

Curriculum Vitae

JUSTIN P. BOREN, PH.D.

Department of Communication • Santa Clara University

500 El Camino Real • Santa Clara, CA 95050

email: jboren@scu.edu • work: (408) 551-7057

www.JustinBoren.com

EDUCATION

Ph.D. • Organizational Communication • August 2010

Specializations: Quantitative Methods • Organizational Behavior • Communibiology

Hugh Downs School of Human Communication • Arizona State University

Dissertation: “The Impact of an Enacted Social Support Training Intervention on WorkLife Interaction, Stress, and Burnout in Working Adults.”

Committee: Dr. Jess Alberts (Chair), Dr. Kory Floyd, Dr. Marilyn Thompson

M.A. • Speech Communication • January 2005 • California State University, Long Beach

Thesis: “Coming out in the Workplace: The influence of Violations of Employees’ Expectations on Perceptions of Managerial Credibility and Affect.”

Committee: Dr. Mary McPherson (Chair), Dr. Patricia Kearney, Dr. Amy Bippus

B.A. • Speech Communication: Rhetorical Studies • August 2002

ACADEMIC APPOINTMENTS

2018 – Present • Faculty Associate • Santa Clara University, Faculty Development

2016 – Present • Associate Professor • Santa Clara University, Department of Communication

2010 – 2019 • Affiliate • Health Communication Research Lab., Christopher Newport Univ.

2010 – 2016 • Assistant Professor • Santa Clara University, Department of Communication

2006 – 2010 • Graduate Teaching Associate • Arizona State University

2006 – 2010 • Associate • Communication Sciences Laboratory, Arizona State University

2005 – 2006 • Adjunct Lecturer • California State University, Department of Communication

2002 – 2004 • Teaching Associate • California State University, Department of Communication

ACADEMIC HONORS, FELLOWSHIPS, AND AWARDS

Recognition for Scholarship

February 2018 • Top Four Paper in Organizational Communication • Western States

Communication Association annual meeting in Santa Clara, CA for the competitively-selected solo-authored paper: *Co-rumination suppresses the beneficial effects of social support on effort-reward and overcommitment among a sample of U.S. workers.*

February 2018 • The Top Paper in Interpersonal Communication • Western States Communication Association annual meeting in Santa Clara, CA for the competitively-selected paper: *Affectionate communication and testosterone*. I was part of a research team on this paper including members from Oregon State University and the University of Arizona. I also had two SCU undergraduate student co-authors on this paper.

January 2015 • Sage Publications Spotlight Video on Research:
Boren, J. P. (2014). The relationships between co-rumination, social support, stress, and burnout among working adults. *Management Communication Quarterly*, 26, 3-25. doi: 10.1177/0893318913509283. This recognition was given to researchers of highly-read/cited articles published in Sage Journals. I was asked to record a 10 minute video about the article for inclusion on the Sage website.

June 2013 • Top Paper in Organizational Comm. • International Communication Association
Presented at the annual meeting, London UK for the competitively-selected paper: *Worker co-rumination mediates the relationships between social support and stress and burnout*. Papers were first selected for the conference (~30% acceptance) and then the top-scoring papers were submitted to a panel of experts to select the top 4 papers in Organizational Communication.

February 2012 • Top Paper in Health Comm. • Western States Communication Association
Presented at the annual meeting, Albuquerque, NM for the competitive-selected paper: *Affectionate communication can suppress immunity: Trait affection predicts antibody titers to latent Epstein-Barr virus*.

November 2006 • Top Paper in Nonverbal Comm. • National Communication Association
Presented at the annual meeting, San Antonio, TX for the competitive-selected paper: *Synchrony and reciprocity of nonverbal behaviors between romantic partners during conflicts*.

November 2004 • The Top Paper in LGBTQ Studies • National Communication Association
Presented at the annual meeting, Chicago, IL for the competitively-selected paper: *Coming out in the workplace: The influence of norm violations on employees' perceptions of homosexual managers' credibility*. This paper was based on my MA thesis and was selected as the top paper (among all student and non-student papers) by the Caucus on LGBTQ Concerns.

Scholarships and Fellowships

September 2009 • Student Government Scholarship • Arizona State University
This scholarship was granted among ASU students (undergraduate and graduate) for their service to the university.

April 2009 • University Graduate Fellowship • Arizona State University
This was a competitively-selected fellowship for those with high research potential.

2008 – 2009 • Jeanne Lind Herberger Doctoral Fellow of Communication • Arizona State Univ.
This was a competitively-selected endowed fellowship by the Hugh Downs School of Human Communication

Recognition for Teaching

Spring 2010 • Continuing Excellence in Teaching • Arizona State University

March 2008 • Teaching Excellent Award • Arizona State University

September 2006 • Hugh Downs School Teaching Incentive Award • Arizona State University

Recognition for Service

September 2022 • Presidential Recognition for Service • Santa Clara University

I was awarded a Presidential Citation for Service by Santa Clara University during the University's annual award ceremony for my service on the University Coordinating Committee.

February 2020 • Presidential Citation for Service • Western States Communication Association

This award was granted to me for my service as the Finance Committee Chair for the association along with other related service.

February 2018 • Outstanding Publications Reviewer Award • Western Journal of

Communication • This award was for being one of four outstanding reviewers during the term of the prior editor (2014-2017).

November 2017 • President Citation for Service • National Communication Association

This award was given to me for my work as a member of the Task Force for Diversity for the association where I worked with NCA leadership to improve the governance documents for the association.

September 2010 • Founder's Award • ASU Graduate & Professional Student Association

This award is given to the person who has contributed the highest-level of service for ASU's Graduate and Professional Student Association

April 2008 • Excellence in Service Award • ASU Graduate and Professional Student Association

SCHOLARSHIP

Refereed Journal Articles (n = 17, student coauthors underlined)

Boren, J. P. & Veksler, A. E. (2023). The stress of nursing: Exploring communicatively restricted organizational stress (CROS), effort-reward imbalance, and organizational support among a sample of U.S. working nurses. *Journal of Occupational Medicine and Toxicology*.

- Veksler, A. E. & **Boren, J. P.** (2022). Communicatively restricted organizational stress (CROS) on campus: An exploratory investigation of stress and support among predominantly white university faculty. *Behavioral Sciences*, 12(9), 299-314.
<https://doi.org/10.3390/bs12090299> PMID: PMC9495506
- Boren, J. P.** & McPherson, M. B. (2018). Is coming out in the classroom still an occupational hazard? A replication of Russ, Simonds, and Hunt (2002). *Communication Studies*, 69(3), 242-250. <https://doi.org/10.1080/10510974.2018.1466719>
- Boren, J. P.** & Veksler, A. E. (2018) Co-rumination and immune inflammatory response in healthy young adults: Associations with Interleukin-6 and c-Reactive Protein. *Communication Research Reports*, 35(2), 152-161.
<http://dx.doi.org/10.1080/08824096.2017.1409619>
- Veksler, A. E. & **Boren, J. P.** (2017). Communicatively restricted organizational stress (CROS) II: Development and validation of the CROS-14. *Communication Methods and Measures*, 11, 137-149. <http://dx.doi.org/10.1080/19312458.2017.1299120>
- Floyd, K., Veksler, A. E., McEwan, B., Hesse, C., **Boren, J. P.**, Dinsmore, D. R., & Pavlich, C. A. (2017). Social inclusion predicts lower blood glucose and low-density lipoproteins in healthy adults. *Health Communication*, 8, 1039-1042.
<http://dx.doi.org/10.1080/10410236.2016.1196423>
- Borofka, K., **Boren, J. P.**, Ellingson, L. E. (2015). “Kind, sensitive, and above all honest”: A multi-method study of long-term cancer survivors’ quality of life and patient self-advocacy. *Communication Research Reports*, 32, 373-378.
<http://dx.doi.org/10.1080/08824096.2015.1089852>
- Riforgiate, S. E. & **Boren, J. P.** (2015). “I just can’t clean the bathroom as well as you can!”: Communicating domestic labor task equity-resistance and equity-restoring strategies among married individuals. *Journal of Family Communication*, 15, 309-329.
<http://dx.doi.org/10.1080/15267431.2015.1076421>
- Boren, J. P.** & Veksler, A. E. (2015). Communicatively restricted organizational stress (CROS) I: Conceptualization and overview. *Management Communication Quarterly*, 29(1). 28-55, <http://dx.doi.org/10.1177/0893318914558744>
- Floyd, K., Hesse, C., **Boren, J. P.**, & Veksler, A. E. (2014). Affectionate communication can suppress immunity: Trait affection predicts antibody titers to latent Epstein-Barr virus. *Southern Communication Journal*, 79, 2-13.
<http://dx.doi.org/10.1080/1041794X.2013.858178> [Lead Article]
- Boren, J. P.** (2014). The relationships between co-rumination, social support, stress, and burnout among working adults. *Management Communication Quarterly*, 28(1). 3-25.
<https://doi.org/10.1177/0893318913509283> [Lead Article]

- Boren, J. P.** (2013). Co-rumination partially mediates the relationship between social support and emotional exhaustion among graduate students. *Communication Quarterly*, 61(3), 253–267. <http://doi.org/10.1080/01463373.2012.751436>
- Boren, J. P., & Johnson, S. L.** (2013). Examining the relationships among peer resentment messages overheard, state guilt, and employees' perceived ability to use work/family policies. *Southern Communication Journal*, 78(2), 128–145. <http://doi.org/10.1080/1041794X.2012.736008>
- Boren, J. P. & Veksler, A. E.** (2011). The brain, nervous, endocrine, cardiovascular, and immune systems: A decade of research exploring biology and communication. *Communication Research Trends*, 30(4), 1 – 31.
- Boren, J. P. & McPherson, M. B.** (2009). The influence of being “out” in the workplace on perceptions of managerial credibility and affect. *Rocky Mountain Communication Review*, 6(2), 6- 17.
- Floyd, K., **Boren, J. P.**, Hannawa, A. F., Hesse, C., McEwan, B., & Veksler, A. E. (2009). Kissing in marital and cohabitating relationships: Effects on blood lipids, stress, and relationship satisfaction. *Western Journal of Communication*, 73(2), 113-133. <http://dx.doi.org/10.1080/10570310902856071>
- Bippus, A. M., **Boren, J. P.**, Worsham, S. (2008). Social exchange orientation and conflict communication in romantic relationships. *Communication Research Reports*, 25(3), 227-234. <http://dx.doi.org/10.1080/08824090802237584>

Refereed Book Chapters (n = 3)

- Veksler, A. E., **Boren, J. P.**, & Priem, J. (2020). Social support and physiology: Current trends and future directions. In K. Floyd & R. Weber (Eds.). *The handbook of communication science and biology*. Routledge. <https://doi.org/10.4324/9781351235587>
- Boren, J. P.** (2017). Social support. In C. Scott (Ed.), *The international encyclopedia of organizational communication*. John Wiley & Sons. <https://doi.org/10.1002/9781118955567> **Awarded best edited book in Organizational Communication, National Communication Association 2017**
- Boren, J. P. & Veksler, A. E.** (2017). Biology. In K. B. Jensen (Ed.), *The Wiley encyclopedia of communication theory and philosophy* (2nd ed.). John Wiley and Sons. <http://doi.org/10.1002/9781118766804>

External Grants

California Labor Lab • \$15,000 (not funded) – March 2025

Exploring Communicatively Restricted Organizational Stress (CROS) Among LGBTQ+ Tech Workers

National Institutes of Health • \$354,591 (not funded)

1R21AT009387-01 “RCT: Expressive Writing to Reduce Stress among Call Center Advice Nurses” Submitted March 2016 • Status: *Not Funded*

This is a grant for a two-year long study of call center advice nurses. The agency is the National Center for Complementary and Integrative Health.

Centers for Disease Control and Prevention / NIOSH • \$362,165 (not funded)

R21OH010850-01A1 “RCT: Expressive Writing to Reduce Stress Among Advice Nurse Call Center Employees” Submitted March 2015 • Status: *Not Funded*

This was a resubmission of an initial grant submitted in October 2014 for a two-year long randomized controlled study exploring stress in a sample of advice nurses.

Internal Grants

Dean’s Grant • Santa Clara University College of Arts & Sciences • \$2000 • August 2024

University Research Grant • Santa Clara University • \$5,000 • May 2022

Dean’s Grant • Santa Clara University College of Arts & Sciences • \$2000 • April 2022

Faculty-Student Research Assistant Award • Santa Clara University • \$1,000 • April 2019

Terry Research Grant • Santa Clara University • \$5,200 • July 2016

Faculty-Student Research Assistant Award • Santa Clara University • \$1,000 • April 2015

Junior Faculty Development Leave Award • Santa Clara University • \$5,000 • March 2014

Terry Research Grant • Santa Clara University • \$5,000 • 2013-2014

Dean’s Travel Grant • Santa Clara University • \$1500 • January 2013

Provost’s Research Summer Stipend • Santa Clara University • Summer 2012

Terry Research Grant • Santa Clara University • \$5,000 • 2011-2012

Technology Development Grant • Santa Clara University • \$5,000 • 2011-2012

Provost’s Research Summer Stipend • Santa Clara University • Summer 2011

Competitively-Selected Conference Papers (n = 24, student coauthors underlined)

Boren, J. P., Ackels, J., Balaguera, D., Fattore, C., & Schroeder, M. (2023, February). Far from Well-being: Associations Among Co-Rumination, Affection Deprivation, and Loneliness in a Sample of College Students. *Paper Presented at the Western States Communication Association Annual Convention*. Phoenix, AZ.

Veksler, A. E. & **Boren, J. P.** (2022, May). The stress of nursing: A two-study exploration of communicatively restricted organizational stress (CROS), effort-reward imbalance, and organizational support among working nurses. *Paper Presented at the International Communication Association’s annual convention*, Paris, France.

Boren, J. P. (2021, July*). Hugging is the social currency of Burning Man: Evaluating the associations between social isolation, social support, and affectionate communication among participants who attended a transformational festival. *Paper accepted for the International Association of Relationship Research convention*, London, United Kingdom. *NOTE: Conference Postponed due to COVID-19

- Boren, J. P.** (2018, February). Co-rumination suppresses the beneficial effects of social support on effort-reward and overcommitment among a sample of U.S. workers. *Paper Presented at the annual convention of the Western States Communication Association*, Santa Clara, CA. [**Top 4 Paper in Organizational Communication**]
- Hesse, C., Floyd, K., **Boren, J. P.**, Lee, J. M., Holland, C. F. (2018, February). Affectionate communication and testosterone. *Paper presented at the annual meeting of the Western States Communication Association*, Santa Clara, CA. [**The Top Paper in Interpersonal Communication**]
- Floyd, K., Veksler, A. E., McEwan, B., Hesse, C., Boren, J. P., Dinsmore, D., & Pavlich, C. (2016, June). Social inclusion predicts lower blood glucose and low-density lipoproteins in healthy adults. *Paper presented at the meeting of the International Association for Relationship Research*, Toronto, Canada.
- Boren, J. P.**, Veksler, A. E., Oviedo, A., & Katsura, M. (2014, November). Co-rumination and immune inflammatory response in healthy young adults: Associations with Interleukin-6 and c-Reactive Protein. *Paper presented at the annual meeting of the National Communication Association*. Chicago, IL.
- Veksler, A. E. & **Boren, J. P.** (2014, November). Communicatively restricted organizational stress (CROS) I: Conceptualization and overview. *Paper presented at the annual meeting of the National Communication Association*. Chicago, IL.
- Riforgiate, S. E. & **Boren, J. P.** (2013, November). "I just can't clean the bathroom as well as you can!" Communicating domestic labor task resistance and equity restoring strategies among married individuals. *Paper presented at the annual meeting of the National Communication Association*. Washington, D.C.
- Boren, J. P.** (2013, June). Worker co-rumination mediates the relationships between social support and stress and burnout. *Paper presented at the annual meeting of the International Communication Association*. London, U.K. [**Top 4 Paper in Organizational Communication**]
- Boren, J. P.** & Veksler, A. E. (2012, May). An exploratory study of communicatively-restricted organizational stress (CROS) II: Associations with organizational stress and elevated cholesterol. Paper presented at the annual meeting of the International Communication Association, Phoenix, A.Z.
- Boren, J. P.** (2011, November). The impact of an enacted social support training intervention on work-life interaction and stress in a sample of working adults. Paper presented at the annual meeting of the National Communication Association, New Orleans, LA.
- Floyd, K., Hesse, C., **Boren, J. P.**, & Veksler, A. E. (2012, February). Affectionate communication can suppress immunity: Trait affection predicts antibody titers to latent Epstein-Barr virus. Paper accepted at the annual meeting of the Western States Communication Association, Albuquerque, N.M. [**Top 4 Paper in Health Communication**]

- Veksler, A. E. & **Boren, J. P.** (2011, November). Some things are better left not unsaid: An exploratory study of the communicatively-restricted organizational stressor. Paper presented at the annual meeting of the National Communication Association, New Orleans, LA.
- Riforgiate, S. & **Boren, J. P.** (2011, February). Resistance and equity: Individuals' strategies to reallocate domestic tasks. Paper presented at the annual meeting of the Western States Communication Association annual Meeting, Monterey, CA.
- Boren, J. P.** (2009, November). Too much of a good thing? Co-rumination and the relationship between social support, stress, and burnout among graduate students. Paper presented at the meeting of the National Communication Association. Chicago, IL.
- Boren, J. P.** (2008, November). Without us the world would be lost: Institutional themes related to women's work life balance discourse. *National Communication Association Annual Meeting, San Diego, CA*
- Boren, J. P.** & Johnson, S. (2008, November). Factors Predicting Work/Life Balance Policy Use: Peer Resentment, Perceived State Guilt, and Job Burnout. *National Communication Association Annual Meeting, San Diego, CA*.
- Floyd, K., **Boren, J. P.**, Hannawa, A. F., Hesse, C., McEwan, B. & Veksler, A. (2008, November). Effects of romantic kissing on blood lipids, stress, and relationship satisfaction among healthy adults. *National Communication Association Annual Meeting, San Diego, CA*.
- Boren, J. P.** (2008, February). *Investigating fairness and communication about the division of domestic labor in same sex romantic partners*. Paper presented at the annual meeting of the Western States Communication Association, Denver, CO.
- Boren, J. P.** (2007). *Negotiating the Division of Household Labor in Same Sex Romantic Partnerships*. Paper presented at the annual meeting of the National Communication Association, Chicago, IL
- Dunbar, N., Bippus, A., Mejia, R., **Boren, J. P.**, Castro, P., Hairkul, V., Kahf, U., Mylott, K., Pfister, R. (2006, November). *Synchrony and reciprocity of nonverbal behaviors between romantic partners during conflicts*. Paper presented at the annual meeting of the National Communication Association, San Antonio, TX. **[Top 4 Paper in Interpersonal Communication]**
- Bippus, A. M., **Boren, J. P.**, & Worsham, S. (2005, February). *Social exchange orientation and conflict communication in romantic relationships*. Paper presented at the annual meeting of the Western States Communication Association, San Francisco, CA.
- Boren, J. P.** & McPherson, M. B. (2005, November). *Coming out in the workplace: The influence of violations of employees' expectations on perceptions of managerial credibility and affect*. Paper presented at the annual meeting of the National Communication Association, Boston, MA.

Boren, J. P. (2004, November). *Coming out in the workplace: The influence of norm violations on employees' perceptions of homosexual managers' credibility*. Paper presented at the annual meeting of the National Communication Association, Chicago, IL. **[Selected as the top paper in the Caucus on LGBTQ Concerns]**

Competitively-Selected Panel Presentations (n = 2)

Boren, J. P. (2011, February). Communicating socially-supportive work policies. In S. Riforgiate & H. Canary (Chairs), *Practicing policy: Understanding how communication informs, supports, and reinforces organizational community*. Symposium conducted at the annual meeting of the Western States Communication Association, Monterey, CA.

Boren, J. P. (2004, November). Instructional-related issues of gay and lesbian students. In S. E. Stone-Watt (Chair), *I'm not a feminist, but...* Symposium conducted at the annual meeting of the National Communication Association, Chicago, IL.

Invited Addresses and Colloquia (n = 11)

Sept. 2024 • Organizational health and communication: A state of the Art. Presentation delivered to the California Labor Lab.

May 2023 • Delivering difficult news and building effective teams. Presentation and training delivered to the San Jose Unified School District through Santa Clara University's Silicon Valley Executive Center

January 2020 • Social Support & Delivering Difficult News. Presentation and training delivered to Bay Area Univision through Santa Clara University's Silicon Valley Executive Center.

January 2019 • Nursing stress and communication • Talk delivered to UCSF School of Nursing

April 25, 2015 • We are all in this together! The communicative constitution of organizations, social support, and health • Keynote address to the Bay Area Undergraduate Communication Research Conference. • I was invited to be the key note speaker for the 7th annual undergraduate research conference held at Santa Clara University.

April 8, 2015 • Moving beyond "balance": Exploring work/life research, practice, and strategies. • Faculty Development Colloquium for Santa Clara University

April 3, 2014 • Communication, social support, and health • Lambda Pi Eta Speaker Series • Christopher Newport University, Newport News, VA • I was invited to give an address to the staff and faculty in the department of communication at Christopher Newport University.

March 7, 2014 • Stress and communication in the workplace – The state-of-the-art. • Occupational and Environmental Medicine Update • Sponsored by UCSF • This was a presentation to a group of 150 health practitioners and was a qualified American Medical Association CE program.

October 18, 2013 • Recognizing our past: Exploring institutional memory in a social organization. • Arizona State University's Graduate and Professional Association

Decennial Celebration and Colloquia • Tempe, AZ • I was invited to speak to ASU's graduate student organization during their 10-year anniversary.

March 28, 2013 • Research update on communication and health in organizations. • University of California at San Francisco Medical School • Occupational and Environmental Health Interdisciplinary Grand Rounds • I was asked to present to a group of medical students, nurses, residents, and faculty about my research related to communication and health at work.

Feb. 1, 2012 • Ethics and the expectations of gender: How should women and men negotiate when work/life roles change?" *Santa Clara University Ethics at Noon* • Sponsored by the Markkula Center for Applied Ethics at Santa Clara University • This was a panel discussion highlighting some of my research on division of household labor research and gender roles.

Non-academic Publications (n = 2)

Boren, J. P. (2015, August 7). Netflix's policy deserves praise. *San Francisco Chronicle*, p. A10. Available: <http://www.sfchronicle.com/opinion/openforum/article/Praise-due-for-Netflix-s-paid-parental-leave-6430010.php> [Op-Ed]

Boren, J. P. (2013, August 9). Resentment keeps family-leave policies unused Commentary: If co-workers complain, many won't take time off. Marketwatch.com (Wall Street Journal). Retrieved from: <http://www.marketwatch.com/story/resentment-keeps-family-leave-policies-unused-2013-08-09> [Op-Ed]

Media Appearances and Mentions (n = 7)

Sugar, R. (2015, August 6). Here's the biggest challenge faced by Netflix's new 'unlimited parental leave' policy – and how to make it work. *Business Insider*. [Interview and focus on research]. New York, NY. Available: <http://www.businessinsider.com/problems-with-netflix-unlimited-parental-leave-2015-8>

Von Bergen, J. M. (2013, October 17). Picking up the slack for a co-worker on leave. *Philadelphia Inquirer*. [Interview, quote, research focus]. Philadelphia, PA. Available: <http://www.philly.com/philly/blogs/jobs/Inq-Jobbing-Picking-up-the-slack-for-a-co-worker-on-leave.html>

Groenke, M. (2012, September 9). Reframing what it means to have balance. *United Press International*. [Interview, quote, and attribution] Washington, D.C. Available: http://www.upi.com/Business_News/Consumer-Corner/2012/09/09/Consumer-Corner-Reframing-what-it-means-have-balance/UPI-23191347179400/

Haelle, T. (2012, October 9). The balance beam: Prioritizing and managing your time. *Student Health 101* [Extensive interview, quote, and attribution]. Washington, D.C. Available: <http://readsh101.com/m/1012/09/cwc.html>

Boren, J. P. (Appearance). (2012, July 16). Marissa Mayer's decision to take minimal maternity leave from Yahoo. *Nonstop News California* [Television Series]. San Jose, CA: NBC Universal Bay Area. Video available: pending production release.

McAllister, S. (2012, March 13). Text, call, email, IM, Facebook, tweet and meet? Communication has become confusing. *San Jose Mercury News*. [Interview, quote, and attribution]. Available: http://www.mercurynews.com/news/ci_20157579/how-we-communicate-is-confusing

Boren, J. P. (Appearance). (2007, September 26). The wage gap: Who makes more and why? *Good Morning America* [Television Series]. New York: American Broadcasting Corporation.

EDITORIAL BOARD MEMBERSHIP & REVIEWS

Journal Editorial Board Membership

2022 – Present • *Journal of Occupational Medicine & Toxicology* • Editorial Board Member
2020 – Present • *Communication Reports* • Editorial Board Member
2016 – Present • *Communication Quarterly* • Editorial Board Member
2016 – 2023 • *Management Communication Quarterly* • Editorial Board Member
2013- 2020 • *Western Journal of Communication* • Editorial Board Member
2014 • *Communication Monographs* • Editorial board for special issue on physiology
2013-2016 • *Communication Studies* • Associate Editorial Board Member
2007-2010 • *Rocky Mountain Communication Review* • Editorial Board Member

Ad-hoc External Journal Reviews

September 2023 • *Southern Journal of Communication*
December 2021 • *Communication Quarterly*
February 2021 • *Journal of Social and Personal Relationships*
November 2017 • *Women & Language*
February 2017 • *Iowa Journal of Communication*
December 2016 • *Journal of Family Issues*
November 2016 • *Communication Quarterly*
May 2016 • *Communication Monographs*
February 2016 • *Emotion*
September 2015 • *Communication Quarterly*
May 2015 • *Journal of Social and Personal Relationships*
April 2015 • *Communication Quarterly*
January 2015 • *Management Communication Quarterly*
October 2014 • *Communication Quarterly*
February 2014 • *Communication Quarterly*
August 2013 • *Journal of Social and Personal Relationships*
February 2013 • *Management Communication Quarterly*
November 2012 • *Journal of Social and Personal Relationships*

June 2012 • *Journal of Social and Personal Relationships*
March 2007 • *Journal of Family Communication*

SCHOLARSHIP IN PROGRESS

Current Research and Academic Interests

Social Support • Co-rumination • Physiological and psychosocial Stress • Psychoendocrinology • Psychoimmunology • Organizational climate, culture change, and leadership • Communibiology • Communication and health • Work-life research • Division of household labor • Training and instruction within organizations • Interpersonal relationships & families • Conflict, negotiation, and mediation • Quantitative research methodologies • Statistics • Programming with R

Research Currently in Progress

UCSF Team of Researchers & **Boren, J. P.** (In Progress). Nursing stress and an intervention to alleviate stress among students enrolled in a nursing program. [Status: Final MS Preparation]

Boren, J. P. (In Progress). Associations among co-rumination, attachment security, and personality in a sample of working adults. [Status: Final MS Preparation]

Boren, J. P. (In Progress). The impact of working from home policies on Communicatively Restricted Organizational Stress. [Status: Final MS Preparation]

PROFESSIONAL AND ACADEMIC MEMBERSHIPS

2015 • Member, International Association for Relationship Research
2014 • Member, Health Psychology Division 38 of APA
2012 • Member (Elected), Society for Industrial/Organizational Psychology (Division 14)
2010 • Member, Society for General Psychology (Division 1 of the APA)
2010 • Member (Elected), American Psychological Association
2006 – 2010 • Member, Society for Human Resource Management
2004 • Member, National Communication Association
2003 • Life Member, Western States Communication Association

TEACHING

Teaching Experience

Santa Clara University

Sept. 2010 – Present

(note: old numbers listed in parenthesis)

COMM 4: Approaches to Communication Research

COMM 10(1): Social Interaction

COMM 100 (101): Quantitative Research Methods

COMM 113 (176A): Biology of Human Communication

COMM 119 (151A): Organizational Communication
COMM 121 (177A): Leadership & Communication
COMM 122 (153A): Communication Training and Development
COMM 123 (159B): Conflict, Negotiation, and Mediation in Organizations
COMM 126 (197): Dark Side of Communication
COMM 197: Senior Thesis (Topic: Organizational Cultures)
COMM 197: Senior Thesis (Topic: Organizational Communication Seminar)
COMM 197: Senior Thesis (Topic: Interpersonal & Organizational Seminar)

Arizona State University, Tempe, AZ

Aug. 2006 – Jul. 2010

COM 230: Small Group Communication
COM 250: Introduction to Organizational Communication
COM 300: Organizational Communication for non-majors
COM 308: Advanced Research Methods in Communication
COM 400: Special Topics in Organizational Comm.
COM 408: Adv. Quantitative Research Methods (Univariate Statistics) in Comm.
COM 450: Research and Theory in Organizational Communication
COM 453: Training and Development in Communication
COM 594: Communication and Health (seminar assistant to Dr. Floyd)
COM 691: Graduate Seminar in Conflict Resolution (seminar assistant to Dr. Alberts)

California State University, Long Beach, CA

Aug. 2002 – Aug. 2006

COMM 130: Public Speaking
COMM 132: Small Group Communication
COMM 220: Organizational Communication

Course Descriptions for New Courses Developed at Santa Clara University

COMM 113: The Biology of Human Communication

This course examines the ways in which human communication affects, and is affected by, processes that occur in our bodies. We first explore the basic anatomy of the human body as it relates to communication, including the brain, nervous system, facial musculature, endocrine system, cardiovascular system, and the immune system. Then, we will explore how those body systems are implicated in a range of communicative phenomena, including emotion, conflict, stress, burnout, interpersonal relationships, social structure, organizational culture, relationship satisfaction, and sexual behavior. Finally, we will explore the impact of innovative healthcare treatments that utilize communication interventions, including providing social support, human affection, and organizational development.

COMM 119: Organizational Communication

This course provides students with an introduction to the principles of communication in organizations. Specifically, the class will explore the role of communication in achieving organizational and individual goals, theory and practice of communication in organizations, and techniques to enhance understanding among individuals in organizations. A variety of organizations will be explored including corporations, small businesses, non-profits, and social/fraternal organizations. Practical application of contemporary theories will provide

students with the skills needed for successful communication in their current and future organizations. Topics will include the role of organizational culture, conflict management, work/life balance, human resource management, stress, globalization and the role of social justice in the contemporary organization.

COMM 121: Leadership and Communication

Leadership and Communication is an advance course designed to introduce students to principles of leadership in groups and organizations. In this course, we will explore how communication plays a pivotal role in effective leadership and management strategies. We will explore various theories of leadership, communication-related leadership variables, how leaders influence others, power dynamics and influence, the role of leaders in public discourse, ethics and leadership, leadership development, and how leaders respond to crisis. Students will spend time reflecting on their own leadership style as well as the leadership styles of others.

COMM 122: Communication Training and Development

Blending theory and practice, this course is designed for students interested in learning about communication training as a tool for organizational development. This course will expose students to the preparation, implementation, and evaluation of communication workshops, seminars, and training programs for a wide variety of organizations. In addition to instructional design, the course will focus on methods of teaching communication skills to adult learners and instruction and practice in conducting experiential activities. Further topics will include: Assessment of learning outcomes; evaluation and critique of training programs; proper use of presentation aids; challenges with training; using e-learning and online training delivery platforms; and the training profession.

COMM 123: Negotiation, Conflict Management, and Mediation in Organizations

The purpose of this course is to increase understanding of conflict and help build skills in managing conflict in various forms – interpersonal, group, and organizational. The course will be focused primarily on conflict and negotiation in organizations and this is a skills-development course. First, the course reviews conflict theories and approaches to conflict resolution. Using that as a framework, we explore the process of negotiation and learn negotiation skills. Finally, we explore alternative dispute resolution techniques, including mediation. Students in this course will practice communication conflict management and mediation skills in small in-class groups. The course also focuses on applied topics including negotiating a job offer, managing conflict between work groups, conflict and negotiation from a cultural and gender perspective, resolving conflict between supervisors and subordinates, whistleblowing and dissent, and using mediation skills to improve conflict resolution techniques. This class is especially useful for those students wishing to pursue a career in human resources or other managerial positions in organizations.

COMM 126: Dark Side of Communication. Not all communication is healthy and productive and scholars have long been fascinated with what happens when communication "goes wrong." This class will explore how communication can lead to problems in relationships, families, and organizations. The course will explore ways that dark and destructive communication can have detrimental effects on relationships. Exploration into the dark side will include topics such as jealousy, obsessive relational intrusion (stalking), infidelity, stress, burnout, unrequited love, social pain, exclusion, harassment, incivility, bullying, deception, and deceptive affection. The

main goal of the course will be to find ways to move from the dark to the light, as some of these dark side concepts have a bright side -- they help people understand themselves, their relationships, their workplaces, and their families even better. For dark side topics that do not have a bright side (e.g., stalking) the course will focus on how individuals might support others who have experienced these things. The course will also evaluate how these dark side topics have disproportionate effects on members of BIPOC, LGBTQIA+, and other marginalized communities.

COMM 197: Senior Thesis (Topic: Organizational Cultures)

Every organization has a culture. Many organizations have multiple co-cultures. Organizational culture is inherently a communication-based phenomenon. Humans have an inherent need to organize into groups that attempt to accomplish a common goal. When these groups form, a unique culture emerges that is representative of the individual members of the organization. With these assumptions in mind, this course will explore a variety of communication-enacted organizational cultures. These cultures typically set guidelines for acceptable behaviors, define the content of communication, and provide a framework for relationships between organizational members. We will explore the way that organizational stakeholders (members, workers, decision-makers, and outside forces) create, sustain, and challenge culture in their organizations by exploring a variety of different communicative antecedents to and consequents of organizational culture. Importantly, we will discuss how culture affects individual members including the impact of culture on communication, conflict management, work-life interaction, interpersonal relationships, stress, social support, health, socialization, assimilation, difference, and gender. As a class, we will explore a variety of organizations and their cultures through reading, discussing, and critiquing original research on culture. Students will prepare and collect data for an empirical research project and present their findings to a larger public audience.

COMM 197: Senior Thesis (Topic: Seminar in Organizational Communication)

Humans have an inherent need to organize into collectives that attempt to accomplish a common goal. In doing so, the collective constitutes an organization through the use of communication. In this course, we will take an in-depth exploration of organizations through the lens of communication. Specifically, we will explore how and why organizations are constituted, the benefits and pitfalls of organizing, and the impact of the organization on its direct and indirect stakeholders. We will read and discuss original research on organizational theory, development, and behavior. We will also explore contemporary organizational communication topics, including socialization, assimilation, identity, dissent, emotion labor, gender, work/life integration, bullying and abuse, mistreatment at work, teams and politics, humor, compassion, and positive organizational communication. Our goal as a class is to engage in an extensive discussion of these topics. The final capstone project will include an original data-drive research paper on organizational communication using either quantitative or qualitative methods and will be presented to a larger audience.

COMM 197: Senior Thesis (Topic: Interpersonal and Organizational Communication)

In this course, students will explore advanced topics in social interaction, human relationships, interpersonal, and organizational communication. This class will focus heavily on discussion around interpersonal and organizational communication topics, which will extend conversations started in other advanced courses. We will explore contemporary research and theory on topics

in interpersonal and organizational communication by reading, understanding, and critiquing original research in the discipline. The study of interpersonal communication focuses on relationships between individuals. Organizational scholars study how communication shapes the way that we organize. These two topic areas are related in some ways, but do have quite distinct research agendas. Our class will explore how communication scholars study interpersonal relationships and organizational communication from a variety of research methodologies, with a focus on the social sciences.

SERVICE

Service to the Discipline

Major Service to the National Communication Association

- 2020 – 2022 • Member, IDEA (Inclusion, Diversity, Equity, and Access) Strategic Planning Committee • National Communication Association.
In this role, I served as a member of a task force that was charged with developing a diversity (IDEA) strategic plan for the National Communication Association.
- 2017-2018 • Member, Executive Committee • National Communication Association
- 2016 – 2018 • Chairperson, Diversity Council • National Communication Association. •
In this role, I serve as the elected chair of a standing committee at NCA. This committee is comprised of representatives from NCA's various caucus and advises the Legislative Assembly and the Executive Committee on issues of diversity and inclusion. The committee also sponsors and administers a student travel grant program.
- 2011 – 2016 • Member, Affirmative Action & Intercaucus Council
- June 2014 • Executive Committee Task force on NCA Governance
- 2010 – Present • Elected Member of the Legislative Assembly • In this role, I serve as a representative to the governance body of the association. Legislative Assembly members are fiduciaries of the association. We meet as a board once per year (at the annual convention in November), but are active throughout the year to make necessary on-going decisions.
- 2012 – 2014 • Member, Resolutions Committee • In this role, I helped draft, refine, and modify public policy resolutions that were to be presented to the legislative assembly. This was a small committee that met virtually multiple times in the months leading up to a legislative assembly meeting.
- 2009 – 2010 • Immediate past chair & Awards Committee Chair for the Caucus on LGBTQ Concerns • In this role, I chair the committee that awarded the Randy Majors Memorial Award for Research and the Lambda Activism Award.
- 2008 – 2009 • Chairperson, Caucus on LGBTQ Concerns • I served as the chair of the caucus for this year.
- 2007 – 2008 • Vice Chairperson & Program Planner, Caucus on LGBTQ Concerns • In this role, I helped to program plan for the 2008 NCA Convention in San Diego, CA.
- 2005 – 2007 • Secretary, Caucus on LGBTQ Concerns • In this role, I served as the record-keeper for the Caucus. The caucus coordinates multiple competitively-selected panels each year along with awarding two national research and activism awards.

Other Service to the National Communication Association

- January 2015 • Paper reader for Caucus on LGBTQ Concerns
- January 2014 • Paper reader: GLBTQ Studies and Organizational Comm. Divisions.
- January 2013 • Paper Reader: Caucus on LGBTQ Concerns, GLBTQ Studies Divisions
- January 2012 • Paper reader: Caucus on LGBTQ Concerns, GLBTQ, and Organizational Communication Divisions
- January 2011 • Paper Reader: Org. Comm, Caucus on LGBTQ Concerns Divisions
- January 2010 • Paper Reader: Caucus on LGBTQ Concerns & GLBTQ Studies Divisions
- November 2010 • Panel Respondent, Caucus on LGBTQ Concerns
- November 2009 • Panel Chair, Caucus on LGBTQ Concerns

Western States Communication Association

- 2024 – Present • President
- 2023 – 2024 • President-elect and 2025 convention planner
- 2022 – 2023 • 1st Vice President
- 2019 – 2022 • Chairperson, Finance Committee
- 2018-2019 • Second Vice President
- 2015 • Member, B Aubrey Fisher Award Committee Member
- 2012 • Paper reader for Interpersonal Communication Division
- 2011 • Paper reader for Interpersonal Communication Division
- February 2007 • Respondent to panel on dark side of interpersonal communication

International Communication Association

- 2014 - Present • Paper reader for Organizational Communication Division
- 2013, June • Panel chair for Organizational Communication Division
- 2013 • Paper reader for Organizational Communication Division

University Service

Service to Santa Clara University

- 2023 – 2025 • LGBTQIA Action Task Force
- 2022 – 2025 • Chair, Governance Document Redraft Task Force
- 2020-2022 • Chair-elect & Chair, University Coordinating Committee
- Fall 2019 – Present • Faculty Associate, Faculty Development Program
- Fall 2018 – Spring 2019 • Member, Coding Working Group
- Fall 2018 – Winter 2020 • Member, Santa Clara University Human Subjects Committee
- Fall 2017 – Summer 2018 • Faculty Senate Online Forum Moderator
- Summer 2017 – Present • Arts & Humanities Grievance Committee Member
- Summer 2017 • University incoming student academic adviser
- Summer 2016 • University incoming student academic adviser
- 2016 – 2018 • Chair, University Task Force on Conflict Management • In this role, I am leading a group of faculty, staff, and administrators at the university to make recommendations to the university for the establishment of a university-wide conflict management and/or ombuds office.
- Fall 2015 – Spring 2016 • University Faculty Sustainability Liaison

- Summer 2015 • University incoming student academic adviser
- June 2015 • University Representative (with a team) to the Michigan Intergroup Dialogue Institute • This trip was funded by the Office of Diversity and Inclusion and the President's Office for a team of SCU faculty to bring back ideas on improving intergroup relationships on campus through dialogue.
- 2013 – Present • Human Subjects Committee Representative • In this role, I serve as a content area representative for the Social & Behavioral Sciences. I review exempt and continuing applications for research.
- 2014 – 2015 • Ignatian Faculty Forum Participant • Members of this forum meet once per month in the academic year to discuss teaching and research in the context of Jesuit philosophy and higher education.
- February 2015 • CAFÉ Teaching and Technology Presenter, SCU Faculty Development
- Summer 2014 • University incoming student academic adviser
- February 2014 • Served on a faculty development panel discussing student evaluation and assessment.
- February 2014 • Coordinated a campus-wide presentation by Dr. Kory Floyd from Arizona State University
- Summer 2013 • University incoming student academic adviser
- 2013 – 2015 • DARE (Diversifying Academia, Recruiting Excellence) Program participant for visits from Stanford University graduate students • I have participated in this program for 3 consecutive years
- February 2012 • Coordinated a campus-wide talk with Tevis Rose Trower, work/life balance coach and founder of Balance Integration Corporation
- 2011 – 2014 • University Work/Life Committee, Member • This committee met regularly to discuss university policies surrounding work/life concerns of the faculty.
- 2011 • Interdisciplinary social science laboratory group • I worked with a group of scholars (communication, psychology, marketing, economics) to develop a proposal for an interdisciplinary laboratory.

Service to Arizona State University

- 2009 – 2010 • President of the Graduate and Professional Student Association • In this role, I represented over 14,000 graduate students at ASU to the Arizona Board of Regents, University Administration, and the Arizona State Legislature. In this role, I served on a variety of committees including as an ex-officio member of the Academic Senate. I was responsible for a budget of over \$650,000 and a staff of 12
- 2009 – 2010 • Member of the Board of Directors & Chair of the Finance Committee, Arizona Students' Association • In this role, I represented the diverse needs of higher-education students in Arizona (roughly 120,000 at 4 universities). Part of my role was the develop a strategic plan for the association, oversee the hiring of a new executive director, and manage the budget of nearly \$750,000.
- 2009 – 2010 • Voting Member, Arizona State University Recreation Board of Governors • This committee was responsible for oversight of ASU's student athletic and recreation services.

- 2008 – 2009 • Vice President of Internal Affairs of the Graduate and Professional Student Association • My primary role was to provide grant opportunities to graduate students at ASU.
- 2008 • Member of the ASU Student Fee Allocation Board • My role was to see funding requests on behalf of student governments, student groups, and individuals who were requesting funding from the university fee.
- 2007 – 2008 • Director of Issues Research, Graduate & Professional Student Association
- 2007 – 2008 • Assembly Parliamentarian, Graduate & Professional Student Association
- 2006 – 2008 • Hearing Board Member, Arizona State University • This committee was responsible for hearing cases of academic integrity violations

Department Service

Service to Santa Clara University's Department of Communication

- Summer/Fall 2019 • Chair, hiring committee for Tenure Track Search in Social Media •
- 2018-Present • Advising Coordinator
- 2018 • Presented at preview days
- 2017 – Present • Chair, Department Governance Committee
- 2017 • Member, Department Evaluation Committee for Tenure Track FAR
- 2016 • Member, Department Evaluation Committee
- 2015 – 2016 • Chair, hiring committee for Tenure Track Line in Strategic Communication
- March 2015 • Peer observation of Dr. Andrew Ishak's (lecturer) class.
- March 2015 • Member, Department Awards Committee
- 2014 – 2016 • Member, Department Budget Committee
- 2011 – 2016 • Adviser, Theta Rho Chapter of *Lambda Pi Eta* • In this role, I am the adviser to the communication honor society. As the adviser, I help the students in program planning, budgeting, and activities. The association also hosts the annual department awards banquet, to which I play a significant role in planning and organizing.
- April 2015 • Preview Day Representative
- 2013 – 2015 • Committee Member, Major review committee for program review • As part of our department's program review, I served on the committee that reviewed the goals and objectives of the major.
- 2013 – 2014 • Member, McLoughlin Grant Awards Committee
- Winter/Spring 2012 • Member, Faculty Hiring Committee for Renewable Term Lecturer in Public Speaking Line.
- 2011 – 2013 • Working with the department chair, I helped coordinate a forum for students who may be interested in graduate school

Service to the Hugh Downs School of Human Communication, Arizona State University

- 2009 – 2010 • School Pandemic Planning Committee
- February 2008 • Welcome Weekend Assistant Coordinator
- 2006 – 2008 • School PhD Association, Organizational Communication Coordinator

Relevant Community and Other Service

2022-2024 • Treasurer • Santa Clara County Human Rights Commission
2020-2022 • Vice Chairperson • Santa Clara County Human Rights Commission
2019 – Present • Member, Occupational Health Nursing Advisory Committee • Department of Nursing • University of California, San Francisco
2018-2020 • Chair • Santa Clara County Human Rights Commission
2017-Present • Commissioner, Santa Clara County Human Rights Commission
November 2014 • Precinct Inspector, Santa Clara County • Gubernatorial Election
June 2014 • Precinct Inspector, Santa Clara County • Gubernatorial Primary Election
November 2012 • Precinct Inspector, Santa Clara County • Presidential Election.
November 2010 • Precinct Inspector, Santa Clara County • State Gubernatorial Election

LICENSES AND CERTIFICATIONS

June 2020 • Certified Plan Fiduciary Advisor (CPFA), National Association of Plan Advisors
May 2008 • Community Mediation Certification, State of Arizona 40 Hour Requirement
July 2003 • Registered Principal License (Series 26), Financial Industry Regulatory Association
August 1999 • California Life, Health, and Disability Insurance License
July 1999 • Registered Representative Licenses (Series 7, 63, & 65), Financial Industry Regulatory Association. (Formerly National Association of Securities Dealers)

PRIVATE INDUSTRY EXPERIENCE

2001 – 2006 • Branch Manager & Chief of Compliance • Lagos Wealth Advisors • Orange, CA
1999 – 2001 • Investment Specialist • APD Financial • Torrance, CA
1998 – 2002 • Co-Founder, Creative Lucidity, Inc.

NON-PROFIT BOARD EXPERIENCE

2021- Present • Something Queer Music and Arts Collective • Co-Founder • San Francisco, CA
2017 – Present • Western States Communication Association
2017 – 2018 • National Communication Assoc. • Executive Committee • Washington, DC
2010 – 2017 • National Communication Assoc. • Legislative Assembly • Washington, DC
2009 - 2010 • Arizona Students' Association • Board Member • Phoenix, AZ