

Curriculum Vitae

Jenna R. LaFreniere, Ph.D.

(formerly Jenna R. Shimkowski)

Media & Communication Building, Office 1009

Texas Tech University

Lubbock, TX 79409

EDUCATIONAL INFORMATION

Doctor of Philosophy

University of Denver, Denver, Colorado (June 2015)

Communication Studies

Dissertation: *Examining how young adult children communicatively manage their emotions about divorce: Creating and testing a new measure*

Advisor: Dr. Erin Willer

Master of Science

Texas Christian University, Fort Worth, Texas (December 2010)

Communication Studies

Thesis: *Young adults' perceptions of coparental communication as a mediator of interparental conflict and young adults' mental well-being*

Advisor: Dr. Paul Schrodtt

Bachelor of Arts

University of North Texas, Denton, Texas (December 2008)

Communication Studies, Spanish minor

Magna cum Laude

ACADEMIC APPOINTMENTS

Assistant Professor, Department of Communication Studies, Texas Tech University (July 2015 – present)

Graduate Teaching Instructor, Department of Communication Studies, University of Denver (September 2011 – June 2014)

Graduate Teaching Instructor, Department of Communication Studies, Texas Christian University (January 2008 – December 2010)

RESEARCH

Journal Publications

LaFreniere, J. R., & Ledbetter, A. M. (accepted for publication). How parental confirmation is associated with family quality: Applying the theory of resilience and relational load to parent-child relationships. *Western Journal of Communication*.

LaFreniere, J. R. (2020). A closer look at young adult-parent relationships: Examining demand/withdraw patterns and communication competence. *Communication Reports*, 33(3). <https://doi.org/10.1080/08934215.2020.1817517>

Rasmussen, E. E., Punyanunt-Carter, N., **LaFreniere, J. R.**, Norman, M. S., & Kimball, T. G. (2020). The serially mediated relationship between emerging adults' social media use and mental well-being. *Computers in Human Behavior*, 102, 206-213. <http://dx.doi.org/10.1016/j.chb.2019.08.019>

Punyanunt-Carter, N. M., **LaFreniere, J. R.**, Norman, M. S., & Colwell, M. J. (2019). Analyzing college students from divorced and intact families and their family communication patterns and interpersonal communication motives. *Southern Communication Journal*, 84(4), 219-232. <http://dx.doi.org/10.1080/1041794X.2019.1641544>

Shimkowski, J. R. (2018). Investigating the effects of parents' inappropriate disclosures on young adults' emotion regulation and rumination. *Southern Communication Journal*, 83(5), 283-292. <http://dx.doi.org/10.1080/1041794X.2018.1492627>

Punyanunt-Carter, N. M., **Shimkowski, J.**, Colwell, M. J., & Norman, M. (2018). College students' perceptions of media portrayals of divorce. *Journal of Divorce & Remarriage*, 59(7), 574-589. <http://dx.doi.org/10.1080/10502556.2018.1466252>

Shimkowski, J. R., & Ledbetter, A. M. (2018). Parental divorce disclosures, young adults' emotion regulation strategies, and feeling caught. *Journal of Family Communication*, 18(3), 185-201. <http://dx.doi.org/10.1080/15267431.2018.1457033>

Shimkowski, J. R., Punyanunt-Carter, N., Colwell, M. J., & Norman, M. S*. (2018). Perceptions of divorce, closeness, marital attitudes, romantic beliefs, and religiosity among emergent adults from divorced and non-divorced families. *Journal of Divorce & Remarriage*, 59(3), 222-236. <http://dx.doi.org/10.1080/10502556.2017.1403820>

Shimkowski, J. R., Schrodtt, P., & Willer, E. K. (2017). Difficulties in regulating emotions as moderators of interparental conflict and young adult children's mental well-being. *Communication Reports*, 30(2), 116-128. <http://dx.doi.org/10.1080/08934215.2016.1236979>

Schrodt, P., & **Shimkowski, J. R.**, (2017). Family communication patterns and perceptions of coparental communication. *Communication Reports*, 30(1), 39-50. <http://dx.doi.org/10.1080/08934215.2015.1111400>

Shimkowski, J. R. (2016). Consuming to cope: Investigating college students' expressive suppression as an indirect effect of family communication and drinking context. *Communication Studies*, 67(4), 419-437. <http://dx.doi.org/10.1080/10510974.2016.1197140>

Schrodt, P., Witt, P. L., & **Shimkowski, J. R.** (2014). A meta-analytical review of demand/withdraw patterns and their associations with relational and personal well-being. *Communication Monographs*, 81(1), 28-58. <http://dx.doi.org/10.1080/03637751.2013.813632> **Featured in *The Wall Street Journal, USA Today, Psychology Today, Chicago Tribune, and Self Magazine.***

Schrodt, P., & **Shimkowski, J. R.** (2013). Feeling caught as a mediator of co-parental communication and young adult children's mental health and relational satisfaction with parents. *Journal of Social and Personal Relationships*, 30(8), 977-999. <http://dx.doi.org/10.1177/0265407513479213>

Shimkowski, J. R., & Schrodt, P. (2012). Coparental communication as a mediator of interparental conflict and young adult children's mental well-being. *Communication Monographs*, 79(1), 48-71. <http://dx.doi.org/10.1080/03637751.2011.646492>

Finn, A. N., **Shimkowski, J.**, O'Shaughnessy, C., & Heine, M. (2011). Verbally aggressive email messages: Examining the impact on student motivation and affect for the instructor and course. *Texas Speech Communication Journal*, 36(1), 43-57. Retrieved from <https://www.etsca.com/journal.asp>

Book Chapter Accepted for Publication

LaFreniere, J. R. (accepted June 2020). Lasting impressions: Exploring communicative legacies of children's experiences in divorced families. In T. Socha & N. Punyanunt-Carter, (Eds.), *Communication begins with children* (Chapter 13). Peter Lang.

Competitive Papers Accepted for Presentation

LaFreniere, J. R. (presenter), & Shannon, K. L.* (2020). *Resilience and relational maintenance in family communication*. National Communication Association, Indianapolis, IN – Virtual (due to COVID-19).

Ledbetter, A. M. (presenter), & **LaFreniere, J. R.** (2020). *How parental confirmation is associated with family quality: Applying the theory of resilience and relational load to parent-child relationships*. Central States Communication Association, Chicago, IL. (Conference cancelled due to COVID-19).

Punyanunt, N. (presenter), Norman, M. S., & **LaFreniere, J. R.** (2020). *Analyzing college students' perceptions about how parents should interpersonally communicate divorce to their children*. Southern States Communication Association, Frisco, TX. (Conference cancelled due to COVID-19).

LaFreniere, J. R. (2020). *A closer look at young adult-parent relationships: Examining demand/withdraw patterns and communication competence*. Western States Communication Association, Denver, CO.

LaFreniere, J. R. (presenter), Punyanunt-Carter, N., Norman, M. S., & Colwell, M. J. (2019). *Viewer perceptions of stepfamilies, stepfathers, and stepmothers in media*. National Communication Association, Baltimore, MD.

Campbell, L. (Presenter), **LaFreniere, J.**, Euring, M., Shannon, K. L.*, Almekdash, H., Song, H., Keesari, R., Perlmutter, D. (2019). *Creating a values-based culture: Evaluating and promoting civility and desirable organizational behaviors*. American Public Health Association Annual Meeting and Expo, Philadelphia, PA.

Rasmussen, E. (presenter), Punyanunt-Carter, N., **Shimkowski, J. R.**, Norman, M. S., & Kimball, T. (2019). *The serially mediated relationship between emerging adults' social media use and mental well-being*. International Communication Association, Washington, D.C.

Punyanunt, N. (presenter), **Shimkowski, J. R.**, Norman, M. S., & Colwell, M. (2018). *Analyzing college students from divorced and intact families and their family communication patterns and interpersonal communication motives for communicating with mothers versus fathers*. National Communication Association, Salt Lake City, UT.

Shimkowski, J. R. (2017). *Examining the aftermath of parental disclosures: Emotion regulation and the relationship between rumination and feeling caught*. Presented at National Communication Association, Dallas, TX.

Punyanunt, N. (presenter), **Shimkowski, J. R.**, Colwell, M., & Norman, M. S.* (2017). *College students' perceptions of media portrayals of divorce*. Presented at National Communication Association, Dallas, TX.

Shimkowski, J. R. (2017). *Investigating the effects of parents' inappropriate disclosures on young adults' emotion regulation and rumination*. Presented at Western States Communication Association, Salt Lake City, UT.

Shimkowski, J. R. (2016). *Consuming to cope: Investigating college students' expressive suppression as an indirect effect of family communication and drinking context*. Presented at National Communication Association, Philadelphia, PA.

- Schrodt, P. (presenter), & **Shimkowski, J. R.** (2016). *Family communication patterns and perceptions of coparental communication*. Presented at Central States Communication Association, Grand Rapids, MI.
- Shimkowski, J. R.** (presenter), Schrodt, P., & Willer, E. K. (2015). *Difficulties in regulating emotions as moderators of interparental conflict and young adult children's mental well-being*. Presented at National Communication Association, Las Vegas, NV.
- Shimkowski, J. R.** (2013, November). *Examining the impact of self-esteem on young adults' emotion regulation abilities*. Presented at National Communication Association, Washington, D. C.
- Schrodt, P. (presenter), Witt, P. L., & **Shimkowski, J. R.** (2013, November). *A meta-analytical review of demand/withdraw patterns and their associations with relational and personal well-being*. Presented at National Communication Association, Washington, D.C.
- Schrodt, P. (presenter), & **Shimkowski, J. R.** (2012, November). *Feeling caught as a mediator of coparental communication and young adult children's mental health and relational satisfaction with parents*. Presented at National Communication Association, Orlando, FL.
- Shimkowski, J. R.** (presenter), & Schrodt, P. (2011, November). *Coparental communication as a mediator of interparental conflict and young adult children's mental well-being*. Presented at National Communication Association, New Orleans, LA.
- Shimkowski, J. R.** (2010, October). *Young adults' perceptions of coparental communication as a mediator of interparental conflict and young adults' mental well-being*. Presented at Rutgers University's Invitational Masters Student Institute, New Brunswick, NJ.
- Shimkowski, J. R.** (2010, April). *Coparenting and adolescent well-being in intact families*. Presented at the Trans-Global Feedback: Scholarship and Connectivity in a Global Age conference, Tyler, TX.
- Shimkowski, J.** (2009, April). *Meet BikerBabe28: Revealing online relationships to offline friends*. Presented at the New Faces, New Perspectives Conference, Denton, TX.
- Potts, S., Shaunfield, S. (co-presenter), **Shimkowski, J.** (co-presenter), & Woolery, L. (2009, March). *"IDK What U R Saying": Examining the effects of new technology on parent and college student relationships*. Presented at the Sooner Communication Conference, Norman, OK.
- Shimkowski, J.** (2008, April). *Communication in long-distance dating relationship maintenance*. Presented on the top undergraduate paper panel at the New Faces, New Perspectives Conference, Denton, TX.

(* indicates Ph.D. student)

Roundtable Presentations

LaFreniere, J. R. (2020, September). *Examining and communicating expectations*. Lightning round at the Texas Tech University John M. Burns Conference, Lubbock, TX.

LaFreniere, J. R. (2020, February). *Considering communication, agitation, justice as we look to the future of the IPC Interest Group*. Invited “Future of IPC interest group” panelist for roundtable discussion at the Western States Communication Association, Denver, CO.

Shimkowski, J. R. (2012, April). *Teaching tips and tricks*. Presented at the Rocky Mountain Communication Association, Loveland, CO.

Invited College Presentations

Family and interpersonal communication. College of Media & Communication Brownbag & Brainstorm, November 8, 2019.

Divorce, disclosures, and discord: Research on interpersonal/family communication and emotion. College of Media & Communication Brownbag & Brainstorm, September 7, 2016.

AWARDS

Top Research Paper Awards

Top Four Papers, Interpersonal and Family Communication Division, Central States Communication Association, 2020

Top Four Papers, Interpersonal Communication Division, Western States Communication Association, 2017

Top Three Papers, Family Communication Division, Central States Communication Association, 2016

Top Paper, Interpersonal Communication Division, National Communication Association, 2013

Top Four Papers, Family Communication Division, National Communication Association, 2012

Awards and Honors

Competitively selected for the Texas Tech University Teaching Academy (2020)

Selected by Texas Tech Mortar Board student for the Apple Polishing Mentor Recognition Luncheon (2019)

Texas Tech Alumni Association New Faculty Award (2018)

Competitively selected member of the Texas Tech Institute for Inclusive Excellence (2016-2017)

University of Denver AHSS Divisional Dissertation Fellow (2014-2015)

Selectively chosen to attend Rutgers University's Invitational Masters Student Institute (2010)

UNT Communication Studies Department Outstanding Senior Award (2008)

TEACHING

Courses Taught

Texas Tech University

Communication in Relationships (COMS 3333)

Communication Theory (COMS 3301)

Small Group Communication (COMS 3353)

Business and Professional Communication (COMS 2358)

Communication in Nursing (*co-developed as a new course*) (COMS 2320) Graduate

Quantitative Research Methods (COMS 5305)

Graduate Seminar in Interpersonal Communication (COMS 6302)

Graduate Seminar in Interpersonal Communication – The Dark Side of Relationships (COMS 6302)

University of Denver

Speaking on Ideas that Matter (COMN 1012)

Communication in Personal Relationships (COMN 1100)

Small Group Communication (COMN 1200)

Quantitative Inquiry in Communication (COMN 2110)

Texas Christian University

Basic Speech (Hybrid course of public speaking, interpersonal, and small group communication) (COMM 10123)

Advising/Committee Work

Ph.D. Advisor

Cho, Janice (2018 – 2020)

Temporary Ph.D. Advisor

Brammer, Sydney (2020 – 2021)

Dissertation Co-Chair

Intergenerational brand influence: Influence of family communication on emergent adult

Cho, Janice (2018 – 2020)

children's brand choices

Ph.D. Qualifying Examination Chair

Shannon, Kay Leigh (2020)
Cho, Janice (2018)

Master's Committees

Chair – Comprehensive Examination

Satterwhite, Sheree (current)

Chair – Comprehensive Examination

Bradley, London (current)

Committee member – Comprehensive Examination

Greiner, Joe (current)

Burns, Kelly (current)

Committee member – Thesis

Bruning, Becky (current)

Committee member – Comprehensive Examination

Cates, Kenzy (current)

Committee member – Comprehensive Examination

Kulkarni, Chaitra (2020)

Committee member – Thesis

Caruso, Shavanna (2019)

Exploring emergent roles in stepfamilies.

Committee member – Comprehensive Examination

Bingham, Taylor (2018)

Committee member – Two publishable papers

Delacruz, J. J. (2018)

1) *Digital gaming: Utility and application in*

instruction 2) *Examining college students'*

online jealousy behaviors in relation to ego

identity, romantic attachment, and romantic beliefs

Chair – Praxis project

Shannon, Kay Leigh (2016)

*Covenant Hospital communication surrounding
patient narratives*

Committee member – Thesis

Atkinson, Tia (2016)

A contextual model of spouse communication

apprehension and marital satisfaction during conflict

Ph.D. Independent Study Supervised

Mind over matter

Shannon, Kay Leigh (2018)

Undergraduate Independent Studies Supervised

*Investigating the impact of parental divorce on college
students' romantic relationships*

Fredricksen, Lexi (2016)

*The marketing and communication involved in the
development of a new role-playing game*

Beesinger, Jerod (2018)

SERVICE

University Service

Invited Speaker, Texas Tech Recreation Center, Student Employee Workshop (August 21, 2020).

College of Media & Communication Dean's Fifth Year Review Committee, Committee Member (2018 - 2019).

Invited Speaker, Texas Tech University, 32nd Annual New TA Workshop (August 22, 2018).

Dean's Representative, Dissertation Defense, Department of Psychology (June 24, 2016).

College Service

Committee Member, Faculty Council, College of Media & Communication (2019-present).

Faculty advisor for TTU chapter of Lambda Pi Eta, the National Communication Association honor society (2018-present).

Committee Member, Graduate Council, College of Media & Communication (2018-present).

Subcommittee Member, Graduate Council – Ph.D. course changes, College of Media & Communication (2020).

Subcommittee Member, Graduate Council – Qualifying examinations policies, College of Media & Communication (2020).

Committee Member, Culture Committee, College of Media & Communication (2017-present).

Committee Member, Center for Communication Research Faculty Advisory Committee (2016-present).

College of Media & Communication Liaison to TTU Health Sciences Center (2016-2018).

Selected Departmental Service

Search committee – Director of Forensics (February 27, 2020 – present).

Texas Tech University Majors and Minors Fair (October 18, 2018; October 24, 2019).

College of Media & Communication Student Welcome, Lambda Pi Eta table (September 4, 2019).

COMS Graduate Strategic Planning Subcommittee (September 2017).

Speak Up! Competition Judge, Texas Tech University (May 9, 2016; December 5, 2016; December 4, 2017; December 3, 2019).

Recruitment Activities: College of Media & Communication Admitted Student Days (February-March 2016), Golden Ticket Event, Dallas (April 2, 2016), Texas Tech Preview Day (October 9, 2016).

COMS Annual Awards Ceremony, Presenter, Texas Tech University. (May 4, 2016).

Assistant to the Director of Undergraduates, Department of Communication Studies, University of Denver (August 2013 – June 2014).

Vice President, Communication Studies Graduate Student Organization, University of Denver (June 2012 – June 2013).

First-Year Representative, Communication Studies Graduate Student Organization, University of Denver (January 2012 – June 2012).

Assistant to the Basic Course Director, Department of Communication Studies, Texas Christian University (July 2010 – December 2010).

Professional Service

Ad hoc reviewer, *Journal of Family Communication*, *Communication Reports* (2020).

Paper reader and Paper Panel Chair, WSCA Interpersonal Communication Division (2019).

Ad hoc reviewer, *Journal of Family Communication*, *Journal of Health Communication*, and *Journal of Family Studies* (2019).

Paper panel chair, WSCA Interpersonal Communication Division (2018).

Ad hoc reviewer, *Journal of Social and Personal Relationships* (2017 - 2018).

Paper Reader, WSCA Interpersonal Communication Division (2017).

Ad hoc reviewer, *Communication Studies* and *Journal of Family Issues* (2017).

Paper Reader, NCA Interpersonal Communication Division (2016 - 2017).

Ad hoc reviewer, *Communication Reports* (2016).

Public Service

Volunteer, Redeemer Church Lubbock, Greeting team (2019 – present).

Volunteer, Lubbock Impact (2019).

Volunteer, Texas Tech Therapeutic Riding (June 2016 – March 2018).

Community Engagement

Texas Tech Today website, *Is spending more time with your significant other during COVID-19 creating communication problems?* (April, 2020).

Interview with The Chicago Tribune, *Meghan and Harry are skipping the family holidays. Maybe you should try it too* (November 2019). (Also appeared online for the Boston Herald in the article *New parents can take a break from big family holiday*).

KLBBK News Interview, *Intentional living – Handling the holiday with family*. Lubbock, Texas (November 2019).

ADDITIONAL TRAINING

Dean's Leadership Academy (Lubbock, TX, 2017-2018)

Stats Camp – SEM Foundations (Albuquerque, NM, June 2017)

Stats Camp – Confirmatory Factor Analysis Mini Camp (Lubbock, TX, March 2016)

PROFESSIONAL AFFILIATIONS

National Communication Association (NCA)

Western States Communication Association (WSCA)