

Jaymes Paolo Rombaoa

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Curriculum Vitae

Education

- 2019-present **Claremont Graduate University**, Claremont, CA
PhD Student in Positive Developmental Psychology
 Division of Behavioral & Organizational Sciences
 Advisor: Saida Heshmati
- 2023 **Claremont Graduate University**, Claremont, CA
MA in Positive Developmental Psychology
 Division of Behavioral & Organizational Sciences
 Master's Thesis: *More Moments with Others Matter for Emotion Regulation and Well-Being: A Study of First-Year College Students' Daily Life During COVID-19.*
https://scholarship.claremont.edu/cgu_etd/557/
 Advisor: Saida Heshmati
- 2016 **University of California, Irvine**, Irvine, CA
BA in Psychology and Social Behavior
 Minor in Educational Studies
 Honor's Thesis: *Children's Conformity to Others with a Brief Mindfulness Intervention* [[PDF](#); [Poster](#)]
 Advisor: Chuansheng Chen

Awards, Honors, & Fellowships

- 2024-2025 [*Dale Berger Outstanding Statistician Award*](#) from the Faculty and Dean of Division of Behavioral & Organizational Sciences, Claremont Graduate University
- 2023-2024 *Crossing Boundaries Research Award*, from the Claremont Graduate University Office of Research, Sponsored Programs, & Grants and Transdisciplinary Studies Program [**\$10,000**]
- 2022-2023 [*Exemplary Scientific Contribution: Basic Award*](#) (previously known as 'Research Scientist of the Year'), from the Faculty and Dean of Division of Behavioral & Organizational Sciences, Claremont Graduate University
- 2022 [*3rd place at The Big Pitch \[3 Minute Thesis\] 2022 Competition*](#), Claremont Graduate University— *More Moments with Others Matter for Emotion Regulation and Well-Being: A Study of First-Year College Students' Daily Life During COVID-19* [**\$250**]
- 2022 *Psi Chi Research Award*, 2022, Claremont Graduate University [**\$160**]
- 2021 [*Certificate of Recognition for 2020-21 Positive PsyDays Cohort*](#) from the Faculty and Dean of Division of Behavioral & Organizational Sciences, Claremont Graduate University
- 2021-xxxx [*Psi Chi International Honor Society Member*](#), Chapter at Claremont Graduate University
- 2021 [*Oskamp Student Fellowship Award*](#), Claremont Graduate University [**\$1,500**]
- 2021 *Dean's Conference Travel Award*, Claremont Graduate University [**\$500**]
- 2020 *Preparing Future Faculty College Teaching Certificate*, Claremont Graduate University
- 2019-2021 *Division of Behavioral & Organizational Sciences (DBOS) Fellowship*, Claremont Graduate University [**\$29,366**]
- 2019-2020 *James W Porter Endowed Fellowship*, Claremont Graduate University [**\$6,664**]

2016	<i>Undergraduate Research Opportunities Program (UROP) Fellow Grant</i> , University of California, Irvine [\$800]
2016	<i>Excellence in Research in School of Social Ecology Award</i> , University of California, Irvine
2016	<i>Psychology and Social Behavior Excellence in Research Award</i> , University of California, Irvine
2015-2016	<i>Social Ecology Honors Program</i> , University of California, Irvine
2012-2016	<i>Campuswide Honors Program (CHP; now called UCI Honors)</i> , University of California, Irvine

[Total earned through grants/fellowships at the graduate level: **\$49,240**]

Signature Strengths (VIA Character Strengths)

Love of Learning | Humor | Honesty | Perseverance | Creativity

Research Interests

Positive psychology, well-being, emerging adulthood, emotions, love, intensive longitudinal methods, experience sampling method, ecological momentary assessments, psychometrics, network methods, bibliometric methods, cultural consensus theory

Statistical Programming Expertise

R/RStudio (preferred; intermediate-advanced)

Other Software/Platform Expertise

Qualtrics (survey design), Squarespace (website design), Zoom, Canvas (learning management system), CitNetExplorer, and VOSviewer (bibliometric data analytic software)

Preprints/Papers Under Review

Heshmati, S., & **Rombaoa, J. P.** (2025). *The scholarly terrain of the study of love: A bibliometric methods approach*. PsyArXiv. https://doi.org/10.31234/osf.io/5v2uy_v1

Heshmati, S., Rajaei, A., Bhattacharya, S., **Rombaoa, J. P.**, Heshmati, H., & Badakhshan, T. (2025; under review). *Are Iranian immigrants in the U.S. happy? A comparative study of well-being, discrimination, and social support in Iranians in the U.S.* PsyArXiv. https://doi.org/10.31234/osf.io/fr293_v1

Heshmati, S., **Rombaoa, J. P.**, Merritt, S., & Christensen, A. P. (2024; under review). *Well-being is a personalized experience: An intraindividual approach to dynamic well-being networks in daily life*. PsyArXiv. <https://doi.org/10.31234/osf.io/b65xh>

Rombaoa, J. P., & Heshmati, S. (2024; under review). *Mapping the history, anatomy, and trajectory of research on well-being: A bibliometric review of the psychological sciences*. PsyArXiv. <https://doi.org/10.31234/osf.io/cr4x3>

Journal Publications

2025 Heshmati, S., Rombaoa, J. P., Merritt, S. H., & Christensen, A. P. (in press). Dynamic

network models reveal personalized patterns of well-being in young adults' daily lives. *Scientific Reports*. DOI pending.

Heshmati, S., Ramdass, J. V., Mansfield, M. E., Blackard, M. B., Chipidza, W., Abazari, A., Cabrerros, E. I., Ellis, O., **Rombaoa, J. P.**, & Heshmati, H. (2025). Age and adaptation: Unraveling the role of social connections in coping with COVID-19 across young and older adults. *International Journal of Developmental Science*, 0(0), 1–6.
<https://doi.org/10.1177/2192001X251352861>

Rombaoa, J. P., Heshmati, S., Owen, T., & Rodriguez, M. A. (2025). Prioritizing lifestyle factors for effective emotion regulation: A daily study on first-year college students' well-being during COVID-19. *Emerging Adulthood*, 13(4), 1065–1081.
<https://doi.org/10.1177/21676968251333833>

2022 Heshmati, S., Ramdass, J. V., **Rombaoa, J. P.**, Ellis, O., Abazari, A., Heshmati, H., & Mansfield, M. E. (2022). Survey examination of resilience, psychological, and relational well-being during COVID-19: A developmental and cross-cultural dataset [Data article]. *Data in Brief*, 108735. <https://doi.org/10.1016/j.dib.2022.108735>

Book Chapters

2027 Heshmati, S., Oselio, C., Salamti, S., **Rombaoa, J. P.**, & Oravecz, Z. (2027). Love. In C. Pury, J. Gillham, S. Scheuller, & K. C. Bronk (Eds.) *APA handbook of positive psychology* (Vol. I, Section 2, 1st ed., pp. #–##). American Psychological Association.

2026 Heshmati, S., **Rombaoa, J. P.**, Donaldson, S. I., & Oravecz, Z. (2026). Modeling flourishing as a dynamic process: A systems-oriented approach to contemplative practices and well-being. In R. Roeser & K. A. Schonert-Reichl (Eds.), *Handbook of mindfulness, compassion and education: research, policy and practice from around the world* (Vol.1., 2nd ed., pp. #–#). Springer..

2025 **Rombaoa, J. P.** (2025). Gotta catch ‘em all: The psychology of the Pokédex completionist. In A. Attaway (Ed.), *Psychgeist of Pokémon* (pp. #–#). ETC Press, Carnegie Mellon University.

Conference (Non-Poster) Presentations

2025 **Rombaoa, J. P.**, & Heshmati, S. (2025, May 23). *Do U.S. immigrants come to a unique consensus on what it means to feel loved in everyday life?* [Symposium presentation]. 2025 Association for Psychological Science (APS) Annual Convention. Association for Psychological Science. [[Slides](#)]

Heshmati, S., **Rombaoa, J. P.**, Villamil, A., & Oravecz, Z. (2025, March 14–16). *Cultural Consensus Theory: An overview of a culturally informed and novel approach to studying love in daily life*. [Online presentation]. Second Conference on Love Studies. International Institute of Love Studies. Online-only conference. [[Slides](#); [Video](#)]

2024 Heshmati, S., & **Rombaoa, J. P.** (2024, July 10–13). *The scholarly terrain of the study of love: A bibliometric methods approach*. [Presentation]. 11th European Conference on

Positive Psychology (ECP). European Network for Positive Psychology. Innsbruck, Austria. [[Slides](#)]

Rombaoa, J. P., & Heshmati, S. (2024, May 15–17). Cultural consensus on love: Unveiling immigrants' shared beliefs on love in the United States. 2024 TLC Love Conference. The Love Consortium, Chapel Hill, NC. [[Slides](#); [Video](#)]

2023 **Rombaoa, J. P., & Heshmati, S.** (2023, July 22). *Well-being: A bibliometric review*. [Podium presentation]. IPPA World Congress on Positive Psychology. International Positive Psychology Association, Vancouver, Canada. [[Slides](#)]

Badakhshan, T., Liu, B., Reil, K., **Rombaoa, J. P.**, Donaldson, R., & Heshmati, S. (2023, May 26). *Cultural variations in social support and coping with the COVID-19 pandemic: A cross-country comparison of China, Iran, and the United States*. [Symposium presentation]. 2023 Association for Psychological Science Annual Convention. Association for Psychological Science, Washington, D. C. [[Slides](#)]

Villamil, A., Su, K., Kellam, H., Mansfield, M. E., **Rombaoa, J. P.**, & Heshmati, S. (2023, May 26). *Interpersonal closeness in younger & older adults during COVID-19: An examination of developmental differences in coping with a mass disaster in the United States*. [Symposium presentation]. 2023 Association for Psychological Science (APS) Annual Convention, Washington, D. C. [[Slides](#)]

Rombaoa, J. P., Donaldson, R., Reil, K., Badakhshan, T., & Heshmati, S. (2023, April 27). *You've got me feeling emotions: Mindfulness and early adults' dynamic and diverse emotional experiences in daily life* [Paper presentation]. Western Psychological Association (WPA) Convention. Western Psychological Association, Riverside, CA. [[Slides](#)]

Poster Presentations

2025 **Rombaoa, J. P.**, Allred, C., Doan, S. N., & Heshmati, S. (2025, May 3). *Network dynamics of family emotions in daily life: A dynamical systems study of adolescent well-being*. [Poster presentation]. Western Psychological Association 2025 Annual Convention. Western Psychological Association, Las Vegas, CA. [[PDF](#)]

Shahangian, S. S., Rombaoa, J. P., Bachman, B., Doan, S. N., & Heshmati, S. (2025, May 3). *The role of maternal sleep and mind-mindedness in children's executive function and stress*. [Poster presentation]. Western Psychological Association (WPA) 2025 Annual Convention. Western Psychological Association, Las Vegas, CA. [[PDF](#)]

2024 **Rombaoa, J. P.**, Heshmati, S., Merrit, S. H., & Christensen, A. P. (2024, May 23–26). *Temporal dynamics of well-being elements in young adults: A psychometric network analysis*. [Poster presentation]. 2024 Association for Psychological Science Annual Convention. Association for Psychological Science, San Francisco, CA. [[PDF](#)].

Rombaoa, J. P., Feuer, Z., Najas, J., Matar, D. B., Dank, E., Lamkin, A. E., & Doan, S. N. (2024, April 24–28). *Exploring relationships between child problem behaviors and neurosteroid ratios in early childhood*. [Poster presentation]. Western Psychological

Association (WPA) 2024 Annual Convention. Western Psychological Association, San Francisco, CA. [\[PDF\]](#).

- 2023 Mann, S., **Rombaoa, J. P.**, Duggal, T., Heshmati, S., & Rodriguez, M.A (2023, November 16–19). *Use of DBT emotion regulation skills and momentary positive and negative affect: First-year college students' daily lives during COVID-19*. [Poster presentation]. Association for Behavioral and Cognitive Therapies (ABCT) 57th Annual Convention. Association for Behavioral and Cognitive Therapies, Seattle, WA. [\[PDF\]](#).
- Rombaoa, J. P.**, Lim, H., Markey, M., Petit, D., & Heshmati, S. (2023, November 16–19). *Trait-based difficulty in emotional regulation is negatively associated with eating and sleeping well for first-year college students during COVID-19 lockdown* [Poster presentation]. Association for Behavioral and Cognitive Therapies (ABCT) 57th Annual Convention. Association for Behavioral and Cognitive Therapies, Seattle, WA. [\[PDF\]](#).
- Mann, S., **Rombaoa, J. P.**, Duggal, T., Heshmati, S., & Rodriguez, M. A. (2023, November 15). *Trait-based mindfulness and usage of DBT emotion regulation skills: First-year college students during initial COVID lockdown*. [Poster abstract submitted]. International Society for the Improvement and Teaching of Dialectical Behavior Therapy (ISITDBT) 28th Annual Conference. Improvement and Teaching of Dialectical Behavior, Seattle, WA. [PDF](#).
- 2022 **Rombaoa, J. P.** (2022, May 28). *Factors and networks of well-being in emerging adults: Comparing subjective well-being and PERMA*. [Poster presentation]. 2022 Association for Psychological Science Annual Convention. Association for Psychological Science (APS), Chicago, IL. <https://osf.io/ryjkf/> [\[PDF\]](#)
- 2021 **Rombaoa, J. P.**, Heshmati, S., Rodriguez, M., Owen, T., Li, Y., Valdivia-Jauregui, L., Avendaño Dreyfuss, L., Ho, J., & Ledbetter, J. (2021, July 15–17). *The daily use of DBT ABC PLEASE Skills and first-years students' well-being during COVID-19: An ecological momentary assessment study*. [Gallery presentation]. 7th International Positive Psychology Association (IPPA) World Congress, Virtual, Online. <https://ippa-wc-2021.p.asnevents.com.au/days/2021-07-15/abstract/72422>
- Ellis, O., Heshmati, S., Ramdass, J. V., Chipidza, W., **Rombaoa, J. P.**, Tang, Q., Heshmati, H., & Abazari, A. (2021, July 15–17). *Pathways to wellbeing during COVID-19: A developmental examination of adaptation to a mass traumatic event*. [Gallery presentation]. 7th International Positive Psychology Association (IPPA) World Congress, Virtual, Online. <https://ippa-wc-2021.p.asnevents.com.au/days/2021-07-15/abstract/72515>
- 2016 Tsai, N., Kamarsu, S., Koninieć, C., Aleksanian, L., Rodriguez, D., **Rombaoa, J. P.**, Buschkuehl, M., Jonides, J., Shah, P., & Jaeggi, S. (2016, November 17–20). *Expectancy effects in working memory training*. [Poster presentation]. Psychonomic Society Annual Meeting, Boston, MA.
- Rombaoa, J. P.**, Etemad-Haary, T., Trucios, C., Kim, E. B., & Chen, C. (2016, May 14). *Children's conformity to others with a brief mindfulness intervention*. [Poster presentation]. UCI Undergraduate Research Symposium, Irvine, CA. [\[PDF\]](#)

Research Projects

- 2024-present Graduate Student Research Associate
Embracing Love Across Cultures: Decoding Cultural Beliefs on Love and Their Impact on Wellbeing (Templeton ID: 63364)
Claremont Graduate University, Claremont, CA
Research fully funded by the John Templeton Foundation
Principal Leader: Saida Heshmati (Claremont Graduate University) and Project Co-Leader: Zita Oravec (Pennsylvania State University)
Project Website: <https://heshmatiheartlab.com/aboutloveacrosscultures>
- 2023-present Principal Investigator
What is Well-Being for Emerging Adults? Using Big Data to Answer a Big Question (CGU IRB #4656)
Claremont Graduate University, Claremont, CA
Research partially funded by Transdisciplinary Studies Program and CGU Office of Research, Sponsored Programs, & Grants: *Crossing Boundaries Research Award* [\$10,000]
- 2023-2025 Graduate Student Research Lead
Study of Network Dynamics of Family Emotions (CGU IRB #4673)
Claremont Graduate University, Claremont, CA
Research partially funded by Blais Foundation
Principal Investigators: Saida Heshmati (Claremont Graduate University) and Stacey N. Doan (Claremont McKenna College; Berger Institute)
- 2020 Project Team Member
Pathways to Wellbeing During COVID-19: A Developmental and Cross-Cultural Examination of Adaptation to a Mass Traumatic Event (CGU IRB #3745)
Claremont Graduate University, Claremont, CA
HEART Lab
Principal Investigator: Saida Heshmati
Team Members: Wallace Chipidza, Jeffrey Ramdass, Olivia Ellis, Qiuhua Tang, Arman Abazari
- 2019-present Project Manager
Optimizing Daily Mindfulness Interventions Using Peer Support to Increase Well-Being in First-Year Students (CGU IRB #3661)
Claremont Graduate University and Pitzer College, Claremont, CA
HEART Lab
Principal Investigators: Saida Heshmati and Marcus Rodriguez
- 2019-present Project Manager
The Daily Use of DBT ABC PLEASE Skills as a Pathway to Emotional Resilience in College Students during COVID-19: An Ecological Momentary Assessment Study (CGU IRB #3661)
Claremont Graduate University and Pitzer College, Claremont, CA
HEART Lab
Principal Investigators: Saida Heshmati and Marcus Rodriguez

Research Assistantship Experience

- 2022-2025 Lab Manager
- 2019-present Graduate Research Assistant
Claremont Graduate University, Claremont, CA
 Division of Behavioral & Organizational Sciences
HEART Lab
<https://heshmatiheartlab.com>
 Principal Investigator: Saida Heshmati
- 2016 Undergraduate Research Assistant
University of California, Irvine, Irvine, CA
School of Education
Working Memory and Plasticity Laboratory
 Faculty Advisor: Susanne M. Jaeggi, Graduate Student Advisor: Nancy Tsai
- 2015-2016 Undergraduate Research Assistant
University of California, Irvine, Irvine, CA
Department of Psychology and Social Behavior, School of Social Ecology
Laboratory for Socio-Cultural Research on Adolescent and Young Adult Development
 Faculty Advisor: Chuansheng Chen, Graduate Student Advisor: Elizabeth Kim

Relevant Completed Coursework (Graduate-Level)

<i>Adolescent Development</i>	<i>Multilevel Modeling</i>
<i>Adult Development (Lifespan and Positive Psychology Perspectives)</i>	<i>Research Methods</i>
<i>Applied Developmental Psychology</i>	<i>Science of Human Flourishing</i>
<i>Bibliometric Methods</i>	<i>Social Network Analysis</i>
<i>Emotions</i>	<i>Structural Equation Modeling</i>
<i>Factor Analysis</i>	<i>Survey Research Methods</i>
<i>Flow: The Positive Psychological Experience</i>	<i>Theories and Concepts in Lifespan Developmental Psychology</i>
<i>Foundations of Evaluation</i>	<i>Transdisciplinary Pedagogy for Ethical Education, Teaching Practicum & Portfolio</i>
<i>Foundations of Positive Psychology</i>	<i>Transdisciplinary Research in Inequality</i>
<i>Intermediate Statistics, ANOVA, Applied Multiple Regression, & Categorical Data Analysis</i>	

Courses Taught

Content	<i>Introduction to Psychology</i> (Introductory Psychology course for Undergraduate/Community College level; Dual-Enrollment Level class). Sample Syllabus . • Times taught: 2 semesters (4 classes total) <i>Foundations of Psychology</i> (Gifted/Advanced Middle & High-School Level); Sample Syllabus • Times taught: 4 summers (7 sessions) • Times TA: 3 summers (6 sessions)
Methods	<i>Research Methods in the Behavioral Sciences</i> (Undergraduate Level); Sample Syllabus • Times taught: 7 semesters (7 classes)
Stats	<i>Statistics for Psychology—Intermediate Statistics</i> (Undergraduate Level); Sample Syllabus

- Times taught: 1 semester
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Teaching Experience

Note. Arranged topically by Course, then chronologically by year (most recent at the top).

Course	Semester/ Year (Units)	Institution (Dept, Site, etc.)	Class Size	Age/Level & Length	Evaluations
Research Methods in the Behavioral Sciences—Lecture & Lab (PSY 204)	Fall 2024 (4 units)	Chapman University , Orange, CA	10	Undergraduates; 16-week required course for PSY majors/minors. Course comprised both 3-hour lecture (3 units) and required 1-hour lab (1 unit)	Student Evaluations : Global Index Score out of 5: <i>mean</i> = 4.59, <i>SD</i> = 0.65, α = 0.96
	Spring 2024 (4 units)	Crean College of Health and Behavioral Sciences; Psychology Department	7		Student Evaluations : Global Index Score out of 5: <i>mean</i> = 4.47, <i>SD</i> = 0.68, α = 0.88
	Fall 2023 (4 units)		14		Student Evaluations : Global Index Score out of 5: <i>mean</i> = 4.42, <i>SD</i> = 0.71, α = 0.92
	Spring 2023 (4 units)		12		Student Evaluations : Global Index Score out of 5: <i>mean</i> = 4.58, <i>SD</i> = 0.58, α = 0.95
	Fall 2022 (4 units)		14		Student Evaluations : Global Index Score out of 5: <i>mean</i> = 4.67, <i>SD</i> = 0.50, α = 0.86
	Spring 2022 (4 units)		14		Student Evaluations : Global Index Score out of 5: <i>mean</i> = 4.72, <i>SD</i> = 0.47, α = 0.93.
	Fall 2021 (4 units)		22		Student Evaluations : Global Index Score out of 5: <i>mean</i> = 4.86, <i>SD</i> = 0.34, α = 0.79.
Statistics for Psychology & Activity (PSY 3307/3307A)	Fall 2023 (4 units)	California State Polytechnic University, Pomona , Pomona, CA College of Letters, Arts, & Social Sciences; Department of Psychology	24	Undergraduates; 16-week required course for PSY majors. This course 2 out of a 3-part stats series (i.e., “intermediate stats”) and comprised of	Student Evaluations : Instructor’s overall teaching ability, <i>M</i> = 1.45, <i>SD</i> = 0.69, <i>N</i> = 20 *Note: 1 = <i>Very Good</i> , 2 = <i>Good</i> , 3 = <i>Satisfactory</i> , 4 = <i>Poor</i> , 5 = <i>Very Poor</i> Peer Evaluation: Psychology Department Peer Evaluation Form

				lecture and required lab.	
Introduction to Psychology (PSYC 1)	Fall 2024 (3 units)	Irvine Valley College , Irvine, CA Department of Psychology	41	Community college students	Student Evaluations—Competency (mean) Statistics: 4.61 out of 5 Course Student Survey Results
	Fall 2024 (3 units)	Irvine Valley College , Irvine, CA Department of Psychology Site: Beckman High School Section: 61385	44	Age 17-18 years; Dual-enrollment college course offered to high school seniors so they can earn college credit (alternative to AP Psychology Course)	Student Evaluations—Competency (mean) Statistics: 4.47 out of 5 Course Student Survey Results
	Spring 2024 (3 units)	Irvine Valley College , Irvine, CA Department of Psychology Site: Tustin Legacy Magnet Academy Section: 65345 (Period 5)	26	Age 17-18 years; Dual-enrollment college course offered to high school seniors so they can earn college credit (alternative to AP Psychology Course)	Student Evaluations: N/A Peer Evaluation: 5 (exemplary) out of 5; Performance Evaluation Form
	Spring 2024 (3 units)	Section: 65350 (Period 7)	34		Student Evaluations: N/A
Foundations of Psychology (PSYC)	Summer 2025 (0 units) Session 2	Johns Hopkins University Center for Talented Youth (CTY) Summer Programs, Baltimore, MD Site: Loyola Marymount	15	Age 12-16; gifted/ talented youth; “fast-paced” 3-week Intro Psych course that comprises an	Student Program Evaluations: Session 2 Overall Instructor Effectiveness (mean): <i>pending</i>

	Summer 2025 (0 units) Session 1	University, Los Angeles, CA Position: Instructor (INST)	15	8-hour instructional time. Typical class schedule: M-F: 9am–3pm day class (with 1 hour lunch) Sun–Th: 7pm–9pm night class	Student Program Evaluations: Session 1 Overall Instructor Effectiveness (mean): <i>pending</i>
	Summer 2024 (0 units) Session 1		15		Student Program Evaluations : Session 1 Overall Instructor Effectiveness (mean): 5.00 out of 5
	Summer 2023 (0 units) Session 1		16		Student Program Evaluations : Session 1 Overall Instructor Effectiveness (mean): 4.57 out of 5
	Summer 2023 (0 units) Session 2		15		Student Program Evaluations : Session 2 Overall Instructor Effectiveness (mean): 4.53 out of 5
	Summer 2022 (0 units) Session 1		16		Student Program Evaluations : Session 1 Overall Instructor Effectiveness (mean): 4.79 out of 5
	Summer 2022 (0 units) Session 2		16		Student Program Evaluations: Session 2 Overall Instructor Effectiveness (mean): N/A

Teaching Assistant Experience

Note. Arranged chronologically by year (most recent at the top).

Course	Semester/ Year (Units)	Institution (Dept, Site, etc.)	Instructor	Level & Length; Description	Evaluations
Longitudinal Methods (PSYCH 315I)	Summer 2025 (4 units)	Claremont Graduate University , Claremont, CA	Saida Heshmati	Graduate-level 16-week (one semester) advanced statistics/methods course	Student Evaluations : Overall Instructional Approach/Style (<i>mean</i>): 6.75 out of 7.00

Updated Sep 2025, *red text = anticipated*

		School of Social Science, Policy & Evaluation, <i>Division of Behavioral & Organizational Sciences;</i> Psychology Department		for MA/PhD students	
Science of Human Flourishing (PSYCH 342)	Spring 2025 (4 units)		Saida Heshmati	Graduate-level 16-week (one semester) advanced seminar course for MA/PhD students	Student Evaluations : Overall Instructional Approach/Style (<i>mean</i>): 6.55 out of 7.00
Social Network Analysis (PSYCH 315DD)	Spring 2024 (2 units)		Saida Heshmati	Graduate-level 8-week (half-semester) advanced statistics/methods course for MA/PhD students	Student Evaluations: Overall Instructional Approach/Style (<i>mean</i>): N/A
Concepts and Methods in Cultural and Cross-Cultural Psychology (PSYCH 315PP)	Spring 2024 (4 units)		Saida Heshmati	Graduate-level 16-week (one semester) advanced statistics/methods course for MA/PhD students	Student Evaluations: Overall Instructional Approach/Style (<i>mean</i>): N/A
Bibliometric Methods (PSYCH 315MM)	Spring 2023 (4 units)		Rebecca (“Becky”) J. Reichard	Graduate-level 16-week (one semester) advanced statistics/methods course for MA/PhD students	Student Evaluations : Overall Instructional Approach/Style (<i>mean</i>): 6.25 out of 7
Survey Methods (PSYCH 315JJ)	Fall 2022 and Spring 2023 (6 units)		Jason T. Siegel	Graduate-level 32-week (two semesters) advanced statistics/methods course for MA/PhD students	Student Evaluations : Overall Instructional Approach/Style (<i>mean</i>): 6.67 out of 7
Intermediate Statistics (PSYCH 308A)	Fall 2020 (2 units)		Kathy Pezdek	Graduate-level 8-week (half-semester) required statistics course for MA/PhD students. Each module is required for the next module in the series.	Student Evaluations (308A): Overall Instructional Approach/Style (<i>mean</i>): 6.13 out of 7
ANOVA (PSYCH 308B)	Fall 2020 (2 units)		Jessica B. Diaz		Student Evaluations (308B): Overall Instructional Approach/Style (<i>mean</i>): 6.62 out of 7

Applied Multiple Regression (PSYCH 308C)	Spring 2021 (2 units)		Andrew R. A. Conway		Student Evaluations (308C) : Overall Instructional Approach/Style (<i>mean</i>): 6.67 out of 7
Categorical Data Analysis (PSYCH 308D)	Spring 2021 (2 units)		Andrew R. A. Conway		Student Evaluations (308D) : Overall Instructional Approach/Style (<i>mean</i>): 6.67 out of 7
Foundations of Psychology (PSYC)	Summer 2019 (0 units) Session 1	Johns Hopkins University Center for Talented Youth (CTY) Summer Programs, Baltimore, MD Site: UC Santa Cruz, Santa Cruz, CA	Nagla Bedir	Age 12-16; gifted/ talented youth; “fast-paced” 3-week Intro Psych course that comprises an 8-hour instructional time. Typical class schedule: M-F: 9am–3pm day class (with 1 hour lunch) Sun–Th: 7pm–9pm night class	Student Program Evaluations : Session 1 Overall TA Effectiveness (<i>mean</i>): 4.77 out of 5
	Summer 2019 (0 units) Session 2	Site: UC Santa Cruz, Santa Cruz, CA			Student Program Evaluations : Session 2 Overall TA Effectiveness (<i>mean</i>): 4.86 out of 5
	Summer 2018 (0 units) Session 1	Site: Roger Williams University, Bristol, RI	Meredith Moore	I was a recent Psychology BA graduate at this time.	Student Program Evaluations : Overall TA Effectiveness (<i>mean</i>): 4.47 out of 5
	Summer 2018 (0 units) Session 2	Site: Haverford College, Haverford, PA	David Nofer		Student Program Evaluations : Overall TA Effectiveness (<i>mean</i>): 4.71 out of 5
	Summer 2017 (0 units) Session 1				Student Program Evaluations : Overall TA Effectiveness (<i>mean</i>): 4.67 out of 5
	Summer 2017 (0 units) Session 2				Student Program Evaluations: Overall TA Effectiveness (<i>mean</i>): 4.92 out of 5

Ethics and Education (EDUC 126)	Spring 2016 (4 units)	University of California, Irvine, Irvine, CA <i>School of Education</i>	Jeff Johnston	Undergraduates, 10-week full-quarter course. I was an undergraduate student during this time.	Evaluations N/A
Freshman Experience (UNI 1)	Fall 2015 and Winter 2016 (1 unit)	University of California, Irvine, Irvine, CA <i>Undergraduate/Undeclared Program</i>	Brittany Betancourt	Undergraduate students, 10-week full-quarter course. Specifically designed for first-year students with undecided/undeclared majors.	Pro-Staff Fall Quarter Evaluation: 10/10 Pro-Staff Winter Quarter Evaluation: 10/10 Student Winter Quarter Midterm Evaluation: "A" average
Human Sexuality (PSY BEH 118D)	Summer 2015 (4 units)	University of California, Irvine, Irvine, CA <i>School of Social Ecology; Psychology Department</i>	Joanne F. Zinger	Undergraduate students, 10-week full-quarter course (but summer session).	Evaluations N/A

Invited Talks/Guest Lectures

- 2025 ***Guest Lecturer in Undergraduate Psychology Course***, Chapman University
 PSY 201: Critical Thinking (Instructor: Dr. Crystle-Joie Agbyani)
 I was invited by Dr. Agbayani to give a talk on thinking critically about love from a psychological science perspective. Lecture title: *Love, Critically*. Date: April 28, 2025.
[\[Slides\]](#)
- 2023 ***Guest Lecturer in Undergraduate Psychology Course***, Chapman University
 PSY 309-03: Motivation and Emotion (Instructor: Dr. Lawrence Chan)
 I was invited by Dr. Chan to present my research on emodiversity (emotional diversity) and mindfulness in early adults. Lecture title: *You've got me feeling emotions: Mindfulness and early adults' dynamic and diverse emotional experiences in daily life*. Date: April 18, 2023.
[\[Slides\]](#)
- 2022 ***Student Panelist, Positive Psychology in Action Panel***, hosted by Student Organization
Positive PsyDays, Claremont Graduate University
 I was invited alongside four other advanced PhD student panelists (Jessica Diaz, Rebecca Donaldson, Asia Henderson Moore) to discuss our work in positive psychology, the holes we see in the field, and where we want to see the field go. Date: October 5th, 2022.

Ad-Hoc Reviewer Roles

- 2025 **Reviewer for *Journal of Happiness Studies***
- 2024 **Reviewer for *International Journal of Adolescence & Youth***
Reviewer for *Cognitive Therapy and Research*
- 2021 **Invited Reviewer for *Well-Being and Flourishing Strand***, Pac Rim 2021
University of Hawai'i at Mānoa, College of Education, Center on Disability Studies
 Pacific Rim International Conference on Disability & Diversity
 Task: Reviews and checks proposals during Fall 2021 for the Pacific Rim Conference in Feb–Mar 2022

Media Appearances

- 2023 Rombaoa, J. P. (2023, May 26). Why do we get emotional and cry at award acceptance speeches? On kama muta and Ke Huy Quan's Oscars acceptance speech. *Psychology Pop Culture Corner, Psi Chi Blog*.
<https://www.psichi.org/blogpost/987366/489394/Why-Do-We-Get-Emotional-and-Cry-at-Award-Acceptance-Speeches-On-Kama-Muta-and-Ke-Huy-Quan-s-Oscars-Acceptance-Speech>
- 2021 Aragon, J. (Host). (2021, December 22). Spotlight interview: Jaymes Paolo Rombaoa (Episode 1) [Audio podcast episode]. In *Preparing Future Faculty at Claremont Graduate University*. PFF at CGU. <https://share.transistor.fm/s/b0ccedd1>

University Service

- 2019-2022 ***Positive PsyDays (formerly known as Positive Fridays)***, Claremont, CA
 Graduate student fellow for student organization for speaker event series, "Positive PsyDays," at **Claremont Graduate University**

- 2015-2016 *Associated Students at UC Irvine (ASUCI), Office of Academic Affairs*, Irvine, CA
Internal Publicity Co-Commissioner
- 2015-2016 *Kababayan at UC Irvine, Pilipino-American Culture Night Board*, Irvine, CA
Senior Suite Coordinator
- 2014-2015 *Associated Students at UC Irvine, (ASUCI), Office of Academic Affairs*, Irvine, CA
Internal Publicity Commission Intern
- 2014-2015 *Campuswide Honors Program*, Irvine, CA
Peer Mentor for four freshmen CHP students
- 2013-2014 *Associated Students at UC Irvine, (ASUCI), Office of Student Services Irvine*, CA Films
Commission Intern

Additional Experience

- 2024-present *Happiness & Well-Being App Start-Up*, Remote-work, international
Part-Time Consultant
- 2018-2019 *Behavior Analyst Certification Board (BACB)*, Littleton, CO Registered Behavior
Technician (RBT) Certification: RBT-18-58351
- 2016-2020 *ACES (Autism Comprehensive Educational Services), Inc.* Irvine, CA
Behavioral Interventionist