

CURRICULUM VITAE

University of Idaho

NAME: Lucas Joseph Youngvorst

DATE: 10/11/20

RANK OR TITLE: Assistant Professor

DEPARTMENT: Psychology and Communication

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WEB:

DATE OF FIRST EMPLOYMENT AT UI: 8/19/19

DATE OF TENURE: Untenured

DATE OF PRESENT RANK OR TITLE: 8/19/19

EDUCATION BEYOND HIGH SCHOOL:

- Ph.D.** University of Minnesota, Twin Cities (Minneapolis, MN)
Degree in: Interpersonal Communication, GPA: 4.0
Concentration: Social Support and Computer-Mediated Communication
Dissertation: *The Impact of Communication Modality on Verbal Person
Centered Supportive Conversations Between Friends*
Completed: 8/2018
- M.A.** Minnesota State University, Mankato (Mankato, MN)
Degree in: Interpersonal Communication, GPA: 4.0
Concentration: Communication Theory
Thesis: *Is Peer Health Education Healthy: Examining the Susceptibility of
Peer Educators to Emotional Contagion*
Completed: 5/2014
- B.A.** Gustavus Adolphus College (Saint Peter, MN)
Degrees in: Psychology and Biology, GPA: 3.33
Concentration: Social and Behavioral Psychology
Completed: 5/2012

EXPERIENCE:

Teaching, Extension and Research Appointments:

- 2019-present. Assistant Professor, Department of Psychology and Communication,
University of Idaho, Moscow, ID
- 2017-2019. Instructor, Communication Studies, Normandale Community College,
Bloomington, MN
- 2014-2018. Graduate Teaching Assistant, Communication Studies, University of
Minnesota, Minneapolis, MN
- 2012-2014. Graduate Teaching Assistant/Speech & Debate Coach, Communication Studies,
Minnesota State

Consulting:

- 2015-2018. Academic & Teaching Consultant. Advantage Testing, New York, NY
- 2014-2015. Public Speaking Consultant. Executive Speaking Inc., Minneapolis, MN

TEACHING ACCOMPLISHMENTS:

Areas of Specialization:

- Interpersonal Communication
Computer-mediated Communication
Social Support

Courses Taught:

COMM 233: Interpersonal Communication; *Spring 2020; on-campus format.*
 COMM 355: Organizational Communication; *Fall 2019, Spring 2020, Fall 2020; Spring 2021; online, on-campus, and hyflex formats.*
 COMM 453: Communication Theory; *Fall 2020; hyflex format*
 COMM 404: Computer-mediated Communication; *Spring 2021; hyflex format*

Students Advised:

2020-present: 9 students
 2019-2020: 4 students

Research Assistants:

2019-2020: 10 students

Courses Developed:

COMM 404: Computer-mediated Communication

Guest Lectures:

The Psychology of Supportive Communication. Guest Lecture in Survey of Psychology (Instructor: Ben Barton), University of Idaho, September 2019, February 2020, & August 2020.
Online and offline supportive communication. Guest Lecture in Interpersonal Communication (Instructor: Carol Bruess), University of St. Thomas, April 2017.
Online communication ethics. Guest Lecture in Communication Ethics (Instructor: Tara Wambach), University of Minnesota, March 2017.
Establishing research reliability and validity. Guest Lecture in The Process of Persuasion (Instructor: Ascan Koerner), University of Minnesota, September 2016.
What is emotion? Guest Lecture Prosocial Communication (Instructor: Susanne Jones), University of Minnesota, October 2014.

Non-credit Classes, Workshops, Seminars, Invited Lectures, etc.:

The influence of communication modality on verbal person-centered supportive conversations between friends. Presented at the 2018 Doctoral Research Showcase hosted by The Graduate School, University of Minnesota.
Contextual influences on interpersonal interactions: An affordance-based approach to computer-mediated supportive communication. Department of Communication Studies, University of Minnesota, December 2017.
Building social capital by cultivating emotional support among couples. Co-presented with Susanne Jones and Carly Danielson. Department of Communication Studies, University of Minnesota, March 2017.
The effect of compassion and empathy on supportive message production in close relationships. Co-presented with Susanne Jones and Carly Danielson. Department of Communication Studies, University of Minnesota, March 2015.

Honors and Awards:

2017 Karlyn Kohrs Campbell Graduate Student Teaching Award, Department of Communication Studies, University of Minnesota
 2015 Course Development Award, Department of Communication Studies, University of Minnesota

SCHOLARSHIP ACCOMPLISHMENTS:**Publications, Exhibitions, Performances, Recitals:****Refereed/Adjudicated:**

High, A. C., Buehler, E. M., & Youngvorst, L. (2019). Complexities of channel publicness and (in)effective support behaviors. To appear in N. L. Egbert & K. B. Wright (Eds.), *Social Support and Health in the Digital Age*.
 Jones, S. M. & Youngvorst, L. (2018). Mindful and supportive communication. In J. A. M. Velázquez & C. Pulido (Eds.), *The Routledge Handbook of Positive Communication*. London, UK: Routledge.

- Danielson, C. & Youngvorst, L. (2018). To tell or not to tell: Bullied students' coping processes and supportive communication. In R. West & C. Beck (Eds.), *The Routledge Handbook of Communication and Bullying*. London, UK: Routledge.
- Youngvorst, L. (2012). Sweat baby sweat: Redefining our preconceived notions of sweatshops. *Winning Orations*, 45-48.

Peer Reviewed/Evaluated: (i.e. journals, articles, proceedings, abstracts, etc.)

- Bodie, G. D., Jones, S. M., Youngvorst, L., Navarro, M., & Danielson, C. (2018). Mapping the terrain of person-centered supportive conversations. *Communication Monographs*, 85(4), 467-490. doi: 10.1080/03637751.2018.1501503
- Youngvorst, L., & High, A. (2018). "Anyone free to chat?" Using technological features to elicit quality support online. *Communication Monographs*, 85(2), 203-223. doi: 10.1080/03637751.2018.1426871
- Youngvorst, L., & Jones, S. M. (2017). The influence of cognitive complexity, empathy, and mindfulness on person-centered message evaluations. *Communication Quarterly*, 65(5), 549-564. doi: 10.1080/01463373.2017.1301508
- Cvancara, K., Youngvorst, L., Otto, V., & Brown, C. (2015). Testing role model's differential effect on use of aggressive compliance gaining strategies. *Communication Quarterly*, 64(1), 36-54. doi:10.1080/01463373.2015.1078829
- Outzen, C. P., Youngvorst, L., & Cronn-Mills, D. (2013). The next 50 years: Acknowledging problems, preparing solutions. *Speaker & Gavel*, 50(2), 33-45.

Other:

- Youngvorst, L. (2018). Examining presentational devices: Strategic maneuvering in Lipitor's direct-to-consumer drug advertising. In R. A. Lake (ed.). *Recovering Argument: Selected Papers from the Nineteenth NCA/AFA Conference on Argumentation*. Washington, D.C.: National Communication Association.

Under Review:

- Youngvorst, L. Is peer health education healthy for everyone?: Examining immediate and durable emotional contagion among peer health educators. Submitted to *Journal of Health Communication*.
- Acevedo Callejas, M. L., High, A. C., Youngvorst, L. The provision of supportive communication on social networking sites (SNS) through a Brunswick lens: The role of political affiliation, directness of support seeking, and modality on verbal person-centeredness. Submitted to *Journal of Communication*.

In Preparation:

- Youngvorst, L. & Jones, S. M. (Final Writing Stage). Explicating computer-mediated verbal person-centered supportive communication: Competing theories, competing predictions.
- Jones, S. M., Youngvorst, L., & Danielson, C. (Writing Stage). Testing an appraisal-based model of mindful supportive communication among couples. Pilot 1 ($N = 150$) completed summer 2014. Pilot 2 ($N = 216$) completed fall 2014. Pilot 3 completed fall 2016 ($N = 180$). Main study data collection completed fall 2016 ($N = 180$ couples).
- Youngvorst, L., & High, A. C. (Writing Stage). The influence of technological affordances on immediate and longitudinal well-being following verbal person-centered supportive conversations.
- Youngvorst, L., & Buehler, E. M. (Writing Stage). Self-presentational coping and computer-mediated supportive communication.

Refereed Conference Presentations:

- Youngvorst, L., High, A. C., & Buehler, E. M. (2019, November). *Appreciating the complexity of online support: Examining factors entangled with channel publicness when predicting (in)effective supportive behaviors*. Presented at the 2019 National Communication Association Conference, Baltimore, MA.
- Acevedo Callejas, M. L., High, A. C., Youngvorst, L. (2019, November). *The provision of supportive communication on social networking sites (SNS) through a Brunswick lens:*

- The role of political affiliation, directness of support seeking, and modality on verbal person-centeredness.* Presented at the 2019 National Communication Association Conference, Baltimore, MA.
- Youngvorst, L. (2018, November). *Explicating computer-mediated verbal person-centered supportive communication: Competing theories, competing predictions.* Presented at the 2018 National Communication Association Conference, Salt Lake City, UT.
- Youngvorst, L. (2018, November). *An affordance-based approach to online supportive communication.* Presented at the 2018 National Communication Association Conference, Salt Lake City, UT.
- Jones, S. M., Youngvorst, L., Danielson, C., & Bodie, G. D. (2018, November). *Cultivating supportive communication among couples.* Presented at the 2018 National Communication Association Conference, Salt Lake City, UT.
- Bodie, G. D., Jones, S. M., Youngvorst, L., Navarro, M., & Danielson, C. (2017, November). *Mapping the terrain of person-centered supportive conversations.* Presented at the 2017 National Communication Association Conference, Dallas, TX.
- Youngvorst, L., & High, A. (2017, May). *"Anyone free to chat": Using technological features to elicit quality support online.* Presented at the 2017 International Communication Association Conference, San Diego, CA.
- Youngvorst, L., & Jones, S. M. (2017, May). *The influence of cognitive complexity, empathy, and mindfulness on person-centered message evaluations.* Presented at the 2017 International Communication Association Conference, San Diego, CA.
- Youngvorst, L. (2017, May). *Is Peer Health Education Healthy for Everyone? Examining Immediate and Durable Emotional Contagion Among Peer Health Educators.* Presented at the 2017 International Communication Association Conference, San Diego, CA.
- Youngvorst, L., & High, A. (2016, November). *When Facebook "friends" act like friends: The role of nonverbal immediacy, support seeking, and contextual information on users' willingness to provide support.* Presented at the 2016 National Communication Association Conference, Philadelphia, PA.
- Youngvorst, L., & Koerner, A. F. (2016, November). *Two sides of the same coin?: Associating parenting styles and family communication patterns.* Presented at the 2016 National Communication Association Conference, Philadelphia, PA.
- Youngvorst, L. (2016, July). *Examining the peer educator: Resilience and the susceptibility to emotional contagion.* Presented at the 2016 International Association for Relationships Research, Toronto, Canada.
- Bruess, C. J., McDaniel, B. T., Drouin, M., & Youngvorst, L. (2016, July). *Couples' texting rituals: Associations with relational satisfaction, frequency of conflict, and frequency of sex.* (Poster Session presented at the 2016 International Association for Relationships Research, Toronto, Canada.
- Koerner, A. F., & Youngvorst, L. (2016, June). *Is parenting everything in family communication?: The association of parenting styles with family communication patterns.* Presented at the 2016 International Communication Association Conference, Fukuoka, Japan.
- Jones, S. M., Youngvorst, L., & Danielson, C. (2015, November). *The impact of compassion and empathy on supportive message evaluations: A randomized control trial.* Presented at the 2015 National Communication Association Conference, Las Vegas, NV.
- Pedelty, M., Youngvorst, L., & Hamilton, J. (2015, November). *Embracing dystopia, communicating opportunity: A musical experiment in environmental communication.* Presented at the 2015 National Communication Association Conference, Las Vegas, NV.
- Vickery, A., Danielson, C., Hewes, D., Bodie, G. D., Cannava, K., St. Cyr, K., Hatcher, L., Youngvorst, L., Navarro, M., & Jones, S. M. (2015, November). *Capturing conversationally induced reappraisals with the supportive conversation assessment rubric (SCAR): A prospective study.* Presented at the 2015 National Communication Association Conference, Las Vegas, NV.
- Pedelty, M., Youngvorst, L., & Hamilton, J. (2015, October). *Sustainability, the Musical: A Case-based Exchange of Ideas for Integrating the Arts, Popular Culture, and Creative Expression into Environmental Pedagogy, Research, and Service on Campus.* Presented at the 2015 Association for the Advancement of Sustainability in Higher Education conference, Minneapolis, MN.

- Youngvorst, L. (2015, August). *Re-covering presentational devices: Strategic maneuvering in Lipitor's direct-to-consumer drug advertising*. Presented at the NCA/AFA Conference on Argumentation, Alta, UT.
- Youngvorst, L. (2015, May). *Examining the peer educator: Emotional contagion within peer health education*. Presented at the 2015 International Communication Association Conference, San Juan, Puerto Rico.
- Youngvorst, L. (2013, April). *Elevating students as public advocates: Connecting public speaking to public advocacy*. Presented at the 2014 Central States Communication Association Conference, Minneapolis, MN.
- Youngvorst, L. (2013, August). *Disruptive definiendum: The dynamic definition of religion*. Presented at the NCA/AFA Conference on Argumentation, Alta, UT.

Competitive Panel Presentations

- Danielson, C. & Youngvorst, L. (2018, November). *To tell or not to tell: Bullied students' coping processes and supportive communication*. Panel presented at the 2018 National Communication Association Conference, Salt Lake City, UT.
- Youngvorst, L., & High, A. (2017, November). *Public versus private: The impact of public and private modalities on the provision of supportive messages online*. Panel presented at the 2017 National Communication Association Conference, Dallas, TX.
- Jones, S. M., Youngvorst, L., Danielson, C., Bodie, G. D., & Greene, R. W. (2017, November). *Building social capital by cultivating beneficial emotional support among couples: Introducing a support intervention program*. Panel presented at the 2017 National Communication Association Conference, Dallas, TX.
- Youngvorst, L., & Jones, S. M. (2016, November). *The influence of mindfulness on empathy and emotional contagion during supportive encounters*. Panel presented at the 2016 National Communication Association Conference, Philadelphia, PA.
- Vickery, A., Danielson, C., Bodie, G. D., Cannava, K., St. Cyr, K., Hatcher, L., Youngvorst, L., Navarro, M., & Jones, S. M. (2015, November). *Measuring the structure of supportive conversations across time: The supportive conversation assessment rubric (SCAR)*. Panel presented at the 2015 National Communication Association Conference, Las Vegas, NV.
- Youngvorst, L., Cvancara, K., Sobania, N., Karlsson, M., Hanks, A., Bouda, D., & Otto, V. (2013, November). *Metatheoretical Connections: Bridging the gap*. Panel presented at the 2013 National Communication Association Conference, Washington DC.

Professional Workshops:

- May 2017. Doctoral Consortium of the Communication and Technology division and the Mobile Communication interest group, International Communication Association Conference, San Diego, CA.

Grants and Contracts Not Awarded:

- PEACE Grant.** Project title: Mindfulness and Gratitude as Antidotes to Romantic Relationships Dissatisfaction: Toward a Model of Relational "Mindful-tude". Role: PI. Award: \$100,000. [completed March 2020]

Grants and Contracts Awarded:

2020. Conference & Professional Development Travel Grant (\$1,000), College of Letters, Arts, and Social Sciences, University of Idaho
2018. Doctoral Dissertation Fellowship (\$25,000), The Graduate School, University of Minnesota

Honors and Awards:

2018. Old Buffalo Award Fellowship, (\$4,000), Department of Communication Studies, University of Minnesota
2017. Scott, Jansen, and Campbell Graduate Fellowship (\$4500), Department of Communication Studies, University of Minnesota

SERVICE:

Major Committee Assignments:

- 2020-2021. Organizational Sciences Faculty Board, University of Idaho
- 2020-2021. Undergraduate Studies Committee, University of Idaho
- 2020-2021. Communication Studies Program, University of Idaho
- 2020-2021. Promotion and Tenure Committee, University of Idaho
- 2015-2017. Graduate Student Representative, *Nonverbal Division*, National Communication Association

Professional and Scholarly Organizations:

- 2018-2019. Assessment Committee, Normandale Community College
- 2018-2019. Department Review Coordinator, Normandale Community College
- 2015-2018. St. Thomas Undergraduate Communication Research Conference Liaison, Department of Communication Studies, University of Minnesota
- 2014-2018. Undergraduate Scholarship Review Committee Member, University of Minnesota
- 2014-2017. Executive Committee Member, Communication Studies Graduate Student Association, University of Minnesota
- 2012-2014. Executive Committee Member, Graduate Academic Committee, Minnesota State University, Mankato

Outreach Service:

- 2018. Interviewee, "Is social media doing enough to curb hate speech?" *Kare 11 News*, October 30. Available at <https://www.kare11.com/article/news/is-social-media-doing-enough-to-curb-hate-speech/89-609686778>
- 2016. Interviewee, "The impact of screens on student achievement and success." *Minnesota Daily*, April 22.
- 2016. Interviewee, "How not to text like a passive-aggressive Minnesotan." *Star Tribune*, February 17. Available at: <http://www.startribune.com/how-not-to-text-minnesotan/369128381/#1>
- 2015. Interviewee, "Texts ending in periods are less sincere." *Minnesota Daily*, December 14.

PROFESSIONAL DEVELOPMENT:

Teaching:

- 2015-2017. Writing-Enriched Curriculum Workshop. University of Minnesota.