

BIOGRAPHICAL SKETCH

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NAME: CARSTENSEN, LAURA L

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 <i>(if applicable)</i>	Completion Date MM/YYYY	FIELD OF STUDY
University of Rochester, Rochester, NY	BS	06/1978	Psychology
West Virginia U., Morgantown, WV	MA	05/1980	Psychology
West Virginia U., Morgantown, WV	PHD	05/1983	Psychology
University of Mississippi Medical Center	N/A	08/1983	Clinical Internship

A. Personal Statement

My background in life-span development and aging prepares me well to serve as co-Principal Investigator for the present T32 application. My own research has been funded continuously by NIA for 34 years and I am currently supported by a second MERIT award. The theoretical foundation for this research program is socioemotional selectivity theory (SST), which my students, colleagues, and I developed, empirically tested, and refined over the course of grant R37-8816. We identified age-differences in social preferences, conducted a longitudinal study of emotional experience, identified and illuminated an age-related positivity effect in cognitive processing, and applied theoretical tenets derived from SST to studies of behavior change. My research team has considerable methodological range spanning laboratory experiments, web-based surveys, experience sampling, neuroimaging, actigraphy, and field experiments. As director of the Center on Longevity (SCL), I interact regularly with faculty from all seven schools at Stanford, and my research has successfully bridged economics, medicine, and engineering in productive ways. I developed and co-direct the New Map of Life Fellows program at the Center on Longevity that includes recent PhD and MD trainees whose research aims to improve policies and practices that improve longer lives and aging societies (see links below). Recent fellows have obtained excellent academic posts and are pursuing productive independent careers. I have received mentoring awards from the American Psychological Association and the Gerontological Society of America.

Ongoing and recently completed projects that I would like to highlight include:

R37 AG008816-33

Carstensen (PI), Principal Investigator

09/01/1990-03/31/2025

Socioemotional Functioning in Adulthood and Old Age

R25 AG053252

Carstensen (PI), Principal Investigator

09/2016-04/2023

Forming science-industry partnerships to link everyday behaviors to well-being.

Carstensen (PI), Principal Investigator
01/2022-12-2023

The Longevity Dividend: Opportunities and Imperatives for Early Childhood and Intergenerational Connections.

Citations:

1. **New Map of Life Fellows program:** <https://longevity.stanford.edu/a-new-map-of-life/#fellows>
2. The Stanford Center on Longevity. (2021). The New Map of Life: 100 Years to Thrive. Stanford, CA: The Stanford Center on Longevity. Retrieved from <https://longevity.stanford.edu/the-new-map-of-life-report/>.
3. Miller, J., Horwitz, I., Johfre, S., Jonas, A., Roche, M., Sierra Huertas, D., Streeter, J. Wang, C., Deevy, M., & Carstensen, L.L. (May, 2021) Effectively Reducing Race Differences In Old Age Demands a Life Course Approach. aarp.org/buildequity.
4. Chapel, J., Tysinger, B., Goldman, D. & Rowe, J., and the Research Network on an Aging Society (2023). The forgotten middle: Worsening health and economic trends extend to Americans with modest resources nearing retirement. *Health Affairs*. 42 (9) 1-14. 10.1377/hlthaff.2023.00134 (LLC is a Network member)

B. Positions, Scientific Appointments, and Honors

Positions and Scientific Appointments

2021 – Present	Member, International Advisory Panel: Health District, Singapore
2008 – Present	Member, Division of Behavioral and Social Sciences and Education Advisory Committee, National Academy of Sciences
1998 –	Present Professor, Department of Psychology, Stanford University
2019 – 2022	Member, NIA Data Monitoring Committee (Understanding America Study)
2019 – 2022	Member, Governor Newsome’s California Master Plan on Aging Commission
2018 – 2022	Member, National Academy of Medicine, International Commission for Global Roadmap for Healthy Longevity
2015 – 2019	Member, National Research Council, Board of Behavioral, Cognitive, and Sensory Sciences
2012 – 2015	Member, National Advisory Council on Aging (NACA). NIH
2007 – 2017	Member, MacArthur Foundation Network on Aging Societies
2004 – 2006	Chair, Department of Psychology, Stanford University
1997 – 2001	The Barbara D. Finberg Director, Institute for Research on Women and Gender, Stanford University
1997 – 1999	Vice-chair, Department of Psychology, Stanford University
1994 – 1998	Associate Professor, Department of Psychology, Stanford University
1987 – 1994	Assistant Professor, Department of Psychology, Stanford University
1986 – 1987	Visiting Research Associate, Institute for Human Development, University of California - Berkeley
1983 – 1987	Assistant Professor, Department of Psychology, Indiana University
2010 – 2014	Member, Global Agenda Council on Ageing Societies, World Economic Forum
2009	Member, Global Agenda Council on Demographic Shifts, World Economic Forum
2005 – 2009	Member, External Scientific Advisory Board (Fachbeirat), Max Planck Institute on Human Development
2003 – 2005	Chair, Committee on Future Directions in Social Aging Research National Academy of Sciences/National Research Council

2003 – 2005	Chair, External Scientific Advisory Board (Fachbeirat), Max Planck Institute on Human Development
2002 – 2004	Member, Behavior and Social Science of Aging Review Committee, National Institute on Aging
1999 – 2003	Core Faculty Member, American Psychological Association Minority Fellowship Program: PI: James Jones
1999 – 2001	Core Faculty Member, NIMH, Bay Area University Consortium on Training in Affective Science: PI: Dacher Keltner
1996 – 1999	Grant Review Panel Member, Human Development and Aging Study Section, (HUD-2), National Institute on Aging
1996 – 1997	Chair, Behavioral and Social Sciences Section, Gerontological Society of America
1992 – 1995	Scientific Advisor, Max Planck Institute for Human Development, Berlin Aging Study, Berlin, Germany

Honors

2023	Member (elected) American Academy of Arts and Sciences
2016	Member (elected), National Academy of Medicine
2016 - 2025	MERIT Award, National Institute of Aging
2005 - 2015	MERIT Award, National Institute on Aging
2014	Kleemeier Award, Gerontological Society of America
2014	Distinguished Mentor Award, Gerontological Society of America
2009-2010	Fellow, Center for the Advanced Study in the Behavioral Sciences
2006	Distinguished Career Contributions Award (Behavioral and Social Sciences Section), Gerontological Society of America
2003	Guggenheim Fellowship
2012	Honorary Doctorate, University of Leuven, Belgium
2010	Master Mentorship Award, American Psychological Association (Division 20)

C. Contributions to Science

1. In socioemotional selectivity theory, I offered the field a novel and falsifiable account of motivational changes with age. The theory has since gained substantial empirical support and has been influential in research on social and cognitive aging as well as health psychology.
 - a. **Carstensen, L. L.**, & Reynolds, M. E. (2022). Age differences in preferences through the lens of socioemotional selectivity theory. *The Journal of the Economics of Ageing*, 100440. <https://doi.org/10.1016/j.jeoa.2022.100440>
 - b. **Carstensen, L. L.** (2021). Socioemotional selectivity theory: The role of perceived endings in human motivation. *The Gerontologist*, 61(8), 1188-1196.
 - c. **Carstensen, L.L.**, Isaacowitz, D., & Charles, S.T. (1999). Taking Time Seriously: A theory of socioemotional selectivity. *American Psychologist*, 54, 165-181.
 - d. **Carstensen, L. L.** (2006). The influence of a sense of time on human development. *Science*, 312(5782), 1913-1915. <https://doi.org/10.1126/science.1127488>
2. My research group has documented increases in prosocial behavior as people age
 - a. Shavit, Y.Z., Chi K., **Carstensen, LL.** (2022)., Age and Time Horizons Are Associated with Preferences for Helping Colleagues, Work, Aging and Retirement, <https://doi.org/10.1093/workar/waac024-->
 - b. **Carstensen, L. L.**, & Chi, K. (2021). Emotion and prosocial giving in older adults. *Nature Aging*. <https://doi.org/10.1038/s43587-021-00126-3>

- c. Raposo, S., Hogan, C. L., Barnes, J. T., Chemudupati, T., & **Carstensen, L. L.** (2021). Leveraging goals to incentivize healthful behaviors across adulthood. *Psychology and Aging*, 36(1), 57.
 - d. Shavit, Y. Z., & **Carstensen, L. L.** (2019). Age and occupational time perspective are associated with preference for helping others at work. *Innovation in Aging*, 3(1), S127 - S128. <https://doi.org/10.1093/geroni/igz038.465>.
3. My research group has contributed to research revealing that emotional balance improves with age
- a. Larsen, J.T., Hershfield, H., Cazares, J.L, Hogan, C.L, & **Carstensen, L.L.** (2021). Meaningful endings and mixed emotions: The double-edged sword of reminiscence on good times. *Emotion*. <https://doi.org/10.1037/emo0001011>
 - b. **Carstensen, L. L.**, Shavit, Y. Z., & Barnes, J. T. (2020). Age advantages in emotional experience persist even under threat from the COVID-19 pandemic. *Psychological Science*, 31(11), 1374-1385.
 - c. Hershfield, H. E., Scheibe, S., Sims, T. L., & **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.
 - d. Hogan, C., Sims, T., & **Carstensen, L.L.** (2018). Goals change with age and benefit emotional experience. In A. S. Fox, R. C. Lapate, A. J. Shackman, & R. J. Davidson (Eds.), *The Nature of Emotion: Fundamental Questions* (2nd edition) (pp. 392-396). New York: Oxford University Press.
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. **Carstensen, L. L.**, & DeLiema, M. (2018). The positivity effect: A negativity bias in youth fades with age. *Current opinion in behavioral sciences*, 19, 7-12.
 - b. 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.
 - c. Reed, A. E., & **Carstensen, L. L.** (2015). Age-related positivity effect and its implications for social and health gerontology. In N. A. Pachana (Ed.), *Encyclopedia of Geropsychology* (pp. 1-9). Singapore: Springer. doi: 10.1007/978-981-287-080-3_50-1
 - d. Reed, A. E., & **Carstensen, L. L.** (2012). The Theory Behind the Age-Related Positivity Effect. *Frontiers in Emotion Science*, 3, 1-9.
5. Building on theoretical and empirical findings, my research team has applied research findings to practical challenges to health and well-being.
- a. Sims, T., Raposo, S., Bailenson, J. N., & **Carstensen, L. L.** (2020). The future is now: Age-progressed images motivate community college students to prepare for their financial futures. *Journal of Experimental Psychology: Applied*, 26(4), 593.
 - b. Raposo, S., Hogan, C.L., Barnes, J.T., Chemudupati, & Carstensen, L.L. (2021). Leveraging Meaningful Goals to Incentivize Healthful Behaviors in Younger and Older People. *Psychology and Aging*. 36(1), 57–68.
 - c. Kircanski, K., Notthoff, N., DeLiema, M., Samanez-Larkin, G. R., Shadel, D., Mottola, G., **Carstensen, L. L.**, & Gotlib, I. H. (2018). Emotional arousal may increase susceptibility to fraud in older and younger adults. *Psychology and Aging*, 33(2), 325–337. <https://doi.org/10.1037/pag0000228>
 - d. Wang, C., Miller, J. G., Jackson, R. B., & **Carstensen, L. L.** (2022). Combating Climate Change in an Era of Longevity. *Generations*, 46(2), 1-10.