

ALIA J. CRUM

Management Division
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ACADEMIC APPOINTMENTS

09/12 – present **Columbia Business School, New York, NY**

Adjunct Assistant Professor of Management
Postdoctoral Research Scholar

EDUCATION

09/06 – 08/12 **Yale University, New Haven, CT**

Ph.D., Clinical Psychology, 2012

Clinical Internship at the VA Connecticut Healthcare System (for completion of clinical licensure), September 2011 – August 2012

Dissertation Title: *Rethinking Stress: The Role of Mindsets in Determining the Stress Response*

Advisors: Peter Salovey (chair), Kelly Brownell, Doug Mennin, Susan Nolen-Hoeksema, Amy Wrzesniewski

M. Phil. and M.S., Clinical Psychology, 2009

09/01 – 06/05 **Harvard University, Cambridge, MA**

B.A., Psychology, Cum Laude with Highest Departmental Honors

Senior Thesis: *Think and Grow Fit: The Mind-Body Connection Between Exercise and Health*, Summa Cum Laude

Advisors: Ellen J. Langer (primary), Tal Ben-Shahar, Philip Stone

HONORS AND AWARDS

2011 Best Paper Proceedings; 2011 Academy of Management Meeting

- 2011 Organizational Behavior Division, Finalist for Academy of Management's William H. Newman Award (Best Paper Based on a Recent Dissertation)
- 2008 Whitebox Behavioral Grant, Yale School of Management, Yale University
- 2007 Research Acknowledged in The New York Times Magazine's "Year in Ideas"
- 2006 Harvard University Committee on Undergraduate Education (CUE) Certificate of Distinction in Teaching for "The Psychology of Leadership"
- 2006 Graduate Student Research Award: special interest group on Obesity, Association of Behavioral and Cognitive Therapies (ABCT)
- 2005 The Seymour E. and Ruth B. Harris Prize awarded to the most outstanding senior thesis in the social sciences at Harvard
- 2005 Thomas Temple Hoopes Prize awarded to the most distinguished theses at Harvard
- 2005 Gordon W. Allport Prize, co-recipient, awarded to the top two individuals in the field of psychology at Harvard University
- 2005 Harvard College Research Program (HCRP) Grant
- 2004-2005 Harvard Psychology Departmental Research Grant
- 2004 Harvard College Research Program (HCRP) Grant
- 2004-2005 National Scholar Athlete, Varsity Women's Ice Hockey, Harvard University

JOURNAL ARTICLES

- Crum, A., Salovey, P. & Achor, S. Rethinking Stress: The Role of Mindsets in Determining the Stress Response. (Revise and resubmit).
- Crum, A., Achor, S., Rothstein, J. & Salovey, P. Rethinking Stress: Changing Mindsets to Harness the Enhancing Effects of Stress. (Under review).
- Crum, A., Corbin, W., Brownell, K. & Salovey, P. (2011). Mind Over Milkshakes: Mindsets, Not Actual Nutrients, Determine Ghrelin Response, *Health Psychology* 30(4), 424-429.
- Crum, A. & Langer, E. (2007). Mindset Matters: Exercise and the Placebo Effect. *Psychological Science*, 18(2), 165-171.

WORKING PAPERS

- Shim, S., Crum, A., & Galinsky, A. God Grant me the Grace of Control: How Reflecting on What We Can Control Increases Subjective Well Being.
- Crum, A., Boulos, R., Brackett, M., Massey, C. & Salovey, P. Emotionally Intelligent Stress Perception: Higher Perceived Stress is Associated with Less Cortisol Reactivity in the Emotionally Skilled.
- Crum, A. Toward an Integrated Positive Psychology: Three Spheres of Perception.
- Rothstein, J., Crum, A. & Salovey, P. Stress Mindset and Standardized Testing.

CHAPTERS

Crum, A. & Lyddi, C. (in press). Mindfulness and Stress. In Langer, E., Ngunomen, C. & Le, A. *The Handbook of Mindfulness*. New Jersey: Wiley-Blackwell.

Crum, A. & Salovey, P. (in press). Emotionally Intelligent Happiness. In Boniwell, I. & David, S. *Oxford Handbook of Happiness*. Oxford: Oxford University Press.

Brackett, M., Crum, A. & Salovey, P. (2008). The Role of Emotional Intelligence in Positive Psychology. In Lopez, S. J. (Ed.) *The Encyclopedia of Positive Psychology*. London: Blackwell Publishing.

Crum, A. (2008). Well-being. In Keller, K. (Ed.) *The Encyclopedia of Obesity*. Thousand Oaks, CA: Sage Publishing.

Wharton, C. & Crum, A. (2008). Fitness. In Keller, K. (Ed.) *The Encyclopedia of Obesity*. Thousand Oaks, CA: Sage Publishing.

RESEARCH INTERESTS

My research focuses on how mindsets—the lenses through which information is perceived, organized, and interpreted—influence important outcomes such as work performance, interpersonal behavior, and physiological health. I am interested in how mindsets form and operate in objective and subjective reality, as well as the mechanisms through which mindsets influence behavioral, psychological, and physical outcomes. My research also investigates how mindsets can be consciously changed through intervention to affect organizational and individual performance, decision making, and interpersonal effectiveness.

TEACHING INTERESTS

- Organizational Behavior
- Negotiation
- Interpersonal Dynamics
- Emotional Intelligence
- Leadership Development
- Power and Politics

TEACHING EXPERIENCE

Interpersonal Dynamics Advanced Seminar (Spring, 2012; Yale School of Management). Co-facilitator with Heidi Brooks.

Power and Politics (Spring, 2010; Yale School of Management Executive Education Series). Teaching Fellow for Cade Massey.

Interpersonal Dynamics Advanced Seminar (Spring, 2010; Yale School of Management). Co-facilitator with Heidi Brooks.

Personality Psychology (Spring, 2010; Yale University). Teaching Fellow for Marc Brackett.

Emotional Intelligence (Spring, 2009; Yale University). Teaching Fellow for Marc Brackett.

Careers (Fall, 2009; Yale School of Management). Teaching Fellow for Amy Wrzesniewski.

Interpersonal Dynamics (Fall, 2008; Yale School of Management). Teaching Fellow for Heidi Brooks.

Science, Biology and Politics of Food (Fall, 2008; Yale University). Teaching Fellow for Kelly Brownell.

Abnormal Psychology (Spring, 2007; Yale University). Teaching Fellow for Susan Nolen-Hoeksema.

Introduction to Psychology (Fall, 2007; Yale University). Teaching Fellow for Marvin Chun.

The Psychology of Leadership (Spring, 2006; Harvard University). Teaching Fellow for Tal Ben-Shahar (Overall Evaluation: 4.6/5).

INVITED PRESENTATIONS

Rethinking Stress: Changing Mindsets to Harness the Enhancing Effects of Stress. Selected presenter for Academy of Management Conference (August, 2011). San Antonio, Texas.

Mind Over Milkshakes: Same Nutrients, Different Physiological Response. Selected presenter for American Psychological Association Annual Convention (August, 2009). Ontario, Canada.

Mindset Matters: Exercise and the Placebo Effect. Selected presenter for the 40th annual meeting of the Association of Cognitive and Behavioral Therapies (November, 2006). With Ellen Langer, Ph.D. Chicago, Illinois.

Think and Grow Fit: Unleash the Power of the Mind Body Connection. Invited lecturer for Aspen Given Foundation Lecture Series (January, 2006). Aspen, Colorado.

Think and Grow Fit: Unleash the Power of the Mind Body Connection. Guest presenter for Dr. Tal Ben-Shahar's class on Positive Psychology, Harvard University (April, 2006). Presentation on the mind-body connection between exercise and health. Cambridge, Massachusetts.

MEDIA COVERAGE - MAJOR OUTLETS

Wall Street Journal (2007; 2012); New York Times (2007, 2011); Boston Globe (2007, 2011); Oprah.com (2011); MSNBC (2011); Miller-McCune (2011); New Scientist (2011); LA Times (2007, 2011)

PROFESSIONAL AFFILIATIONS

2010 – Present	Academy of Management
2009 – Present	Society for Personality and Social Psychology
2008 – Present	American Psychological Association
2007 – Present	Association for Psychological Science

SERVICE

2008-2010	Chair, Colloquium Committee, Yale University
2007-2008	Member, Clinical Lunch Committee, Yale University
2007-2008	Member, Colloquium Committee, Yale University

REFERENCES

Peter Salovey, Ph.D., Provost

Chris Argyris Professor of Psychology
Yale University
P.O. Box 208365
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