

# Anais Alexandra Ortiz

Department of Psychology, University of Florida

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## EDUCATION

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- Ph.D.**                    **University of Florida**, Expected 2026  
Social Psychology  
Committee: Gregory Webster (Chair), Roberto Abreu, Raelene Crandall, James Shepperd
- M.S.**                    **University of Florida**, 2023  
Social Psychology  
M.S. Thesis: *Missed Opportunities: Does Underestimating Meaning Preclude Participation in Transformative Experiences?*  
Committee: Erin Westgate (Chair), James Shepperd, Peter Kvam
- B.A.**                    **University of Pennsylvania**, 2013  
History of Art, Hispanic Studies  
*Cum laude*
- University of Seville**, 2013  
History of Art, Hispanic Studies
- Non-Degree**            **University of Algarve (Portugal)**, 2024-2025  
Visiting Researcher – Centre for Tourism, Sustainability, and Well-Being
- George Mason University**, 2019 - 2020  
Psychology (12 credits)

## HONORS AND AWARDS

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- 2024-2025    **Foreign Language Area Studies Fellow (Portugal; Declined)**, UF Center for European Studies
- 2024            **Graduate Student Travel Award**, University of Florida Center for European Studies
- 2024            **College of Liberal Arts and Sciences Graduate Student Travel Award**, University of Florida
- 2024            **Graduate Student Teaching Assistant Award Nominee, Psychology**, University of Florida
- 2024            **Foreign Language Area Studies Summer Fellow (Portugal)**, UF Center for European Studies
- 2024            **Summer School Graduate Fellow**, European Association for Social Psychology (EASP/SPSP)
- 2023            **Mellon/ACLS Dissertation Innovation Fellowship (Applied)**
- 2023            **Fulbright U.S. Student Study/Research Fellowship (Portugal; Applied)**
- 2022-2023    **Department Travel Award**, Psychology, University of Florida
- 2022-2023    **Graduate Student Council Travel Grant**, University of Florida
- 2022            **Diversity Graduate Travel Award**, Society for Personality and Social Psychology (SPSP)
- 2021            **Cleveland State University Diversity in Existential Psychology Registration Award**, Society for Personality and Social Psychology (SPSP)

## **PUBLICATIONS**

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**Ortiz, A.**, Goold, A. & Zhang, J.W (2023). Self-Compassion, Personal Improvement, and Motivation. In *Handbook of Self-Compassion* (pp. 201-211). Cham: Springer International Publishing.

## **CONFERENCE TALKS**

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**Ortiz, A.**, Westgate, E.C., Lin, Y., Heintzelman, S., Jiang, C., Prokosch, M., El Helou, G., Buttrick, N.R., Cardenas, N., Kim, H. & (2021). Underestimating meaning. Keynote symposium presented to the Annual Convention for the Society for Southeast Social Psychologists (SSSP).

## **CONFERENCE POSTERS**

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*\*Denotes joint first authorship*

*+ indicates undergraduate collaborator/mentee*

**Ortiz, A.**, Westgate, E.C., Horton, M.+ , Brown, R.+ , Vemugunta, V.+ (2024). Choosing to Change Your Life: The Who, How, and Why of Transformative Experiences. Annual Convention for the Society for Personality and Social Psychology (SPSP), San Diego, CA.

Horton, M.+ , **Ortiz, A.**, Westgate, E.C. (2024). Accepting and Appreciating Growth: Psychological Flexibility Mediates the Relationship Between Gratitude and Personal Transformation in New Experiences. Annual Convention for the Society for Personality and Social Psychology (SPSP), San Diego, CA.

Terry, K.+ , **Ortiz, A.**, Cahill, B., Westgate, E. (2023). Jurors are Less Bored by Familiar Names than Familiar Language in Civil Trials. Annual Convention for the Society of Southeastern Social Psychologists (SSSP), Charlotte, NC.

**Ortiz, A.**, Turner, E., Westgate, E.C. (2023). Authentically Connected: Authenticity Boosts Sense of Belonging. Annual Convention for the Society for Personality and Social Psychology (SPSP).

Lustig, C.+ , **Ortiz, A.**, Westgate, E.C. (2023). Social Media and Happiness on Vacation - Our Two Selves. University of Florida Psychology Graduate Student Organization Undergraduate Research Forum.

Lai, T.+ , **Ortiz, A.**, Westgate, E.C. (2022). Do people avoid the classics? University of Florida Psychology Graduate Student Organization Undergraduate Research Forum.

**Ortiz, A.**, Turner, E., Zhang, J.W. (2022). Self-Compassion and Sexuality in the Time of COVID-19. Annual Convention for the Society for Personality and Social Psychology (SPSP).

**Ortiz, A.**, Turner, E., Regalario, I., Zhang, J.W., Murdoch, E. (2021). Mindfulness as a Promoter of an Authentic, Compassionate Self. Poster presented to the Annual Convention for the Society for Personality and Social Psychology (SPSP).

**\*Ortiz, A., & \*Turner, E., Giff, S., Renshaw, K. (2020).** Posttraumatic Growth after Sexual Assault: Associations with Romantic Partner Disclosure. Poster presented to the Annual Conference for the Association for Behavioral and Cognitive Therapies (ABCT).

**\*Ortiz, A., & \*Turner, E., Giff, S., Renshaw, K. (2020).** Shame and Guilt as Moderators for the Relationship Between Rape Attributions and Posttraumatic Growth in Sexual Assault Survivors. Poster presented to the Annual Conference for the Association for Behavioral and Cognitive Therapies (ABCT).

**Ortiz, A., Fahham, G., Bahgi, R., Giff, S., Bergmann, J., Renshaw, K. (2020).** Personality Traits as Moderators of the Associations Between Deployment Events and PTSD Symptoms and PTG in Student Veterans. Poster presented to the American Psychological Association (APA) Annual Convention.

## **TEACHING & MENTORSHIP**

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**Graduate Instructor**, University of Florida  
General Psychology                      Spring 2024

**Graduate Teaching Assistant**, University of Florida  
Positive Psychology                      Fall 2023

### **Undergraduate Honors Students Mentored and Advised**

Rachel Brown, Marianna Horton, Tram Lai, Carley Lustig, Ashley Nelson, Katherine Terry

## **PROFESSIONAL AFFILIATIONS**

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American Psychological Association  
Association for Psychological Science  
European Association of Social Psychology  
Society of Personality and Social Psychology  
Society for Southeastern Social Psychologists