

LUCAS JOSEPH YOUNGVORST

Curriculum Vitae

(Revised 10/24)

CONTACT INFORMATION

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EDUCATION

Ph.D. University of Minnesota, Twin Cities (Minneapolis, MN)
Communication (Conferred 08/2018)

M.A. Minnesota State University, Mankato (Mankato, MN)
Communication (Conferred 05/2014)

B.A. Gustavus Adolphus College (Saint Peter, MN)
Psychology & Biology (Conferred: 05/2012)

ACADEMIC APPOINTMENTS

2023-present	Assistant Professor, Department of Communication, University of Wisconsin-Milwaukee, Milwaukee, WI
2019-2023	Assistant Professor, Department of Psychology and Communication, University of Idaho, Moscow, ID
2017-2019	Instructor, Communication Studies, Normandale Community College, Bloomington, MN
2014-2018	Graduate Teaching Assistant, Communication Studies, University of Minnesota, Minneapolis, MN
2012-2014	Graduate Teaching Assistant/Speech & Debate Coach, Communication Studies, Minnesota State

PROFESSIONAL EXPERIENCE

2015-2023	Academic & Teaching Consultant, Advantage Testing, Minneapolis, MN
2014-2015	Public Speaking Consultant, Executive Speaking Inc., Minneapolis, MN
2013-2014	Marketing Analyst, Consolidated Communications, Mankato, MN

SCHOLARSHIP

Peer-Reviewed Journal Articles

Youngvorst, L. J., & Buehler, E. (2024). Contextual factors influencing support providers' motivations and message provision. *Western Journal of Communication*. Advance online publication. <https://doi.org/10.1080/10570314.2024.2395323>

Youngvorst, L. J., & Jones, S. M. (2023). An experimental test of mediated supportive communication and resulting outcomes. *Communication Research*. Advance online publication. <https://doi.org/10.1177/00936502231206028>

Youngvorst, L. J., & Pham, T. (2023). Virtual dating and the COVID-19 pandemic: Investigating motives, predictors, and outcomes. *Human Communication & Technology*, 3(1), 1-22. <https://doi.org/10.17161/hct.v3i1.16722>

- Buehler, E. M., & Youngvorst, L. J. (2022). Online support-seeking in the context of grief: How support-seeking message content and communication channels shape support providers' impressions of the bereaved. *Computers in Human Behavior*, 137, 107428. <https://doi.org/10.1016/j.chb.2022.107428>
- Bodie, G. D., Jones, S. M., Youngvorst, L. J., Navarro, M., & Danielson, C. (2018). Mapping the terrain of person-centered supportive conversations. *Communication Monographs*, 85(4), 467-490. <https://doi.org/10.1080/03637751.2018.1501503>
- Youngvorst, L. J., & High, A. (2018). "Anyone free to chat?" Using technological features to elicit quality support online. *Communication Monographs*, 85(2), 203-223. <https://doi.org/10.1080/03637751.2018.1426871>
- Youngvorst, L. J., & Jones, S. M. (2017). The influence of cognitive complexity, empathy, and mindfulness on person-centered message evaluations. *Communication Quarterly*, 65(5), 549-564. <https://doi.org/10.1080/01463373.2017.1301508>
- Cvancara, K., Youngvorst, L. J., Otto, V., & Brown, C. (2015). Testing role model's differential effect on use of aggressive compliance gaining strategies. *Communication Quarterly*, 64(1), 36-54. <https://doi.org/10.1080/01463373.2015.1078829>
- Outzen, C. P., Youngvorst, L. J., & Cronn-Mills, D. (2013). The next 50 years: Acknowledging problems, preparing solutions. *Speaker & Gavel*, 50(2), 33-45.

Book Chapters

Competitively Selected

- Jones, S. M., & Youngvorst, L. J. (2018). Mindful and supportive communication. In J. A. M. Velázquez & C. Pulido (Eds.), *The Routledge Handbook of Positive Communication*. London: Routledge.
- Youngvorst, L. J. (2018). Examining presentational devices: Strategic maneuvering in Lipitor's direct-to-consumer drug advertising. In R. A. Lake (ed.), *Recovering Argument: Selected Papers from the Nineteenth NCA/AFA Conference on Argumentation*. Washington, D.C.: National Communication Association.

Invited

- High, A. C., Buehler, E. M., & Youngvorst, L. J. (2019). Complexities of channel publicness and (in)effective support behaviors. In N. L. Egbert & K. B. Wright (Eds.), *Social Support and Health in the Digital Age*. London: Lexington
- Danielson, C., & Youngvorst, L. J. (2018). To tell or not to tell: Bullied students' coping processes and supportive communication. In R. West & C. Beck (Eds.), *The Routledge Handbook of Communication and Bullying*. London: Routledge.
- Youngvorst, L. J. (under contract). Emotional support. In M. Faw, A. Holmstrom, J. Pederson, & A. High (Eds.), *The Routledge Handbook of Supportive Communication*. London: Routledge.

Manuscripts Under Review

- Youngvorst, L. J., Danielson, C., & Jones, S. M. (Revise and Resubmit). Meditation practices increase empathic concern and person-centered emotional support. *Communication Reports*
- Youngvorst, L. J., & High, A. C. (Revise and Resubmit). Direct and indirect effects of communication channel and perceived affordances on perceptions of support: A dyadic mediation analysis. *Media Psychology*

- Youngvorst, L. J., & Ruppel, E. (Revise and Resubmit). Support gaps and emerging adult friendship: Dyadic associations with initial and longitudinal relational quality. *Journal of Social and Personal Relationships*
- Youngvorst, L. J., & Moon, M. (Initial Review). An inductive investigation of nonverbal support-seeking. *Qualitative Research Reports in Communication*.

Manuscripts in Preparation

- Youngvorst, L. J. (Writing Stage). Nonverbal dynamics between friends during supportive conversations via text messaging. To be submitted to the *Journal of Language and Social Psychology*
- Youngvorst, L. J. (Data Analysis). The effect of support quality on support seeking in conversations between friends. To be submitted to the *Personal Relationships*
- Youngvorst, L. J., & Zhou, Y. (Data Analysis). A goals-plan-action assessment of support seeking. To be submitted to *Communication Studies*
- Zhou, Y., & Youngvorst, L. J. (Data Analysis). Support seekers' sense-making of their interaction goals and its influence on support-seeking intention. To be submitted to *Human Communication Research*
- Youngvorst, L. J., & Taylor, T. (Data Analysis). Associating personality traits and cognitive attributions with anticipated and enacted support provision. To be submitted to *Communication Studies*
- Youngvorst, L. J. (Data Collection). Discrepancies between verbal and nonverbal support: An experimental test of the discrepant verbal-nonverbal profiles theory. To be submitted to *Communication Quarterly*

Competitive Peer-Reviewed Presentations

- Youngvorst, L. J., & High, A. C. (2024, November). *Direct and indirect effects of communication channel and perceived affordances on perceptions of support: A dyadic mediation analysis*. Accepted and to be presented at the 2024 National Communication Association Conference, New Orleans, LA.
- Rorer, M., & Youngvorst, L. J. (2024, November). *Nonverbal communicative behaviors when seeking support from friends: An inductive analysis* (**Nonverbal Division Top Paper Award**). Accepted and to be presented at the 2024 National Communication Association Conference, New Orleans, LA.
- Youngvorst, L. J., & Ruppel, E. (2024, November). *Support gaps among friends amid emerging adulthood: Dyadic associations with initial and longitudinal relational quality*. Accepted and to be presented at the 2024 National Communication Association Conference, New Orleans, LA.
- Youngvorst, L. J., & Jones, S. M. (2023, November). *An experimental test of mediated supportive communication and resulting outcomes*. Presented at the 2023 National Communication Association Conference, National Harbor, MA.
- Youngvorst, L. J., & Buehler, E. M. (2023, November). *Contextual factors influencing online support providers' motivations and message provision*. Presented at the 2023 National Communication Association Conference, National Harbor, MA.
- Youngvorst, L. J., & Pham, T. (2022, November). *Digital dating and COVID-19: Investigating motives, predictors, and outcomes*. Presented at the 2022 National Communication Association Conference, New Orleans, LA.

- Pham, T., & Youngvorst, L. J. (2022, February). *Virtual dating during Covid-19*. Presented at the 2022 Western States Communication Association Conference, Portland, OR.
- Youngvorst, L. J., & High, A. C. (2021, November). *The mediating role of affordances on the relationship between communication channel and supportive communication (Human Communication and Technology Division Top Four Paper Award)*. Presented at the 2021 National Communication Association Conference, Seattle, WA.
- Youngvorst, L. J., & Jones, S. M. (2021, November). *Testing competing perspectives and predictions of computer-mediated supportive communication*. Presented at the 2021 National Communication Association Conference, Seattle, WA.
- Buehler, E. M., & Youngvorst, L. J. (2021, November). *Online support seeking in the context of grief: How aspects of support-seeking message and communication channel shape support providers' impressions*. Presented at the 2021 National Communication Association Conference, Seattle, WA.
- Youngvorst, L. J. (2020, May). *Examining theories of computer-mediated communication as they relate to supportive conversations*. Presented at the 2020 International Communication Association Conference, Virtual Conference.
- Youngvorst, L. J. (2020, May). *Predicting Emotional Contagion Among Peer Health Educators*. Presented at the 2020 International Communication Association Conference, Virtual Conference.
- Youngvorst, L. J., High, A. C., & Buehler, E. M. (2019, November). *Appreciating the complexity of online support: Examining factors entangled with channel publicness when predicting (in)effective supportive behaviors*. Presented at the 2019 National Communication Association Conference, Baltimore, MA.
- Acevedo Callejas, M. L., High, A. C., Youngvorst, L. J. (2019, November). *The provision of supportive communication on social networking sites (SNS) through a Brunswick lens: The role of political affiliation, directness of support seeking, and modality on verbal person-centeredness*. Presented at the 2019 National Communication Association Conference, Baltimore, MA.
- Youngvorst, L. J. (2018, November). *Explicating computer-mediated verbal person-centered supportive communication: Competing theories, competing predictions*. Presented at the 2018 National Communication Association Conference, Salt Lake City, UT.
- Youngvorst, L. J. (2018, November). *An affordance-based approach to online supportive communication*. Presented at the 2018 National Communication Association Conference, Salt Lake City, UT.
- Jones, S. M., Youngvorst, L. J., Danielson, C., & Bodie, G. D. (2018, November). *Cultivating supportive communication among couples*. Presented at the 2018 National Communication Association Conference, Salt Lake City, UT.
- Bodie, G. D., Jones, S. M., Youngvorst, L. J., Navarro, M., & Danielson, C. (2017, November). *Mapping the terrain of person-centered supportive conversations*. Presented at the 2017 National Communication Association Conference, Dallas, TX.
- Youngvorst, L. J., & High, A. (2017, May). *"Anyone free to chat": Using technological features to elicit quality support online*. Presented at the 2017 International Communication Association Conference, San Diego, CA.
- Youngvorst, L. J., & Jones, S. M. (2017, May). *The influence of cognitive complexity, empathy, and mindfulness on person-centered message evaluations*. Presented at the 2017 International Communication Association Conference, San Diego, CA.

- Youngvorst, L. J. (2017, May). *Is Peer Health Education Healthy for Everyone? Examining Immediate and Durable Emotional Contagion Among Peer Health Educators*. Presented at the 2017 International Communication Association Conference, San Diego, CA.
- Youngvorst, L. J., & High, A. (2016, November). *When Facebook “friends” act like friends: The role of nonverbal immediacy, support seeking, and contextual information on users’ willingness to provide support*. Presented at the 2016 National Communication Association Conference, Philadelphia, PA.
- Youngvorst, L. J., & Koerner, A. F. (2016, November). *Two sides of the same coin?: Associating parenting styles and family communication patterns*. Presented at the 2016 National Communication Association Conference, Philadelphia, PA.
- Youngvorst, L. J. (2016, July). *Examining the peer educator: Resilience and the susceptibility to emotional contagion*. Presented at the 2016 International Association for Relationships Research, Toronto, Canada.
- Bruess, C. J., McDaniel, B. T., Drouin, M., & Youngvorst, L. J. (2016, July). *Couples’ texting rituals: Associations with relational satisfaction, frequency of conflict, and frequency of sex*. (Poster Session presented at the 2016 International Association for Relationships Research, Toronto, Canada.
- Koerner, A. F., & Youngvorst, L. J. (2016, June). *Is parenting everything in family communication?: The association of parenting styles with family communication patterns*. Presented at the 2016 International Communication Association Conference, Fukuoka, Japan.
- Jones, S. M., Youngvorst, L. J., & Danielson, C. (2015, November). *The impact of compassion and empathy on supportive message evaluations: A randomized control trial*. Presented at the 2015 National Communication Association Conference, Las Vegas, NV.
- Pedelty, M., Youngvorst, L. J., & Hamilton, J. (2015, November). *Embracing dystopia, communicating opportunity: A musical experiment in environmental communication*. Presented at the 2015 National Communication Association Conference, Las Vegas, NV.
- Vickery, A., Danielson, C., Hewes, D., Bodie, G. D., Cannava, K., St. Cyr, K., Hatcher, L., Youngvorst, L. J., Navarro, M., & Jones, S. M. (2015, November). *Capturing conversationally induced reappraisals with the supportive conversation assessment rubric (SCAR): A prospective study*. Presented at the 2015 National Communication Association Conference, Las Vegas, NV.
- Pedelty, M., Youngvorst, L. J., & Hamilton, J. (2015, October). *Sustainability, the Musical: A Case-based Exchange of Ideas for Integrating the Arts, Popular Culture, and Creative Expression into Environmental Pedagogy, Research, and Service on Campus*. Presented at the 2015 Association for the Advancement of Sustainability in Higher Education conference, Minneapolis, MN.
- Youngvorst, L. J. (2015, August). *Re-covering presentational devices: Strategic maneuvering in Lipitor’s direct-to-consumer drug advertising*. Presented at the NCA/AFA Conference on Argumentation, Alta, UT.
- Youngvorst, L. J. (2015, May). *Examining the peer educator: Emotional contagion within peer health education*. Presented at the 2015 International Communication Association Conference, San Juan, Puerto Rico.
- Youngvorst, L. J. (2013, April). *Elevating students as public advocates: Connecting public speaking to public advocacy*. Presented at the 2014 Central States Communication Association Conference, Minneapolis, MN.
- Youngvorst, L. J. (2013, August). *Disruptive definiendum: The dynamic definition of religion*. Presented at the NCA/AFA Conference on Argumentation, Alta, UT.

Competitive Panel Presentations

- Youngvorst, L. J. (2021, November). *Dyadic nonverbal synchrony within mediated and non-mediated supportive conversations*. Panel presented at the 2022 National Communication Association Conference, New Orleans, LA.
- Danielson, C. & Youngvorst, L. J. (2018, November). *To tell or not to tell: Bullied students' coping processes and supportive communication*. Panel presented at the 2018 National Communication Association Conference, Salt Lake City, UT.
- Youngvorst, L. J., & High, A. (2017, November). *Public versus private: The impact of public and private modalities on the provision of supportive messages online*. Panel presented at the 2017 National Communication Association Conference, Dallas, TX.
- Jones, S. M., Youngvorst, L. J., Danielson, C., Bodie, G. D., & Greene, R. W. (2017, November). *Building social capital by cultivating beneficial emotional support among couples: Introducing a support intervention program*. Panel presented at the 2017 National Communication Association Conference, Dallas, TX.
- Youngvorst, L. J., & Jones, S. M. (2016, November). *The influence of mindfulness on empathy and emotional contagion during supportive encounters*. Panel presented at the 2016 National Communication Association Conference, Philadelphia, PA.
- Vickery, A., Danielson, C., Bodie, G. D., Cannava, K., St. Cyr, K., Hatcher, L., Youngvorst, L. J., Navarro, M., & Jones, S. M. (2015, November). *Measuring the structure of supportive conversations across time: The supportive conversation assessment rubric (SCAR)*. Panel presented at the 2015 National Communication Association Conference, Las Vegas, NV.
- Youngvorst, L. J., Cvancara, K., Sobania, N., Karlsson, M., Hanks, A., Bouda, D., & Otto, V. (2013, November). *Metatheoretical Connections: Bridging the gap*. Panel presented at the 2013 National Communication Association Conference, Washington DC.

Colloquia and Invited Research Talks

- Virtual dating and COVID-19*. Presented as part of the Human Community Research Consortium, University of Idaho, October 2022.
- Supportive communication in a mediated world*. Presented as part of the Malcolm Renfrew Interdisciplinary Colloquium Series, University of Idaho, November 2021.
- Online support seeking in the context of grief*. Presented as part of the Human Community Research Consortium, University of Idaho, October 2021.
- Building practical and theoretical connections between communication & technology*. Presented at the Faculty/Undergraduate Research Consortium hosted at the University of Idaho, September 2019.
- The influence of communication modality on verbal person-centered supportive conversations between friends*. Presented at the 2018 Doctoral Research Showcase hosted by The Graduate School, University of Minnesota.
- Contextual influences on interpersonal interactions: An affordance-based approach to computer-mediated supportive communication*. Department of Communication Studies, University of Minnesota, December 2017.
- Building social capital by cultivating emotional support among couples*. Co-presented with Susanne Jones and Carly Danielson. Department of Communication Studies, University of Minnesota, March 2017.
- The effect of compassion and empathy on supportive message production in close relationships*. Co-presented with Susanne Jones and Carly Danielson. Department of Communication Studies, University of Minnesota, March 2015.

Guest Lectures

Technology, support, and relationships. Guest lecture in The Discipline of Communication (Instructor: Anjana Mudambi), University of Wisconsin-Milwaukee, October 2024

Connecting technology and well-being: A social support perspective. Guest lecture in Mediated Communication and Well-Being (Instructor: Erin Ruppel), University of Wisconsin-Milwaukee, March 2024)

Person-centered support. Guest lecture in The Discipline of Communication (Instructor: Leslie Harris), University of Wisconsin-Milwaukee, October 2023

Computer-mediated supportive communication. Guest lecture in Seminar in Interpersonal Communication (Instructor: Erin Sahlstein Parcell), University of Wisconsin-Milwaukee, September 2023

The psychology of supportive communication. Guest lecture in Survey of Psychology (Instructor: Ben Barton), University of Idaho, February 2023

Online and offline supportive communication. Guest lecture in Interpersonal Communication (Instructor: Carol Bruess), University of St. Thomas, April 2017.

GRANTS & AWARDS**Not Funded**

2024 PEACE grant (\$100,000), Role: PI, *Contemplative Practices as Antidotes to Individual and Relational Dissatisfaction: Toward a Model of “Mindful-tude”*,

Received

2024 SURF grant (\$5,000), Role: PI, *Coding Support Seeking Strategies Among Supportive Conversations Between Friends*. Office of Undergraduate Research, University of Wisconsin – Milwaukee

2022 Conference & Professional Development Travel Grant (\$1,000), College of Letters, Arts, and Social Sciences, University of Idaho

2022 Summer Research Grant (\$2,500), College of Letters, Arts, and Social Sciences, University of Idaho

2021 Conference & Professional Development Travel Grant (\$1,500), College of Letters, Arts, and Social Sciences, University of Idaho

2021 Top Four Paper Award, Human Communication and Technology Division, National Communication Association, Seattle, WA

2020 Conference & Professional Development Travel Grant (\$1,000), College of Letters, Arts, and Social Sciences, University of Idaho

2018 Old Buffalo Award Fellowship (\$4,000), Department of Communication Studies, University of Minnesota

2017 Karlyn Kohrs Campbell Graduate Student Teaching Award, Department of Communication Studies, University of Minnesota

2017-2018 Doctoral Dissertation Fellowship (\$25,000), The Graduate School, University of Minnesota

2017 Career Development Grant (\$1,000), Council of Graduate Students, University of Minnesota

2017 Scott, Jansen, and Campbell Graduate Fellowship (\$4500), Department of Communication Studies, University of Minnesota

2017 Graduate Student Travel Grant (\$200), International Communication Association Conference

2016	Graduate School Research Fellowship (\$4500), Department of Communication Studies, University of Minnesota
2016	Graduate Student Scholar Award, Department of Communication Studies, University of Minnesota
2015	Course Development Award, Department of Communication Studies, University of Minnesota

PROFESSIONAL SERVICE

Discipline Level

2024	Ad hoc reviewer, <i>Communication Research</i> (x2)
2024	Ad hoc reviewer, <i>Northwest Journal of Communication</i>
2016-present	Member, International Association for Relationships Research
2016-present	Paper Reader, <i>Human Communication and Technology Division</i> , National Communication Association
2015-present	Paper Reader, <i>Communication and Technology Division</i> , International Communication Association
2014-present	Member, International Communication Association
2012-present	Member, National Communication Association
2021-2023	Dissertation Award Committee, Human Communication & Technology Division, National Communication Association
2021-2023	Editorial Assistant and Content Manager, <i>Journal of Communication Technology</i>
2023	Ad hoc reviewer, <i>Journal of Social and Personal Relationships</i>
2023	Ad hoc reviewer, <i>Communication Research</i>
2023	Ad hoc reviewer, <i>Psychology of Popular Media</i>
2022	Ad hoc reviewer, <i>Human Communication & Technology</i>
2019	Ad hoc reviewer, <i>Communication Reports</i> (x2)
2019	Ad hoc reviewer, <i>Journal of Social and Personal Relationships</i> (x2)
2017-2019	Paper Reader, <i>Family Communication Division</i> , National Communication Association
2017	Respondent, St. Thomas Undergraduate Communication Research Conference, University of St. Thomas, St. Paul, MN
2016-2018	Paper Reader, <i>Language and Social Interaction Division</i> , Southern States Communication Association
2016	Respondent, St. Thomas Undergraduate Communication Research Conference, University of St. Thomas, St. Paul, MN
2015-2018	Paper Reader, <i>Health Communication Division</i> , International Communication Association
2015-2017	Graduate Student Representative, <i>Nonverbal Division</i> , National Communication Association
2014-2018	Paper Reader, <i>Interpersonal Division</i> , International Communication Association
2014-2018	Paper Reader, <i>Language and Social Interaction Division</i> , National Communication Association

University/College Level

2024-present	Undergraduate Internship Director, Department of Communication, University of Wisconsin-Milwaukee
2024-present	Faculty Advisor to the Communication Graduate Student Council, University of Wisconsin-Milwaukee
2023-present	Awards Committee, Department of Communication, University of Wisconsin- Milwaukee
2021-2023	Communication Program Coordinator, University of Idaho
2021-2023	External Relations Committee, University of Idaho
2019-2023	Undergraduate Curriculum Development Committee, University of Idaho
2018-2019	Assessment Committee, Normandale Community College
2018-2019	Department Review Coordinator, Normandale Community College
2015-2018	St. Thomas Undergraduate Communication Research Conference Liaison, Department of Communication Studies, University of Minnesota
2014-2018	Undergraduate Scholarship Review Committee Member, University of Minnesota
2014-2017	Executive Committee Member, Communication Studies Graduate Student Association, University of Minnesota
2012-2014	Executive Committee Member, Graduate Academic Committee, Minnesota State University, Mankato

CIVIC ENGAGEMENTS AND MEDIA INTERVIEWS

2018	Interviewee, “Is social media doing enough to curb hate speech?” <i>Kare 11</i> , October 30. Available at https://www.kare11.com/article/news/is-social-media-doing-enough-to-curb-hate-speech/89-609686778
2016	Interviewee, “The impact of screens on student achievement and success.” <i>Minnesota Daily</i> , April 22.
2016	Interviewee, “How not to text like a passive-aggressive Minnesotan.” <i>Star Tribune</i> , February 17. Available at: http://www.startribune.com/how-not-to-text-minnesotan/369128381/#1
2015	Interviewee, “Texts ending in periods are less sincere.” <i>Minnesota Daily</i> , December 14.