

J. Kale Monk, Ph.D., CFLE

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Columbia, MO 65211
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EDUCATION

- Ph.D. 2017 **Human Development and Family Studies**, University of Illinois at Urbana-Champaign
Dissertation: *Boomerang coupling: The role of differentiation, violence, commitment, and deciding in on-off relationship instability.*
- M.S. 2013 **Couple and Family Therapy**, Kansas State University
Thesis: *Commitment and sacrifice in emerging adult cyclical and non-cyclical romantic relationships.*
- B.S. 2010 **Psychology and Family Studies and Human Services**, Kansas State University
Honors Project: *Development of an academic minor: Conflict Analysis and Trauma Studies.*
Minor: Leadership Studies, Magna Cum Laude

PROFESSIONAL EXPERIENCE

- 2017- Present **Assistant Professor and State Extension Specialist**, Department of Human Development and Family Science, University of Missouri
- 2011-2013 **Marriage and Family Therapist (Intern)**, The KSU Family Center, Kansas State University
Secondary practicum placements:
- St. Isidore's Catholic Center, Premarital Counselor
 - Anthony Middle School, Adolescent Group Therapy Intern
 - University Counseling Services, Practicum Therapist

HONORS AND AWARDS

International, National, and Regional

- Proposal Award*, Education and Enrichment Section, National Council on Family Relations, 2017
- Top Four Paper Award*, National Communication Association, 2017 (Awarded to Leanne Knobloch for "Communication in online forums about the experience and management of relational uncertainty in military life" paper)
- NCFR Student Award*, National Council on Family Relationships, 2016
- Cutting Edge Research Award*, American Association for Marriage and Family Therapy, 2015, 2016
- Travel Award*, International Association for Relationship Research, 2016
- Issues in Aging Focus Group Award*, National Council on Family Relations, 2015 (awarded to Amy Rauer & Claire Kamp Dush for "A Developmental Perspective on Couples in Conflict" symposium)
- Feldman Outstanding Research Proposal for Research in Family Policy*, Family Policy Section, National Council on Family Relations, 2015
- Outstanding Graduate Student Research Paper*, Affiliate Councils Board, National Council on Family Relations, 2015
- Outstanding Student Research Award*, Illinois Council on Family Relations, 2015

Best Research Paper Award for a Student, Family Therapy Section, National Council on Family Relations, 2014

Best Abstract by a Student/New Professional Award, Research & Theory Section, National Council on Family Relations, 2013

University, College, and Departmental

List of Teachers Rated as Outstanding by Their Students, University of Illinois, 2017

List of Teachers Rated as Excellent by Their Students, University of Illinois, 2016

Paul Funk Graduate Research Award, College of Agriculture, Consumer, and Environmental Sciences, University of Illinois at Urbana-Champaign, 2015

List of Teachers Rated as Outstanding by Their Students, University of Illinois, 2015

Joseph Pleck Outstanding Graduate Student Award, Department of Human & Community Development, University of Illinois at Urbana-Champaign, 2014

List of Teachers Rated as Outstanding by Their Students, University of Illinois, 2014

Anderson Award for the Outstanding Graduating Senior, Kansas State University, 2010 (One of the highest honors from the Kansas State Alumni Association as the only graduating senior to receive the award for academics)

Outstanding Graduating Senior Award, the College of Human Ecology, Kansas State University, 2010

Bosco Leadership Award for Outstanding Graduating Senior, School of Leadership Studies, Kansas State University, 2010

Truman Scholarship nomination, Kansas State University, 2008 (Selected to compete at the national level)

PUBLICATIONS AND MANUSCRIPTS

Underline indicates graduate student

* indicates undergraduate student

† indicates community practitioner

Accepted, Published, or In Press

Monk, J. K., Ogolsky, B. G., & Oswald, R. F. (conditionally accepted). Coming out and getting back in: On-again/off-again instability and distress in same and different-sex relationships. *Family Relations*.

Brooks, J., Ogolsky, B. G., & **Monk, J.K.** (in press). Commitment in interracial relationships: Dyadic and longitudinal tests of the investment model. *Journal of Family Issues*.

Monk, J. K., Ruhmann, L., Nelson Goff, B. S., & Ogolsky, B. G. (in press). Brief-systemic treatments for mental health and relationship distress in military veteran couples. *Journal of Family Theory & Review* special issue, "Military/veteran-connected families: Advances in theory & methodology."

****Received Proposal Award (2017) from the National Council on Family Relations – Education & Enrichment section.**

Knobloch, L. K., Basinger, E. D., Abendschein, B., Wehrman, E. C., **Monk, J. K.**, & McAninch, K. G. (in press). Communication in online forums about the experience and management of relational uncertainty in military life. *Journal of Family Communication*.

****Received Top Four Paper Award (2017) from the Interpersonal Communication Division of the National Communication Association.**

- Andrade, F. C. D., Kramer, K. Z., **Monk, J. K.**, Greenlee, A. J., & Mendenhall, R. (2017). Financial stress and depressive symptoms: The impact of an intervention of the Chicago Earned Income Tax Periodic Payment. *Public Health, 153*, 99-102.
- Ogolsky, B. G., **Monk, J. K.**, Rice, T. M., Theisen, J. C., & Maniotes, C. (2017). Relationship maintenance: A review of research on romantic relationships. *Journal of Family Theory & Review, 9*, 275-306.
- Monk, J. K.**, Oseland, L. M., Nelson-Goff, B. S., Ogolsky, B. G., & *Summers, K. (2017). Integrative intensive retreats for veteran couples and families: A pilot study assessing change in relationship adjustment, posttraumatic growth, and trauma symptoms. *Journal of Marital and Family Therapy, 43*, 448-462.
- Vennum, A., **Monk, J. K.**, Pasley, B. K., & Fincham, F. D. (2017). Emerging adult relationship transitions as opportune times for tailored interventions. *Emerging Adulthood, 5*, 293-305.
- Nelson Goff, B. S., *Hartman, K., *Perkins, D., *Summers, K., *Walker, L., & **Monk, J. K.** (2016). Talk to me: Disclosure of past trauma experiences to spouses in military couples. *Journal of Veterans Studies, 1*, 98-128.
- Nelson Goff, B. S., **Monk, J. K.**, *Malone, J., *Staats, N., *Tanner, A., Springer, N. P. (2016). Comparing parents of children with Down Syndrome at different life span stages. *Journal of Marriage and Family, 78*, 1131-1148.
- ** Received 2015 Cutting Edge Research Designation from AAMFT.**
- Monk, J. K.**, Ogolsky, B. G., & †Bruner, V. (2016). Veteran Couples Integrative Intensive Retreat model: An intervention for military veterans and their relational partners. *Journal of Couple & Relationship Therapy, 15*, 158-176.
- ** Received Outstanding Graduate Student Research Paper award (2015) from the National Council on Family Relations - Affiliate Councils Board.**
- Ogolsky, B., Surra, C., & **Monk, J. K.** (2016). Pathways of commitment to wed: An analysis of the development and dissolution of romantic relationships. *Journal of Marriage and Family, 78*, 293-310.
- Soloski, K., **Monk, J. K.**, & Durtschi, J. (2016). Trajectories of early binge drinking: A function of family cohesion and peer use. *Journal of Marital and Family Therapy, 42*, 76-90.
- Nelson Goff, B. S., *Summers, K., *Hartman, K., *Billings, A., *Chevalier, M., *Hermes, H., *Perkins, D., *Walker, L., †Wick, S., & **Monk, J. K.** (2015). Disclosure of war deployment experiences: A qualitative study of the relationship impact on military couples. *Military Behavioral Health, 3*, 190-198.
- *Staats, N., Nelson Goff, B. S., Springer, N., & **Monk, J. K.** (2015). Parents of children with Down Syndrome: A comparison of prenatal and postnatal diagnosis groups. *Journal on Developmental Disabilities, 21*, 83-94.
- Monk, J. K.**, Vennum, A., Ogolsky, B. G., & Fincham, F. D. (2014). Commitment and sacrifice in emerging adult romantic relationships. *Marriage & Family Review, 50*, 416-434.
- **Received Best Abstract by a Student/New Professional Award (2013) from the National Council on Family Relations - Research & Theory Section.**
- Monk, J. K.**, & Nelson Goff, B. S. (2014). Military couples' trauma disclosure: Moderating between trauma symptoms and relationship quality. *Psychological Trauma: Theory, Research, Practice, and Policy, 6*, 537-545.
- **Received Best Research Paper Award for a Student (2014) from the National Council on Family Relations - Family Therapy Section.**

- Ogolsky, B., Dennison, R., & **Monk, J. K.** (2014). The role of couple discrepancies in cognitive and behavioral egalitarianism in marital quality. *Sex Roles, 70*, 329-342.
- Vennum, A., Lindstrom, R., **Monk, J. K.**, & Adams, R. (2014). "It's complicated": The continuity and correlates of cycling in cohabiting and marital relationships. *Journal of Social and Personal Relationships, 31*, 410-430.
- Brase, G., Adair, L., & **Monk, K.** (2014). Explaining sex differences in reactions to relationship infidelities: Comparisons of the roles of sex, gender, beliefs, attachment, and sociosexual orientation. *Evolutionary Psychology, 12*, 73-96.

Books

- Ogolsky, B. G., & **Monk, J. K.** (forthcoming). *Relationship maintenance: Theory, process, and context*. Cambridge University Press.

Book Chapters

- Ogolsky, B. G., & **Monk, J. K.** (forthcoming). Maintaining relationships. In A. Vangelisti & D. Perlman (Eds.), *Cambridge handbook of personal relationships* (2nd edition). Cambridge University Press.
- Ogolsky, B. G., & **Monk, J. K.** (forthcoming). Dating and couple formation. In B. Fiese (Ed.), *APA handbook of contemporary family psychology*. Washington, D.C.: American Psychological Association.
- Ogolsky, B. G., Whittaker, A., & **Monk, J. K.** (forthcoming). Power in the family. In C. R. Agnew & J. J. Harman (Eds.), *Power in close relationships*. Cambridge, UK: Cambridge University Press.
- Hughes, R., Jr., Bowers, J. R., **Monk, J.K.**, & *Kanter, J. (2015). Divorce and custody. In H. Montgomery (Ed.), *Oxford bibliographies in childhood studies*. New York, NY: Oxford University Press. doi: 10.1093/obo/9780199791231-0162

Other Publications

- Lindstrom, R., **Monk, J. K.**, & Vennum, A. (2014). Together again: The emerging trend of on-again/off-again relationships. *National Council on Family Relations Report, 62 [Family Focus on Dating and Mate Selection]*, 5-6.
- Monk, J. K.**, & Ogolsky, B. G. (2014). Moving forward or moving on?: Predicting progression and dissolution in dating couples. *National Council on Family Relations Report, 62 [Family Focus on Dating and Mate Selection]*, 11-13.

PRESENTATIONS AND WORKSHOPS

Underline indicates graduate student

* indicates undergraduate student

† indicates community practitioner

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- Monk, J. K.**, Ruhlmann, L., Nelson Goff, B. S., & Ogolsky, B. G. (2017, November). *Systemic relationship and psycho-education programs for military couples*. Paper presented at the meeting of the National Council on Family Relations, Orlando, FL.
- Rice, T. R., Ogolsky, B. G., **Monk, J. K.**, & Surra, C. (2017, November). Compatibility and interdependence processes of relationship maintenance. In A. Rauer, & C. Proulx (Co-chairs), "*A very long hike*": *Relationship processes across the life course*. Paper symposium presented at the meeting of the National Council on Family Relations, Orlando, FL.
- Ruhlmann, L., **Monk, J. K.**, Gallus, K., Cless, J., & Nelson Goff, B. (2017, November). "*It's not herding cats*": *Facilitating collaborative multi-tiered research teams*. Research exchange presented at the meeting of the National Council on Family Relations, Orlando, FL.
- Knobloch, L. K., Basinger, E. D., Abendschein, B., Wehrman, E. C., **Monk, J. K.**, McAninch, K. G. (2017). *Communication in online forums about the experience and management of relational*

uncertainty in military life. Paper presented at the meeting of the National Communication Association, Dallas, TX.

Monk, J. K. (2016, November). *Redefining relationship instability: An integrative model of fluctuating commitment*. Paper presented at the Theory Construction and Research Methodology (TCRM) workshop at the meeting of the National Council on Family Relations, Minneapolis, MN.

Monk, J. K., Oseland, L., & Nelson Goff, B. S. (2016, November). Collaborating with underserved veteran couples to promote mental health. In **J. K. Monk** (Chair), & B. L. Letiecq (Co-Chair), *Collaborative health: Community-based action with families on the margins*. Paper symposium presented at the meeting of the National Council on Family Relations, Minneapolis, MN.

Rice, T.M., Ogolsky, B.G., **Monk, J.K.**, Oswald, R.F. (2016, November). Heterosexism, instability, and commitment in same-sex relationships. In R. F. Oswald (Chair), *LGBTQ family members in community contexts*. Paper symposium presented at the meeting of the National Conference on Family Relations, Minneapolis, MN.

Monk, J. K., Oseland, L., Nelson Goff, B. S., & Ogolsky, B. G. (2016, September). *Mental health disclosure and responsiveness in military couples*. Paper presented at the meeting of the American Association for Marriage and Family Therapy, Indianapolis, IN.

**** Received 2016 Cutting Edge Research Designation from AAMFT.**

**** Selected for reprint for the 2017 AAMFT International Institutes Program in Dublin, Ireland.**

Brooks, J., Ogolsky, B. G., & **Monk, J. K.** (2016, July). *A tale of two partners: The Actor-Partner Interdependence Investment Model among intra- and interracial relationships*. Poster session presented at the meeting of the International Association for Relationship Research, Toronto, Canada.

Monk, J. K., Ogolsky, B. G., & Oswald, R. F. (2016, July). *Coming out and getting back in: On-off instability and mental health in same and different sex relationships*. Paper presented at the meeting of the International Association for Relationship Research, Toronto, Canada.

Monk, J. K. (2016, June). *Parenting and marriage initiatives at the University of Illinois at Urbana-Champaign*. Presented as part of the National Resource Center for Healthy Marriage and Families Illinois Integration Institute, Springfield, IL.

*Beck, S., Ogolsky, B. G., & **Monk, J. K.** (2016, April). *Work hard, play hard: A study on work and leisure activities in romantic relationships*. Poster session presented at the Illinois Undergraduate Research Symposium, Urbana, IL.

Monk, J. K., Ogolsky, B. G., & Denssion, R. P. (2015, November). Newlywed marital quality: The role of family of origin and conflict style discrepancy. In A. Rauer (Chair), & C. M. Kamp Dush (Organizer), *A developmental perspective on couples in conflict*. Symposium presented at the meeting of the National Council on Family Relations, Vancouver, Canada.

**** Issues in Aging Focus Group Award**

Ogolsky, B. G., Oswald, R. F., & **Monk, J. K.** (2015, November). *As the states turn: Marriage in a changing legal context*. Paper presented at the meeting of the National Council on Family Relations, Vancouver, Canada.

†Bruner, V., Nelson Goff, B. S., & **Monk, J. K.** (2015, September). *Veteran couple retreats: A systemic PTSD intervention*. Workshop conducted at the meeting of the American Association for Marriage and Family Therapy, Austin, TX.

Springer, N., Nelson Goff, B. S., *Staats, N., **Monk, J. K.**, *Malone, J., & *Tanner, A., (2015, September). Coping in parents of children with Down syndrome. Poster presented at the meeting of the American Association for Marriage and Family Therapy, Austin, TX

**** Received 2015 Cutting Edge Research Designation from AAMFT.**

Ogolsky, B., Wiley, A., **Monk, K.**, & Figueroa, R. (2015, June). *A daily diary examination of the association between physical activity and relationship satisfaction*. Paper presented at the meeting of the International Association for Relationship Research, New Brunswick, NJ.

Monk, J.K., Ogolsky, B. G., & Nelson Goff, B. S. (2015, April). *Healing together: Distress and trauma intervention for modern military-veteran couples*. Paper presented at the meeting of the Illinois Council on Family Relations, Champaign, IL.

Bowers, J., Hughes, R., **Monk, J. K.**, & *Kanter, J. (2014, November). *Social media strategies for supporting adolescents' coping with their parents' divorce*. Poster session presented at the meeting of the National Council on Family Relations, Baltimore, MD.

Monk, J. K. & Nelson Goff, B. (2014, November). *Trauma disclosure as a buffer in military couples' relationships*. Paper presented at the meeting of the National Council on Family Relations, Baltimore, MD.

*Walker, L., *Perkins, D., *Hartman, K., *Summers, K., Nelson Goff, B., & **Monk, J. K.** (2014, November). *Trauma disclosure in military couples: A mixed-method research study*. Paper presented at the meeting of the National Council on Family Relations, Baltimore, MD.

*Summers, K., *Billings, A., *Chevalier, M., *Hermes, H., *Hartman, K., Nelson Goff, B. S., & **Monk, J. K.** (2014, November). *Disclosure of deployment experiences in military couples*. Poster session presented at the meeting of the National Council on Family Relations, Baltimore, MD.

Ogolsky, B., Surra, C., & **Monk, J. K.** (2014, July). *Pathways of commitment to wed: An analysis of the development and dissolution of romantic relationships*. Paper presented at the meeting of the International Association for Relationship Research, Melbourne, Australia.

*Malone, J., *Staats, N., *Hein, A., Nelson Goff, B. S., Springer, N., & **Monk, J. K.** (2014, March). *Phases of coping for parents of a child with a developmental disability: Exploring a new lifespan model*. Poster session presented at the K-State Research Forum, Manhattan, KS.

*Walker, L., *Perkins, D., *Hartman, K., *Summers, K., Nelson Goff, B. S., & **Monk, J. K.** (2014, March). *Trauma disclosure in military couples: A comparison of trauma symptoms and relationship quality*. Poster session presented at the K-State Research Forum, Manhattan, KS.

****Received 1st place designation.**

Monk, J. K., Vennum, A. V., & Ogolsky, B. G. (2013, November). *Commitment and sacrifice in emerging adult cyclical and non-cyclical romantic relationships*. Poster session presented at the meeting of the National Council on Family Relations, San Antonio, TX.

Monk, J. K., & Vennum, A. V. (2013, October). *Influence of relationship education on decision making in emerging adult romantic relationships*. Poster session presented at the meeting of the Society for the Study of Emerging Adulthood, Chicago, IL.

Soloski, K., & **Monk, J. K.** (2013, March). *Healthy marriage: Couples' communication lecture series*. Workshops invited by the United States Military Department of Defense, Fort Riley, KS.

Soloski, K., **Monk, J. K.**, & Durtschi, J. (2012, November). *Family cohesion as a moderator of adolescent romantic relationships and alcohol use*. Poster session presented at the meeting of the National Council on Family Relations, Phoenix, Arizona.

Lindstrom, R., Monk, J. K., Adams, R., & Vennum, A. (2012, July). *The impact of cyclicity on cohabiting and married relationships*. Poster session presented at the meeting of the International Association for Relationship Research, Chicago, IL.

Monk, K. (2012, March). *Relationship coaching: Couples' counseling and relationship education in individual therapy*. Poster session presented at the meeting of the Kansas Association of Marriage and Family Therapy, Kansas City, KS.

Peaden, L., Brase, G., & Monk, K. (2012, January). *Sex differences in reactions to sexual and emotional infidelity: A result of evolution or sociocultural factors? A systematic regression analysis*. Poster session presented at the meeting of the Society for Personality and Social Psychology, San Diego, CA.

McCants, T., Lies, R., Monk, K., & †Lueker, S. (2011, January). *Conflict coach training: Conflict resolution and mediation for the individual*. Two day workshop conducted at Kansas State University, Manhattan, KS.

COURSE INSTRUCTION

University of Missouri

HDFS4620: Family Interaction (undergraduate)

HDFS7640: Interpersonal Relationships (graduate)

University of Illinois

HDFS225: Close Relationships (undergraduate)

HDFS450: Practicum in Human Development and Family Studies (Co-Instructor, undergraduate)

HDFS379: Children and Families Service Learning (GTA, undergraduate; Cape Town, South Africa)

Kansas State University

FSHS529: Understanding Trauma & Traumatic Stress (Instructor/GTA; online and on campus)

FSHS531: Core Conflict Resolution (GTA; online and on campus)

FSHS533: Prevention & Intervention of Violence (Instructor/GTA; online and on campus)

GNHE310: Human Needs (Instructor/Co-Instructor, undergraduate; online and on campus)

FSHS603: Coping with Life Crises (GTA; online)

CERTIFICATIONS, LICENSES, AND CERTIFICATES

2016 *Graduate Teacher Certificate*, University of Illinois at Urbana-Champaign

2010 *Certified Family Life Educator*, National Council on Family Relations

2009 *Certificate in Conflict Resolution*, Kansas State University

FELLOWSHIPS AND SCHOLARSHIPS

2016 *Student Travel Award*, International Association for Relationship Research (\$100)

2015 *NIH Post-Doctoral Training Program*, Oklahoma State University, Center for Family Resilience

2014 *Jewel L. Taylor Fellowship*, American Association of Family & Consumer Sciences (\$5,000)

2014 *University of Illinois Graduate Fellowship*, University of Illinois (\$1,000)

2013 *Susan Kahl Bates Leadership Development Award*, University of Illinois (\$200)

2013 *HCD Graduate Research Travel Award*, University of Illinois (\$900 total for 2013-2014)

2012 *National Alumni National Fellowship Recipient*, Mortar Board National Honor Society (\$3,000)

2011 *National Fellowship Recipient*, Kappa Omicron Nu (\$3,000)

- 2010 *FSHS Student Travel Award*, Kansas State University (\$1,500 total for 2010 - 2013)
- 2008 *College of Human Ecology Alumni Scholarships*, Kansas State University (\$2,400 total for 2008-2012).
- 2008 *McKelvie Scholarships for Public Service* from the Department of Political Science from the University of Nebraska-Lincoln (\$7,000 total for 2008-2010 & 2011).
- 2007 *Education Award*, AmeriCorps (\$3,000 total stipend and loan reimbursement for 2007-2009).

PROFESSIONAL MEMBERSHIP AND SERVICE

International and National Service

- 2013-2014 Society for the Study of Emerging Adulthood (SSEA), *Student Member*
- 2012-present International Association for Relationship Research (IARR), *Student Member, Mentorship Committee (2016-2018)*
- 2011-2015 American Association of Family and Consumer Sciences (AAFCS), *Student Member, Graduate Fellow (2014-2015)*
- 2010-present National Council on Family Relations (NCFR), *Student Member*
Board Member: Student and New Professionals Representative (Education & Enrichment section; 2016-2018)
Co-Founder, Social Justice Network Focus Group (2016)
Presider, Discussant, Facilitator (2014-2016)
 - *Relationship Education as Prevention* (Paper Session Facilitator, 2016)
 - *Military Families* (Poster Symposium Facilitator, 2016)
 - *Relationship Education Outcomes* (Paper Symposium Facilitator, 2015)
 - *Perspectives of Relational Quality Across Time and Place: An International Approach* (Poster Symposium Discussant/Presider, 2014)*Conference Volunteer (2014 & 2016)*
Proposal Reviewer (2013- 2015)
Certified Family Life Educator (2010-present)
- 2010-2013 American Association for Marriage and Family Therapy (AAMFT), *Student Member*
- 2007-2009 Corporation for National and Community Service, *AmeriCorps*ProCorps Member*

Editorial Board Membership

Journal of Family Theory & Review - Digital Scholarship Board, Founding Board Member

Ad-Hoc Journal Reviewer

Journal of Family Theory & Review
Journal of Social and Personal Relationships
Marriage & Family Review
Evaluation and Program Planning
Child Development

State and Regional Service

- 2013-2017 Illinois Council on Family Relations (ILCFR), *Student member, Board Member: Member-at-Large (2015-2017)*
- 2010-2013 Kansas Association for Marriage and Family Therapy (KAMFT), *Student Member, Board Member: Student/New Professional Representative (2011-2013)*

University, College, and Departmental Service

- 2017-Present HDFS Undergraduate Committee (MU), *Member*
- 2014-2017 Mortar Board National Senior Honor Society (UIUC), *Graduate Advisor*

2013-2017 Graduate Student Organization (GSO; UIUC), *Member*
2012-2013 Conflict Analysis and Trauma Studies (CATS) minor (KSU), *Academic Advisor*
2011-2013 Marriage & Family Therapy Student Activities Organization (SAO; KSU), *Social Chair*

RESEARCH INTERESTS

Romantic Relationships Processes across Transitions
Relational Transitions and Relationship Instability
Military Couples' Relational Wellbeing and Mental Health (across Deployment, Reintegration, and Retirement Transitions)

Research Software Used: SPSS, *Mplus*, HLM, NVivo