

# **Sarah A. Schnitker**

## **EDUCATION**

- Ph.D. 2010** Personality and Social Psychology  
University of California, Davis
- M.A. 2006** Personality and Social Psychology  
University of California, Davis
- B.A. 2003** Psychology  
Grove City College, Summa Cum Laude, Highest Honors in Psychology

## **EMPLOYMENT**

- Associate Professor, 2018-**  
Department of Psychology and Neuroscience, Baylor University
- Associate Professor, 2015-2018**  
Thrive Center for Human Development, Department of Doctoral Psychology,  
Fuller Theological Seminary
- Program Director for Ph.D. in Psychological Science, 2014-2015**  
Department of Doctoral Psychology, Fuller Theological Seminary
- Assistant Professor, 2010-2015**  
Thrive Center for Human Development, Department of Doctoral Psychology,  
Fuller Theological Seminary

## **RESEARCH INTERESTS**

Positive Psychology, Personality, Psychology of Religion & Spirituality, Positive Youth Development, Patience, Goals & Strivings, Virtue & Character Development

## **GRANTS: PRINCIPAL INVESTIGATOR**

Character Strength Interventions in Adolescents: Engaging Scholars and Practitioners to Promote Virtue Development (Principal Investigator; Co-Investigator: Benjamin Houlberg). John Templeton Foundation (December 2018-November 2021, #61221). \$ 2,616,085.

Virtue Interventions in Adolescent Athletes: Framing and Context Effects (Principal Investigator; Co-Investigator: Benjamin Houlberg). John Templeton Foundation (January 2015-December 2017, #51914). \$802,903.

Love Thy Neighbor as Thyself (and as Thy In-Group): Examining the Effects of Moral Intuitions and Intercessory Prayer on Generous Behavior (Co-Investigator with Graduate Student Principal Investigators Tyler Greenway and Abigail Shepherd).

- The Science and Imagination of Living Generously, Lilly Family School of Philanthropy, Indiana University (August 2016-August 2017). \$40,000.
- Thrive Center Seed Grant (January 2015-December 2016). \$3,000.

Theology and Psychology of Self-Control Cluster Group Grant (Principal Investigator). RFP on the Philosophy and Science of Self Control, Florida State University Research Foundation, John Templeton Foundation (September 2015-August 2016). \$5,000.

Multilevel Modeling of Personal Project Pursuit Over Time (Principal Investigator). Travis Research Institute Seed Grant (January 2015-May 2016). \$1,970.

Virtue Interventions in Adolescent Athletes Research Planning Grant (#39481, Principal Investigator). John Templeton Foundation (February 2013-June 2014). \$112,154.

Course Development Grant on Psychology and Spiritual Formation (Principal Investigator). Biola University Center for Christian Thought funded by the John Templeton Foundation (July 2013-June 2014). \$15,000.

A Narrative Approach to God Concept, Sexuality, and Body Image (Principal Investigator). Travis Research Institute Seed Grant (January 2014-December 2014). \$2,350.

Thrifty Behaviors and Beliefs: Construct and Scale Development (Principal Investigator). Travis Research Institute Seed Grant (January 2013-December 2013). \$1,262.

#### **GRANTS: CONSULTANT**

Gratitude to God, Planning Phase: Psychological, Philosophical, and Theological Investigations (Core Advisory Team Member; Principal Investigator Robert Emmons and Co-Investigator Philip Watkins). John Templeton Foundation (May 2017-October 2018). \$226,117.

The New City Catechism: Forming Virtue in the Hearts and Minds of Children (Research Consultant; Project Leaders Ben Peays and Collin Hanson). John Templeton Foundation (April 2016-February 2017, #60565). \$217,000.

Promoting Character Strength Development in Youths Through Interactive Storytelling Online: A Pilot Project (Co-Investigator; with Principal Investigator Christina Lee Storm and Co-Investigators Justin Barrett and Robert Emmons). John Templeton Foundation (August 2015-July 2016, #58097). \$200,000.

Evolutionary Psychology and Christian Views on Human Thriving Research Grant (Consultant; Principal Investigators: Pamela Ebstynne King, Justin Barrett, and James Furrow). BioLogos Foundation (May 2013-August 2015). \$157, 639.

Young Life and Adolescent Spiritual Fruit Formation Subcontract (Consultant; Principal Investigators Robert Emmons and Justin Barrett). John Templeton Foundation (August 2010-December 2010). \$15,985.

**PEER REVIEWED JOURNAL ARTICLES**

- Schnitker, S. A., & \*Richardson, K. L. (2018). Framing gratitude journaling as prayer amplifies its hedonic and eudaimonic well-being, but not health, benefits. *The Journal of Positive Psychology*. doi:10.1080/17439760.2018.1460690
- \*Greenway, T. S., Schnitker, S. A., & \*Shepherd, A. M. (2018). Can prayer increase charitable giving? Examining the effects of intercessory prayer, moral intuitions, and theological orientation on generous behavior. *International Journal for the Psychology of Religion*, 28, 3-18. doi:10.1080/10508619.2017.1406790
- \*Shepherd, A. M., Schnitker, S. A., Leffel, G. M., Oaks-Mueller, R. A., Curlin, F. A., Yoon, J. D., & \*Greenway, T. (2018). Developing the Good Physician: Spirituality affects the development of virtues and moral intuitions in medical students. *Journal of Positive Psychology*, 13, 143-154. doi:10.1080/17439760.2016.1269185
- King, P. E., Barrett, J. L., \*Greenway, T. S., Schnitker, S. A., & Furrow, J. L. (2018). Mind the gap: Evolutionary psychological perspectives on human thriving. *The Journal of Positive Psychology*, 13, 336-345. doi:10.1080/17439760.2017.1291855
- Schnitker, S., Houltberg, B., Dyrness, W., & \*Redmond, N. (2017). The Virtue of Patience, Spirituality, and Suffering: Integrating Lessons from Positive Psychology, Psychology of Religion, and Christian Theology. *Psychology of Religion and Spirituality*, 9, 264-275.
- Schnitker, S., & Emmons, R.A. (2017). The psychology of virtue: Integrating Positive Psychology and the Psychology of Religion [Editorial introduction for special issue]. *Psychology of Religion and Spirituality*, 9, 239-241.
- \*Thomas, R. M., & Schnitker, S. A. (2017). Modeling the Effects of Within-Person Characteristic and Goal-Level Attributes on Personal Project Pursuit Over Time. *Journal of Research in Personality*, 69, 206-217. doi:10.1016/j.jrp.2016.06.012
- Schnitker, S. A., \*Felke, T. J., \*Fernandez, N. A., \*Redmond, N., & \*Blews, A. E. (2017). Efficacy of self-control and patience interventions in adolescents. *Applied Developmental Science*, 3, 165-183. doi: 10.1080/10888691.2016.1178578
- Currier, J., Foster, J., Abernethy, A., Witvliet, C., Root Luna, L., Putman, K., Schnitker, S., VanHam, K., & Carter, J. (2017). God imagery and affective outcomes in a spiritually-integrative inpatient program. *Psychiatry Research*, 254, 317-322. doi:10.1016/j.psychres.2017.05.003
- Houltberg, B. J., Wang, K. T., & Schnitker, S. A. (2017). Religiousness and perceived God perfectionism among elite athletes. *Journal of the Christian Society for Kinesiology, Leisure and Sport Studies*, 4, 29-46.

- \*Fernandez, N. A., Schnitker, S. A., & Houlberg, B. (2016). Charitable sporting events as a context for building adolescent generosity: Examining the role of religiousness and spirituality. *Religions, 7*, 35-47. doi:10.3390/rel7030035
- \*Strenger, A. M., Schnitker, S. A., & \*Felke, T. J. (2016). Attachment to God moderates the relation between sociocultural pressure and disordered eating behaviors as mediated by emotional eating. *Mental Health, Religion, and Culture, 19*, 23-36. doi:10.1080/13674676.2015.1086324.
- Schnitker, S. A., \*Felke, T. J., Barrett, J. L., & Emmons, R. A. (2014). Longitudinal study of religious and spiritual transformation in adolescents attending Young Life summer camp: Assessing the epistemic, intrapsychic, and moral sociability functions of conversion. *Psychology of Religion and Spirituality, 6*, 83-93. doi:10.1037/a0035359
- Schnitker, S. A., \*Felke, T. J., Barrett, J. L., & Emmons, R. A. (2014). Virtue development following spiritual transformation in adolescents attending evangelistic summer camp. *Journal of Psychology and Christianity, 33*, 22-35.
- Schnitker, S. A., & Emmons, R. A. (2013). Spiritual striving and seeking the sacred: Religion as meaningful goal-directed behavior. *International Journal for the Psychology of Religion, 23*, 315-324. doi:10.1080/10508619.2013.795822
- Schnitker, S. A. (2012). An examination of patience and well-being. *Journal of Positive Psychology, 7*, 263-280. doi:10.1080/17439760.2012.697185
- Schnitker, S. A., Porter, T., Emmons, R. A., & Barrett, J. L. (2012). Attachment predicts adolescent conversions at Young Life religious summer camps. *International Journal for the Psychology of Religion, 22*, 198-215. doi: 10.1080/10508619.2012.670024
- Barrett, J. L., Porter, T., Emmons, R. A., & Schnitker, S. A. (2009). Different styles reach different kids: An empirical enquiry into Young Life camping outreach programs in the USA and Europe. *Journal of Youth and Theology, 8*, 10-27. doi:10.1163/24055093-90000002
- Schnitker, S. A., & Emmons, R. A. (2007). Patience as a virtue: Religious and psychological perspectives. *Research in the Social Scientific Study of Religion, 18*, 177-207. doi:10.1163/ej.9789004158511.i-301.69

## EDITED CHAPTERS AND OTHER SCHOLARLY PUBLICATIONS

- Schnitker, S. A., & Emmons, R. A. (in press). Personality and religion. In O. P. John & R. W. Robins (Eds.), *Handbook of Personality* (4<sup>rd</sup> Ed, pp.xxx-xxx). New York: The Guilford Press.
- Schnitker, S. A., \*Blews, A. E., & \*Foss, J. A. (2014). Patience and self-renewal. In E. A. Maynard and R. J. Wicks (Eds.), *Clinician's Guide to Self-Renewal: Essential Advice from the Field* (pp. 205-227). Hoboken, NJ: John Wiley & Sons.

- Schnitker, S. A., & \*Westbrook, J. T. (2014). Do good things come to those who wait? Patience interventions to improve well-being. In A. C. Parks and S. M. Schueller (Eds.), *The Wiley Blackwell Handbook of Positive Psychological Interventions* (pp. 155-167). Chichester, UK: Wiley-Blackwell.
- Emmons, R. A., & Schnitker, S. A. (2013). Gods and goals: Religion and purposeful action. In R. F. Paloutzian and C. L. Park (Eds.), *The Handbook of the Psychology of Religion and Spirituality* (2<sup>nd</sup> Edition, pp. 256-273). New York: The Guilford Press.
- Schnitker, S. A., & Emmons, R. A. (2013). Positive psychology and religion. In A. L. C. Runehov, L. Oviedo, & N. P. Azari (Eds.), *Encyclopedia of Sciences and Religions* (pp. 1807-1814). Heidelberg, Germany: Springer.
- Nofhle, E. E., Schnitker, S. A., & Robins, R. W. (2011). Character and personality: Connections between positive psychology and personality psychology. In K. M. Sheldon, T. B. Kashdan, & M. F. Steger (Eds.), *Designing the Future of Positive Psychology: Taking Stock and Moving Forward* (pp. 207-227). New York, New York: Oxford University Press.
- Emmons, R. A., Barrett, J. L., & Schnitker, S. A. (2008). Personality and the capacity for religious and spiritual experience. In O. P. John, R. W. Robins, & L. A. Pervin (Eds.), *Handbook of Personality* (3<sup>rd</sup> Ed, pp.634-653). New York: The Guilford Press.

## MAGAZINE ARTICLES AND BOOK REVIEWS

- Schnitker, S. A. (in press). Cultivating patience: Digging deeper with Margaret Whipp [Review of the book, *The grace of waiting: Learning patience and embracing its gifts*]. *Modern Believing*.
- Schnitker, S. A. (2016, October 24). A journey of science, sickness, and growth [Web log post]. Retrieved from <https://community.jewelneverbroken.com/never-broken-a-journey-of-science-sickness-and-growth-by-sarah-a-schnitker-ph-d/>
- Schnitker, S. A., & Houlberg, B. J. (2016). Building virtues in youth: A developmental take on spiritual formation. *Fuller*, 5, 68-73.
- Schnitker, S. A. (2014, June). The happiest place on earth? *The Table*, 3, 8. Retrieved from <https://cct.biola.edu/happiest-place-earth/>
- Schnitker, S. A. (2008). The how of happiness [Review of the book *The how of happiness: The scientific approach to getting the life you want*]. *The Journal of Positive Psychology*, 3, 215-217.

## MANUSCRIPTS UNDER REVIEW

- \*Greenway, T. S., \*Jin, J., \*Shepherd, A. M., & Schnitker, S. A. (under review). Beyond the Liberal-Conservative Binary: Generosity, Religion, and a Latent Profile Analysis of

Moral Foundations Questionnaire Responses from a Christian Sample. Manuscript submitted for publication.

Schnitker, S. A., \*Gilbertson, M., Houlberg, B., Hardy, S. A., & \*Fernandez, N. (under review). Transcendent motivations and virtue development in adolescent marathon runners. Manuscript submitted for publication.

\*Fernandez, N. A., Schnitker, S. A., & Houlberg, B. (under review). Religious and socioemotional effects on adolescent's development of generosity in context: Participation in religiously affiliated charity marathons. Manuscript submitted for publication.

Callaway, K., \*Kawakami Gilbertson, M., & Schnitker, S. A. (under review). Not all "transcendence" is created equal: Distinguishing the ontological, phenomenological, and immanent forms of transcendence. Manuscript submitted for publication.

^King, P. E., ^Schnitker, S. A., & Houlberg, B. J. (under review). Religion, spirituality, and thriving: Transcendent narrative, virtue, and lived-purpose. Manuscript submitted for publication.

Schnitker, S. A., Houlberg, B. J., \*Ratchford, J. L., & Wang, K. T. (under review). The role of purpose in explaining the link between transcendent narratives and virtue among elite athletes. Manuscript submitted for publication.

Abernethy, A. D., Currier, J. M., vanOyen-Witvliet, C., Schnitker, S. A., Putman, K. M., Root Luna, L. M., Foster, J. D., Spencer, A., Jones, H., VanHam, K., & Carter, J. (under review). Understanding the role of religious comfort and strain on depressive symptoms in an inpatient psychiatric setting. Manuscript submitted for publication.

King, P. E., Schnitker, S. A., & Houlberg, B. (under review, invited). Religious groups and institutions as a context for moral development. In L. A. Jensen (Ed.), *The Oxford Handbook of Moral Development* (pp.xxx-xxx). New York: The Guilford Press.

## MANUSCRIPTS IN PREPARATION

Lavelock, C. R., Worthington, E. L., Griffin, B. J., Cairo, A. H., & Schnitker, S. A. (in preparation). Good things come to those who (peacefully) wait: Correlates of patience and a workbook intervention. Fuller Theological Seminary.

\*Durain, L., Houlberg, S. A., Fernandez, N. A., & Schnitker, S. A. (in preparation). Emotion regulation mediates the association between God-contingent self-worth and virtue development across time in adolescent runners, but only for highly religious youth. Fuller Theological Seminary.

\*Shepherd, A. M., Schnitker, S. A., & Greenway, T. S. (in preparation). Religious service attendance and the effects of moral intuitions on in-group giving. Fuller Theological Seminary.

\*Lynch, B. L., Felke, T. J., & Schnitker, S. A. (in preparation). Religious affiliation, self-stigma, and economic outcomes among the Quichua of Ecuador. Fuller Theological Seminary.

\*Reppas, P., \*Bartos, L., \*Ratchford, J., & Schnitker, S. A. (in preparation). The virtue of thrift: Construct validation and relation to well-being. Fuller Theological Seminary.

## CONFERENCE PRESENTATIONS

Schnitker, S. A., & Houlberg, B. (August, 2018). *Effects of Religiousness & Spirituality in High Pressure Contexts: Poverty, Prejudice, & Performance*. Symposium organized at the American Psychological Association Annual Convention, San Francisco, CA.

Schnitker, S. A., Houlberg, B., & Yoo, Y. (August, 2018). Profiles of Religious & Athletic Identity in Elite & Amateur Athletes: Effects on Well-Being & Virtue. Paper presented at the American Psychological Association Annual Convention, San Francisco, CA.

\*Gilbertson, M. A., \*Zimmerman, J., Schnitker, S. A., & Houlberg, B. (August, 2018). *An Examination of Lie Purpose on the Relation between Religiousness and Spirituality*. Poster presented at American Psychological Association Annual Convention, San Francisco, CA.

\*Bishara, L., Schnitker, S.A., & Houlberg, B. (July, 2018). *How Do Parent and Adolescent Moral Mindset Relate to the Virtue of Patience in Adolescents? Evidence for Direct, but Not Indirect, Effects*. Poster presented at the Meeting of the Society for Philosophy and Psychology, Ann Arbor, MI.

^Schnitker, S. A., & ^King, P. E. (March, 2018). *Religion and Thriving: The Role of Transcendent Narrative, Virtue, and Lived Purpose*. Invited address presented at APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, Riverside, CA.

\*Gilbertson, M. A., \*Zimmerman, J., Schnitker, S. A., & Houlberg, B. (March, 2018). *Spiritual Transcendence, Emotion Regulation, and Interpersonal patience*. Paper presented at APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, Riverside, CA.

Schnitker, S. A. (November, 2017). *Groups, God, Gratitude, and Gaps: Social and Psychological Predictors of Generosity and Charitable Giving*. Symposium organized at the Association for Research on Nonprofit Organizations and Voluntary Action Annual Conference, Grand Rapids, MI.

Schnitker, S. A., & \*Reppas, P. (November, 2017). *Multidimensional Thrift as a Mediator of the Motivating Effects of Gratitude and Materialism on Generosity*. Paper presented at the Association for Research on Nonprofit Organizations and Voluntary Action Annual Conference, Grand Rapids, MI.

\*Greenway, T. S., \*Shepherd, A. M., & Schnitker, S. A. (November, 2017). *Love Thy Neighbor as Thyself (and as Thy In-Group): Examining the Effects of Prayer and Moral Intuitions on Generous Behavior*. Paper presented at the Association for Research on Nonprofit Organizations and Voluntary Action Annual Conference, Grand Rapids, MI.

- Schnitker, S. A. (November, 2017). *Giving Models that Transform the Giver: Cultivating User Engagement and Social Relationships to Increase Generosity*. Symposium organized at the Association for Research on Nonprofit Organizations and Voluntary Action Annual Conference, Grand Rapids, MI.
- Schnitker, S. A. (November, 2017). *Psychological and Spiritual Predictors of Generosity Development in Adolescents and Emerging Adults Training for Marathons with Team World Vision*. Paper presented at the Association for Research on Nonprofit Organizations and Voluntary Action Annual Conference, Grand Rapids, MI.
- Schnitker, S. A., \*Greenway, T., & \*Shepherd, A. (2017, November). *The Surprising Effects of Prayer on Giving*. Meeting for the Lilly School of Philanthropy Science and Imagination of Living Generously Re-Granting Program, Grand Rapids, MI.
- Schnitker, S. A., \*Gilbertson, M., Houlberg, B., \*Fernandez, N., & Hardy, S. (August, 2017). *Spiritual Motivations Predict Virtue Development in Adolescent Runners*. Paper presented at the International Association for the Psychology of Religion Conference, Hamar, Norway.
- Schnitker, S. A. (August, 2017). *The Social Functions of Religiousness and Spirituality: Virtue, Vice, and Sex*. Symposium organized at the International Association for the Psychology of Religion Conference, Hamar, Norway.
- Schnitker, S. A. (August, 2017). *Effects of Religion on Virtue Development: Causal Processes and Real-World Outcomes*. Symposium organized at the APA Annual Convention, Washington, DC.
- Schnitker, S. A., \*Fernandez, N., & Houlberg, B. (August, 2017). *Religiousness Predicts Generosity Development in Adolescents Training for Charity Marathons*. Paper presented at the APA Annual Convention, Washington, DC.
- King, P. E., & Schnitker, S. A. (April, 2017). *Spirituality and Thriving: A Developmental and Personality Interdisciplinary Approach*. Paper presented at the Society for Research on Child Development Biennial Meeting Religious and Spiritual Development Preconference, Austin, TX.
- Schnitker, S. A., Gilbertson, M. K., Fernandez, N., & Houlberg, B. J. (April, 2017). *Measuring the indirect effects of religiosity on well-being outcomes through purpose in life*. Poster presented at the Society for Research on Child Development Biennial Meeting, Austin, TX.
- Houlberg, B., Williams, A., \*Hand, D., \*Dailey, E., \*Falco, R., \*Boyd-King, D., & Schnitker, S. A. (April, 2017). *Humanitarian Athletic Participation and Identity Work*. Poster presented at the Society for Research on Child Development Biennial Meeting, Austin, TX.
- \*Redmond, N., Houlberg, B., & Schnitker, S. A. (2017, January). *The Important Role of Character Virtues in the Link between Spiritual Transcendence and Positive Youth Outcomes*. Poster presented at the Western Positive Psychology Association 2017 Conference, Claremont, CA.



- \*Falco, R., \*Nelson, C., \*Redmond, N., Houltberg, B. J. & Schnitker, S. A. (2017, January). *Purpose Cultivation: Leading Youth Towards Self-Efficacy and Away from Fear of Failure*. Poster presented at the Western Positive Psychology Association 2017 Conference, Claremont, CA.
- \*Griswold, K. A., \*Fernandez, N. A., \*Bishara, L., Houltberg, B. J., & Schnitker, S. A. (2017, January). *An app-based perspective-taking intervention helps adolescents navigate conflict and regulate emotion*. Poster presented at the Western Positive Psychology Association 2017 Conference, Claremont, CA.
- \*Greenway, T., & Schnitker, S. A. (2017, January). *Love thy neighbor as thyself (and as thy in-group): Examining the effects of moral intuitions and intercessory prayer on generous behavior toward religious in-group and out-group members*. Paper presented at Institute for Research on Psychology, Religion, and Spirituality Conference, Rosemead School of Psychology, Biola University, La Mirada, CA.
- Schnitker, S. A., \*Greenway, T., & \*Shepherd, A. (2016, November). *Love thy neighbor as thyself (and as thy in-group): Examining the effects of moral intuitions and intercessory prayer on generous behavior toward religious in-group and out-group members*. Meeting for the Lilly School of Philanthropy Science and Imagination of Living Generously Re-Granting Program, Washington, D.C.
- Schnitker, S. A., & Houltberg, B. (2016, October). *Developing character strengths and prosocial engagement through mobile technology and new media platforms*. Symposium organized at the Society for Research on Child Development Special Topic Meeting on Technology and Media in Children's Development, Irvine, CA.
- Lumpkin, M., Schnitker, S. A., & Houltberg, B. (2016, October). *Development, testing, and framing of the CharacterMe app to build self-control, patience, and emotion regulation in adolescents*. Paper presented at the Society for Research on Child Development Special Topic Meeting on Technology and Media in Children's Development, Irvine, CA.
- Schnitker, S. A., \*Fernandez, N., & Houltberg, B. (2016, March). *Examination of religious and spiritual motivations on the development of generosity in adolescent and emerging adult marathon runners across time*. Paper presented at the APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, Brooklyn, NY.
- Schnitker, S. A., Houltberg, B., \*Fernandez, N., & \*Redmond, N. (2016, March). *God-contingent self-worth moderates the effects of religiousness on regulation in at-risk adolescents and emerging adults*. Paper presented at the Society for Research on Adolescence Biennial Conference, Baltimore, MD.
- Houltberg, B., \*Redmond, N., & Schnitker, S. A. (2016, March). *The role of patience and emotion regulation strategies in explaining the link between spiritual transcendence and youth outcomes*. Paper presented at the Society for Research on Adolescence Biennial Conference, Baltimore, MD.
- Schnitker, S. A., & \*Thomas, R. M. (2016, January). *Modeling the Dynamics of Goal Pursuit Across Time with Multilevel Structural Equation Modeling (MSEM) and Cross-Lag*

*Panel Modeling (CLPM)*. Poster session presented at the Society for Personality and Social Psychology Annual Meeting, San Diego, CA.

- Schnitker, S. A. (2015, October). *The Effects of Religious Practices and Cognitions on the Development of Virtues and Emotional Well-Being: Attending to Psychological Mechanisms, Intergroup Behavior, and Cultural Contexts*. Symposium organized at the Society for the Scientific Study of Religion Annual Meeting, Newport Beach, CA.
- Schnitker, S. A., King, P.E., & Whitney, W. (2015, April). *Mind the gap: Evolutionary psychological perspectives on thriving and personality*. Paper presented at the Christian Association for Psychological Studies International Conference, Denver, CO.
- Schnitker, S. A. (2015, March). *Theoretical and methodological challenges and innovations in our field*. Panel discussant at the Society for Research in Child Development Religious and Spiritual Development Preconference, Philadelphia, PA.
- Schnitker, S. A. (2015, March). *Explaining the effects of religion and spirituality on self and emotion regulation*. Symposium organized at the APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, Provo, UT.
- \*Strenger, A. M., & Schnitker, S. A. (2015, March). *Attachment to God, emotion regulation, and eating disorder symptoms: Testing a moderated mediation model*. Paper presented at the APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, Provo, UT.
- \*Shepherd, A., Schnitker, S. A., & Oaks-Mueller, R. (2015, March). *Spirituality and the “good” physician: How do spirituality, moral intuitions, and mentors facilitate the development of clinical virtues?* Paper presented at the APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, Provo, UT.
- \*Richardson, K., & Schnitker, S. A. (2015, March). *Gratitude, prayer, materialism and well-being: Analysis of gratitude content from an experimental study*. Paper presented at the APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, Provo, UT.
- \*Shepherd, A., Schnitker, S. A., & Oaks-Mueller, R. (2015, March). *Developing the “good” physician: Spirituality, moral intuitions, and virtues in medical students*. Paper presented at 4<sup>th</sup> Annual Conference on Medicine and Religion, Cambridge, MA.
- Schnitker, S. A. (2015, February). *The effects of spiritual framing and God concept on the efficacy of self-control and patience interventions in adolescents*. Paper presented at the Society for Personality and Social Psychology Religion and Spirituality Preconference, Long Beach, CA.
- Schnitker, S. A., \*Fernandez, N., \*Redmond, N., \*Felke, T. J., & \*Blews, A. (2014, November). *Self-control and patience interventions in adolescents and moderation by God concept*. Paper presented at the 40<sup>th</sup> Annual Conference of the Association for Moral Education, Pasadena, CA.
- Schnitker, S. A. (2014, April). *How do religion and spirituality affect the development of moral identity and virtues in adolescents and emerging adults?* Symposium organized at the

APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, La Mirada, CA.

- Schnitker, S. A., \*Fernandez, N., \*Redmond, N., \*Felke, T. J., & \*Blews, A. (2014, April). *The effects of spirituality, religiousness, and beliefs about God on the development of patience and self-control in adolescents*. Paper presented at the APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, La Mirada, CA.
- \*Richardson, K., & Schnitker, S. A. (2014, April). *Prayer practices and gratitude in college students: Comparing gratitude journaling to prayers of gratitude*. Paper presented at the APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, La Mirada, CA.
- \*Shepherd, A., Leffel, M., Oaks-Mueller, R., & Schnitker, S. A. (2014, April). *Developing the "good" physician: Spirituality, moral intuitions, and virtues in medical students*. Paper presented at the APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, La Mirada, CA.
- \*Felke, T. J., \*Lynch, B., & Schnitker, S. A. (2014, April). *Religious affiliation and financial institution participation among the Quicha of Ecuador: A path-analysis approach*. Paper presented at the APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, La Mirada, CA.
- \*Lynch, B., Schnitker, S. A., & \*Felke, T. J. (2014, April). *Conversion narrative and economic functioning: Listening to the Quichua of Ecuador*. Paper presented at the APA Division 36 Annual Mid-Year Research Conference on Religion and Spirituality, La Mirada, CA.
- Schnitker, S. A. (2013, November). *How does religion work in the processes of virtue development and moral formation?* Symposium organized at the Society for the Scientific Study of Religion Annual Meeting, Boston, MA.
- Schnitker, S. A. (2013, November). *The effects of imbuing virtue development activities with spiritual meaning: Self-control and patience interventions in adolescents*. Paper presented at the Society for the Scientific Study of Religion Annual Meeting, Boston, MA.
- \*Richardson, K., & Schnitker, S. A. (2013, November). *Prayer practices and gratitude: Comparing gratitude journaling to prayers of gratitude and thanksgiving*. Paper presented at the Society for the Scientific Study of Religion Annual Meeting, Boston, MA.
- Schnitker, S. A. (2013, June). *The character strength of spirituality in adolescents and emerging adults: The moral development functions of spirituality in diverse contexts*. Symposium organized at the International Positive Psychology Association World Congress, Los Angeles, CA.
- Schnitker, S. A. (2013, June). *The effects of spiritual transformation on virtue development in evangelical adolescents*. Paper presented at the International Positive Psychology Association World Congress, Los Angeles, CA.

- \*Fernandez, N. A., \*Thomas, R., & Schnitker, S. A. (2013, June). *Positive developmental markers in adolescents: Content of personal strivings and well-being*. Paper presented at the International Positive Psychology Association World Congress, Los Angeles, CA.
- \*Reppas, P., & Schnitker, S. A. (2013, June). *The virtue of thrift and sustainable culture: Development of the multidimensional thrift measures to predict sustainable behaviors, and promoting thrift as an antidote to materialism*. Poster presented at the International Positive Psychology Association World Congress, Los Angeles, CA.
- Schnitker, S. A., \*Fernandez, N. A., & \*Thomas, R. (2013, April). *Creation and psychometric evaluation of a nomothetic strivings questionnaire to assess adolescent positive development*. Poster presented at Society for Research in Child Development Biennial Meeting, Seattle, WA.
- \*Lynch, B., & Schnitker, S. A. (2012, November). *Religious conversion and economic functioning: A study of the indigenous people of Ecuador*. Paper presented at Society for the Scientific Study of Religion Annual Meeting, Phoenix, AZ.
- Schnitker, S. A. (2012, March). *Spiritual transformation and virtue development in Young Life adolescents*. Paper presented at the APA Division 36 10<sup>th</sup> Annual Mid-Year Research Conference on Religion and Spirituality, Columbia, MD.
- Schnitker, S. A. (2012, January). *Locating and defining virtues in personality: Are virtues best conceptualized as traits distinguishable from the Big Five or as characteristic adaptations?* Poster session presented at the Society for Personality and Social Psychology Annual Meeting, San Diego, CA.
- \*Felke, T., \*Burnside, R., & Schnitker, S. A. (2012, January). *The effect of spiritual transformation on virtue development in adolescents*. Poster session presented at the Society for Personality and Social Psychology Annual Meeting, San Diego, CA.
- \*Foss, J. A., & Schnitker, S. A. (2012, January). *Spiritual strivings, patience, and well-being in a religious adolescent sample*. Poster session presented at the SPSP Psychology of Religion Pre-conference, San Diego, CA.
- \*Westbrook, J. T., & Schnitker, S. A. (2012, January). *Secure and insecure attachment's relation to warmth- and conscientiousness-based virtues*. Poster session presented at the Society for Personality and Social Psychology Annual Meeting, San Diego, CA.
- Barrett, J. L., & Schnitker, S. A. (2011, September). *Religion as the key for unlocking sacred strivings and human thriving*. Paper presented at the NATO HUMINT Workshop, Oradea, Romania.
- Schnitker, S. A. (2011, January). *Cultivating character and goal achievement*. Paper presented at Institute for Research on Psychology, Religion, and Spirituality Conference, Rosemead School of Psychology, Biola University, La Mirada, CA.

- Schnitker, S. A., Emmons, R. A., Barrett, J., & Porter, T. (2010, August). *Attachment predicts adolescent conversions at Young Life religious summer camps*. Poster session presented at the American Psychological Association Annual Convention, San Diego, CA.
- Schnitker, S. A. (2010, August). *Dynamic longitudinal models of goals across time: Patience, effort, and satisfaction in pursuit of personal projects*. Poster session presented at the American Psychological Association Annual Convention, San Diego, CA.
- Schnitker, S. A. (2010, January). *Patience in the pursuit of personal projects across the quarter: Dynamics of goal patience, effort, and satisfaction*. Poster session presented at the Society for Personality and Social Psychology Annual Meeting, Las Vegas, NV.
- Schnitker, S. A., Emmons, R. A., Kwan, J., & Kleinau, A. (2009, May). *Why do good things come to those who wait (patiently)? Emotion regulation processes mediate the relationships between patience and well-being outcomes*. Poster session presented at the Association for Psychological Science Annual Meeting, San Francisco, CA.
- Schnitker, S. A. (2009, February). *An examination of three types of patience: Differential antecedents and well-being outcomes of interpersonal, short-term, and long-term patience*. Poster session presented at the Society for Personality and Social Psychology Annual Meeting, Tampa, FL.
- Schnitker, S. A., & Emmons, R. A. (2008, August). *Spiritual transformation and the development of character strengths and purpose*. Poster session presented at the American Psychological Association Annual Convention, Boston, MA.
- Schnitker, S. A. (2008, March). *Spiritual transformation and personal strivings: Exploring goals of adolescents involved in Young Life*. Paper presented at the APA Division 36 5<sup>th</sup> Annual Mid-Year Research Conference on Religion and Spirituality, Columbia, MD.
- Schnitker, S. A. (2007, October). *Young Life and Strengths: Exploring the impact of spiritual transformation on virtue development and well-being*. Paper presented at the International Positive Psychology Summit and Gallup Global Well-Being Forum, Washington, D.C.
- Schnitker, S. A. (2007, August). *Good things come to those who wait: Examining Trait Patience*. Poster session presented at the American Psychological Association Annual Convention, San Francisco, CA.
- Schnitker, S. A. (2006, March). *Investigating the neglected virtue of patience: Examination of the trait and construction of a new scale*. Poster session presented at the APA Division 36 4<sup>th</sup> Annual Mid-Year Research Conference on Religion and Spirituality, Columbia, MD.
- Schnitker, S. A. (2005, August). *Patience as a virtue and trait: Creating a new measure*. Poster session presented at Gallup International Positive Psychology Summit, Washington, DC.
- Schnitker, S. A., Hsieh, I. H., Stumpf, B., Nemeth, R., & Horton, J. J. (2003, March). *The effects of mood induction on false recall*. Poster presented at the annual meeting of the Eastern Psychological Association, Baltimore, MD.

## COMMUNITY PRESENTATIONS, WORKSHOPS, AND OTHER INVITED TALKS

- Schnitker, S.A., & Houlberg, B. J. (2017, September). *How do we build character strengths and virtues in elite sporting contexts? The role of religion and Christian faith*. Talk presented at the Caritas Foundation International Annual Retreat for Olympians at Laity Lodge, Leakey, TX.
- Schnitker, S. A. (2017, May). *Science and the Good Life: How Do Spirituality and Virtues Promote Human Thriving?* Paper presented at the Travis Research Institute Research Colloquium, Fuller Theological Seminary, Pasadena, CA.
- Schnitker, S. A. (2016, November). *How the scientific study of spirituality and virtues can promote human thriving*. Paper presented at Grove City College, Grove City, PA.
- Schnitker, S. A. (2014, April). *Character strength development in adolescents: How does religion affect the formation of virtues and efficacy of interventions?* Paper presented at the Department of Psychology, Westmont College, Santa Barbara, CA.
- Schnitker, S. A. (2014, March). *Spiritual formation and virtue development in the School of Intercultural Studies: Some ideas from the School of Psychology*. Workshop presented at Fuller Theological Seminary's School of Intercultural Studies Faculty Retreat, Valyermo, CA.
- Schnitker, S. A. (2014, February). *How does religion affect virtue development in adolescents? The role of religion and spirituality in the formation of character strengths in Christian adolescents*. Paper presented at the Fuller Graduate School of Psychology 50<sup>th</sup> Anniversary Conference, Pasadena, CA.
- Schnitker, S. A. (2013, October). *Human thriving, spirituality, and the science of virtues: A Dialogue*. Talk presented in the Adult Education Series at Knox Presbyterian Church, Pasadena, CA.
- Dueck, A., & Schnitker, S. A. (2011, June). *Ethnographic approaches for research in cultural psychology of religion*. Workshop presented at the Department of Psychology, Minzu University, Beijing, China.
- Schnitker, S. A. (2010, May). *Does the virtue of patience promote well-being? Efficacy of a patience training program and evidence from dynamic longitudinal analyses of goal striving*. University of California Dissertation-Year Fellowship Presentation at UC Riverside, Riverside, CA.
- Schnitker, S. A. (2009, October). *Are we there yet? A closer look at the virtue of patience in our quest for happiness*. UC Davis Campus Community Book Project Presentation on Eric Weiner's *The Geography of Bliss*, Davis, CA.

### **POPULAR PRESS PUBLICITY**

Patience research described in The Nigerian Voice:

Ikenaa, E. (2017, December 1). Eze Madumere's patience: A true story of what a leader should be. *The Nigerian Voice*. Retrieved from <https://www.thenigerianvoice.com/news/260548/eze-madumeres-patience-a-true-story-of-what-a-leader-shoul.html>

Patience research described in the Monitor on Psychology:

Clay, R. A. (2017, July/August). Coping with challenging clients. *Monitor on Psychology*, 48, 55-57.

Patience research described in Psychologie Magazine (Netherlands) article:

Van Paassen, D., & Blom, M. (2017, April). Duurt het nog lang? Waarom we het zo moeilijk vinden om geduldig te zijn [It takes a long time? Why do we find it so hard to be patient]. *Psychologie Magazine*, 4, 16-24.

Patience research described on the Greater Good website:

Newman, K. M. (2016, April 4). Four reasons to cultivate patience. *Greater Good Science Center E-Newsletter*. Retrieved from [http://greatergood.berkeley.edu/article/item/four\\_reasons\\_to\\_cultivate\\_patience](http://greatergood.berkeley.edu/article/item/four_reasons_to_cultivate_patience)

Patience research described in Reader Digest Canada article, “13 Things You Should Know About Patience” (Andrea Bennett; January, 2016).

## **AWARDS, HONORS, & FELLOWSHIPS**

Virginia Sexton APA Division 36 Mentoring Award, 2018  
Dissertation Year Fellowship, UC Davis, 2009-10  
UC Davis Graduate Studies Travel Award, 2009  
UC Davis Graduate Student Association Travel Award, 2008  
UCD and Humanities Graduate Research Award in Psychology, UC Davis, 2007  
Distinction Awarded on Written Qualifying Exam, UC Davis, 2006  
Work Study Award, Psychology Department, UC Davis, 2006  
Departmental Block Grant, Psychology Department, UC Davis, 2006  
Departmental Block Grant, Psychology Department, UC Davis, 2005  
Gallup International Positive Psychology Summit Travel Fellowship, 2005  
Departmental Block Grant, Psychology Department, UC Davis, 2004  
Presidential Scholar, Grove City College, 2000-2002  
Scroll and Key Academic Honorary, Grove City College, 2002  
Psi Chi Honorary Member, 2001

## **TEACHING AND MENTORING**

Dissertation Chair for one PhD student in Psychology at Baylor University  
Juliette Ratchford 2021

Dissertation Chair for one PsyD student at Baylor University  
Jane Zimmermann 2024

Dissertation Chair for 13 PhD/PsyD students in Clinical Psychology at Fuller Seminary  
Justin Westbrook 2013, Jessica Foss 2015, Diana Ro 2015, Matthew Russell 2015,  
Alyssa Anderson Strenger 2015, Amber Blews 2016, Thomas J. Felke 2016, Ryan  
Thomas 2016, Paul Reppas 2016, Luke Davidiuk 2016, Nathaniel Fernandez 2017,  
Kelsey Richardson 2017, Abigail Shepherd 2019

Dissertation Chair or Co-Chair for three students in Psychological Science at Fuller Seminary  
Tyler Greenway 2017, Nanyamka Redmond 2019, Madison Gilbertson 2020

Dissertation Committee Member for nine students in Clinical Psychology at Fuller Seminary  
Monica Felix 2013, Drew Carr 2014, Kyle Isaacson 2014, Christina Kabiri 2014, Brooke Fullmer Yetter 2015, Candace Coppinger Pickett 2016, Kevin Kurian 2016, Jon Weber 2016, Tara Guarino Fairbanks 2018, Rachel Falco 2019, Luke Durain 2020

Dissertation Committee Member for one student in Psychological Science at Fuller Seminary  
Kutter Callaway 2022

Dissertation Committee Member for one student in Intercultural Studies at Fuller Seminary  
Bobby Lynch 2019

Dissertation Committee Member for one student external to my institution  
Matthew Northrup, Pepperdine University, 2014

Master Project Supervisor for three students in Clinical Psychology at Fuller Seminary  
Rebecca Burnside 2018, Kimberly Griswold 2021, Leanne Bishara 2022, Paul Domigan 2023

Instructor, Fuller Theological Seminary (Graduate Level):

- Winter 2018 *Social Psychology*, enrollment: 23 students.
- Winter 2017 *Social Psychology*, enrollment: 39 students.
- Winter 2016 *Psychology and Spiritual Formation*, enrollment: 20 students.
- Fall 2015 *Social Psychology*, enrollment: 13 students.
- Winter 2015 *Social Psychology*, enrollment: 35 students.
- Summer 2014 *Psychology and Spiritual Formation*, enrollment: 20 students.
- Winter 2014 *Social Psychology*, enrollment: 38 students.
- Fall 2013 *Interpersonal Relationships*, enrollment: 19 students.
- Spring 2013 *Human Development in Context* to theology students, enrollment: 56.  
\*Taught on three campuses via polycom video conferencing.
- Winter 2013 *Social Psychology*, enrollment: 16 students.
- Spring 2012 *Social Psychology*, enrollment: 24 students.
- Spring 2012 *Human Development in Context* to theology students, enrollment: 38.  
\*Taught on two campuses via polycom video conferencing.
- Winter 2012 *Human Development in Context* to psychology students, enrollment: 39
- Fall 2011 *Interpersonal Relationships*, enrollment: 29 students.
- Spring 2011 *Social Psychology*, enrollment: 17 students.
- Spring 2011 *Human Development in Context* to theology students, enrollment: 34.
- Winter 2011 *Personality Seminar*, enrollment: 6 students.
- Fall 2010 *Human Development in Context* to psychology students, enrollment: 36.
- Summer 2010 *Psychology of Religion*, enrollment: 38 students.

Course Coordinator, Fuller Theological Seminary, 2011-12  
*Human Development in Context*.

Associate Instructor, University of California, Davis, Winter 2009



*Social Psychology*, enrollment: 120 students.

Co-Instructor, University of California, Davis, Spring 2009

*General Psychology*, enrollment: 171 students.

Teaching Assistant, University of California, Davis \* *guest lectured*

Psych of Religion\* Dr. Robert Emmons (Winter 2007)

Psych. of Religion\* Dr. Robert Emmons (Spring 2006)

Personality\* Dr. Gregory Feist (Winter 2006)

Emotion\* Dr. Jennifer Beer (Fall 2005)

Sensory Processes Dr. Kenneth Henry (Summer 2005)

Cognitive Development Dr. Ryan Honomichl (Summer 2005)

Health Psychology Dr. Robert Emmons (Spring 2005)

Psych. of Religion Dr. Robert Emmons (Winter 2005)

Social Psychology Dr. Joel Johnson (Fall 2004)

## PROFESSIONAL TRAINING

Training Course in Advanced Multilevel Structural Equation Modeling, October 17-18, 2014.

Kristopher Preacher, Statistical Horizons.

## PROFESSIONAL SERVICE AND EDITORIAL WORK

Schnitker, S., & Emmons, R.A. (Eds.). (2017). The psychology of virtue: Integrating Positive Psychology and the Psychology of Religion [Special issue]. *Psychology of Religion and Spirituality*, 9(3).

APA Division 36 (Psychology of Religion and Spirituality) Member-at-Large, 2015 – 2018

Consulting Editor, *Psychology of Religion and Spirituality*, 2018 – present

Editorial Board, *The Journal of Positive Psychology*, 2011 – present

Editorial Assistant, *The Journal of Positive Psychology*, 2005 – 2010.

Assisted Dr. Robert Emmons, Editor-in-Chief, in journal activities and correspondence.

Processed manuscripts/reviews/editorial decisions for *The Journal of Positive Psychology*.

Ad hoc Reviewer:

*Applied Developmental Science*

*British Journal of Developmental Psychology*

*International Journal for the Psychology of Religion*

*International Journal of Psychology*

*Journal for the Scientific Study of Religion*

*Journal of Marriage and Family*

*Journal of Positive Psychology*

*Journal of Psychology and Christianity*

*Journal of Psychology and Theology*

*Journal of Research on Adolescence*

*Mental Health, Religion, and Culture*

*Psychology of Religion and Spirituality*  
*Spirituality in Clinical Practice*

Ad hoc Grant Reviewer: *Sir John Templeton Foundation*  
*Center for Christian Thought at Biola University*  
*Carthy Foundation*  
*Greater Good Science Center*

EPPP Test Preparation Material Reviewer, *Ventura Learning Systems*, 2017

APA Program Reviewer - Division 36

SPSP Student Poster Selection Committee

**DEPARTMENTAL AND UNIVERSITY SERVICE**

Doctoral Admissions Committee Chair, Fuller School of Psychology, 2014-2018  
Travis Research Institute Committee Member, Fuller School of Psychology, 2015-2018  
Thrive Executive Committee Member, Fuller School of Psychology, 2010-2018  
Curriculum Committee Member, Fuller School of Psychology, 2014-2015  
Dean's Council, Fuller School of Psychology, 2014-2015  
Evaluation & Assessment Committee Member/Chair, Fuller School of Psychology, 2010-2015  
Integration Committee Member, Fuller School of Psychology, 2010-2014  
Human Subjects Review Committee, Fuller School of Intercultural Studies, 2010-2014  
Thrive Applied Faculty Search Committee Member, Fuller School of Psychology, 2012-2014  
Student Development Committee Member, Fuller School of Psychology, 2010-2013  
Thrive Chair Search Committee Member, Fuller School of Psychology, 2010-11  
Co-coordinator, Social-Personality Colloquium Series, UC Davis, 2007-08  
Graduate Student Association Psychology Department Representative, UC Davis, 2006-07  
Social/Personality Area Faculty Search Committee Member, UC Davis, 2006-2007  
Social/Personality Area Representative/Admissions Committee Member, UC Davis, 2005-06

**PROFESSIONAL AFFILIATIONS**

Society for the Psychology of Religion and Spirituality (APA Division 36)  
Society for Research on Child Development  
Society for Research on Adolescence  
American Psychological Association  
Society for Personality and Social Psychology  
Association for Psychological Science

**REFERENCES**

Robert A. Emmons, Ph.D. [raemmons@ucdavis.edu](mailto:raemmons@ucdavis.edu)  
Department of Psychology, University of California, One Shields Ave.,  
Davis, CA 95616 (530)752-8844

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Updated 04/30/2018

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