

**ARIANA ORVELL**

*Curriculum vitae*

Department of Psychology, Bryn Mawr College  
306 Bettws-y-Coed Bryn Mawr College 101 North Merion Ave Bryn Mawr, PA 19010  
Email: [aorvell@brynmawr.edu](mailto:aorvell@brynmawr.edu) | Website: <https://arianaorvell.com>

**ACADEMIC APPOINTMENTS**

2020 – Present      Assistant Professor of Psychology, Bryn Mawr College

**EDUCATION & TRAINING**

- h.D.                      Psychology, University of Michigan, Ann Arbor, MI, 2019  
Advisors: Ethan Kross & Susan Gelman
- M.A.                      Teaching, *with Distinction*, Relay Graduate School of Education, New  
York, NY, 2013
- B.A.                      Urban Studies, concentration in Psychology, *magna cum laude*, Columbia

*Personality and Social Psychology Bulletin*  
*Psychological Bulletin*  
*Journal of Experimental Psychology: General*  
*Cognitive Development*  
*Emotion*  
*Journal of Language and Social Psychology*  
*Cognition and Emotion*  
*Organizational Behavior and Human Decision Processes*  
*British Journal of Social Psychology*  
*Affective Science*  
*Stress and Health*  
*Journal of Economic Psychology*  
*International Review of Sport and Exercise Psychology*

## **HONORS, AWARDS & FELLOWSHIPS**

- 2022 Faculty Awards & Grants, Bryn Mawr College (\$1,500)  
*Grants are provided to members of the faculty seeking research support.*
- 2021 Society for Personality and Social Psychology (SPSP) Small Research Grant (\$1,500)  
*Grants are intended to support relatively inexpensive, well-powered studies that, if successful, will be submitted for publication and presentation at the annual convention.*
- 2019 Inaugural John A. Swets Memorial Award for Excellence in Collaborative Research in Psychological Science (2019).  
*Awarded biennially by the Society for Personality and Social Psychology (SPSP) to recognize outstanding collaborative research in psychological science.*

- 2018 Leonard Small Award, Rackham Graduate School, University of Michigan (\$5,000) (with Cristina Salvador)  
*Awarded annually to doctoral candidates University-wide to support international research.*
- 2018 Pillsbury Award, Department of Psychology, University of Michigan (\$1,500)  
*Awarded annually to advanced graduate students to support research.*
- 2017 Brickman Award, Department of Psychology, University of Michigan (\$1,500)  
*Awarded annually for the best paper submitted by a student in Social Psychology.*
- 2017 Annual Convention Graduate Student Travel Award, Society of Personality and Social Psychology (\$500)
- achievements.*
- 2016 Rackham Graduate Student Research Grant, Rackham Graduate School, University of Michigan (\$1,500)  
*Awarded to predoctoral students University-wide to support research.*

2014

**Orvell, A., Ayduk, O., Moser, J., Gelman, S.A., & Kross, E. (2019).** Linguistic shifts: A relatively effortless route to emotion regulation? *Current Directions in Psychological Science*, 28(6), 567-573. <https://doi.org/10.1177/09637214198614>

**Orvell, A. (2021, September 15). Lost perspective? Try this linguistic trick to reset your view. Invited submission for Psyche + Aeon Magazine.**

**Orvell, A., Kross, E., Gelman, S.A. (2019).** “You” and “I” in a foreign land: The persuasive force of generic-you. *Journal of Experimental Social Psychology*, 85, 103869. <https://doi.org/10.1016/j.jesp.2019.103869>

**Orvell, A. (2020, February 24). The persuasive power of you. Invited V X E P L V V L R Q I R U 3 & K Q W D I F W I T H E S E C I Y F O R Personality and Social Psychology.**

**Orvell, A., & Kross, E. (2019).** How self-talk promotes self-regulation: Implications for coping with emotional pain. In S. Rudert, R. Greifender, & K. Williams (Eds.) *Current Directions in Ostracism, Social Exclusion and Rejection Research*.

Lee, D., **Orvell, A.**, Briskin, J., Shrapnell, T., Gelman, S., Ayduk, O., Ybarra, O., & Kross, E. (2019). When chatting about negative experiences helps—and when it hurts: Distinguishing adaptive vs. maladaptive social support in computer-mediated communication. *Emotion*. 20(3), 368–375. <https://doi.org/10.1037/emo0000555>

**Orvell, A., Kross, E., & Gelman, S. A. (2019).** Lessons learned: Young children’s use of generic-you to make meaning from negative experiences. *Journal of Experimental Psychology: General*, 148(1), 184 -191. <https://doi.org/10.1037/xge0000445>

**Orvell, A., Kross, E., & Gelman, S.A. (2018).** That’s how you do it: Generic “you” expresses norms in early childhood. *Journal of Experimental Child Psychology*, 165, 183-195. <https://doi.org/10.1016/j.jecp.2017.04.015>

**Orvell, A., Kross, E., & Gelman, S.A. (2017).** How “you” makes meaning. *Science*, 355(6331), 1299-1302. <https://doi.org/10.1126/science.aaj2014>

**Featured in Science Podcast and % % & 5 D G L R ¶ V \$ O O L Q W K H O L Q G**

Verduyn, P., Lee, D. S., Park, J., Shablack, H., **Orvell, A.**, Bayer, J., Ybarra, O., Jonides, J., & Kross, E. (2015). Passive Facebook usage undermines affective well-being: Experimental and longitudinal evidence. *Journal of Experimental Psychology: General*, *144*(2), 480-488. <https://doi.org/10.1037/xge0000057>

**Commentary: Bohannon, J. (2014). Will Facebook make you sad? Depends how you use it, Science**

**Featured in the New York Times and Good Morning America.**

#### UNDER REVIEW

#Lebrón-Cruz, A. & **Orvell, A.** (under review, *Journal of Experimental Psychology: General*). I am What I am: The Role of Essentialist Beliefs and Neurodivergent Identification on Individuals' Self-Efficacy

\***Orvell, A.**, \*Baldwin, C., \*Costello, C., Takahashi, S., Moser, J., Ayduk, O., Kross, E. (revise and resubmit, *Clinical Psychological Science*). Coping with COVID-19 anxiety.

#### IN PREPARATION

**Orvell, A.** & Luo, J.#. Expanding our view of emotion regulation choice: when and why people “outsource” reappraisal. (Target outlet: *Journal of Personality*)

*Experiences* at the Annual Meeting of the Society for Experimental Social Psychology, Philadelphia, PA.

Muñoz, M., & Orvell, A., Salvador, C. (2022). One country, one People? Cultural variation in the perceived strength of norms among ethnic groups in the United States. Paper presented by **Salvador** in Symposium, *The Ties that Bind Us: How Ecology and Culture Shape Social Norms* at the Annual Meeting of the Society for Experimental Social Psychology, Philadelphia, PA.

**Orvell, A.** (2022). *Hidden in plain sight: How subtle shifts in language promote regulation and resonance*. Invited presentation at the Social Psychology Area Colloquium Series, Department of Psychology, Duke University.

**Orvell, A.** (2021). Paper presented in **Co-Chaired Symposium** *How language connects and convinces* at the Society for Personality and Social Psychology Annual Convention.

**Orvell, A.** (2020). *Hidden in plain sight: How subtle shifts in language promote self-control*. Invited presentation at the Health, Social & Affective Neuroscience Area Colloquium Series, Department of Psychology, Rice University.

**Orvell, A.** (2020). *The persuasive force of generic-you*. Invited presentation at the Developmental Area Colloquium, Department of Psychology, University of Notre Dame.

**Orvell, A.** (2019) *Hidden in plain sight: How subtle shifts in language promote self-control*. Presentation at the Social Area Brown Bag Speaker Series, Department of Psychology, Michigan State University, East Lansing, Michigan. 0.00000912 0 612 792 reW\* nBT/F1 12 Tf1 0 0 1 3

*Research* at the Society for Personality and Social Psychology Annual Convention, Atlanta, Georgia.

**Orvell, A., Kross, E., Gelman, & S.A. (2018).** *Hidden in plain sight: The psychological function*  
Data Blitz presented at the Psychology of Language Preconference at the Society for Personality and Social Psychology Annual Convention, Atlanta, Georgia.

**Orvell, A., & Sekaquaptewa, D. (2018).**  
*identity conflict among women in STEM.* Presentation at the Social Area Brown Bag Speaker Series, Department of Psychology, University of Michigan, Ann Arbor, Michigan.

**Orvell, A. (2017).** Recruitment Weekend Data Blitz. Department of Psychology, University of Michigan, Ann Arbor.

**Orvell, A., Bruehlman-Senecal, E., Kross, E., & Ayduk, O. (2016).** *From the laboratory to daily life: A brief self-distancing intervention buffers against rumination and depression.* Paper presented in Symposium *Social Routes for Affect Regulation* at the Association for Psychological Science Annual Convention, Chicago, Illinois.

**Orvell, A., (2016).** *Lessons Learned: Generic language use promotes meaning-making and self-control.* Data Blitz at the Research Center for Group Dynamics Seminar Series, University of Michigan, Ann Arbor, Michigan.

**Orvell, A., Kross, E., & Gelman, S.A. (2016).** *Language use promotes rule-based thinking and self-control.* Presentation at the Social Area Brown Bag Speaker Series. Department of Psychology, University of Michigan, Ann Arbor, Michigan.

**Orvell, A. (2016).** *Motivation: An underlying component of self-control.* Presentation at the Toolbox Project Convening. Philadelphia, Pennsylvania

**Orvell, A., Kross, E. & Hyde, L. (2015).** *f-enhance emotion regulation for parents and children?* Presentation at the Social Area Brown Bag Speaker Series, Department of Psychology, University of Michigan, Ann Arbor, Michigan.

## TEACHING

**Teaching Interests:** Social Psychology, Research Methods, Emotion, Self-control, Emotion Regulation







