

## Jaime L. Kurtz, Ph.D.

Department of Psychology, James Madison University  
91 E. Grace Street – MSC 7704, Harrisonburg, VA 22807  
[kurtzjl@jmu.edu](mailto:kurtzjl@jmu.edu), 540-568-4966

### EDUCATION

- University of Virginia, Charlottesville, VA, Psychology, M.A., 2003. Ph.D., 2007.
- Millersville University, Millersville, PA, Psychology, B.A., *summa cum laude*, 2000.

### EMPLOYMENT

- James Madison University, Professor, 2020 - present.
- James Madison University, Associate Professor, 2014 – 2020.
- James Madison University, Assistant Professor, 2010 – 2014.
- Reed College, Visiting Assistant Professor, 2009 – 2010.
- Pomona College, Visiting Assistant Professor, 2007 –2009.

### AWARDS AND HONORS

- Selected Teaching/Advising Awards and Grants
  - Nominee for the Provost’s Award for Excellence in Global Education, 2019.
  - Faculty Member in Residence (Florence, Italy), James Madison University, 2018.
  - Study Abroad General Education (SAGE) grant, James Madison University, 2014.
  - International Development Grant, James Madison University, 2014
- Selected Research Grants and Awards
  - CHBS Research Grant (\$5000; with Natalie Kerr), 2022.
  - Madison Scholar – Dept. of Psychology nominee, 2021.
  - Young Alumni Achievement Award, Millersville University, 2019
  - APS/Psi Chi Summer Research Grant (Faculty Sponsor; Christopher Deitrick, PI), 2014
  - NIMH Ruth L. Kirschstein National Research Service Award (NRSA) grant 1 F31 MH74168 - *Anhedonia: Implications for Mental Health and Depression*, 2004.

### REPRESENTATIVE PUBLICATIONS

Layous, K., & Kurtz, J. L. (2023). Nostalgia: A potential pathway to greater well-being. *Current Opinion in Psychology*, 49, 101548. <https://doi.org/10.1016/j.copsyc.2022.101548>

Layous, K., Kurtz, J. L., Wildschut, T., & Sedikides, C. (2022). The effect of a multi-week nostalgia intervention on well-being: Mechanisms and moderation. *Emotion*, 22(8), 1952–1968. <https://doi.org/10.1037/emo0000817>

Kurtz, J. (2021). Personality tests and what they can teach us. The Great Courses, Audible.

Oishi, S., Choi, H., Liu, A., & Kurtz, J. L. (2021). Experiences associated with psychological richness. *European Journal of Personality*, 35, 754-770.

Oishi, S., Choi, H., Galinha, I., Ishii, K., Komiya, A., Koo, M., Luhmann, M., Scollon, C., Shin, J., Suh, E., Vittersø, J., Heintzelman, S., Kushlev, K., Westgate, E.C., Buttrick, N., Tucker, J., Ebersole, C.R., Axt, J., Gilbert, E., Ng, B.W., Kurtz, J., & Besser, L.L. (2020). Happiness, meaning, and psychological richness. *Affective Science*, 1, 107–115.

- Kurtz, J. (2020). The psychology of happiness. The Great Courses, Audible.
- Layous, K., Kurtz, J. L., Chancellor, J., & Lyubomirsky, S. (2017). Reframing the ordinary: Imagining time as scarce increases well-being. *Journal of Positive Psychology*, 13, 301-308.
- Kurtz, J. L. (2017). *The happy traveler: Unpacking the secrets to better vacations*. New York: Oxford University Press.
- Layous, K. A., Nelson, S. K., Kurtz, J. L. & Lyubomirsky, S. (2016). What triggers prosocial effort? A positive feedback loop between positive activities, kindness, and well-being. *Journal of Positive Psychology*, 4, 385-398.
- Kurtz, J. L. (2016). Affective forecasting: Teaching an accessible, useful, and humbling topic. *Teaching of Psychology*, 43, 80-85
- Oishi, S., Kurtz, J. L., Miao, F., Park, J. & Whitchurch, E. R. (2011). The role of familiarity in daily well-being: Developmental and cultural variation. *Developmental Psychology*, 47, 1750-1756.
- Kurtz, J. L. (2008). Looking to the future to appreciate the present: The benefits of perceived temporal scarcity. *Psychological Science*, 19, 1238-1241.

## TEACHING

- The Psychology of Well-Being, Instructor
- Positive Psychology in Italian Culture, Instructor
- Positive Psychology, Instructor
- Social Psychology (undergraduate and graduate), Instructor
- Personality Psychology, Instructor
- Psychological Research Methods, Instructor
- Exploring the Good Life in Scandinavia, Program Director and Instructor

## INVITED TALKS (2015-PRESENT)

- Blue Ridge Running Camp, 2022.
- Sierra Club of the Shenandoah Valley, 2022.
- Virginia Association of Independent Schools, 2020, 2021
- The Boys and Girls Club of Central Virginia, Teen Summit, 2017, 2020
- Smithsonian Institution, 2017
- Darden School of Business, University of Virginia, 2017, 2018, 2019
- University of Virginia, Clinical Lunch Series, 2017.
- The Leukemia and Lymphoma Society - Health Care Professional Conference, 2016.
- University of Virginia, Social Lunch Series, 2015
- University of North Carolina—Chapel Hill, 2015.

## REPRESENTATIVE PRESENTATIONS (2015-PRESENT)

### (\*DESIGNATES STUDENT COLLABORATOR)

- Kurtz, J. L. (February, 2022). *Now or Never: When Scarcity Encourages Savoring*. Paper presented at the Existential Psychology Pre-Conference, Society for Personality and Social Psychology, San Francisco, CA.

- Kurtz, J. L., Berrettini, J.\*, Foley, K.\*, George, M.\*, Kreutzberg, K.\*, & Nemec, A.\* (May, 2021). *Life in Color: Scarcity and Empathy Encourage the Savoring of Visual Imagery*. Poster to be presented at the Association for Psychological Science Virtual Convention.
- Kurtz, J. L., Layous, K., Sedikides, C., & Wildschut, T. (February, 2019). *The effects of a multi-week nostalgia intervention on well-being*. Poster presented at the Society for Personality and Social Psychology, Portland, OR.
- Restrepo-Chavez, M. C.\*, Jones, R.\*, Lacy, A.\*, & Kurtz, J. L. (April, 2016). *Is the grass always greener? Pluralistic ignorance and perceptions of self-other happiness*. Poster presented at the L. Starling Reid Undergraduate Research Conference, Charlottesville, VA.
- Welch, C.A.\* & Kurtz, J.L. (January, 2016). *What I do matters: Locus of control and health-related behaviors in college students*. Poster presented at the Society for Personality and Social Psychology, San Diego, CA.
- Layous, K., Nelson, S. K., Kurtz, J. L., & Lyubomirsky, S. (February, 2015). *Triggering kindness: Mechanisms and outcomes*. Poster presented at the Society for Personality and Social Psychology, Long Beach, CA.

#### **REPRESENTATIVE PROFESSIONAL AND UNIVERSITY SERVICE**

- Search Committee for Executive Director, Center for Global Engagement, 2022-2023.
- Institutional Review Board, Vice Chair (2021-present). Member (2019-2021)
- Personnel Advisory Committee (PAC) (2013-2015, 2020-2022)
- Psi Chi co-advisor (2018-2021)
- Search Committee for new tenure-track faculty in Cognitive Psychology (2017)
- Committee on Academic Programs (CHBS representative) (Fall, 2015 - 2018)
- CHBS Undergraduate Curriculum Council (Psychology representative) (2013-2018)
- Psychology Department Curriculum and Instruction Committee (2013-2018)
- Search Committee for new tenure-track faculty in methodology (2012)
- Judge for Psychology Symposium (student poster session) (multiple years)
- Departmental Awards Committee (2010-2018)