

Curriculum Vitae

Nicole Alea

Contact Information

Psychology Department
University of North Carolina Wilmington
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Employment

2004 – present Assistant Professor, Department of Psychology, University of North Carolina Wilmington

Education

2004 Ph.D., Lifespan Developmental Psychology, University of Florida
Graduate Certificate in Social Science Methodology

2000 M.S., Lifespan Developmental Psychology, University of Florida
Graduate Certificate in Gerontology

1995 B.S., Psychology, with Honors, University of Florida
Gerontology Minor

Fellowships & Grants

under review *Autobiographical memory and Alzheimer's disease: Memory quality and function*, NIH Small Research Grant Program (RO3), National Institute on Aging, Total: \$140,570.

2005 Summer Research Initiative, *Getting the gist: Young and older adults' memory for stories*, University of North Carolina Wilmington, Total: \$3500

2005 College of Arts and Sciences Curriculum Development Award, University of North Carolina Wilmington, Total: \$3000

2002 - 2004 *Autobiographical memory*, Minority Pre-doctoral Fellowship, Individual National Research Service Award (NRSA), National Institute on Aging, Total: \$49,410

- 2002 - 2003 Provost's Award in Aging Graduate Research Fellowship, University of Florida, Total: \$16,349 (declined due to NRSA)
- 2001 - 2002 Provost's Award in Aging Graduate Research Fellowship, University of Florida, Total: \$15,908
- 1998 - 1999 Pre-doctoral Fellowship, University of Florida, Department of Psychology Cognitive Development Training Grant, National Institute of Child Health and Human Development, Total: \$21,626

Honors & Awards

- 2005 - 2006 Charles L. Cahill Award for Faculty Research & Development, College of Arts and Sciences, University of North Carolina Wilmington, Total: \$2500
- 2005 Center for Teaching Excellence Travel Award, University of North Carolina Wilmington, Total: \$93.
- 2005 Center for Teaching Excellence Travel Award, University of North Carolina Wilmington, Total: \$200.
- 2005 Faculty International Travel Award, International Programs, University of North Carolina Wilmington, Total: \$700.
- 2004 - 2005 Charles L. Cahill Award for Faculty Research & Development, College of Arts and Sciences, University of North Carolina Wilmington, Total: \$2500
- 2003 Travel Awards, College of Liberal Arts and Sciences & Department of Psychology, University of Florida, Total: \$400
- 2002 Award for 2nd place poster in the Social Sciences, Graduate Student Forum, University of Florida, Total: \$75
- 2001 Travel Awards, College of Liberal Arts and Sciences, Department of Psychology, Center for Gerontological Studies, & Graduate Student Council, University of Florida, Total: \$550
- 2000 Travel Award, Graduate Student Council, University of Florida, Total: \$175

Manuscripts

Alea, N. & Bluck, S. (in press). I'll keep you in mind: The intimacy function of autobiographical memory. *Applied Cognitive Psychology*.

Bluck, S. & **Alea, N.** (in press). Remembering being me: The self-continuity function of autobiographical memory in younger and older adults. In F. Sani (Ed.) *Individual and collective self-continuity: Psychological perspectives*. Cambridge University Press.

Bluck, S., **Alea, N.**, Habermas, T., & Rubin, D. C. (2005). A TALE of three functions: the self-reported uses of autobiographical memory. *Social Cognition*, 23, 91-117.

Alea, N., Bluck, S., & Semegon, A. B. (2004). Young and older adults' expression of emotional experience: Do autobiographical narratives tell a different story? *Journal of Adult Development*, 11, 235-250.

Alea, N., Diehl, M., & Bluck, S. (2004). Personality and emotion in late life. In C. Spielberger (Ed.), *Encyclopedia of Applied Psychology* (Vol. 3, pp. 1-10). Elsevier.

Mills, T., **Alea, N.**, & Cheong, J. (2004). Differences in the indicators of depressive symptoms among a community sample of African American and Caucasian older adults. *Community Mental Health Journal*, 40, 309-331.

Alea, N., & Cunningham, W. R. (2003). Compensatory help-seeking in young and older adults: Does seeking help help? *Experimental Aging Research*, 29, 437 - 456.

Alea, N. & Bluck, S. (2003). Why are you telling me that? A conceptual model of the social function of autobiographical memory. *Memory*, 11, 165 – 178.

Bluck, S. & **Alea, N.** (2002). Exploring the functions of autobiographical memory: Why do I remember the autumn? In J.D. Webster & B.K. Haight (Eds.), *Critical advances in reminiscence work: From theory to application* (pp. 61 – 75). New York, NY: Springer Publishing Company.

Griggs, R. A., Koenig, C. S., & **Alea, N.** (2001). De-confusing the THOG problem: The Pythagorean solution. *The Quarterly Journal of Experimental Psychology*, 54, 921 – 933.

Woolard, J.L., **Alea, N.**, & Curry, L. (2001). *Healthy Families and home visiting as a community development strategy*. Clemson, SC: Clemson University Institute on Family and Neighborhood Life.

Under Review

Bluck, S. & **Alea, N.** (under review). Characteristics of Positive Autobiographical Memories in Adulthood: The Stuff of Which Memories are Made. *Memory*.

In Preparation

Bluck, S. & **Alea, N.** (in preparation). *A revised TALE: the self-reported uses of autobiographical memory in young and older adults*.

Alea, N., Vick, S. C., & Hyatt, A. (in preparation). What are you gabbing about? Memory content predicts the beneficial effects of guided autobiography. To be submitted to the *Journals of Gerontology: Series B: Psychological Sciences and Social Sciences*.

Scholarly Presentations

Symposia Chaired at Professional Meetings

Alea, N. & McLean, K. (August 2005). *Telling stories: The social contexts and functions of autobiographical remembering*. Co-chair of symposium presented at the 113th Annual Convention of the American Psychological Association, Washington, DC.

Papers and Invited Presentations

Alea, N., Bluck, S., & Baron, J. (July 2006). *Young and older adults' recollections of autobiographical and fictional events: Being cautious versus being wrong*. Paper presented at the 4th International Conference on Memory, Sydney, Australia.

Alea, N. & Bluck, S. (August 2005). *The social function of autobiographical memory in adulthood*. Paper presented in symposium, *Telling stories: The social context and functions of autobiographical remembering* (Co-chairs: Alea, N. & McLean, K), at the 113th Annual Convention of the American Psychological Association, Washington, DC.

Alea, N. & Bluck, S. (August 2005). *When does autobiographical memory foster intimacy?* Invited paper presented in symposium, *We were memory, we are memory, and we will be memory: Autobiographical memory, theory of mind, and implicit motives from cross-cultural and lifespan perspectives* (Chair: Bender, M.), at the 7th Regional Congress of the International Association of Cross-Cultural Psychology, San Sebastian, Spain.

Alea, N. & Bluck, S. (November 2003). *Intimacy function of autobiographical memory*. Paper presented in the symposium, *Functions of autobiographical memory* (Co-chairs: Diehl, M. & Bluck, S.), at the 55th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Bluck, S., Alea, N. & Rubin, D. C. (October 2003). *Why do we remember?* Paper presented at the 5th Biennial International Reminiscence and Life Review Conference, Vancouver, British Columbia, Canada.

Alea, N., Bluck, S., & Semegon, A. B. (July 2003). *Autobiographical narratives tell a different story: Emotional experience in two adult age groups*. Paper presented at the 5th biennial meeting of the Society for Applied Research in Memory and Cognition, Aberdeen, Scotland.

Posters

Vick, S. C., & Alea, N. (May 2006, under review). *Getting closer to intimacy: Different lifespan patterns of intimacy and its subcomponents*. Poster to be presented at the 18th American Psychological Society Convention, New York, New York.

Bluck, S. & Alea, N. (August 2006). *Remembering being me: The self-continuity function of autobiographical memory in young and older adults*. Poster to be presented at the 114th Annual Convention of the American Psychological Association, Washington, DC.

Sullivan, M., Haislip, J., Hyatt, A., Vick, S., & **Alea, N.** (March 2006). The benefits of guided autobiography: Does memory content matter? Poster to be presented at the 52nd Southeastern Psychological Association Conference, Atlanta, GA.

Bluck, S., Baron, J.M., & **Alea, N.** (August 2005). *Getting the gist: recalling autobiographical memory stories*. Poster presented at the 113th Annual Convention of the American Psychological Association, Washington, DC.

Sutton, A., Bluck, S., & **Alea, N.** (August 2005). *Age differences in the phenomenological characteristics of autobiographical memory*. Poster presented at the 113th Annual Convention of the American Psychological Association, Washington, DC.

Hyatt, A., Deaton, C., **Alea, N.** & Ardelt, M. (April 2005). *GABbing about life experiences: Exploring the benefits of participating in a guided autobiography (GAB) group*. Poster presented at the North Carolina Psychological Foundation Poster Session, Chapel Hill, NC.

Alea, N. & Bluck, S. (November 2004). *I'll keep you in mind: Personally significant autobiographical memories foster intimacy in relationships in adulthood*. Poster presented at the 56th Annual Scientific Meeting of the Gerontological Society of America, Washington, DC.

Bluck, S., **Alea, N.**, Habermas, T., & Rubin, D.C. (April 2003). *A TALE about the theoretical functions of autobiographical memory*. Poster presented at the 2003 Society for Research in Adult Development, Tampa, FL.

Alea, N. & Cunningham, W.R. (April 2002). *Help-seeking as a compensatory behavior*. Poster presented at the University of Florida Graduate Student Forum, Gainesville, FL.

Alea, N. (November 2001). *Help seeking on inductive reasoning problems: Age or ability?* Poster presented at the 54th Annual Scientific Meeting of the Gerontological Society of America, Chicago, IL.

Alea, N. & Cunningham, W.R. (August 2001). *Help-seeking as a compensatory behavior*. Poster presented at the 109th Annual Convention of the American Psychological Association, San Francisco, CA.

Griggs, R. A., Koenig, C. S., & **Alea, N.** (April 2001). *Elementary, My dear Wason: The case of the THOG problem*. Poster presented at the 14th Annual Florida Conference on Cognition, Language, Action, Sensation and Perception, Gainesville, FL.

Griggs, R., Koenig, C., & **Alea, N.** (March 2001). *De-confusing the THOG problem: The Pythagorean solution*. Poster presented at the Southeastern Psychological Association, Atlanta, GA

Alea, N., Cunningham, W. R., Harrell, J., & Wielgos, C. (August 1999). *A factor analysis of exercise*. Poster presented at the 5th World Congress on Physical Activity, Aging, and Sports, Orlando, FL.

Research Interests

Lifespan developmental psychology; successful aging

Overall research program involves social cognition across adulthood. Two major areas of research are related to this program:

- ***Quality of autobiographical memory***: Examines how adults of different ages remember life events: age differences and similarities in the phenomenological experience of autobiographical remembering.
- ***Function of autobiographical memory***: Examine how remembering, writing about, and sharing life experiences functions to promote well-being (i.e., lower depression, promote social relationships) in adulthood and late life in non-demented and demented older adults.

Ongoing Research Projects

Autobiographical memory and Alzheimer's disease: Memory quality and function

Project examining how the quality of autobiographical memories from four life periods (i.e., childhood, young adulthood, midlife, and the most recent years) changes over time in non-demented older adults and individuals with Alzheimer's disease.

Principal Investigator: Nicole Alea
Co-Investigator: Tony Puente, University of North Carolina Wilmington
Student Investigator: Alicia Hyatt, University of North Carolina Wilmington
Status: Data collection for non-demented older adult group partially complete.

Relationship-defining memories across the lifespan

Project examining the quality of relationship-defining memories in young, middle-aged, and older adult couples, and how such memories enhance or hinder marital satisfaction.

Principal Investigator: Nicole Alea
Co-Investigator: Jefferson Singer, Connecticut College
Student Investigators: Stephanie Vick & Renee Sanders, University of North Carolina Wilmington
Status: Study materials and interview protocol complete; data to be collected via online survey tool beginning July 2006.

Themes of agency and communion in young and older adults' memories

Project examining agentic and communal themes in young and older adults' memories about autobiographical and fictional events.

Principal Investigator: Nicole Alea
Student Investigator: Nicole Allegrino, University of North Carolina Wilmington
Status: Data collected. Content-coding for themes of communion complete and code development for themes of agency underway; coding to begin October 2006.

Teaching Interests

Introductory Courses

Introduction to Psychology
Research Methods

Developmental Psychology Courses

Lifespan Developmental Psychology
Psychology of Aging
Cognitive and Social Development in Adulthood and Late Life
Autobiographical Memory Across the Lifespan
Emotion in Adulthood and Late Life

Teaching Experience

Instructor

2005-2006	Lifespan Human Development: Undergraduate
2004-2006	Psychology of Aging: Graduate
2004-2006	Psychology of Aging: Undergraduate
1999	Introduction to Psychology
1999	Developmental Psychology Research Methods Lab
1997	Developmental Psychology Research Methods Lab

Teaching Assistant

2000	Adolescent Psychology; Professor: Dr. Jennifer Woolard
1997	Developmental Psychology; Professor: Dr. Jeff Farrar
1997	Developmental Psychology; Professor: Dr. Lauren Caldwell
1996	Introduction to Psychology; Professor: Dr. Robin West

Life Long Learning Courses

2005	<i>Telling the Tales of Life: A Guided Autobiography Group</i> , University of North Carolina Wilmington Life Long Learning Program: 6-week life story writing course for community adults which aims to foster psychological well-being
2002	<i>Guided Autobiography Group</i> , University of Florida Institute for Learning in Retirement: 8-week life story writing course for community adults which aims to foster psychological well-being

Mentoring

2005 - 2007	Master's committee chair: Stephanie Vick
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2004 - 2005	Master's committee member: Anelly Bure, Christine Engle, Lorraine Perry, Gabriel Salazar, University of North Carolina Wilmington
2006 - 2007	Undergraduate Honors' thesis committee chair: Renee Sanders
2004 - 2006	Directed Independent Studies (9 undergraduate students)

Student Accomplishments

2006	Janet Haislip, Williams Kowal Award: outstanding graduating senior continuing studies in basic psychology
2006	Janet Haislip, Alicia Hyatt, Marisa Sullivan, CSURF Undergraduate Research & Travel Awards, Chancellor's Office and the Honors Scholars Program, University of North Carolina Wilmington, Total: \$900
2006	Renee Sanders, Undergraduate Research Fellowship, Center for Support of Undergraduate Research and Fellowship (CSURF), and the University Research Committee, University of North Carolina Wilmington, Total: \$1000
2006	Stephanie Vick, Summer Research Program for Graduate Students, Graduate School Professional Development Program, University of North Carolina Wilmington, Total: \$1000.
2006	Stephanie Vick, graduate student, Travel Award for Graduate Students, University of North Carolina Wilmington Graduate School, Total: \$400

Professional Affiliations

American Psychological Society
 American Psychological Association
 Adult Development and Aging – Division 20
 Society for the Teaching of Psychology – Division 2
 Gerontological Society of America
 Society for Applied Research in Memory and Cognition

Service

Department

2005	Cognitive search committee, University of North Carolina Wilmington
2005 - 2007	Peer review committee (nominated by departmental faculty), University of North Carolina Wilmington
2005 - 2006	Psychology undergraduate curriculum development committee member, and co-chair of undergraduate awards development, University of North Carolina Wilmington
2002 - 2003	President, Institute on Aging Graduate Student Organization, University of Florida
2001	Student representative, Search Committee for Institute on Aging/Center for Gerontological Studies Director of Education, University of Florida

2000 - 2001 Student representative, Institute on Aging Research Participants and Outreach Committee, University of Florida

University

2005 - present University of North Carolina Speakers Bureau affiliate
2004 - 2005 Gerontology curriculum development committee member, University of North Carolina Wilmington
2000 Student representative, Subcommittee on Graduate & Professional Training, Center for Gerontological Studies, University of Florida

Professional

2006 Ad-hoc textbook reviewer, *Human Aging* (1st Ed) by Foos, P. W. & Clark, M. C. (2003), Boston, MA: Allyn & Bacon
2006 Ad-hoc reviewer, American Psychological Association, Division 20: Adult Development and Aging, Undergraduate Research Awards
2002 - 2005 Ad-hoc Reviewer, *Memory, Applied Cognitive Psychology, Journal of Personality Research, Cognition and Emotion*

Community Service

Professional Presentations

2006 *Bring Back the Memories* (March 2006). Solomon Towers, sponsored by UNCW Life Learning Programs, Contact: Karel Dutton.

2005 *Living Life Forward, but Remembering it Backwards: Autobiographical Memory and Aging*, Foster Grandparent Program, Lower Cape Fear Senior Center, Contact: Beth Wooten

2005 *So, You Want to Tell Your TALE*, Gresham Place, Contact: Cindy Shell.

2005 *Remembering Life Events*, Memory Assessment and Research Services, Contact: Julian Keith

2005 Presentation, *Living Life Forwards, but Remembering it Backwards*, Life Long Learning, University of North Carolina Wilmington, Plato Group

2005 Presentation, *Telling the Tales of Life: A Guide to Life Story Writing*, Brightmore Independent Living, Wilmington, NC

2003 Presentations, *In the beginning: Telling your life story*, The Villages Retirement Community & Senior Brunch at Gainesville Health and Fitness Center, Gainesville, FL

1998 Presentation, *Cognitive changes in adulthood and late life*, New Comers Club, Gainesville, FL

Personal Volunteer

- 2005 Planning committee member, *Senior Day at the Arboretum*, Wilmington, NC
- 2005 Student volunteer organizer and sponsor room committee member, *Capt'n Bill's "A Day to Remember" Volleyball Tournament* (October 2005), co-sponsored by the Wilmington Alzheimer's Association, Wilmington, NC
- 2001 - 2002 Team member, *Alzheimer's Association Memory Walk*, University of Florida Institute on Aging, Gainesville, FL

Media Recognition

- 2006 *Senior Outreach Scholars Program* OLLI Links: The Osher Lifelong Learning Institute Newsletter, University of North Carolina Wilmington.
- 2005 - 2006 *International, National, & Regional Collaborative Engagement: Psychology Department Promotes Student Learning Through Research*, The Magazine of the College of Arts & Sciences at the University of North Carolina Wilmington.
- 2005 *UNCW Adult Participant Pool*, UNCW Adult Scholars Leadership Program Newsletter
- 2005 *Do you Have a TALE to Tell? Life Story Writing*, Tides and Times, New Hanover County Senior Service Corps, Programs of the Corporation for National Service
- 2005 *Memories and Hope, Not All Lost in Aging Process*, University of North Carolina Magazine
- 2005 *The Scrapbook in Your Mind: Autobiographical Memory Preserves Scattered Pictures of Life Events*, CLASnotes, College of Liberal Arts & Sciences, University of Florida, Gainesville, FL

Professional Development

- 2005 Workshop: *Approaches to the Study of Development and Change: Growth Curve Modeling*, Department of Psychology, University of North Carolina Greensboro
- 2005 Workshop: *WebCT Introduction*, Information Technology Service Department, University of North Carolina Wilmington
- 2005 Speaker: *Bridging the Gap: Community Education in Gerontology*, Gerontology Program and Division for Public Service and Continuing Studies, University of North Carolina Wilmington
- 2005 Speaker: *Fostering Civic Engagement in College Classes*, Paul Rogat Loeb, Center for Teaching Excellence, Honors, and CLES, University of

	North Carolina Wilmington
2004	Workshop: <i>Increasing Student Motivation</i> , Center for Teaching Excellence, University of North Carolina Wilmington
2004	Workshop: <i>Microsoft FrontPage</i> , Technology Assistance Center Workshop, University of North Carolina Wilmington
2000	Human Research Subjects Certificate, National Institutes of Health
2000	<i>Teach In</i> , University Center for Excellence in Teaching conference, University of Florida
2000	Seminar: Professional Development, University of Florida
1999 - 2000	Seminars: Teaching of Psychology I & II, University of Florida
1998	Seminar: Issues in Responsible Research, University of Florida
1998	Seminars: Office of Instructional Resources, University Center for Excellence in Teaching, University of Florida