

**Curriculum Vita**  
**Jarl A. Ahlkvist, Ph.D.**

**Contact Information**

Department of Sociology & Criminology  
Penn State University  
550 Welch Building  
University Park, PA 16802

Phone: 720-220-7736  
Email: [jua22@psu.edu](mailto:jua22@psu.edu)

**Education**

Ph.D. University of Massachusetts, Amherst. Sociology.	1995.
M.A. University of Massachusetts, Amherst. Sociology.	1990.
B.A. Florida Atlantic University, Boca Raton. Sociology.	1986.

**Professional Positions**

Co-Investigator	Penn State University, 2016 – present Coping and Regulation of Environmental Stress lab Department of Psychology
Associate Teaching Professor	Penn State University, 2023 – present Department of Sociology & Criminology
Assistant Teaching Professor	Penn State University, 2012 - 2023 Department of Sociology & Criminology
Project Coordinator	University of Denver, 2011- 2012 Department of Psychology
Research Consultant	Mental Health Center for Boulder and Broomfield Counties, 2010 - 2012.
Lecturer	University of Denver, 2006-2012 Division of Arts, Humanities, and Social Sciences
Research Consultant	Omni Research and Training, 2005 - 2006
Instructor	University of Colorado, Denver, 2003 to 2006 Graduate Interdisciplinary Studies Program
Lecturer	University of Denver, 2003 - 2006 Department of Sociology & Criminology
Lecturer	University of Colorado, Colorado Springs, 2001 to 2003 Department of Sociology.

Jarl A. Ahlkvist  
Visiting Associate Professor

Western Washington University, 2000 to 2001  
Department of Sociology

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Associate Professor

Northern Vermont University, 1999 to 2001  
Department of Behavioral Sciences

Assistant Professor

Northern Vermont University, 1994 to 1999  
Department of Behavioral Sciences

Lecturer

Northern Vermont University, 1992 to 1994  
Department of Behavioral Sciences

### **Teaching**

#### **Current Courses**

Community-Engaged Research  
Social Problems  
Sociology of Popular Culture  
Sociology Research Methods

#### **Past Courses**

Criminology Research Methods  
Introduction to Sociology  
Psychology of Music  
Race & Ethnic Relations  
Social Theory  
Sociology of Deviance  
Sociology of Mass Media  
Sociology of Popular Music  
Youth Subcultures & Juvenile Delinquency

### **Curriculum Development**

SOC/CRIM 466: Solving Community Problems (2022).

Supporting & Advising First-Generation College Students – Course Orientation and modules for Department of Undergraduate Education’s online advising course (2019-2020).

Schreyer Institute for Course Design Academy – Penn State University (Summer 2018).

SOC 019: Sociology of Popular Culture (2015)

### **Publications**

Wadsworth, M., & Ahlkvist, J. (2024). Improving cortisol reactivity in preadolescents living in poverty by successfully engaging cognitive and behavioral coping skills with the BaSICS intervention. *Psychoneuroendocrinology*, 160, 106857.

- Wadsworth, M.E., Ahlkvist, J.A., Pequet, A.F. & Mayo, C.O. (2023). *Income, Income Inequality, Community, and the Development of Coping: The Reformulated Adaptation to Poverty-related Stress Model*. In M. Zimmer-Gembeck & E. Skinner (Eds.), *Handbook of Coping*. Cambridge, MA: Cambridge University Press.
- Wadsworth M.E., Ahlkvist J.A., Jones D.E., Pham H., Rajagopalan A., Genaro B. (2022). Targeting the proximal mechanisms of stress adaptation in early adolescence to prevent mental health problems in youth in poverty. *Journal of Clinical Child and Adolescent Psychology*, 3, 344-359. doi: 10.1080/15374416.2022.2073235. PubMed PMID: 35671231.
- Wadsworth, M.E., McDonald, A., Joos, C.M., Ahlkvist, J.A., Perzow, S.E., Tilghman-Osborne, E.M., & Brelsford, G. (2020). Reducing the biological and psychological toxicity of poverty related stress: Building a Strong Identity and Coping Skills. *American Journal of Community Psychology*, 65 (3-4), 305-319. doi:10.1002/ajcp.12400
- Wadsworth, M.E., Broderick, A.V., Loughlin-Presnal, J.E., Bendezú, J.J., Joos, C., Ahlkvist, J.A., Perzow, S.E., & McDonald, A. (2019). Co-activation of SAM and HPA responses to acute stress: A review of the literature and test of differential associations with preadolescents' internalizing and externalizing. *Developmental Psychobiology*, 61(7), 1079-1093.  
<http://dx.doi.org/10.1002/dev.21866>
- Wadsworth, M. E., Broderick, A.V., Loughlin-Presnal, J.E., & Ahlkvist, J.A. (2019). Physiologic reactivity to and recovery from acute social-evaluative stress: Differential associations with preadolescents' internalizing and externalizing problems. *Psychoneuroendocrinology*, 100, S28.  
[doi.org/10.1016/j.psyneuen.2018.12.103](https://doi.org/10.1016/j.psyneuen.2018.12.103)
- Wadsworth, M. E., Ahlkvist, J. A., McDonald, A., & Tilghman-Osborne, E. M. (2018). Future directions in research and intervention with youths in poverty. *Journal of Clinical Child and Adolescent Psychology*, 47(6), 1023-1038.
- Wadsworth, M. E., Bendezú, J. J., Loughlin-Presnal, J., Ahlkvist, J. A., ... & Hurwicz-Reiss, E. (2017). Unlocking the black box: A multilevel analysis of preadolescent children's coping. *Journal of Clinical Child and Adolescent Psychology*, 47, 527-541.
- Ahlkvist, J. A. (2015). [Review of the book *Climbing the charts: What radio airplay tells us about the diffusion of innovation* by G. Rossman]. *Contemporary Sociology*, 44 (4), 550-552.
- Wadsworth, M.E. & Ahlkvist, J.A. (2014). Inequality begins outside the home: Putting parental educational investments in context. In Amato, P, Booth, A. & McHale, S. (Organizers), *Diverging Destinies in an Era of Increasing Inequality*, proceedings from the 21st Annual Symposium on Family Issues. October 7-8, 2013. Penn State University.
- Ahlkvist, J. A. (2011). "What makes rock music 'prog?'" Fan evaluation and the struggle to define progressive rock." *Popular Music and Society*, 34(5), 639-660.
- Rhoades, G. K., McIntosh, D.N., Wadsworth, M.E., Ahlkvist, J.A., Burwell, R.A., Gudmundsen, G.R., Raviv, T., & Rea, J.G. (2007). Forgiving the perpetrators of September 11<sup>th</sup>: Associations with

- religiosity, responses to stress, and psychological distress. *Anxiety, Stress, and Coping*, 20, 109-128.
- Ahlkvist, J. A. (2007). [Review of the book *History and social theory* by P. Burke]. *Teaching Sociology*, 35, (2), 192-193.
- Ahlkvist, J. A. and Faulkner, R. (2006). "Are They Playing Our Song? Programming Strategies on Commercial Music Radio." In *The Business of Culture: Perspectives on Media and Entertainment*. Edited by Jamal Shamsie, Joseph Lampel & Theresa Lant. Mahwah, NJ: Lawrence Erlbaum Associates Publishers.
- McIntosh, D. N., Kline, G. H., Wadsworth, M. E., Ahlkvist, J. A., Burwell, R. A., Gudmundsen, G. R., Raviv, T., & Rea, J. G. (2006). Forgiving the perpetrators of the September 11th attacks: Associations with coping, distress, and religiousness. In *Forgiveness: A sampling of research results* (pp. 16-17). Washington DC: American Psychological Association.
- Ahlkvist, J. A., Spitzform, P., Jones, E., and Reynolds, M. (2005). "Making Race Matter in the 'Whitest State in the Union.'" In *Challenges of Multicultural Education*. Edited by Norah Peters-Davis and Jeffrey Shultz. Boulder, CO: Paradigm Publishers.
- Wadsworth, M.E., Gudmundsen, G., Raviv, T., Ahlkvist, J.A., McIntosh, D., Kline, G., Rea, J., & Burwell, R. (2004). Coping with Terrorism: Age and gender differences in coping and involuntary responses to September 11th. *Applied Developmental Science*, 8, 143-157.
- Ahlkvist, J. A. (2004). [Review of the book *A misfit's manifesto: The spiritual journey of a rock & roll heart* by D. Weinstein]. *Teaching Sociology*, 32 (2), 245-246.
- Ahlkvist, J. A. and Faulkner, R. (2002). "Will this record work for us?" Managing music formats in commercial radio. *Qualitative Sociology*, 25 (2), 189-215.
- Ahlkvist, J. A. (2001). Sound and vision: Using progressive rock to teach social theory." *Teaching Sociology*, 29, 471-482.
- Ahlkvist, J. A. (2001). Programming philosophies and the rationalization of music radio." *Media, Culture & Society*, 23, 339-358.
- Ahlkvist, J. A. (2000). [Review of the book *Sociology Beyond Societies: Mobilities for the Twenty-First Century*]. *Teaching Sociology*, 28, 392-393.
- Ahlkvist, J. A. & Fisher, G. (2000). "And the hits just keep on coming:" Music programming standardization in commercial radio." *Poetics*, 27 (5), 301-325.
- Ahlkvist, J. A. (1999). Music and cultural analysis in the classroom: Introducing sociology through heavy metal." *Teaching Sociology*, 7, 126-144.
- Ahlkvist, J. A. (1998). [Review of the book *Notes from Underground: Rock Music and Counterculture in Russia*] *Social Forces*, 77 (3), 1241-1243.

Ahlkvist, J. A. (1997). The development of sociological thinking.” In *Resource Book for Teaching Sociological Theory*. Edited by Richard W. Moodey. Washington DC: American Sociological Association.

### **Manuscripts in Preparation**

Pham, H., Vaid, E., Ahlkvist, J.A., & Wadsworth, M.E. (in prep). *Pathways to persistence: A competing risk analysis of academic persistence among first-generation college students in a multi-campus university system.*

Pham, H., Vaid, E., Ahlkvist, J.A., & Wadsworth, M.E. (in prep). *Modeling Trajectories of Academic Persistence in First-generation College Students with Race, Ethnicity, Income, Transfer Status, and Campus Type.*

Vaid, E., Hahn, T., Mayo, C., Ahlkvist, J.A., & Wadsworth, M.E. (in prep.). *Delivering a Multilevel School-Based Coping Skills and Community Action Intervention: A Pilot Feasibility Study.*

### **Conference & Invited Presentations**

Ahlkvist, J.A. & Hahn, T. N. (March 2026). *Research with Low-Income Adolescents in the BaSICS Program*. Engaging Young Voices: Innovative Approaches to Research with Children. Clinical and Translational Science Institute, Penn State University.

Wadsworth, M.E. & Ahlkvist, J.A. (November 2025). *Psychosocial and Biological Mechanisms of the BaSICS Program in Low-Income Adolescents*. 11<sup>th</sup> International Congress of Clinical and Health Psychology in Children and Adolescents. Malaga, Spain.

Wadsworth, M.E. & Ahlkvist, J.A. (November 2023). *Poverty, community engagement, and children’s mental health*. Moments of Change: Creating a Livable Planet. Sustainable Environment and Health Showcase, Penn State University.

Wadsworth, M.E., Ahlkvist, J. A. (August 2023). *Improving Cortisol Reactivity in Preadolescents Living in Poverty by Successfully Engaging Cognitive and Behavioral Coping Skills with the BaSICS Intervention*. Poster presented at Annual meeting of the International Society of Psychoneuroendocrinology, London, UK.

Wadsworth, M.E., Ahlkvist, J. A., & Hahn, T.N. (May 2023). *The Building a Strong Identity and Coping Skills (BaSICS) Program: Intervention Design, Evaluation, and Outcomes for HBSD Students*. Presentation to School Board, Harrisburg School District, Harrisburg, PA.

Wadsworth, M.E. & Ahlkvist, J. A. (May 2022). *Building a Strong Identity and Coping Skills: Preventive Intervention for Youths in High Poverty Contexts*. Paper presented at Society for Research on Child Development Special Topic Meeting: Construction of the ‘Other’: Development, Consequences, and Applied Implications of Prejudice and Discrimination. Rio Grande, Puerto Rico, USA

- Ahlkvist, J.A., Pham, H., Vaid, E., & Wadworth, M.E. (May 2022). *Penn State Pathways to a Bachelor's Degree*. Presentation for the First-Generation Student Support Summit. Undergraduate Education, Penn State University, University Park, PA.
- Ahlkvist, J.A., Pham, H., Vaid, E., & Wadworth, M.E. (February 2022). *Pathways to Graduation for Low-Income, First-Generation, and Students of Color at Penn State*. Paper presented at the Penn State University Data Summit. University Park, PA.
- Wadsworth, M.E., Ahlkvist, J.A., & Jones, D.E. (November 2021). *Targeting the Proximal Mechanisms of Stress Adaptation in Early Adolescence to Prevent Mental Health Problems in Youth in Poverty*. Paper presented at ABCT Annual Convention, New Orleans, LA.
- Ahlkvist J. A. (October 2020). *Best Practices for Advising & Supporting First-Generation College Students*. Paper presented at the 19<sup>th</sup> Annual Division of Undergraduate Studies Conference on Promoting Innovative Scholarship on Academic Advising, Penn State University, University Park, PA.
- Ahlkvist, J. A. (September 2019). *Supporting and Empowering First-Generation College Students*. Paper presented at the 18<sup>th</sup> Annual Division of Undergraduate Studies Conference on Promoting Innovative Scholarship on Academic Advising, Penn State University, University Park, PA.
- Wadsworth, M.E. & Ahlkvist, J. A. (April 2019). *Reducing the Biological and Psychological Toxicity of Poverty-related Stress: Building a Strong Identity and Coping Skills*. Paper presented at the Global Mental Health Research without Borders 10<sup>th</sup> anniversary conference, Bethesda, MD.
- Ahlkvist, J. A., Gilfillan, B. (March 2019). *Helping First-Generation Students Find & Keep their Balance in College*. Presentation for the Penn State University Undergraduate Education Steering Committee, University Park, PA.
- Wadsworth, M., Broderick, A., Loughlin-Presnal, J., & Ahlkvist, J. A. (September 2018). *Physiologic reactivity to and recovery from acute social-evaluative stress: Differential associations with preadolescents' internalizing and externalizing problems*. Paper presented at the Annual Meeting of the International Society of Psychoneuroendocrinology, Irvin, CA
- Bendezu, J. J., Wadsworth, M. E., Ahlkvist, J. A., & Bianco, H. B. (April 2013). *Children's physiological responses to social stress: associations with self-reported coping and parent coping socialization*. Paper presented at Society for Research in Child Development Biennial Conference, Baltimore, MD.
- Ahlkvist, J. A. (May 2009) *Acting naturally? Women in progressive rock.* Paper presented at the International Association for the Study of Popular Music conference, San Diego, CA.
- McIntosh, D. N., Kline, G. H., Wadsworth, M. E. Ahlkvist, J. A., Burwell, R.A., Gudmundsen, G. R., Raviv, T., & Rea, J. G. (August 2006). *Forgiving the September 11th Terrorists: Associations with Coping and Distress*. Paper presented at the American Psychological Association Annual Meeting. New Orleans, LA.

Wadsworth, M. E., Ahlkvist, J. A., & Washburn, J. J. (March 2004). *Multidisciplinary and International Perspectives on Adolescent Delinquency: Implications for Prevention Science*. Paper presented at Society for Research on Adolescence Biennial Meeting, Baltimore, March 2004.

Burwell, R., Ahlkvist, J. A., & Wadsworth, M. E. (April 2003). *The Psychological Impact of Performance Violence: Adolescents' Exposure to Media Coverage of 9/11 and Psychological Symptoms*. Paper presented at Society for Research on Child Development Biennial Meeting, Tampa, FL.

Ahlkvist, J. A. & McGarrigle, M. (April 2003). *Introducing Sociology through Group Projects: An Assessment of Online Collaboration in a Large Class*. Paper presented at the Center for Internet Technology in Education Conference, Denver, CO.

Wadsworth, M. E., Ahlkvist, J., Burwell, R., Gudmundsen, G., Kline, G., Raviv, T., Rea, J. & McIntosh, D. (September 2002). *Coping with mass-mediated terrorism*. Paper presented at the European Society for Research on Adolescence Annual Meeting, Oxford, U.K.

Ahlkvist, J. A. (April 2000). *Cookie Cutter Radio? Economic Concentration and Music Programming in a Large Market*. Paper presented at the annual meeting of the Pacific Sociological Association, San Francisco, CA.

Ahlkvist, J. A., Ziemann, A. & Robbins, T. (March 2000). *Making Music and Making Noise: Musical Performances in Public Places*. Paper presented at the annual meeting of the Eastern Sociological Society, Baltimore, MD.

Ahlkvist, J. A. & Reynolds, M. (March 1999). *Backlash Against Bureaucracy: Clashing Organizational Cultures on a College Campus*. Paper presented at the annual meeting of the Eastern Sociological Society, Boston, MA.

Ahlkvist, J. A. (August 1998). *Programming Repertoires and the Production of Culture*. Paper presented at the annual meeting of the American Sociological Association, San Francisco, CA.

Ahlkvist, J. A. (August 1997). *Culture in Your Face: Introducing Sociology through Heavy Metal*. Paper presented at the annual meeting of the American Sociological Association, Toronto, Canada.

Ahlkvist, J. A., Wadsworth, M. E. & Perry, M. (March, 1996). "Going with the Television Flow? Viewer Reactions to Television's Introduction of Unconventional Gender Portrayals." Paper presented at the annual meeting of the Eastern Sociological Society, Boston, MA.

Ahlkvist, J. A. (August 1995). *Making Music Popular: An Analysis of Structural Constraints on Music Programming in Commercial Radio*. Paper presented at the annual meeting of the American Sociological Association, Washington DC.

Ahlkvist, J. A. (August 1993). *Putting On the Hits: A Reassessment of the Structural Determinants of American Popular Music Culture*. Paper presented at the annual meeting of the American Sociological Association, Miami, FL.

**Evaluation Research**

- Ahlkvist, J. A. (2010). "MHSIP and YSSF Customer Satisfaction Survey: FY09 Results." Mental Health Centers serving Boulder and Broomfield Counties. Boulder, CO.
- Ahlkvist, J. A. & Broderick, C. (2006). "Evaluation Design Report: Partner Up Demonstration Project." Omni Research and Training. Denver, CO.
- Ahlkvist, J. A. (2003). "Promoting Collaborative Learning in Large Classes: The Promises and Challenges of Using Online Learning Platforms." Research report commissioned by the Office of the Vice Chancellor for Academic Affairs and the Student Achievement Assessment Committee at the University of Colorado. Colorado Springs, CO.
- Ahlkvist, J. A. (1999). "Johnson State College: Refuge in a Modern World?" Research report commissioned by the President and Academic Dean of Johnson State College. Johnson, VT.
- Ahlkvist, J. A. (1997). "Cool, Cold, Connected, and Crazy: First Year Students Talk about Life at Johnson State College." Research report commissioned by the President and Academic Dean of Johnson State College. Johnson, VT.

**Grants***Current:*

"Pilot Study of the Building a Strong Identity and Coping Skills program for Refugee Youth"  
*Avant Senare* Youth Services, Rotterdam, Netherlands  
04/01/2024-04/01/2025  
Role: Co-Investigator (PI: Wadsworth)  
Amount: \$15,000

R01MH134938 "Confirmatory Efficacy of the Building a Strong Identity and Coping Skills program for Low-Income Young Adolescents"  
National Institute of Mental Health  
08/01/2024-07/31/2029  
Role: Co-Investigator (PI: Wadsworth)  
Amount: \$5,627,226.

*Completed:*

5R33 MH107631-05 - five years  
"Preventing Internalizing Psychopathology in Preadolescents Exposed to Chronic Stress"  
*National Institute of Mental Health*  
Role: Co-Investigator (PI: Wadsworth)  
04/01/2018-03/30/2023  
Amount (direct): \$1,802,045

COVID-19 Supplement to MH107631 “Adapting BaSICS for Virtual Delivery by Classroom Teachers”

*National Institute of Mental Health*

04/01/2021 – 3/31/2023

Role: Co-Investigator (PI: Wadsworth)

Amount: \$336,998

NIMH National Data Archive – Data Use Agreement

Adolescent Brain Cognitive Development permission group

09/01/2021-09/10/2023.

PCCD # 30498 – Reducing Youth Violence Grant

“RiseUptown: A School/Community Inclusive Approach”

*Pennsylvania Commission on Crime and Delinquency*

Role: Co-Investigator on subcontract (PI: Wintermeyer)

08/01/2020 – 07/31/2022

Amount: \$346,749

“Resilience Intervention for Social Empowerment in Underserved Places (RiseUp): A Comprehensive Multicomponent Collaborative Intervention to Reduce the Adverse Impacts of Poverty on Urban Adolescents”

*National Institutes of Health – Director’s Fund*

1 U01 DE031584-01 Role: Co-Investigator (not funded—one-time RFA)

WTGF #189992

“RiseUptown: A Comprehensive Community Collaboration to Reduce the Adverse effects of Poverty on Urban Adolescents.”

*William T. Grant Foundation*

Role: Co-Principle Investigator (Co-PI: Wadsworth)

01/01/2020 – 12/31/2023 (Not funded)

University Strategic Initiatives

“Understanding First-Generation Students’ Stress and Coping to Promote Academic Engagement and Health”

*Pennsylvania State University Strategic Planning Initiative*

Role: Co-lead (Co-leads: Wadsworth and Schreier)

07/02/2019 – 06/30/2022 (Not funded)

1R21 MH107631-01 “Preventing Internalizing Psychopathology in Preadolescents Exposed to Chronic Stress”

*National Institute of Mental Health*

Role: Co-Investigator (PI: Wadsworth)

04/01/2016 - 03/30/2018

“Process Evaluation and Pilot Efficacy Trial of the BaSICS Program”

*Social Science Research Institute, PSU*

Role: Co-Principal Investigator (Co-PI: Wadsworth)

06/1/2015 - 05/30/2017

“Promoting Collaborative Learning in Large Classes: The Promises and Challenges of Using Online Learning Platforms.”

*The Office of the Vice Chancellor for Academic Affairs and the Student Achievement Assessment Committee at the University of Colorado.*

Role: Principal Investigator

06/01/2002 – 06/01/2003

9952508.

“Computer Lab to Promote Undergraduate Social Science Research”

*National Science Foundation. Division of Undergraduate Education Grant*

Role: Principal Investigator

09/01/2000 – 09/01/2002

“Multi-Campus Synced Courses: Development & Pilot of a Hybrid Course on Juvenile Delinquency”

*Vermont State Colleges Learning Communities Fund*

Role: Principal Investigator

06/01/1999 – 06/01/2000

### **Faculty Service**

#### **Penn State University**

Student Success with Equity Steering Committee– Division of Undergraduate Education, Penn State University. Member 2021 – present.

Sociology Undergraduate Education Committee. Member, 2020 – present.

Criminology & Sociology Teaching Forum. Member, 2012-2013, 2019-2020. Chair, 2013-2014.

Criminology Undergraduate Education Committee. Member, 2015 – 2019.

First Gen Advocates Student Club. Faculty Advisor, 2018 – 2021.

Diversity and Inclusion Committee. Member, 2014-2015.

#### **University of Denver**

Academic Advisor & First-Year Student Mentor: 2006-2011.

#### **Northern Vermont University**

##### **College-Wide**

General Education & Core Curriculum Committee: Member, 1997 to 1999; Chair, 1999 to 2000.

Curriculum Committee: Member, 1996 to 1997, Chair 1997 to 1999.

Enrollment Management Task Force: Member, 1997 to 1998.

General Education & Core Curriculum Task Force: Member, 1995 to 1997.

Faculty Development Committee: Member, 1994 to 1995, Chair, 1995 to 1996.

Student Advising Committee: Member, 1994 to 1996.

Diversity Committee: Member, 1992 to 1995; Chair, 1995 to 1997.

### Departmental

Academic Advisor. Sociology. 1992-2000.

Behavioral Sciences Club: Faculty Advisor, 1993 to 2000.

Anthropology & Sociology Internship Program: Coordinator, 1996 to 1998.

### Editorial Service

#### Peer-Reviews

*American Sociological Review, Communication Theory, Journal of Consulting and Clinical Psychology, Cultural Sociology, Qualitative Sociology, Race, Gender and Class, Social Forces, Sociological Forum, Sociological Inquiry, and Teaching Sociology.*

#### Publisher Review

McGraw-Hill Higher Education, W.W. Norton & Co., Pearson Publishing, Sage, Rowman & Littlefield, and Lawrence Erlbaum Associates.

### Professional Associations

American Sociological Association

International Association for the Study of Popular Music

### References available upon request.