

Biographical Sketch

Sarah Rose Cavanagh is a psychologist, professor, and Associate Director of the D'Amour Center for Teaching Excellence at Assumption College. She earned her bachelor's degree from Boston University and her doctoral degree from Tufts University, where she also completed a postdoctoral fellowship. Her research considers whether the strategies people choose to regulate their emotions and the degree to which they successfully accomplish this regulation can predict trajectories of psychological functioning over time. Her most recent research, funded by the Davis Educational Foundation, evaluates these questions in the context of learning in the college classroom. The results of this research will be shared in both traditional publication venues and a one-day symposium on social and emotional aspects of learning to be held in May 2019. Sarah's first book, *The Spark of Learning: Energizing the College Classroom with the Science of Emotion*, was published in 2016. Her second book, *HIVEMIND: The Power and Perils of Our Collective Social Selves*, will be published by Grand Central Publishing in 2019. She gives keynote addresses and workshops at a variety of colleges and regional conferences, blogs for *Psychology Today*, and writes essays for venues like *Darling* magazine and *The Chronicle of Higher Education*.