California State University, Fullerton**

Aaron Watenmaker (2013), Analyeli Garfias (2012)

\* denotes student co-author

† denotes authors contributed equally to this work

## **SUPERVISED STUDENTS' SCHOLARLY PRESENTATIONS**

- Alvarez-Piñeda, M. (2020, March). *Effects of Latinx parental English proficiency on stress* [Poster session]. National Conference for Undergraduate Research in Bozeman, MT (conference cancelled).
- Anderson, K. (2020, March). *Adults with ASD: Therapeutic riding and observed social behaviors and stress levels* [Poster session]. National Conference for Undergraduate Research in Bozeman, MT (conference cancelled).
- Bradley, M. (2016, March) *A strengths-based approach to improving self-esteem and life-satisfaction* [Poster session]. Wisconsin School Psychologists Association Spring Conference in Wisconsin Dells, WI.
- Cardenas, M. R. (2017, April). *Coloring, not just for kids: Testing the effectiveness of mandala coloring in reducing anxiety* [Poster session]. at the National Conference for Undergraduate Research in Memphis, TN.
- Cardenas, M. R. (2017, April). *Coloring, not just for kids: Testing the effectiveness of mandala coloring in reducing anxiety* [Poster session]. Western Psychological Association convention in Sacramento, CA.
- Chin, N. (2018, April). *Does alcohol and religion affect satisfaction with life?* [Poster session]. Western Psychological Association convention in Portland, OR.
- Davis, D. (2019, April). *The effects of perceived discrimination and acculturative stress on ethnic minority young adult self-esteem and anxiety* [Poster session]. Western Psychological Association convention in Pasadena, CA.
- Fink, M. (2017, April). *Are there too many fish in the sea? A dive into online dating* [Poster session]. National Conference for Undergraduate Research in Memphis, TN.
- Hernandez, B. (2018, April). *Self-efficacy, sense of belonging, and sense of obligation in first generation college students* [Poster session]. Western Psychological Association convention in Portland, OR
- Hunter, H. (2021, April). *The Influence of online advertisements on consumer behavior*. [Poster session]. Western Psychological Association Virtual Conference.
- Hunter, H. (2021, April). *The Influence of online advertisements on consumer behavior* [Poster session]. National Council on Undergraduate Research Virtual Conference.
- Jackson, A. (2017, April). *Misleading information in social media news: How bias affects perceptions* [Poster session]. Western Psychological Association convention in Sacramento, CA.
- Long, B. (2018, April). *Puppy power: Can dogs benefit human work groups?* [Poster session]. Western Psychological Association convention in Portland, OR
- Lastra, E. (2020, March). *The hard facts: The influence of crime and education on public perceptions of criminals* [Poster session]. National Conference for Undergraduate Research in Bozeman, MT (conference cancelled).
- Lehman, E. (2020, March). *Peer perceptions and social support for young adults on the cancer continuum* [Poster session]. National Conference for Undergraduate Research in Bozeman, MT (conference cancelled).

\* denotes student co-author

† denotes authors contributed equally to this work

- Maunupau Robertson, R. (2020, October). Single parents level of hope to achieve academic success and help-seeking skills to graduate from college. Western Psychological Association convention in San Francisco, CA
- Murrietta, K. (2017, April). *The effects of gender, age, and duration on exercise motivation* [Paper presentation]. National Conferences on Undergraduate Research in Memphis, TN.
- Nguyen, M. (2021, April). *The Relationship Between Parental Personality, Attachment Style, and Subjective Well-Being*. [Poster session]. Western Psychological Association Virtual Conference.
- Nguyen, M. (2021, April). *The Relationship Between Parental Personality, Attachment Style, and Subjective Well-Being*. [Poster session]. National Council on Undergraduate Research Virtual Conference.
- Salazar, J. (2020, March). Korean and American college students attitudes towards intellectual disabilities [Poster session]. National Conference for Undergraduate Research in Bozeman, MT (conference cancelled).
- Tennant, L. (2017, April). *Stress reducing effects of indoor plants in a classroom setting* [Poster session]. Western Psychology Association Convention in Sacramento, CA.

### **PROFESSIONAL AFFILIATION**

International Positive Psychology Association  
 Psi Chi Honors Society in Psychology  
 Society for Research on Adolescence  
 Society for the Teaching of Psychology (APA Division 2)  
 Western Positive Psychology Association  
 Western Psychological Association

\* denotes student co-author

† denotes authors contributed equally to this work