

# Royette Tavernier, Ph.D.

*Department of Psychology*

*Wesleyan University*

*Judd Hall, Rm 106*

*Middletown, CT, 06457*

*Phone: (860)685-2760*

*Fax: (860)685-2761*

*[rtavernier@wesleyan.edu](mailto:rtavernier@wesleyan.edu)*

## PROFESSIONAL POSITIONS

2016- present **Assistant Professor of Psychology**, *Wesleyan University, Middletown, CT, U.S.A*

2014-2016 **Postdoctoral Fellow**, *Northwestern University, Evanston, IL, U.S.A*

## EDUCATION

2016 **Postdoctoral Fellowship**, *Northwestern University, Evanston, IL, U.S.A*

2014 **Ph.D. in Psychology (Lifespan Development)**, *Brock University, St. Catharines, ON, Canada*

2011 **M.A. in Child and Youth Studies**, *Brock University, St. Catharines, ON, Canada*

2009 **BSc. In Psychology (Honors)**, *Trent University, Peterborough, ON, Canada*

2006 **Associates Degree in General Liberal Arts**, *University of St. Martin, Philipsburg, St. Maarten*

2003 **General Certificate in Education**, *Dominica State College, Stockfarm, Dominica*

## AWARDS AND HONORS

### *Brock University*

2012-2015 **Vanier Canada Graduate Scholarship (CAD \$150,000.00)**

Purpose: To attract and retain world-class doctoral students and to establish Canada as a global center of excellence in research and higher learning.

2012 **Dr. Raymond and Mrs. Sachi Moriyama Graduate Fellowship (CAD \$4,000.00)**

**Graduate Student Association Funding Assistance Award (CAD \$200.00)**

**Annual Graduate Student Association Bursary**

**Faculty of Graduate Studies Bursary (CAD \$1,000.00)**

2011 **Distinguished Graduate Student Award – Child and Youth Studies (CAD \$100.00)**

**Dean of Graduate Studies Spring Research Fellowship (CAD \$3,000.00)**

### *Trent University*

2006-2009 **Trent International Global Citizenship Tuition Award (CAD \$68,000.00)**

Criteria: High academic achievement (top 5 in class), community and/or international service, excellent leadership, as well as an assessment of financial need.

2009 **David Morrison Award**

Presented to a graduating student in recognition of substantial involvement at Trent University and in the Trent International Program, and for genuine devotion to the ideals of internationalization.

2008 **Student Leadership Award (Psychology Society)**

Awarded to a student for significant involvement in campus activities, who demonstrates a strong commitment to the university.

*University of St. Martin*

2004-2006 **University of St. Martin Full Tuition Scholarship (U.S. \$12,000.00)**

Awarded to the winner of the First Annual Caribbean Public Speaking Competition, for the pursuit of an Associate's Degree at the University of St. Martin.

2006 **Academic Achievement Award for the Highest Grade Point Average**

Awarded to the student from the graduating class with the highest accumulated G.P.A.

## FELLOWSHIPS AND GRANTS

*Northwestern University*

2015 Foley Center Research Grant. "Dominica Strong: Stress, Coping and Resilience among Individuals who were Displaced Following Tropical Storm-Erika in a Caribbean Village." Tavernier, R., (PI), Adam, E.K. (co-PI). - \$10,000.00

## PUBLICATIONS (PEER-REVIEWED JOURNALS)

(\*indicates student trainee)

- Tavernier, R.,** Munroe, M\*, Willoughby, T. (2016). Perceived morningness-eveningness predicts academic adjustment and substance use across university but social jetlag is not to blame. *Chronobiology International*, 32, 1233-1245  
Doi: 10.3109/07420528.2015.1085062
- Tavernier, R.,** Choo, S. B., Grant, K., Adam, E. K. (2015). Daily affective experiences predict objective sleep outcomes among adolescents. *Journal of Sleep Research*, 25, 62-69. Doi: 10.1111/jsr.12338
- Tavernier, R.,** & Willoughby, T. (2014). A longitudinal examination of the bidirectional association between sleep problems and social ties at university: The mediating role of emotion regulation. *Journal of Youth and Adolescence*, 44, 317-330. Doi: 10.1007/s10964-014-0107-x
- Tavernier, R.,** & Willoughby, T (2014). Sleep problems: predictor or outcome of media use among emerging adults at university, *Journal of Sleep Research*, 23(4), 389-396. Doi: 10.1111/jsr.12132
- Tavernier, R.,** & Willoughby, T (2014). Are all evening-types doomed? Latent class analyses of perceived morningness-eveningness, sleep and psychosocial functioning among emerging adults. *Chronobiology International*, 31(2), 232-242. Doi: 10.3109/07420528.2013.843541
- Willoughby, T., **Tavernier, R.,** Hamza, C., Adachi, P.J.C., Good, M. (2013). The triadic systems model perspective and adolescent risk taking, *Brain and Cognition*, 89, 114-115. Doi:10.1016/j.bandc.2013.11.001
- Tavernier, R.,** & Willoughby, T (2013). Bidirectional associations between sleep (quality and quantity) and psychosocial functioning across the university years. *Developmental Psychology*, 50(3), 674-682. Doi:10.1037/a0034258.
- Willoughby, T., Good, M., Adachi, P.J.C., Hamza, C., & **Tavernier, R.** (2013). Examining the link between adolescent brain development and risk taking from a social-developmental perspective, *Brain and Cognition*, 83(3), 135-323. Doi:10.1016/j.bandc.2013.09.008
- Tavernier, R.,** & Willoughby, T. (2012). Adolescent turning points: The association between meaning-making and psychological well-being. *Developmental Psychology*, 48(4), 1058-1068. Doi: 10.1037/a0026326

## INVITED PRESENTATIONS

- Invited Speaker (May, 2016). “What’s in a Good Night’s Sleep: Implications for Psychological Functioning During Adolescence and Emerging Adulthood. Presented at NU Clinical, Personality and Health area Brown Bag. *Northwestern University, Evanston, IL.*
- Invited Keynote Speaker (June, 2015). University of St. Martin 21<sup>st</sup> Commencement Ceremony, *Philipsburg, St. Maarten.*
- Invited Speaker (January, 2015). “Meaning-making and psychological well-being: An exploration of factors that differentiate meaning-makers from non-meaning-makers within emerging adults’ turning point narratives. Presented at Foley Forum. *Northwestern University, Evanston, IL.*

## CONFERENCE PRESENTATIONS

- Tavernier, R., Heissel, J., Sladek, M., Grant, K., & Adam, E.** (2016, May). Time spent using technology and in-person with friends and family predict objective sleep outcomes among adolescents. Paper presented at the Association for Psychological Science conference, *Chicago, IL, U.S.A.*
- Tavernier, R., Adam, E.K. Kahn, J., Sasson, L., Kelter, J., Durgan, A.** (2016, May). Findings from a text-message intervention pilot study among high school students: Race effects. Paper presented at the Association for Psychological Science conference, *Chicago, IL, U.S.A.*
- Tavernier., Shah, S., Dorfman, S., Durgan, A., Bhai, S., Kanthawar, P., Adam, E.K.** (2016, May). Behavioral-emotional adjustment and objective sleep during adolescence: Costs of pro-social behavior. Poster presented at the Association for Psychological Science conference, *Chicago, IL, U.S.A.*
- Tavernier, R., Hostinar, C.E., Heissel, J.A., Grant, K. E., & Adam, E. K** (2016, March). Objective sleep hours and quality predict diurnal cortisol patterns and reactivity to a group social stress task. Paper presented at the biennial meeting of the Society for Research on Adolescence, *Baltimore, MD, U.S.A.*
- Tavernier, R., Shah, S., Dorfman, S., Kahn, J., Sasson, L., Kelter, J., & Adam, E.K.** (2016, March). Text-message intervention pilot study: Implications for adolescent sleep. Paper presented at the biennial meeting of the Society for Research on Adolescence, *Baltimore, MD, U.S.A.*
- Tavernier, R.,** Affective experiences and media use as a general coping strategy: Implications for adolescent sleep. (2015, August). Poster presented at the American Psychological Association conference, *Toronto, ON, Canada.*
- Tavernier, R., Willoughby, T.** (2015, May). A longitudinal examination of perceived morningness-eveningness in relation to academic adjustment and alcohol and marijuana use among university students: Social jetlag is not to blame. Poster presented at the Association for Psychological Science, *New York, NY, U.S.A.*
- Halamay, T., **Tavernier, R., & Willoughby, T.** (2015, May). Psychological well-being and emerging adults’ turning point narratives. Poster presented at the Canadian Psychological Association, *Ottawa, ON, Canada.*
- Halamay, T., **Tavernier, R., & Willoughby, T.** (2014, May). Emerging adults’ turning point narratives: An examination of psychosocial factors that differentiate between meaning-makers versus non-meaning-makers. Paper presented at the Canadian Conference on Developmental Psychology, *Ottawa, ON, Canada.*
- Tavernier, R., & Willoughby, T.** (2014, May). How our social ties during the day help us sleep better at Nights (and vice versa): The role of emotion regulation. Poster presented at the Canadian Conference on Developmental Psychology, *Ottawa, ON, Canada.*

- Tavernier, R., & Willoughby, T.** (2013, October). Bidirectional associations between sleep and psychosocial functioning among emerging adults across university. Poster presented at the biennial conference of the Society for the Study of Emerging Adulthood, *Chicago, Illinois, U.S.A*
- Tavernier, R., & Willoughby, T.** (2013, September). Are all evening-types really doomed? Morningness-eveningness, sleep, and psychosocial functioning. Paper presented at the annual Psychology In-House conference, Brock University, *St. Catharines, ON, Canada*.
- Tavernier, R., & Willoughby, T.** (2013, April). Sleep quality and intrapersonal adjustment across the first three years of university: The Role of 1<sup>st</sup>-Year Residence. Poster presented at the biennial meeting of the Society for Research in Child Development, *Seattle, Washington, U.S.A*.
- Tavernier, R., & Willoughby, T.** (2012, March). Concurrent and long-term associations between meaning-making and well-being within emerging adults' turning points. Poster presented at the biennial meeting of the Society for Research on Adolescence, *Vancouver, BC, Canada*.
- Tavernier, R., & Willoughby, T.** (2011, June). Turning points: The role of meaning-making on psychological well-being, academics and parental relationship quality among grade 12 adolescents. Poster presented at the annual convention of the Canadian Psychological Association, *Toronto, ON, Canada*.
- Tavernier, R., & Willoughby, T.** (2011, June). Prevalence of meaning-making and types of turning point events among grade 12 Adolescents. Poster presented at the annual convention of the Canadian Psychological Association, *Toronto, ON, Canada*.
- Tavernier, R., & Willoughby, T.** (2011, May). Meaning-making, turning points and psychosocial adjustment among emerging adults. Paper presented at the annual Psychology In-House conference, Brock University, *St. Catharines, ON, Canada*.

## TEACHING ACTIVITIES

### Undergraduate Courses Taught

- PSYC 343: Sleep and Psychosocial Functioning in Youth

### Teaching Positions

2003 – 2004    **High School Teacher (Math and English)**  
*Pierre Charles Secondary School, Grand Bay, Dominica.*

### Undergraduate Student Supervision

#### *Northwestern University*

Sahar Bhai (Role: Research volunteer supervisor)  
 Pooja Kanthawar (Role: Research volunteer supervisor)  
 Shalin Shah (Role: Research volunteer supervisor)  
 Sarah Dorfman (Role: Research volunteer supervisor)  
 Maria Marquez (Role: Research volunteer supervisor)  
 Abigail Durgan (Role: Research volunteer supervisor)  
 Caroline A. Gold (Role: Research volunteer supervisor)

*Brock University*

Trisha-Lee Halamay\*, 2013-2014. Emerging Adults' Turning Points Narratives: An Examination of Psychosocial Factors that Differentiate between Meaning-Makers versus Non-Meaning-Makers. (Co-advisor with Dr. Teena Willoughby)

Melanie Munroe\*, 2013-2014. Social Jetlag as a Moderator of the Relationship between Perceived Morningness-Eveningness and Psychosocial Adjustment. (Co-advisor with Dr. Teena Willoughby)

**PROFESSIONAL DEVELOPMENT****Certificates and Workshops completed***Brock University*

- 2013 Instructional Skills Workshop, Center for Pedagogical Innovation
- 2010 Teaching Assistant (Basic) Program in Teaching and Learning in Higher Education, Centre for Teaching, Learning and Educational Technologies
- 2010 'How to Write a Philosophy of Teaching Statement'
- 'Documenting your Teaching'
- 'Tips for TAs: Helping Your Students Study'
- 'RefWorks: Learn How to Help your Students Manage Citations and Improve Bibliographies'
- 2009 'Un/Civil Learning Community'
- 'Power in the Classroom: The Hidden Curriculum'
- 'Marking Madness: Tips and Tricks for Effective Grading'
- 'Ethical Dilemmas in TA-ing'

**OTHER SCHOLARLY ACTIVITIES****University Service***Northwestern University*

- 2016 Introduction to Latent Class Analysis in Mplus (Workshop Facilitator)

*Brock University*

- 2013 Graduate student (Ph.D.) representative – Psychology Department committee
- 2011 "Culture, Critique, and Community" symposium  
Chair, *Mapping the New Knowledges Conference*, Brock University
- 2011 Member of Psychology In-House Conference organizing committee

**Ad-Hoc Reviewer for:**

- Behavioral Sleep Medicine
- Cultural Diversity and Ethnic Minority Psychology
- Developmental Psychology
- Emerging Adulthood
- Journal of Paediatrics and Child Health
- Journal of Sleep Research

Personality and Social Psychology Bulletin  
Sleep Health

## **PROFESSIONAL MEMBERSHIPS**

American Psychological Association  
Association for Psychological Science  
Society for Research on Adolescence  
Society for Study of Emerging Adulthood

## **CROSS-CULTURAL AND COMMUNITY ENGAGEMENT**

2015 International Committee, Northwestern University Postdoctoral Forum  
2015 Rotary Volunteer Corps  
2012 Conversation Partner for English-as-a-Second-Language (ESL) students  
2012 Big Brothers Big Sisters In-School Mentor  
2010 ROOTS: Brock University African Caribbean Student Society (member)  
2010 “It’s a Small World” Conference: Celebrating Internationalization at Brock University (Presenter)  
2009 Resident Don, Trent University Department of Housing  
2008 In-Service Training Certificate Program: Leaders of Tomorrow Stream  
2008 Founder & Co-chair, Connecting Across Borders (C.A.B) @ Trent University  
2008 Peer Mentor, Trent University (Economics and Psychology)  
2008 Secretary, Trent African Caribbean Student Union, Trent University  
2007 Trent International Program Camp Volunteer  
2007 Publicity Committee Co-ordinator, World University Service of Canada (WUSC)  
2007 IMPACT Leadership Program (Peterborough Family Resource Center & Bright Futures –volunteer)  
2006 University of St. Martin Student Ambassador  
2005 Dominica Youth Award  
2004 Featured Guest Speaker at the Dominica National Youth Rally  
2004 Featured Speaker at Dominica Youth Skills Training Graduation Ceremony  
2004 Caribbean Community (CARICOM) Youth Ambassador  
2004 Peer Educator’s Camp (Jamaica)  
2003 Founder, After-school Hip-hop Dance Group for high school students  
2003 Director, Grand Bay Summer Day Youth Camp

