

# Royette Tavernier Dubar, Ph.D.

(Formerly Royette Tavernier)

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## Professional Positions

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2016- present	Assistant Professor of Psychology, Wesleyan University, <i>Middletown, CT, U.S.A</i>
2014-2016	Postdoctoral Fellow, Northwestern University, <i>Evanston, IL, U.S.A</i>
2003 – 2004	High School Teacher, Pierre Charles Secondary School, <i>Grand Bay, Dominica</i>

## Education

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2014	Ph.D. in Psychology (Lifespan Development), Brock University, <i>ON, Canada</i>
2011	M.A. in Child & Youth Studies, Brock University, <i>ON, Canada</i>
2009	BSc. in Psychology (Honors), Trent University, <i>ON, Canada</i>
2006	Associates Degree in General Liberal Arts, University of St. Martin, <i>St. Maarten</i>
2003	General Certificate in Education, Dominica State College, <i>Dominica</i>

## Fellowship and Grants

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2021	Wesleyan University Grants in Support of Scholarship. –“College Admissions and Psychosocial Adjustment” - \$4,500.00 ( <b>Awarded</b> )
2020	Society for the Study of Emerging Adulthood (SSEA) Small Grants Program. “ <i>Are We There Yet? An Exploration of Conceptualizations of Emerging Adulthood among 18-to-22-Year-Olds from Three English-speaking Caribbean Islands</i> ” - \$1,000.00 ( <b>Awarded</b> )
2020	Social Science Research Council (SSRC) Rapid-Response Research Grants 2020 – Covid-19 Initiative. “Sleep and Psychosocial Adjustment during Covid-19 Among College Students” - \$5,000.00 ( <b>Submitted – Not Awarded</b> )
2020	Wesleyan University Grants in Support of Scholarship. “Sleep and Psychosocial Adjustment during Covid-19 Among College Students” - \$5,000.00 ( <b>Awarded</b> )
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 ( <b>Awarded</b> )

## Awards and Honors

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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 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.

## Peer-Reviewed Journal Publications

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\*Wesleyan University undergraduate student co-authors

\*\*Wesleyan University graduate (BA/MA) student co-authors

Post-doctoral Fellow co-authors are underlined

17. Watkins, N.K., **Dubar, R.T.** (2022). Socio-demographic factors and COVID-19 experiences predict perceived social support and social media engagement among college students in the U.S." *Journal of American College Health*. DOI: [10.1080/07448481.2022.2082843](https://doi.org/10.1080/07448481.2022.2082843)
16. **Dubar, R.T.**, Watkins, N.K., \*Hill, G.C. (2021). Examining the direction of effects between COVID-19 experiences, general well-being, social media engagement, and insomnia symptoms among university students. *Emerging Adulthood*, Online First. 1-15. DOI: [10.1177/21676968211051161](https://doi.org/10.1177/21676968211051161)
15. \*\*Thomas, J. O., **Dubar, R.T.** (2021). Disappearing in the age of hypervisibility: Definition, context, and perceived psychological consequences of social media ghosting. *Psychology of Popular Media*.

14. **Tavernier, R.,** \*Hill, G.C., \*Adrien, T.V (2019). Be well, sleep well: An examination of directionality between basic psychological needs and subjective sleep among emerging adults at university, *Sleep Health*. DOI: <https://doi.org/10.1016/j.sleh.2019.02.007>
13. **Tavernier, R.,** \*Fernandez, L., \*Peters, R.K., \*Adrien, T.V., \*\*Conte, L., \*Sinfield, E. (2019). Sleep problems and religious coping as possible mediators of the association between tropical storm exposure and psychological functioning among emerging adults in Dominica. *Traumatology, 25*, 82-95. DOI: <http://dx.doi.org/10.1037/trm0000187>
12. Adam, E. K., Quinn, M. E., **Tavernier, R.,** McQuillan, M. T., Dahlke, K. A., & Gilbert, K. E. (2017). Diurnal cortisol slopes and mental and physical health outcomes: A systematic review and meta-analysis. *Psychoneuroendocrinology, 83*, 25-41.
11. **Tavernier, R.,** Heissel, J. A., Sladek, M. R., Grant, K. E., & Adam, E. K. (2017). Adolescents' technology and face-to-face time use predict objective sleep outcomes. *Sleep Health*,  
Doi: <http://dx.doi.org/10.1016/j.sleh.2017.04.005>
10. **Tavernier, R.,** & Adam, E. K. (2017). Text message intervention improves objective sleep hours among adolescents: The moderating role of race-ethnicity. *Sleep Health, 3*, 62-67.
9. **Tavernier, R.,** Munroe, M\*, Willoughby, T. (2015). 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
8. **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
7. **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
6. **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
5. **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
4. 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
3. **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.
2. 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
1. **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

- “Who gets to sleep best? An overview of barriers to, and facilitators of, good sleep among adolescents and emerging adults. (2021, December). Invited Talk: *Pickering Center for Research in Human Development, Carleton University* (Virtual presentation).

- “Psychosocial correlates of subjective sleep among college students during the COVID-19 pandemic”. (August, 2021). Young Investigator Invited Speaker, William C. Dement Sleep and Chronobiology Summer Research Apprenticeship Program. *Mary Carskadon’s Sleep Research Lab. Brown University.*
- “Sleep and athletic performance” (2021, April). Athletic Department, **Wesleyan University** (*Virtual presentation*).
- “Not all sleep is created equal: Investigating the psychosocial context of sleep among adolescents and emerging adults”. (2021, February). Developmental Science Seminar Series. **University of Massachusetts, MA, U.S.A.** (*Virtual presentation*)
- “Exploring the Psychological and Socio-cultural Context of Sleep Among Adolescents and Emerging Adults” (2020, March). Providence Sleep Research Interest Group (PSRIG) Seminar Series. Bradley Hospital Sleep Research Lab, **Brown University, Providence, RI, U.S.A**
- University of Connecticut’s Developmental Brownbag. “Sleep and Psychosocial Functioning in University: An Examination of Directionality and the Role of Chronotype” (2019, March). **University of Connecticut, Storrs, CT, U.S.A.**
- Yale Continuing Medical Education; State Sleep Lecture Series. “Sleep in Context” (2018, December). **Yale University School of Medicine, New Haven, CT, U.S.A.**
- NSM Faculty Talk. “Sleep in Context: The Role of Race-Ethnicity, Physical Activity, and Chronotype (2018, November). **Wesleyan University, Middletown, CT, U.S.A.**
- CIS 222: Research Frontiers in the Sciences II Guest Lecturer (2018, March). How can we improve sleep? Contextual factors in sleep intervention. *Wesleyan University, Middletown, CT, U.S.A.*
- Invited Feature Address at the Pierre Charles Secondary School’s Graduation Ceremony (2017, June). *Pierre Charles Secondary School, Geneva House, Grand Bay, Dominica.*
- Chemistry 120: Science and Humanity Guest Lecturer (2017, April). Technology use, sleep, and psychosocial wellbeing in adolescence. *Wesleyan University, Middletown, CT, U.S.A.*
- Psi Chi Induction Ceremony Guest Lecturer (2016, November). *Quinnipiac University, CT, U.S.A.*
- Invited Speaker (2016, May). “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 (2015, June). University of St. Martin 21<sup>st</sup> Commencement Ceremony, *Philipsburg, St. Maarten.*
- Invited Speaker (2015, January). “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 (Paper/Symposium)

*Wesleyan University undergraduate student co-authors are italicized*

Post-doctoral Fellows are underlined

**Dubar, R.T.** (2022, May). Family – Not Friend – Perceived Social Support Predicts Mental Health and Insomnia Symptoms Among Emerging Adults During the COVID-19 Pandemic. Symposium Chair: “For Better or Worse: Mental health in the Context of Interpersonal Relationships with Parents, Friends, and Spouses”. Association for Psychological Science, Chicago, IL

- Watkins, N.K., **Dubar, R.T.**, *Garcia, G.* (2022, May). Changes in Parent-Child Relationships Among First-Year College Students from Marginalized Communities During the COVID-19 Pandemic. Association for Psychological Science, Chicago, IL
- Watkins, N.K., **Dubar, R.T.**, *Greene, D.* (2021, November). Religious Coping in the Face of Negative Life Experiences: Implications for Life Satisfaction and Sleep among U.S. Emerging Adults. Society for the Study of Emerging Adulthood (Virtual).
- Dubar, R.T.**, Watkins, N.K., *Cetron, R.* (2021, November). Silver Linings: Insomnia, and Coping Strategies as Concurrent Predictors of Positive Adjustment to the COVID-19 Pandemic among College Students. Society for the Study of Emerging Adulthood conference (Virtual).
- Tavernier, R.** (2019, March). Sleep Behaviors and Interpersonal Stressors in University: An Examination of Bidirectional Associations. Society for Research on Child Development, Baltimore, MD.
- Tavernier, R.** (2019, March). University Students' Academic Functioning and Sleep Behaviors: An Examination of Directionality Across Two Semesters. Society for Research on Child Development, Baltimore, MD.
- Tavernier, R.**, & Hom, J. (2018, April). Day-to-Day variability in high-intensity physical activity and alcohol use predict sleep quality: Time of day effects. Society for Research on Adolescence, Minneapolis, MN
- 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. Association for Psychological Science, Chicago, IL.
- 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. Association for Psychological Science, Chicago, IL.
- 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. Society for Research on Adolescence, Baltimore, MD.
- 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. Society for Research on Adolescence, Baltimore, MD.
- 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. Canadian Conference on Developmental Psychology, Ottawa, ON, Canada.
- Tavernier, R.**, & Willoughby, T. (2013, September). Are all evening-types really doomed? Morningness-eveningness, sleep, and psychosocial functioning. Brock University's Psychology In-House conference, St. Catharines, ON, Canada.
- Tavernier, R.**, & Willoughby, T. (2011, May). Meaning-making, turning points and psychosocial adjustment among emerging adults. Brock University's Psychology In-House conference, St. Catharines, ON, Canada.

## Conference Presentations (Poster)

*Wesleyan University undergraduate student co-authors are italicized*

Post-doctoral Fellows are underlined

- Geary, S., **Dubar, R.T.**, *Watkins, N.K.* (2022, April). It wasn't a vibe: How emerging adults justify ghosting. Wesleyan University's Annual Psychology Poster Session. Middletown, CT.

- Han, T., **Dubar, R.T.**, Watkins, N.K. (2022, April). Sleeping away the blues: A longitudinal study on depression and sleep during COVID-19. Wesleyan University's Annual Psychology Poster Session. *Middletown, CT*.
- Garcia, G., **Dubar, R.T.**, Watkins, N.K. (2022, April). Narratives of change among emerging adults from marginalized identities: Perceived changes in relationships with mentors and parents during the COVID-19 pandemic. Wesleyan University's Annual Psychology Poster Session. *Middletown, CT*.
- Roberts, G., **Dubar, R.T.**, Watkins, N.K. (2022, April). Are your social media habits linked to your sleep? Wesleyan University's Annual Psychology Poster Session. *Middletown, CT*.
- Verghese, M., **Dubar, R.T.**, Watkins, N.K. (2022, April). Pregnant during the pandemic: pregnancy distress and COVID-19 stress in relation to current and anticipated subjective sleep quality. Wesleyan University's Annual Psychology Poster Session. *Middletown, CT*.
- Seldin, L., **Dubar, R.T.**, Watkins, N.K. (2022, April). Look on the bright side: Sleep, coping, and perceived social support as predictors of psychological well-being during the COVID-19 pandemic among emerging adults at college. Wesleyan University's Annual Psychology Poster Session. *Middletown, CT*.
- Maeyama, J., Greene, D., **Dubar, R.T.**, Watkins, N.K. (2022, April). "There's obviously something wrong. Let's fix it" Meaning-making narratives among college students from underrepresented groups. Wesleyan University's Annual Psychology Poster Session. *Middletown, CT*.
- Goldberg, G., **Dubar, R.T.**, Watkins, N.K. (2022, April). Relationship context – not status – linked to sleep among emerging adults during the COVID-19 pandemic.
- Dubar, R.T.**, Watkins, N.K., Cetron, R. McLoughlin, S., Maeyama, J., Genden, Z., Ueno, R., Greene, D. (2021, May). Not a Vicious Cycle: Problematic Social Media Use Predicts Insomnia Symptoms During the COVID-19 Pandemic Among Emerging Adults at College. Association for Psychological Science (Virtual).
- Greene, D., Genden, Z., Rodriguez, Y., Watkins, N.K., **Dubar, R.T.** (2021, April). COVID-19 Experiences and Financial Stress Predicts Insomnia Symptoms and Sleep Duration among Emerging Adults. Wesleyan University's Psychology Poster Session. *Middletown, CT*
- Ueno, R., Cetron, R., Seldin, L., Garcia, G., Limtrajiti, A., Watkins, N.K., **Dubar, R.T.** (2021, April). Associations Between Social Support and Well-being During the COVID-19 Pandemic: Bidirectional or Unidirectional? Wesleyan University's Psychology Poster Session. *Middletown, CT*
- Maeyama, J., Rechler, R. Greenberg, L., McLoughlin, S., Watkins, N.K., **Dubar, R.T.** (2021, April). Gender and Racial-Ethnic Differences in technology Use During the Pandemic Among Emerging Adults in College. Wesleyan University's Psychology Poster Session. *Middletown, CT*
- Maeyama, J., Rechler, R., Greenberg L., McLoughlin, S., Watkins, N.K., **Dubar, R.T.** (2021, April). COVID-19 Fear and Public Health Regulations: Who's Most Stressed and Who's Most Compliant? Exploring Gender and Racial Differences among College Students. Wesleyan University's Psychology Poster Session, *Middletown, CT*
- Dubar, R.T.**, Davis, L., Yousef, J., Hill, G.C., Phan, T., Yu, Denny. (2019, October). Sleep Problems, Drinking Motives, and Basic Psychological Needs: An Examination of Directionality of Effects Across Two University Semesters. Society for the Study of Emerging Adulthood, *Toronto, ON, Canada*.
- Aware, A., **Tavernier, R.** (2019, July). High-Intensity Physical Activity as a Predictor of Student Adjustment and Well-being at University. Summer Undergraduate Research in the Sciences, *Middletown, CT*

- Diep, S., **Tavernier, R.** (2019, July). Balancing Time, Social Life, and Stress at University: Associations with Sleep Behaviors. Summer Undergraduate Research in the Sciences, Middletown, CT
- Hill, G., **Tavernier, R.** (2019, July). Could Underlying Motives for Physical Activity Matter More than Actual Engagement in Physical Activity? Implications for Self-Esteem and Social Adjustment at University. Summer Undergraduate Research in the Sciences, Middletown, CT
- Adrien, T., **Tavernier, R.** (2019, April) "The World Isn't Our Own": Subjective Experiences from Tropical Storm Erika among Youth from Dominica. Wesleyan Psychology Poster Session, Middletown, CT
- Aware, A., Ganti, G., **Tavernier, R.** (2019, April). Put Your Phone Down, Get Your Mood Up: Nomophobia, Mental Health, and Sleep Problems in University. Wesleyan Psychology Poster Session, Middletown, CT
- Conte, L., Hill, Grant., Curnin, C., **Tavernier, R.** (2019, April). Know Your Sleep Status: Eveningness Chronotype and Sleep Problems Predict Greater Subjective-Objective Sleep Discrepancies. Wesleyan Psychology Poster Session, Middletown, CT
- Diep, S., Sanchez, H., **Tavernier, R.** (2019, April). What's Sexual orientation and Race Got to Do With It? Examining Multiple Domains of Psychosocial Adjustment at University. Wesleyan Psychology Poster Session, Middletown, CT
- Phan, T., Yu, D. **Tavernier, R.** (2019, April). Cash Moves Everything Around Me: Neighborhood Income and Psychosocial Adjustment at University. Wesleyan Psychology Poster Session, Middletown, CT
- Polk, M., Leeswadtrakul, V., **Tavernier, R.** (2019, April). Stress Mediates the Relationship Between High-Intensity Physical Activity and Sleep Problems Among University Students. Wesleyan Psychology Poster Session, Middletown, CT
- Sacotingo, M., **Tavernier, R.** (2019, April). Got Friends? Do Parental Relationship Quality and Social Ties at University Relate to Students' Psychosocial Functioning? Wesleyan Psychology Poster Session, Middletown, CT
- Thomas, J., **Tavernier, R.** (2019, April). "All of a sudden, he like stopped responding to my Snapchats": An Exploratory Study on the Definition and Perceived Psychological Ramifications of Social Media Ghosting. Wesleyan Psychology Poster Session, Middletown, CT
- Hill, G.C., **Tavernier, R.** (2019, March). Drinking Motives, Sleep, Procrastination, Impulsivity, and Mental Health in University: Assessing Directionality. Society for Research on Child Development, Baltimore, MD.
- Hill, G.C., **Tavernier, R.** (2018, July). Examining Directionality among Alcohol Use, Drinking Motives, and Basic Psychological Needs in a University-Aged Sample: A Cross-Lagged Model Approach. Summer Undergraduate Research in the Sciences, Middletown, CT
- Adrien, T.V., **Tavernier, R.** (2018, July). Concurrent Associations between General Coping Styles and Psychological Adjustment among Youth from Dominica following Tropical Storm Erika. Summer Undergraduate Research in the Sciences, Middletown, CT
- Maldonado, L., **Tavernier, R.** (2018, July). Tropical Storm Erika: Associations between Rumination and Psychological Adjustment among Caribbean Youth. Summer Undergraduate Research in the Sciences, Middletown, CT
- Tavernier, R., Adrien, T.V, Fernandez, L., Peters, R K.** (2018, April). From Storm to Recovery: Narratives of Adjustment Among Youth from Dominica Post-Tropical Storm Erika. Wesleyan Psychology Poster Session, Middletown, CT
- Tavernier, R., Conte L., Hill, G., Hom, J L.** (2018, April). Mental Health Mediates the Relationship between High-intensity Physical Activity and Daytime Dysfunction Among Emerging Adults at University. Wesleyan Psychology Poster Session, Middletown, CT

- Tavernier, R., Leete, J., Riedel, A., Maldonado, L.** (2018 April). Mindfulness Attention Awareness Predicts Better Sleep Quality Among Emerging Adults at University. Wesleyan Psychology Poster Session, Middletown, CT
- Tavernier, R., Konow, A., Thomas, J., and Vargas, G.** (2018, April) "Do You Fear Being Without Your Smartphone?" Implications for Sleep and Mental Health Among Emerging Adults at University. Wesleyan Psychology Poster Session, Middletown, CT
- Tavernier, R., Conte, L., & Hom, J., Adrien, T.V., Fernandez, L., Peters, R.** (2018, April). Later bedtimes and short sleep duration amplify the association between extraversion and psychological functioning. Society for Research on Adolescence, Minneapolis, MN.
- Tavernier, R., & Peters, R.** (2017, July). Posttraumatic growth and resilience buffer the negative impact of exposure to tropical storm Erika among youth in Dominica. Summer Undergraduate Research in the Sciences, Middletown, CT
- Tavernier, R., & Hom, J.** (2017, July). Poor sleep habits mediate the relationship between chronotype and mental health among emerging adults at university. Summer Undergraduate Research in the Sciences, Middletown, CT
- Tavernier, R., & Adrien, T.V.** (2017, July). Religious coping moderates the association between psychological adjustment post-tropical storm Erika and sleep problems among youth in Dominica. Summer Undergraduate Research in the Sciences, Middletown, CT
- Tavernier, R., & Conte, L.** (2017, July). Feeling stressed? Later bedtimes may be to blame if you're an extrovert. Summer Undergraduate Research in the Sciences, Middletown, CT
- Tavernier, R., Conte, L., & Wade, L.** (2017, May). Church attendance and religious coping moderate the association between storm exposure and sleep problems among emerging adults in Dominica. Association for Psychological Science, Boston, MA.
- Tavernier, R., Rubin, M., Brenner, N., Koomplee, T., Samy, L., & Footer, O.** (2017, May). Grit, resilience and sleep: The Moderating role of meaning-making among youth from Dominica following tropical storm Erika. Association for Psychological Science, Boston, MA.
- Tavernier, R., Lord, J., Brenner, N. D., Carty, M., Rothschild, D., & Hom, J.** (2017, April). "All the single ladies!" Differences in sexual activity, sleep problems, and motivations for physical activity among single and coupled university students. Poster presented at the Wesleyan University Psychology Poster Session, Middletown, CT
- Tavernier, R., Brenner, N. D., Carty, M., Hom, J., Lord, J., & Rothschild, D.** (2017, April). Physical activity and mental health among university students: Does being a student-athlete matter? Wesleyan University Psychology Poster Session, Middletown, CT
- Tavernier, R., Sinfield, E., Koomplee, T., Peters, R. K., & Lezhansky, L.** (2017, April). Chronotype differences in nomophobia, procrastination, and sleep among emerging adults at university. Wesleyan University Psychology Poster Session, Middletown, CT
- Tavernier, R., 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. Association for Psychological Science, Chicago, IL.
- Tavernier, R.** Affective experiences and media use as a general coping strategy: Implications for adolescent sleep. (2015, August). American Psychological Association, 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. Association for Psychological Science, New York, NY.



- 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.
- 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. 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. Society for the Study of Emerging Adulthood, Chicago, IL
- 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. Society for Research in Child Development, Seattle, WA.
- Tavernier, R.**, & Willoughby, T. (2012, March). Concurrent and long-term associations between meaning-making and well-being within emerging adults' turning points. 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. 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. Canadian Psychological Association, Toronto, ON, Canada.

## Teaching Activities

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### **Undergraduate Courses**

- PSYC 214: Research Methods in Sleep Research
- PSYC 248: Adolescence and Emerging Adulthood
- PSYC 343: Sleep and Psychosocial Functioning in Youth
- PSYC 386: Advanced Research in Sleep

### **Undergraduate Thesis Student Supervision**

*Wesleyan University*

- Genesis Garcia, B.A. (2021-22, Honors). Narratives of Change among Emerging Adults from Marginalized Identities: Perceived Changes in Relationships with Mentors and Parents during the COVID-19 Pandemic.

### **Graduate (Masters) Thesis Student Supervision**

*Wesleyan University*

- Leah Seldin (2021-22). Look on the bright side: Sleep, coping, and perceived social support as predictors of psychological well-being during the COVID-19 pandemic among emerging adults at college.
- Lauren Conte, M.A. (2018-19). Do you know your sleep? Correlates of subjective-objective sleep discrepancies among emerging adults at university.
- Jhanelle Thomas, M.A. (2018-19). Read: 2:47AM: An exploratory study on social media ghosting among emerging adults at university – definition, context, and perceived psychosocial implications.

- Jamie L. Hom, M.A. (2017-18). *Associations among sleep, physical activity, and psychosocial functioning among emerging adults at university: An examination of the moderating role of gender and athlete status.*

## Professional Development

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### Certificates and Workshops completed

#### Wesleyan University

- 2022 - Faculty Success Program – Alumni, National Center for Faculty Development and Diversity  
 2021 Faculty Success Program, National Center for Faculty Development and Diversity  
 2019 Multi-level Modeling: A Second Course (October 18 – 19), Philadelphia, Pennsylvania  
 2018 Professional Grant Development Workshop, *University of Connecticut, Storrs, CT*  
 2018 Salon on ‘Fear of Failure and Risk Aversion among Students’ (May 5)  
 2017 Faculty Active Learning Community, Center for Pedagogical Innovation, *Wesleyan University*

#### 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

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### University Service

- 2021- Faculty liaison to the Office of Equity and Inclusion, Wesleyan University  
 2021- Faculty Executive Committee, *Member*, Wesleyan University  
 2021- Tenure-Track representative for Div III, Wesleyan University  
 2021- Colloquium Committee, Department of Psychology, Wesleyan University  
 2020-2022 BA/MA Committee, Department of Psychology  
 2019-2022 Ad Hoc Committee for the Evaluation of Teaching  
 2018-2019 Psychology Ethics Committee  
 2018 Psychology Ethics Committee, *Alternate*  
 2018 Friends of Undergraduate Research Prize, *Judge*  
 2017-2019 Psychology representative to the Graduate Council  
 2017-2019 BA/MA Committee, Department of Psychology

2017 Clinical Search Committee, *Department of Psychology*

2016 PSI CHI Meet & Greet a Psychology Professor (2016) "Sleep Chat with Professor Tavernier"

**Editorial Board:**

- Sleep Health, *Associate Editor* (2021- present)
- Journal of Youth and Adolescence
- SLEEP Advances

**Ad-Hoc Reviewer for:**

- Behavioral Sleep Medicine
- Cultural Diversity and Ethnic Minority Psychology
- Developmental Psychology
- Emerging Adulthood
- Journal of Adolescent Health
- Journal of Educational Change
- Journal of Family Psychology
- Journal of Pediatrics and Child Health
- Journal of Sleep Research
- Learning and Individual Differences
- Nature and Science of Sleep
- Personality and Social Psychology Bulletin
- Psychology of Popular Media Culture
- Sleep Health

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**Professional Memberships**

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