

CURRICULUM VITA

Lawrence R. Burns

Department of Psychology
College of Liberal Arts and Sciences
Grand Valley State University
1 Campus Drive
Allendale, Michigan 49401-1234

Office: (616) 331-2195

burnsl@gvsu.edu

EDUCATION

State University of New York
Stony Brook, NY

- Doctor of Philosophy in Psychology (1996)
Clinical Psychology (APA approved program)

Dissertation Title: Individual Differences in
Information Processing in Stress and Coping
Situations: Development and Validation of the
Modes of Processing Inventory

- Master of Arts in Psychology (1993)

State University of New Jersey
Rutgers, NJ

- Minor (Unmatriculated) Psychology (1990)

California Maritime Academy
Vallejo, CA

- Bachelor of Science (1983)
Nautical Industrial Technology

ACADEMIC POSITIONS

Grand Valley State University
Allendale, MI

- Full Professor, Department of Psychology
(1996-Present)

ARTICLES IN REFEREED JOURNALS

(**Boldface type indicates student name & participation**)

- Weidner, G., Kohlmann, C. W., Dotzauer, E., & Burns, L. R. (1996). The effects of academic stress on health behaviors in young adults. Anxiety, Stress, and Coping.
- Kohlmann, C. W., Weidner, G., Dotzauer, E., & Burns, L. R. (1997). Gender differences in health behaviors: The role of coping style. European Review of Applied Psychology.
- Mitchelson, J. K.** & Burns, L. R. (1998) Career mothers and perfection: Stress at work and at home. Personality and Individual Differences.
- Burns, L. R. & D'Zurilla, T. J. (1999). Individual Differences in Information Processing in Stress and Coping Situations: Development and Validation of the Modes of Processing Inventory. Cognitive Therapy and Research.
- Krohne, H. W., Egloff, B., Varner, L. J., Burns, L. R., Weidner, G., & Ellis, H. C. (2000). The assessment of dispositional vigilance and cognitive avoidance: Factorial structure, psychometric properties, and validity of the Mainz Coping Inventory. Cognitive Therapy and Research.
- Burns, L. R., **Dittman, K., Mitchelson J. K.**, and **Nguyen, N. P.** (2000). Perfectionism, procrastination, need for control, and coping styles. Social Behavior and Personality.
- Krohne, H. W., Schmukle, S. C., Burns, L. R., Egloff, B., & Spielburger, C. D. (2001). The measurement of coping in achievement situations: An international comparison. Personality and Individual Differences.
- Schmukle, S.C., Egloff, B., & Burns, L.R. (2002). The relationship between positive and negative affect in the Positive and Negative Affect Schedule (PANAS). Journal of Research in Personality, 36, 463-475.
- Burns, L. R., **Selke, K. J.** Stein, R. J., & Poston, W. S. (2002). Taking the body into account: Health psychology, neuropsychology, and medication (pp. 330-365). In Sundberg, N.D., Taplin, J.R., Winebarger, A. (Eds.), *Clinical Psychology: Evolving Theory, Practice, and Research*, 4th Ed. NJ: Prentice-Hall.
- Egloff, B., Schmukle, S.C., Burns, L.R., Kohlmann, C-W., & Hock, M. (2003). Facets of affect: Differentiating joy, interest, and activation in the Positive and Negative Affect Schedule (PANAS). Journal of Personality and Social Psychology. 85, 528-540.
- Fedewa, B. A.** & Burns, L. R. (2005) Cognitive Styles: Links with Perfectionistic Thinking. Personality and Individual Differences, 38, 103-113.
- Burns, L.R., **Fedewa, B. A.**, & **Gomez, A.A.**, (2005). Positive and negative perfectionism and the shame/guilt dichotomy: Their relationship and their relationships to adaptive and maladaptive characteristics. Personality and Individual Differences, 38, 1609-1619.
- Egloff, B., Schmukle, S.C., Schwerdtfeger, A., & Burns, L.R. (2006). Spontaneous emotional regulation during

evaluated speaking tasks: Associations with negative affect, anxiety expression, memory, and physiological responding. *Emotion*, 6, 356-366.

Bergman, A.J., Nyland, J.E. & Burns, L.R. (2007). Correlates with perfectionism and the utility of a dual process model. *Personality and Individual Differences*, 43, 389-399.

Burns, L. R. & **Clark, A. N.** (2009). Perfectionism. In E. Mpofu & T. Oakland (Eds.), *Current practices and issues in rehabilitation and health assessment* (pp. 521-544). Springer: New York.

Hinterman, C., Burns, L. R., Hopwood, D., & Rogers, W. (2012). Mindfulness: Seeking a more perfect approach to coping with life's challenges. *Mindfulness*, 3(4), 275-281.

Andrews, D. M., Burns, L. R. & Dueling, J. K. (2014) Positive perfectionism: Seeking the healthy “Should”, or should we? *Open Journal of Social Sciences*, 2, 27-34. <http://dx.doi.org/10.4236/jss.2014.28005>

Burns, L. (2016). Perfection and the pursuit of happiness. In Leo Bormans (Ed.), *The World Book of Happiness: Happiness 2.0* (vol. pp.). Tiel: Lannoo Uitgeverij.

Burns, L.R., Stephenson, P. L., & Bellamy, K.. (2016). The Socratic method: Empirical assessment of a Psychology Capstone course. *Psychology Learning and Teaching*, 15(3), 370-383.
doi: 10.1177/1475725716671824

Dueling, J. K. & Burns, L. R. (2017). Perfectionism and the work-family conflict. *Personality and Individual Differences*, 116, 326-330.

Plominski, A. & Burns, L. R. (2018). Troubled Minds of the Gifted: An Investigation of the Psychological Well-Being of Grand Valley State Honors Students. *Journal of Advanced Academics*, 29(1), 5-28.

RESEARCH IN PROGRESS

Kaiser III, J., Burns, L., & Deuling, J. K. Relationship quality: A person-by-situation approach. *Personality and Individual Differences*. (In Preparation; Not Yet Submitted).

Burns, L.R., **Frey, C.** & Rogers, W.M. (2015). Predictors of relationship satisfaction: The role of perfectionism. *Personality and Individual Differences*. (In Preparation; Not Yet Submitted).

Invited Presentations

Burns, L. R. (2015). Discussion of the Faculty Governance process at GVSU. Faculty Development Program, University Libraries.

Burns, L. R. (July, 2008). Perfectionism Working Group, Kent University, Canterbury Campus, England.

Burns, L. R. (2002, September). Discussion of the tenure process at GVSU. Faculty Associates Program, Robert and Mary Pew Faculty Teaching and Learning Center, Grand Valley State University.

Burns, L. R. (2000, January). Managing the paper load: Successful strategies for including writing in Gen

Ed courses (Panelist). Robert and Mary Pew Faculty Teaching and Learning Center, Fall Teaching Conference, Grand Valley State University.

Burns, L. R. (1999, January). The scholarship of teaching. (Facilitator) Faculty Teaching and Learning Center, Winter Teaching Conference, Grand Valley State University.

Burns, L. R. (1997, January). Use of Listserv's and email student discussion groups to enhance psychology classes. Topic presented as part of a one hour discussion group during the Participant Idea Exchange at the 19th Annual National Institute on Teaching Psychology, St. Petersburg, FL.

Presentations

Burns, L. R. (1997, January). Use of Listserv's and email student discussion groups to enhance psychology classes. Topic presented as part of a one hour discussion group during the Participant Idea Exchange at the 19th Annual National Institute on Teaching Psychology, St. Petersburg, FL.

Burns, L.R. and D'Zurilla, T.J. (1997) Individual Differences in Information Processing in Stress and Coping Situations: Development and Validation of the Modes of Processing Inventory (MPI). Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

Burns, L. R. & **Woodcraft, N. N.** (1997). Early performance feedback: Can academic achievement be enhanced by changes in self-directed seating? Poster session presented at the 19th Annual National Institute on Teaching Psychology, St. Petersburg, FL.

Eling, J.M. & Burns, L.R. (1997) Attachment theory: Still attached? Paper presented to the Michigan Academy of Science Arts & Letters Annual Meeting, Grand Rapids, MI.

Mitchelson, J. K. & Burns, L. R. (1997). Perfectionism and stress: A look at career mothers. Poster presented at the 6th Annual Ronald E. McNair National Research Conference, Delavan, WI.

Mitchelson, J. K. & Burns, L. R. (1998). Career mothers and perfection: Stress at work and at home. Paper presented to the Midwestern Psychological Association Annual Convention, Chicago, IL.

Dittman, K. & Burns, L. R. (1998) Perfectionism, procrastination, need for control, and coping styles. Poster presented at the 3rd Annual Student Scholarship Day, Grand Valley State University, Allendale, MI.

Gadomski, M., Vanderlaan, F., & Burns, L. R. (1998). Daylight savings time and temporal stability of mood states. Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

Nguyen, N. P. & Burns, L. R. (1998). Vigilance and avoidance revisited: Learning and personality in emotion and coping (What's love got to do with it?). Paper presented at the 7th Annual Ronald E. McNair National Research Conference, Pennsylvania State, PA.

Poirier, R. M., Nguyen, L. P., Burns, L. R., & Johnson, B. (1999) Officer cadet coping styles: Vigilance and avoidance in threatening situations. Paper presented at the 4th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI.

Mitchelson, J. K., Burns, L. R., **Spoor, J.** (1999). Positive and negative perfectionism: A look at defining variables. Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

Burns, L. R., **Dittman, K., Mitchelson J. K., and Nguyen, N. P.** (1999) Perfectionism, procrastination, need for control, and coping styles. Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

Krohne, H. W., Schmukle, S. C., Burns, L. R., Egloff, B., & Spielburger, C. D. (1999). The measurement of coping in achievement situations: An international comparison. Paper presented at the American Psychological Association 107th Annual Convention, Boston, MA.

Adams, A.E. & Burns, L.R. (2000). Childhood antecedents of perfectionism: Implications for self-esteem. Poster presented at the 5th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI.

Wilk, S. & Burns, L.R. (2000). Cognitive styles: Links with perfectionistic thinking. Paper presented at the 5th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI.

Burns, L.R. (2000) Cognitive Styles: Links with Perfectionism. Paper presented at the Social Psychologists of Chicago Annual Meeting, Chicago, IL.

Burns, L. R. (2000) "It's not quite ready yet... It's not quite perfect": Current research on procrastination and perfectionism. Moderator and Organizer of Symposium. Paper presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

McKenzie, R., Burns, L.R., & Rodriquez-Charbonier, S. (2001). Race, perfectionism, rumination, and depression: Predictive factors for disordered eating. Poster presented at the 6th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI.

Burns, L.R. & **McCaffery, C.** (2001). Self-directed classroom seating and depression: Effects on academic performance. Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

McKenzie, R., Burns, L.R., & Rodriquez-Charbonier, S. (2001). Race, perfectionism, rumination, and depression: Predictive factors for disordered eating. Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

Gomez, A.A. & Burns, L.R. (2002). Positive and negative perfectionism and the shame and guilt dichotomy: Their relationship and their relationships to adaptive and maladaptive characteristics. Paper presented at the 8th Annual Ronald E. McNair National Research Conference, Pennsylvania State, PA.

Fedewa, B.A. & Burns, L.R. (2003). Predictors of relationship satisfaction: What's perfectionism got to do with it? Poster presented at the Annual Student Summer Research Symposium, Grand Valley State University, Annis Water Resources Institute, Muskegon, MI.

Burns, L. R. & **Fedewa, B. A.** (2004) Cognitive styles: Links with perfectionistic thinking. Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

Fedewa, B.A. & Burns, L.R. (2004). Predictors of relationship satisfaction: What's perfectionism got to do with it? Poster presented at the 9th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI

Fedewa, B.A. & Burns, L.R. (2004). Positive and negative perfectionism, dependency, self silencing, and self monitoring as predictors of relationship satisfaction. Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

Fedewa, B.A. & Burns, L.R. (2004). Positive and Negative Perfectionism and interpersonally defining variables. Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

Burns, L.R. & **Fedewa, B.A.** (2004). Cognitive styles: Links with perfectionistic thinking. Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

Nyland, J. & Burns, L.R. (2004). Dysfunctional cognitions: Associations with perfectionistic thinking utilizing the positive and negative perfectionism construct. Paper presented at the 10th Annual Ronald E. McNair National Research Conference, Pennsylvania State, PA.

Fedewa, B.A. & Burns, L.R. (2005). Perfectionism: A comparison of two models from a developmental perspective. Poster presented at the 10th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI

Nyland, J. & Burns, L.R. (2005). Maximization and perfectionism: Through the lens of dysfunctional cognitions. Paper presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

McDonald, M. & Burns, L.R. (2006). Positive and Negative perfectionism: correlations with obsessive compulsive personality disorder in athletes and the depressed. Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

Chavarria, J., Francis, D., & Burns, L. (2008). What's positive about positive perfectionism? Poster presented at the 13th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI

Francis, D., Chavarria, J., & Burns, L. (2008). Positive and Negative perfectionism: correlates with self-esteem, satisfaction with life, rumination, and reflection. Poster presented at the Midwestern Psychological Association Annual Convention, Chicago, IL.

Karsten, C. & Burns, L. (2009). Comparing two scales of perfectionism from a developmental perspective: A statistical consulting experience. Oral presentation at the 14th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI

Burns, L. R. (July, 2009). The Role of Capstone Courses: An integrative and culminating experience. Presented at the 2nd Annual Vancouver International Teaching of Psychology Conference, Kwantlen Polytechnic Institute, Vancouver, British Columbia.

Hinterman, C. & Burns, L. (2011). Mindfulness: Seeking a More Perfect Approach to Coping with Life's Challenges. Oral presentation at the 16th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI

Hinterman, C. & Burns, L. (2011). Correlates with Boredom and Positive and Negative Perfectionism. Poster presentation at the 16th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI

Burns, L. (2015). Teaching discussion-based course: Considerations and insight. Round table presentation at the 5th Annual Vancouver International Teaching of Psychology Conference, Co-hosted by Douglas College, Kwantlen Polytechnic University & Langara College, Vancouver, BC.

Burns, L. (2015). The art and heart of the Socratic method: Connecting through questioning, listening, and silence. Paper presentation at the 5th Annual Vancouver International Teaching of Psychology Conference, Co-

hosted by Douglas College, Kwantlen Polytechnic University & Langara College, Vancouver, BC.

Guthrie, A. & Burns, L. (2015). Childhood Antecedents of Perfectionism: Implications for Self-Esteem, Self-Confidence, and Life Satisfaction. Poster presentation at the 3rd Annual Black Doctoral Network Conference, Black Doctoral Network, Atlanta Georgia.

Hayes, A. & Burns, L. (2016). Troubled Minds of the Gifted: An Investigation of the Psychological Well-Being of Grand Valley State Honors Students. Poster presentation at the Annual Mid-East Honors Association Conference, Richmond, Indiana.

Echols, C., & Burns, L. (2016). Perfectionism and Procrastination: The Jekyll and *Hide* Paradox. Poster presentation at the 22nd Annual University at Buffalo Undergraduate Research Conference, Niagara Falls.

Wolfe, S. & Burns, L. (2017) Trans-Inclusive Classrooms: A Necessity for Safety and Mental Health, Film presentation at the 17th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI

Echols, C., & Burns, L. (2017). Perfectionism and Procrastination: The Jekyll and Hide Paradox. Oral presentation at the 17th Annual Student Scholarship Day, Grand Valley State University, Allendale, MI

PROFESSIONAL AFFILIATIONS _____

- American Association of University Professors
- Michigan Psychological Association
- National Association of College and University Business Officers

AWARDS/GRANTS _____

2017	Honors College Outstanding Senior Project – Skylar Wolfe
2016	Honors College Outstanding Senior Project – Abigail Hayes
2016	GVSU McNair Student/Grant – Carin Echols
2016	Recipient \$250 Grant from the office of the Vice Provost and Dean of Students
2016	Recipient \$350 CSCE Mini Grant
2015	GVSU McNair Student/Grant - Amaya Guthrie
2009	Grand Valley State University Outstanding Service Award
2008	One of five CLAS inaugural members of the FTLC Liberal Education Academy
2004	GVSU Summer Scholar’s Research Grant, GVSU McNair Student/Grant
2003	GVSU Summer Scholar’s Research Grant
2002	Two GVSU McNair Student/Grants
2001	Professor of the Year--GVSU Department of Psychology

- 2000 Pew Teaching Excellence Award--GVSU Social Sciences Division
1998 Professor of the Year--GVSU Department of Psychology
1998 Recipient GVSU Summer Research and Development Grant
1998 Recipient \$500 Grant from the office of the Vice Provost and Dean of Students
GVSU Campus Norms: Alcohol and Drug Use
1998 Recipient GVSU Faculty Teaching and Learning Center
Faculty Teaching Development and Renewal Grant
1997 Recipient GVSU Faculty Teaching and Learning Center
Faculty Teaching Development and Renewal Grant

Teaching Experience

Psy-492 Psychology Capstone
Psy-431 Neuropsychology
Psy-420 Theories of Personality
Psy-405 History and Systems of Psychology
Psy-311 Controversial Issues (SWS)
Psy-303 Psychopathology
Psy-302 Psychology of Adjustment
Psy-101 Introductory Psychology
FS-100 Freshman Seminar

Continuing Education

- 2015 Continuing Education Program, "Online Teaching Institute!", GVSU Academic Recovery Camp, 2016, 40 credit hours. (October 19, 2015 - February 5, 2016).
2015 FTLC Workshop, "What kinds of questions encourage student interaction?", FTLC. (March 25, 2015).
2013 October 17 & 18, 2013 Lilly Conference, College and University Teaching and Learning, Traverse City, Michigan.
2001 June 27-29: Searle Center for Teaching Excellence's International Institute, What Do the Best University Teachers Do?
2001 Fall, GVSU FTLC Better Lecture Series
2000 Winter Teaching Conference – Faculty Teaching and Learning Center Panelist
1998-2000 FTLC Faculty Associate - Faculty Associate Program
1999 November 18-21, 1999: 19th Annual National Lilly Conference on College Teaching. Miami University, Oxford, Ohio

1997 The Nineteenth Annual National Institute on the Teaching
of Psychology, St. Petersburg Beach, Florida.

PROFESSIONAL SERVICE

- **Ad-Hoc Journal Reviewer**
Cognitive Therapy and Research, Journal of Personality, Personality and Individual Differences, Psychological Bulletin, Journal of Sport Psychology
- **Ad-Hoc Awards Reviewer**
Psi Chi Regional Awards Consultant
Annual Erlbaum Awards
MAGS Distinguished Master's Thesis award selection process
- **ACADEMIC BOOK REVIEWER**
American Psychological Association

Grand Valley State University

- **Executive Committee of the Senate/University Academic Senate**
Vice Chair, 2008 - 2010
- **Faculty Salary and Budget Committee**
Chair, 2005 – 2008; 2010-2011
Vice Chair, 2008-2010; 2012
Member, 2004-Present
- **Faculty Teaching and Learning Center - Advisory Committee**
Chair, 2003, 2004
Member, 2002
- **University Benefits Committee**
Member, 2006 – 2013
- **Provost's Faculty Handbook revision Task Force**
Member, 2008, 2009, 2010
- **Provost's Prospecti and Final Plan Task Force**
Member, 2008 met several times in 2008
- **Strategic Positioning 2010 Committee (SP 2010)**
Member, 2008, 2009 Meets semi-annually
- **University Institutional Review Board (IRB)**
Member 1997, 1998
- **Claiming a Liberal Education (CLE) Program**
Inter-groups Dialog Convener, 2004

College of Liberal Arts and Sciences

- ***CLAS Pew Award Committee***
Member, 2004-2005

Department of Psychology

- ***Psi Chi Advisor***
Served +/-10 Years

Community Service

- ***National Faculty Volunteer Program***
Volunteer – American Psychological Association (1996- 2006)