

Irina Khramtsova

ACADEMIC DEGREES

Ed. D.	Kansas State University	1996
	Major: Educational Psychology	
M.A. and B.A.	Moscow State University	1982
	Major: Philology and Education	

PROFESSIONAL EXPERIENCE

Arkansas State University Associate Professor Department of Psychology and Counseling	Teaching Psychology (Educational, Positive, Cultural, Psychology as a Science and Profession)	2009-present
Arkansas State University Assistant Professor Department of Psychology and Counseling	Teaching Psychology (Educational, Positive, Cultural, Contemporary, First Year Experience)	2002-2009
Kansas State University, Manhattan, KS Part-Time Instructor Department of Counseling and Ed Psych	Teaching Educational Psychology	2001-2002
Wichita Public Schools, Wichita, KS Full-Time ESOL Teacher	Teaching ESOL (Grades K-5)	1996-2001
Kansas State University, Manhattan, KS Part-Time Graduate Teaching Assistant Department of Counseling and Ed Psych	Teaching Ed Psych; Statistical Consulting	1991-1996

AWARDED GRANTS

- Khramtsova, I. & Pearce, A. (2010). A Positive Psychology Perspective on Mate Preferences in the United States and Turkey. Arkansas State University Middle East Studies Grant, \$12,000.
- Khramtsova, I. & Saarnio, D. (2009). *Internationalizing Cultural Psychology Course*. Arkansas State University Office of Diversity Initiatives, \$1650.
- Khramtsova, I. (2004). *Happiness: Its Cross-Cultural Meaning, Sources, and Correlates in Russian and US Students*. Arkansas State University Scholarly Activity Initiative Fund, \$1500.

PUBLICATIONS

- Khramtsova, I. (2011). Why study in Finland: RAMK, SAMK, and PBL. *Journal of International Students*, 1, 36-37.
- White, E. M., Pearce, A. R., & Khramtsova, I. (2011). Character strengths are prominent as mate preferences of Turkish students. *Journal of International Students*, 1, 64-68.
- Khramtsova, I. (2011). Specific ways to encourage student involvement in research activities at Arkansas State University, US. In *Innovatsionnyi potentsial molodezhnoi nauki [Innovative Potential of youth Science: Materials of Republican Scientific-Applied Conference]*. (pp. 12-15). Ufa, Russia: Izdatelstvo BGPU.
- Pearce, A., & Khramtsova, I. (2010). A positive outlook on mate preferences in Japan. In *Sub'ekt deyatelnosti, obsheniya i professionalnogo razvitiya: materially nauchno-practicheskoi konferenzii* [Subject of Activity,

- Communication and Professional Development: Proceedings of a Theoretical and Applied Conference]. (pp. 136 – 140). Ufa, Russia: Vladial.
- Khramtsova, I., & Glascock, P. (2010). Outcomes of an integrated journaling and mindfulness program on a US university campus. *Revista de Psihologie, 56*, 208-218.
- Khramtsova, I. (2008). Character strengths in college: Outcomes of a positive psychology project. *Journal of College and Character, 9*, (3). Retrieved February 1, 2008, from <http://www.collegevalues.org/new.cfm>
- Khramtsova, I., Saarnio, D., Gordeeva, T., & Williams, K. (2007, February 20). Happiness, life satisfaction, and depression in college students: Relations with student behaviors and attitudes. *Americal Journal of Psychological Research, 3*. Retrieved February 20, 2007, from <http://www.mcneese.edu/colleges/ed/deptpsy/ajpr/issues.html>
- Bolin, A.U., Khramtsova, I., & Saarnio, D.A. (2005). Using student journals to stimulate authentic learning: Balancing Bloom's cognitive and affective domains. *Teaching of Psychology, 32*, 154-159.
- Khramtsova, I., Carter, S., & Schmidt, M. (2003). Networking and internationalized curriculum: Pen pals and other authentic practices. In N. Hall & D. Springate (Eds.), *The Proceedings of the 14th Annual Conference of the European Teacher Education Network* (pp. 85-90). University of Greenwich.
- Benton, S. L., Corkill, A. J., Sharp, J. M., Dowey, R. G., & Khramtsova, I. (1995). Knowledge, interest, and narrative writing. *Journal of Educational Psychology, 87*, 66-70.
- Parish, T.S., Martin, P., & Khramtsova, I. (1992). Enhancing convergence between our real and ideal selves. *Reality Therapy, 11*, 37-40.
- Khramtsova, I. I., & Konyshchikov, V. A. (1988). Analiz terminologicheskogo fonda nauki o pitanii (Analysis of the terminological fund of the science of nutrition). *Voprosy Pitaniya, 2*, 71-73. (In Russian).

PRESENTATIONS AT LEARNED FORUMS

- Khramtsova, I., Glascock, P., & Owen, J. (2012, June). The effects of mindfulness, biofeedback, and healing music in individual versus group settings: A pilot study. Paper presented at the Sixth European Conference on Positive Psychology, Moscow, Russia.
- Glascock, P., Khramtsova, I., Halfacre, A., & Owen, J. (2012, June). Drumming to de-stress: Effects of HealthRhythms on psychological well-being. Poster presented at the Sixth European Conference on Positive Psychology, Moscow, Russia.
- Holloway, H., Pearce, A., Khramtsova, I., Davis, E., White, E., & Imamoglu, S. (2011, May). Character strengths are prominent as mate preferences of Turkish students. Poster presented at the 23rd Annual Convention of Association for Psychological Science, Washington, DC.
- Khramtsova, I., & Glascock, P. (2010, June). Mindfulness and journaling: An action research study on a university campus. Paper presented at the 5th European Conference on Positive Psychology, Copenhagen, Denmark.
- Khramtsova, I., & Chuikova, T. (2010, June). Contemporary role models of college students in Russia and the US. Poster presented at the 5th European Conference on Positive Psychology, Copenhagen, Denmark.
- Khramtsova, I., & Saarnio, D. (2009, July). Who teaches us to be grateful? Poster presented at the 1st World Congress on Positive Psychology, Philadelphia, PA.
- Khramtsova, I. (2008). Design of and college student attitudes toward positive psychology project. Paper presented at the 4th European Conference of Positive Psychology, Opatija, Croatia.
- Pearce, A., Szarkowski, A., & Khramtsova, I. (2008). A positive outlook on mate preferences in Japan. Poster presented at the 4th European Conference of Positive Psychology, Opatija, Croatia
- Khramtsova, I., & Williams, K. (2007, July). *Optimizing teaching of educational psychology through positive psychology action research project*. Paper presented at the Xth European Congress of Psychology, Prague, Czech Republic.
- Khramtsova, I., & Bergeron, D. (2007, July). *Positive psychology interventions: Intrinsic motivation and curiosity in increasing character strengths*. Poster presented at the Xth European Congress of Psychology, Prague, Czech Republic.

- Khramtsova, I., Gordeeva, T., Saarnio, D., & Mukhopadhyay, L. (2006, July). Attributional style as a predictor of happiness and life satisfaction across cultures. Paper presented at the 3rd European Conference of Positive Psychology, Braga, Portugal.
- Khramtsova, I., Saarnio, D., Gordeeva, T., & Mukhopadhyay, L. (2006, July). Views of happiness across three cultures. Paper presented at the 26th International Congress of Applied Psychology, Athens, Greece.
- Khramtsova, I., Machado, C., & Shortnacy, M. (2006, July). What can we learn from our students about teaching psychology? Poster presented at the 26th International Congress of Applied Psychology, Athens, Greece.
- Saarnio, D., & Khramtsova, I. (2006, July). Sex differences in psychological well-being. Poster presented at the 26th International Congress of Applied Psychology, Athens, Greece.
- Khramtsova, I., Saarnio, D., & Gordeeva, T. (2006, April). *Happiness and life satisfaction in college students: Relations with academic behaviors and attitudes*. Paper presented at the paper discussion session at the Annual Meeting of the American Educational Research Association, San Francisco, CA.
- Khramtsova, I., Gearson, Howard, L., S., Roland, R., Shortnacy, M., & Machado, C. (2006, April). *From theory to practice: The effectiveness of positive psychology interventions in classroom*. Poster presented at the 52nd Meeting of Southwestern Psychological Association, Austin, TX.
- Khramtsova, I., & Saarnio, D. (2005, July). *Staying mentally healthy: The importance of happiness and psychological well-being*. 9th European Congress of Psychology, Granada, Spain.
- Saarnio, D., & Khramtsova, I. (2005, July). *Sources of psychological well-being*. 9th European Congress of Psychology, Granada, Spain.
- Alake-Tuenter, E., & Khramtsova, I. (2005, February). Internationalizing teacher education curriculum: A cross-cultural e-mail project between Dutch and US college students. Paper presented at the 15th Annual Conference of European Teacher Education Network, Ohrid, Macedonia.
- Bolin, A., Khramtsova, I., Saarnio, D., & Geme, L. (2004, May). *Using student journals to stimulate authentic learning: Balancing Bloom's cognitive and affective domains*. Teaching poster session presented at the Annual Meeting of American Psychological Society Conference, Chicago, IL.
- Khramtsova, I., Bolin, A., & Saarnio, D. (2004, April). *Students' perceptions about journal writing: Transfer of learning and affective outcomes*. Poster sessions presented at the Annual Meeting of the American Educational Research Association, San Diego, CA.
- Khramtsova, I., Carter, S., & Schmidt, M. (2003, February). *Networking and internationalized curriculum: Pen pals and other authentic practices*. Paper presented at the conference of European Teacher Education Network, Viana, Portugal.
- Khramtsova, I., & Saarnio, D. (2003, November). *Character education and positive psychology: Virtues and strengths in the classroom*. Paper presented at the Mid-South Educational Research Association, Biloxi, MS.
- Khramtsova, I., Schmidt, M., & Carter, S. (1999, June). *International pen pals*. Paper presented at the Migrant-ESOL-Bilingual State Conference: A Brilliant Blend, Wichita, KS.
- Albin, M.L., Benton, S.L., & Khramtsova, I. (1996). *Individual differences in interest and narrative writing*. Paper presented at the annual meeting of the American Educational Research Association, New York.
- Benton, S. L., Corkill, A. J., Sharp, J. M., & Khramtsova, I. (1992). *Hemingway was right: Write what you know!* Paper presented at the meeting of the American Educational Research Association, San Francisco.
- Benton, S. L., Albin, M., & Khramtsova, I. (1993). *Topic knowledge and verbal ability as predictors of narrative writing*. Paper presented at the meeting of the American Educational Research Association, Atlanta.

INTERNATIONAL INVITED SPEECHES AND LECTURES

- Presentation (in Russian) at the Higher School of Economics on Mindfulness Research (October 25, 2011)
<http://psy.hse.ru/positive/news/37337385.html>
- Magellan Faculty Exchange Program (September 12- 26, 2011) made presentations on Positive Psychology and Mindfulness, Biofeedback, and Musical Rhythms at Rovaniemi University of Applied Sciences and Satakunta University of Applied Sciences
- Presentations on Positive Psychology and Mindfulness (in Russian) in Ufa, Russia (May 2011) at Bashkir State Pedagogical University and at Bashkir State University
- Plenary speech about ASU and student involvement in research at the opening of the 6th Republican Scientific-Applied Conference “Innovative Potential of Youth Science” (May 25, 2011) Ufa, Russia
- Plenary speech on multicultural education at the opening of the All-Russia Scientific-Applied Conference “Spiritual-Moral Potential and Socio-Psychological Determinants of Ethnocultural Development of Peoples of Modern Russia” (May 19, 2011), Ufa, Russia
- Presentation on positive psychology and mindfulness at Psychology Faculty of Moscow State University (May 16, 2011)

UNDERGRADUATE STUDENTS’ PAPERS SPONSORED FOR PUBLICATION

- Owen, J., & Kalavala, P. (2012). Multi-cultural expedition into mindfulness among high school students. *Journal of International Students*, 2, 85-86.

UNDERGRADUATE STUDENTS’ PAPERS SPONSORED FOR A CONFERENCE PRESENTATION

- Arnold, T., Spain, S., Sharp, B., & Machen, R. (2013, April). What makes a college city attractive for students: Cross-cultural differences and similarities. National Conference on Undergraduate Research (NCUR-2013), University of Wisconsin- La Crosse.
- Adams, B., Arnold, T., White, S., McClanahan, B., & Gibson, G. (2013, April). *Inside the minds of ASU: How cross-cultural students perceive their university*. ASU Symposium of Research, Scholarship, & Creativity Create @ Astate, Jonesboro, AR.
- Sadler, H. (2013). *Cross-cultural perception of common colors*. ASU Symposium of Research, Scholarship, & Creativity Create @ Astate, Jonesboro, AR.
- Butler, A., Gurley, M., & Mothershed, M. (2011, March). Drumming and rhythmic medicine: Group mindfulness sessions on the ASU campus. ASU Symposium of Research, Scholarship, & Creativity Create @ Astate, Jonesboro, AR.
- Klasky, C. (2010, April). *Constructs of happiness*. ASU Undergraduate Scholars’ Day, Jonesboro, AR.
- Baugh, J. (2010, April). *The effects of art therapy on children and adolescents*. ASU Undergraduate Scholars’ Day, Jonesboro, AR.
- Robbins, A. (2008, April). *A grateful outlook may decrease materialism and increase life satisfaction*. ASU Undergraduate Scholars’ Day, Jonesboro, AR.
- Shepherd, S. (2007, October). *Drowning in grief: The psychological effects on parents after the loss of a child*. Poster presented at the student poster session of Arkansas Psychological Association Annual Convention, Little Rock, AR.
- Dillehay, J. (2006, April). *Appreciation of beauty: Stop and smell the candle aisle*. ASU Undergraduate Scholars’ Day, Jonesboro, AR.
- Shortnacy, M., & Coleman, S. (2006, April). *Positive psychology interventions as a classroom assignment: Positive and negative outcomes*. ASU Undergraduate Scholars’ Day, Jonesboro, AR.
- Dillehay, J. (2005, April). *Eudaimonia: Escalade or Escort?* The 21st Annual Arkansas Symposium for Psychology Students, Russellville, AR.
- Dillehay, J. (2005, April). *Conceptions of happiness: Does age affect our beliefs and definitions of happiness?* ASU Undergraduate Scholars’ Day, Jonesboro, AR.

- Howard, L., Roland, R., & Watson, A. (2005, April). *Traditional versus positive psychology: A content analysis of the current trend in psychology as perceived by professionals in the field*. ASU Undergraduate Scholars' Day, Jonesboro, AR.
- Estes, J., Gearson, S., & Shortnacy, M. (2005, April). *Job satisfaction in psychology related professions: Well, the pay could be better*. ASU Undergraduate Scholars' Day, Jonesboro, AR.
- Machado, C. (2005, April). *The phoenix rises within us: Resilient people survive despite the odds*. ASU Undergraduate Scholars' Day, Jonesboro, AR.
- Geme, L., & Khrantsova, I. (2004, February). *Students' interest in taking a class*. Paper presented at the Mid-South Psychology Conference, University of Memphis, Memphis, TN.

PROFESSIONAL REVIEWS

- Review of textbook proposal *Positive Psychology: Scientifically Seeking the Good Life*, by L. Kirby and C. Smith (June, 2010).
- Review of the revision plan for *Psychology for Teaching*, 11th ed., by Lefrancois for Sage Publications (May, 2008)
- Review of the manuscript *Guitar playing, right frontal activation, and contentment: Evidence for positive emotion in the presence of behavioral withdrawal motivation* for *Journal of Integrative Biosciences* (April, 2008)
- Pre-revision review of Compton (2005) *Introduction to Positive Psychology* for Wadsworth Publishing Company (2008, April)
- Review of the proposal for *Positive Psychology* by Franzoi for Wiley Publishing Company (2006, August)
- Review of the proposal for *The Nature and Nurture of Learners* for Houghton Mifflin Publishing Company (2004, September)
- Review of the 2nd draft of *What is Psychology?* for Wadsworth Publishing Company (2003, June)
- Review of the final draft manuscript *Positive Psychology* for Wadsworth Publishing Company (2003, October)

INTERVIEWS

- Was interviewed for two ASU Wellness Radio Shows: "Tips for Positive Lifestyle Change" (December 12, 2011) and "Stress Reduction" (April 2, 2012)
- Was interviewed for the #7 (36) newsletter of Psychology Faculty of Bashkir State Pedagogical University, Ufa, Russia (published in June 2011)