

Curriculum Vitae

Nicole Alea

Contact Information

Psychology Department
University of North Carolina Wilmington
601 S. College Road
Wilmington, NC 28403-5612
Office phone: 910-962-3377
Email: alean@uncw.edu

Employment

2004 – 2005 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. (under review). I'll keep you in mind: Using memory to enhance intimacy in relationships. *Personality and Social Psychology Bulletin*.

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.

In Preparation

Bluck, S. & **Alea, N.** (in preparation). *What memories are made of: phenomenological characteristics of positive autobiographical memories across adulthood*.

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

Marsiske, M., Margaret, J., & **Alea, N.** (in preparation). *Cognitive collaboration in older married couples: Exploring the negative side-effects of collaborative problem solving*.

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 to be 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

Social cognitive development across adulthood; age differences in everyday cognition in social contexts including:

Help-seeking as a compensatory mechanism
Social functions of autobiographical memory
Emotion in memory

Research Projects & Experience

- 2004 – present *Thinking About Life Experience Lab*, Lab Director.
Research lab at the University of North Carolina Wilmington, includes overseeing several ongoing projects (see below) and management of undergraduate and graduate research assistants.
- 2006 *Relationship-defining memories across the lifespan*.
Project examining the quality and function of young, middle-aged, and older adult couple's relationship-defining memories when memories are shared alone and collaboratively. Co-Principal Investigator: Jefferson Singer, Connecticut College.
- 2006 *Autobiographical memory and Alzheimer's disease: Memory quality and function*.
Project examining changes in the quality and social function of autobiographical memory in a demented and non-demented sample. Co-Investigator: Tony Puente, University of North Carolina Wilmington.
- 2005-2006 *Exploring the beneficial outcomes of Guided Autobiography: Role of memory content*.
Project examining if Guided Autobiography improves well-being in a group of older community-dwelling adults, and if the content of the memories shared during the group mediate outcomes. Co-Investigators: Monika Ardelt, University of Florida, and Stephanie Vick, University of North Carolina Wilmington.
- 2005-2006 *Remembering autobiographical events and narrative text passages: Adult age differences in gist, detail, and level of specificity*.
Project examining the content-coded gist versus detail-level of recall for young and older adult's memories for autobiographical events and fictional stories. Co-Principal Investigator: Susan Bluck, University of Florida. Co-Investigator: Jacqueline Baron, University of Florida.

- 2005-2006 *Phenomenology of memory in young and older adults' relationship stories.*
Project examining the quality of young and older adults' relationship memories using LIWC content-coding software. Co-Principal Investigator: Susan Bluck, University of Florida.
- 2005-2006 *Thinking About Life Experiences (TALE) questionnaire development II: Confirming the functions of autobiographical memory in young and older adult samples.*
Project examining the three theoretical functions of autobiographical memory in young and older adults. Responsibilities included data collection, analyses, and manuscript preparation. Principal Investigator: Susan Bluck, University of Florida.
- 2000-2004 *Life Story Lab, University of Florida, Lab Manager*
Responsibilities included managing undergraduate research assistants, honor's students' statistical analyses, overseeing data collection for several large research projects, and qualitative content-coding of memories. Lab Director: Susan Bluck.

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

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

Professional Service

2005	Cognitive search committee, University of North Carolina Wilmington
2005 - 2007	Peer review committee (nominated), University of North Carolina Wilmington
2004 - 2005	Master's committee member: Christine Engle, Lorraine Perry, Joanne Senick, University of North Carolina Wilmington
2005 - 2006	Psychology undergraduate curriculum development committee member, University of North Carolina Wilmington
2004 - 2005	Gerontology curriculum development committee member, University of North Carolina Wilmington
2004 - 2005	Invited reviewer, <i>Applied Cognitive Psychology, Journal of Personality Research</i>
2002	Ad-hoc Reviewer, <i>Memory</i>
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
2000	Student representative, Subcommittee on Graduate & Professional Training, Center for Gerontological Studies, University of Florida

Community Service: Publications & Presentations

2005	Presentation, <i>Remember Life Events</i> , Memory Assessment and Research Services speaker series, Wilmington, NC
------	--

- 2005 Presentation, *So, You Want to Tell Your TALE?* Gresham Place, Wilmington, NC
- 2005 University and community publication, *UNCW Adult Participant Pool*, UNCW Adult Scholars Program newsletter.
- 2005 Publication and presentation, *Do you Have a TALE to Tell? Life Story Writing*, in the New Hanover County Senior Center “Times & Tides” newsletter.
- 2005 Media interview for university publication, *Memories and Hope, Not All Lost in Aging Process*, University of North Carolina Magazine
- 2005 Media interview for university publication, *The Scrapbook in Your Mind: Autobiographical Memory Preserves Scattered Pictures of Life Events*, CLASnotes, College of Liberal Arts & Sciences, University of Florida, Gainesville, FL
- 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
- 2002 Instructor, Facilitator: Guided Autobiography Group, Institute for Learning in Retirement, Gainesville, FL
- 2001 - 2002 Team member, Alzheimer’s Association Memory Walk, University of Florida Institute on Aging, Gainesville, FL
- 1998 Presentation, *Cognitive changes in adulthood and late life*, New Comers Club, Gainesville, FL

Professional Development

- 2000 Human Research Subjects Certificate, National Institutes of Health
- 2000 *Teach In*, 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