

Stanford



Kelly McGonigal

Lecturer

Recreation Instructional & Fitness

Bio

CURRENT ROLE AT STANFORD

Instructor of Psychology, Stanford Continuing Studies

Program Developer/Co-Director and Instructor, Stanford Center for Compassion and Altruism Research and Education

ACADEMIC APPOINTMENTS

- Casual - Other Teaching Staff, Graduate School of Business

Teaching

COURSES

2023-24

- Presentation and Communication Skills for Academics: GSBGEN 622 (Spr)

2022-23

- Presentation and Communication Skills for Academics: GSBGEN 622 (Spr)

2021-22

- Presentation and Communication Skills for Academics: GSBGEN 622 (Spr)

2020-21

- Presentation and Communication Skills for Academics: GSBGEN 622 (Aut)

Publications

PUBLICATIONS

- **A randomized controlled trial of compassion cultivation training: Effects on mindfulness, affect, and emotion regulation** *MOTIVATION AND EMOTION*
Jazaieri, H., McGonigal, K., Jinpa, T., Doty, J. R., Gross, J. J., Goldin, P. R.
2014; 38 (1): 23-35
- **Enhancing Compassion: A Randomized Controlled Trial of a Compassion Cultivation Training Program** *JOURNAL OF HAPPINESS STUDIES*
Jazaieri, H., Jinpa, G. T., McGonigal, K., Rosenberg, E. L., Finkelstein, J., Simon-Thomas, E., Cullen, M., Doty, J. R., Gross, J. J., Goldin, P. R.
2013; 14 (4): 1113-1126
- **The Willpower Instinct: How Self Control Works, Why It Matters, and What You Can Do To Get More of It**
McGonigal, K.
Penguin (Avery).2011

- **The Social Costs of Emotional Suppression: A Prospective Study of the Transition to College** *JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY*
Srivastava, S., Tamir, M., McGonigal, K. M., John, O. P., Gross, J. J.
2009; 96 (4): 883-897
- **Optimism in close relationships: How seeing things in a positive light makes them so** *JOURNAL OF PERSONALITY AND SOCIAL PSYCHOLOGY*
Srivastava, S., McGonigal, K. M., Richards, J. M., Butler, E. A., Gross, J. J.
2006; 91 (1): 143-153