

BIOGRAPHICAL SKETCH

Provide the following information for the Senior/key personnel and other significant contributors.
Follow this format for each person. **DO NOT EXCEED FIVE PAGES.**

NAME: Laura L. Carstensen

eRA COMMONS USER NAME (credential, e.g., agency login): LAURACAR

POSITION TITLE: Professor of Psychology

EDUCATION/TRAINING (*Begin with baccalaureate or other initial professional education, such as nursing, include postdoctoral training and residency training if applicable. Add/delete rows as necessary.*)

INSTITUTION AND LOCATION	DEGREE (if applicable)	Completion Date MM/YYYY	FIELD OF STUDY
University of Rochester, Rochester, NY	B.S.	06/1978	Psychology
West Virginia University, Morgantown, WV	M.A.	05/1980	Psychology
University of Mississippi Medical Center		08/1983	Clinical Internship
West Virginia University, Morgantown, WV	Ph.D.	05/1983	Psychology

A. Personal Statement**B. Positions and Honors****Positions and Employment**

1983-1987 Assistant Professor, Indiana University
 1987-1993 Assistant Professor, Stanford University
 1993-1998 Associate Professor, Stanford University
 1997-2001 Barbara D. Finberg, Director, Institute for Research Women and Gender, Stanford University
 1998- Professor of Psychology, Stanford University
 2004-2006 Chair, Psychology Department, Stanford University
 2006- Founding Director, Stanford Center on Longevity

Other Experience and Professional Memberships

1996-1999 Member, HUD-2, NIH Review Panel
 1999-2000 Chair, National Academy of Sciences, Committee on Future Directions in Cognitive Aging Research
 2002-2005 Member, Behavior & Social Science of Aging Review Committee, National Institute on Aging
 2003-2006 Chair, National Academy of Sciences Committee on Future of research on Social, Personality and Adult Developmental Aspects of Aging
 2007- Member, MacArthur Foundation Network on Aging Societies
 2012-2015 Member, National Advisory Council on Aging (NACA)

Selected Honors

1993 Kalish Innovative Publication Award, Gerontological Society of America
 2003-04 Guggenheim Fellow
 2005 MERIT Award, National Institute on Aging
 2006 Distinguished Career Contributions Award, Behavioral Science Section, GSA
 2009-10 Fellow, Center for the Advanced Study in the Behavioral Sciences
 2010 APA Master Mentor Award

2014	Kleemeier Award, Gerontological Society of America
2014	Distinguished Mentor Award, Gerontological Society of America
2016	Member (elected), National Academy of Medicine
2016	MERIT Award, National Institute of Aging

C. Contributions to Science

(1) In socioemotional selectivity theory, I offered the field a novel and falsifiable conceptualization of motivational changes with age. The theory has since gained substantial empirical support and is influential in research on social and cognitive aging, as well as health psychology.

- a. Carstensen, L. L. (2006). The influence of a sense of time on human development. *Science*, 312, 1913-1915. doi: 10.1126/science.1127488
- b. Carstensen, L. L., Isaacowitz, D., & Charles, S. T. (1999). Taking time seriously: A theory of socioemotional selectivity. *American Psychologist*, 54, 165-181. doi: 10.1037/0003-066X.54.3.165
- c. Carstensen, L. L. (1995). Evidence for a life-span theory of socioemotional selectivity. *Current Directions in Psychological Science*, 4, 151-156. doi: 10.1111/1467-8721.ep11512261
- d. Carstensen, L. L. (1992). Motivation for social contact across the life span: A theory of socioemotional selectivity. In J. E. Jacobs (Ed.), *Nebraska symposium on motivation: Developmental perspectives on motivation* (pp. 209-254). Lincoln: University of Nebraska Press.

(2) My colleagues and I showed that reductions in social network size over time are selective and contribute to emotional well-being.

- a. English, T., & Carstensen, L. L. (2014). Selective narrowing of social networks across adulthood is associated with improved emotional experience in daily life. *International Journal of Behavioral Development*, 38, 195-202. doi: 10.1177/0165025413515404
- b. Lang, F., Staudinger, U., & Carstensen, L. L. (1998). Socioemotional selectivity in late life: How personality and social context do (and do not) make a difference. *Journal of Gerontology: Psychological Sciences*, 53, 21-30.
- c. Lang, F. R., & Carstensen, L. L. (1994). Close emotional relationships in late life: Further support for proactive aging in the social domain. *Psychology and Aging*, 9, 315-324.
- d. Carstensen, L. L. (1992). Social and emotional patterns in adulthood: Support for socioemotional selectivity theory. *Psychology and Aging*, 7, 331-338.

(3) My colleagues and I contributed to research revealing that emotional balance improves with age.

- a. Hershfield, H. E., Scheibe, S., Sims, T., & Carstensen, L. L. (2013). When feeling bad can be good: Mixed emotions benefit physical health across adulthood. *Social Psychological and Personality Science*, 4(1), 54-61. doi: 10.1177/1948550612444616
- b. Carstensen, L. L., Turan, B., Scheibe, S., Ram, N., Ersner-Hershfield, H., Samanez-Larkin, G., . . . Nesselroade, J. R. (2011). Emotional experience improves with age: Evidence based on over 10 years of experience sampling. *Psychology and Aging*, 26, 21-33. doi: 10.1037/a0021285
- c. Ersner-Hershfield, H., Mikels, J. A., Sullivan, S. J., & Carstensen, L. L. (2008). Poignancy: Mixed emotional experience in the face of meaningful endings. *Journal of Personality and Social Psychology*, 94(1), 2008, 158-167. doi: 10.1037/0022-3514.94.1.158
- d. Carstensen, L. L., Pasupathi, M., Mayr, U., & Nesselroade, J. (2000). Emotional experience in everyday life across the adult life span. *Journal of Personality and Social Psychology*, 79, 644-655. doi: 10.1037/0022-3514.79.4.644

(4) My research led to the discovery of the positivity effect, which refers to an age-related preference in attention and memory for positive over negative information

- a. English, T., & Carstensen, L. L. (2015). Does positivity operate when the stakes are high? Health status and decision making among older adults. *Psychology and Aging*, 30(2), 348-355. doi: 10.1037/a0039121
- b. Reed, A. E., & Carstensen, L. L. (2012). The theory behind the age-related positivity effect. *Frontiers in Emotion Science*, 3, 1-9. doi: 10.3389/fpsyg.2012.00339

- c. Mikels, J., Löckenhoff, C., Maglio, S., Goldstein, M., Garber, A., & Carstensen, L.L. (2010). Following your heart or your head: Focusing on emotions versus information differentially influences the decisions of younger and older adults. *Journal of Experimental Psychology: Applied*, 16, 87-95. doi: 10.1037/a0018500
- d. Mather, M., Canli, T., English, T., Whitfield, S., Wais, P., . . . Carstensen, L. L. (2004). Amygdala responses to emotionally valenced stimuli in older and younger adults. *Psychological Science*, 15(4), 259-263. doi: 10.1111/j.0956-7976.2004.00662.x

(5) Building on theoretical and empirical findings, my group has shown that interventions can be enhanced by emphasizing positive over negative information.

- a. English, T. & Carstensen, L. L. (2014). Will interventions targeting conscientiousness improve aging outcomes? *Developmental Psychology*, 50, 1478-1481. doi: 10.1037/a0036073
- b. Notthoff, N. & Carstensen, L. L. (2014). Positive messaging promotes walking in older adults. *Psychology and Aging*, 29, 329-341. doi: 10.1037/a0036748
- c. Scheibe, S., Notthoff, N., Menkin, J., Ross, L., Shadel, D., & Carstensen, L. L. (2014). Forewarning reduces fraud susceptibility in vulnerable consumers. *Basic and Applied Social Psychology*, 36, 272-279. doi: 10.1080/01973533.2014.903844
- d. Fung, H. L. & Carstensen, L. L. (2003). Sending memorable messages to the old: Age differences in preferences and memory for advertisements. *Journal of Personality and Social Psychology*, 85, 163-178. doi: 10.1037/0022-3514.85.1.163

D. Additional Information: Research Support

ACTIVE

52R37AG00881626 Laura Carstensen (PI)

9/1/1990 – 3/31/2020

NIH/NIA

Title: Socioemotional Functioning in Adulthood and Old Age

Goals: The major goals of this project are to better understand emotional development and its relationship to motivation in later life. **MERIT** Award extension to 2025.

R25 AG05325202 Laura Carstensen (PI)

9/15/2017 – 04/30/2021

NIH/NIA

Title: Forming science-industry partnerships to link everyday behaviors to well-being”

Goals: The goal of this training grant is to prepare junior investigators to work with private and non-profit organizations to understand actual decisions and investments consumers make.

SPO 121744 Laura Carstensen (PI)

9/15/2016 – 03/31/2018

Santa Clara County

Title: Santa Clara County Volunteer Project

Goals: The goals of the Santa Clara County Project complement those of the NIA grant by supplementing costs of health measurements.

G-2017-9931 Laura Carstensen (PI)

10/1/2017 – 09/30/2018

Alfred P. Sloan Foundation

Title: Employer Practices for Older Workers Journalism

Goals: The goal of this project is to collaborate with Bloomberg journalist, Carol Hymowitz, to identify and conduct qualitative interviews with employers who are recruiting older workers.

34604559 Laura Carstensen (PI)

11/01/2017 – 10/31/2019

JP Morgan Chase Foundation

Title: Understanding Differences in Financial Security by Socio-Economic Status Group with a Focus on Gender

Goals: The goal of this project is to analyze data from large ongoing studies to identify gender differences in financial security.

RECENTLY COMPLETED (LAST 3 YEARS)

5 R37AG008816 Laura Carstensen (PI)

9/1/90 – 8/31/2015

NIH/NIA

Title: Socioemotional Functioning in Adulthood and Old Age

Goals: The major goals of this project are to better understand emotional development and its relationship to motivation in later life.

1 R24 AG039350-01 Laura Carstensen (PI)

9/30/10 – 8/31/2015

NIH/NIA

Title: Research Network on Decision Neuroscience and Aging

Goals: The major goals of this project are to support the development of a subfield of research on decision neuroscience and aging.

AARP. "Roles of Positive and Negative Arousal in the Financial Decision-Making of Adults."

PI: Laura Carstensen (7/14 – 4/15)

Fidelity Investments. "Decision to Retire."

PI: Laura Carstensen (6/15 – 11/15)

CDW Healthcare.

PI: Laura Carstensen "Wearable Devices, Disease Prevention and Longevity Conference" (07/2016 - 09/2016)

5P30AG02495708 Mary Kane Goldstein

9/30/04 – 08/31/2014

NIH/NIA

Title: Center on Advancing Decision Making in Aging

Goals: The major goal of this project is to promote the study of decision making processes and the determinants of choices that affect health and well-being in the later years of life. CADMA researchers plan to conduct basic and applied research on decision making processes with a goal of developing and implementing practical methods for improving fundamental decisions affecting the well-being of the elderly.

PI: Laura L Carstensen (Co:PI Robert Willis, with Dawn Carr) Sloan Foundation

Title: Is Working Longer Good For You?: Understanding Potential Pathways Between Working and Cognitive Performance

Goals: To examine individual and occupational differences in functioning prior to retirement as potential mediators of the relationship between work and cognition.