

Lea Pulkkinen  
Professor

## BIOGRAPHICAL SKETCH (updated September 4, 2023)

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- A. Education and scientific positions
- B. International and national professional service
- A. Research projects, for Publications, see <http://users.jyu.fi/~leapulkk>
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### A. Education and scientific positions

#### Education/Training/Visits/international positions

University of Jyväskylä (JY), Finland	BA	1961	Finnish, literature, and psychology
University of Jyväskylä	MA	1963	Psychology and education
University of Jyväskylä	Licentiate	1966	Psychology
University of Jyväskylä	PhD	1970	Psychology
University of Sussex (UK)	Postdoc	1972–73	Social psychology
International Society for the Study of Behavioural Development (ISSBD)	President	1991–96	Past President 1996–2000
The 10th ISSBD Meetings at Jyväskylä	Chair	1989	
University of California, Berkeley (USA)	Visitor	1992	Developmental psychology
Arizona State University (USA)	Professor	8–12/93	Psychology
University of North Carolina, Chapel Hill (USA)	Visitor	1998	Developmental psychology
Cambridge University, St John's College (UK)	Visitor	1999	Psychology
Friedrich Schiller University in Jena, Germany	Visitor	2000	Exchange program
Indiana University, Bloomington (USA)	Visitor	2002	Behavior genetics
Cambridge University (UK)	Res Fellow	2007	Criminal psychology
Charter Member of the Academia Europaea		1989	
Member of the Finnish Academy of Sciences and Letters		1994	
Doctor Honoris Causa at the University of Joensuu, East Finland		2009	

#### Positions at the University of Jyväskylä, Finland

11/2004	Mandatory retirement at age 65; professor emerita at the University of Jyväskylä
8/82-10/04	Professor of psychology (Acting Professor 1982-89, app.1990)
8/97-12/05	Director of the Human Development and Its Risk Factors Programme approved as the Finnish National Centre of Excellence by the Academy of Finland
2002-05	Member of the University Research Authority
8/02-12/05	Vice Director of the Agora Center, a network organization for human-centered technology
8/00-7/02	Director of Psychocenter, an interdisciplinary network for researchers on human being
8/96-7/01	Academy Professor appointed by the Academy of Finland
8/86-7/92	Dean/Vice-Dean of the Faculty of Social Sciences
8/90-7/96	Founding Director of the Family Research Center
76,78-79, 82-85,93-96,	Head of the Department of Psychology

8/72-7/82 Associate Professor of Psychology  
 1/70-7/82 Associate Professor of Education  
 1/68-12/69 Dissertation Fellow by the Academy of Finland  
 8/65-12/67 Lecturer in applied psychology  
 1/61-7/65 Research /Teaching Assistant

## B. International and national professional service

### *International*

2017 Member of the Panel for Research Review of Psychology in all Dutch Universities  
 2007 Chair and 2011 and 2017 Member of the Psychology panel for the overall evaluation of research at Uppsala University, Sweden  
 2012 Member of the University of Copenhagen's Funds Review Panel  
 2001 Panel member in the evaluation of the Minerva Center for Youth Studies, University of Haifa, Israel  
 2007-2010 Member and Chair (2010-2012) of the European Expert Panel to establish a reference list of research journals in psychology, European Science Foundation  
 2004-2007 Member of the International Advisory Panel of NORFACE (New Opportunities for Research Funding Agency Co-operation in Europe), ERA-Net project EU's Sixth Framework Program  
 2003 Member of the Grand Jury for the Marie Curie Excellence Awards, EU  
 1997-1998 Panel member of the Training and Mobility of Researchers Programme, European Commission  
 1992-1997 Panel Member of the Young Investigators and Dissertation Grants Programme sponsored by the Jacobs Foundation (Switzerland)  
 2009-2011 Member of the Advisory Board for the Family Platform, EU's Seventh Framework Program  
 2011-2021 Member and Council Member of the Alliance for Childhood European Network Group (coordinated from Brussels), co-editor of the series of books (vol. 5-7) "Improving the quality of childhood in Europe".  
 2002-2013 Member of the CAPCA (Center for the Analysis of Pathways from Childhood to Adulthood), organized by the Michigan University, USA  
 1990- External reviewer of research proposals for Research Councils in Great Britain, the Netherlands, Belgium, Sweden, and Estonia.  
 1985- Reviewer of the qualification of applicants for professorships in Sweden, Norway, Denmark, and the United States  
 1984 Chair of the Program Committee for the Sixth Biennial Meetings of the International Society for Research on Aggression (ISRA) in Turku Finland, and a member of the Council  
 1982- Member of the organizing committees for several international conferences in many countries  
 1975- Member of the Editorial Board for several journals such as European Psychologist, the European Journal of Personality, Aggressive Behavior, Development and Psychopathology, Criminal Behaviour & Mental Health, International Journal of Behavioural Development, The International Journal of Psychology, Human Technology: An Interdisciplinary Journal on Humans in ICT Environments, Zeitschrift für Soziologie der Erziehung und Sozialisation / Journal for Sociology of Education and Socialization, ISSBD Newsletter, Nordic Journal of Youth Research.  
 1975- Referee for journal articles  
 1974- Member of learned societies such as (first) the International Society for Research on Aggression, International Society for the Study of Behavioural Development, Society for Research on Child Development, and the European Association of Personality Psychology  
 1962- Presentations in the meetings of learned societies in all continents, first in Uppsala, Sweden

### *National* (see in more details: <http://users.jyu.fi/~leapulkk> CV Suomeksi (in Finnish))

2002-03 Member of the Science and Technology Policy Council of Finland chaired by Prime Minister  
 2002-05 Expert report invited by the Committee for the Future of the Finnish Parliament on the impact of advancing information technology on social capital, particularly in children and youth  
 1982- Expert opinion invited by the Committee for the Education and Culture and Committee for Social

	Affairs of the Finnish Parliament
2003-08	Member of the Board of the Finnish Academy of Science and Letters
1996-2002	Member of the Board of Governors for Statistics Finland, Helsinki
2016-18	Vice Chair of the Scientific Board of the Finnish Government Program for the Improvement of Provisions for Children and Families
2015	Expert invited by the Minister of Education to make development proposals for the structure of a school day including extracurricular activities
1996-97	Member of the Task Force for the National Strategy for the Centre of Excellence Policy in research by Academy of Finland and the Ministry of Education
1999-2006	Member of the Task Force on the History of the Academy of Finland
1984-86	member and 1987-89 Vice Chair of the section for Psychology and Education of the Finnish University Council, Ministry of Education
2008-18	Member of the Scientific Board of the Finnish Psychological Association and the Finnish Psychological Society
2013-20	Chair of the Haukkala Foundation (for well-being of children and youth)
1999-2001	Director of the Psykonet, a university network for psychology across six universities
1983-85	Columnist in Helsingin Sanomat (the Finnish major newspaper)
1979-90	Member of the Board of the Research Center of Lutheran Church, Tampere
1979-80	Expert member in the Parliamentary Committee on Educational Objectives for Day Care
1972-81	Editor of the monograph series Jyväskylä Studies in Education, Psychology and Social Research published by the University of Jyväskylä.

### C. Research Projects

#### **Project title: The Jyväskylä Longitudinal Study of Personality and Social Development (JYLS).**

*Major goals:* To follow the significance of emotion and behavior regulation for interindividual differences in socioemotional behavior and for individuals' development in personality, education and career, psychological and social functioning, health and health behavior, and antisocial behavior from age 8 through ages 14, 20, 27, 36, and 42 to age 50. Data collection at age 60 has been organized by Katja Kokko, Research Director at Gerontology Research Center, University of Jyväskylä.

*Sample:* 12 randomly drawn second grade school classes: N = 369, 52% males, born 1959

*Role:* Principal Investigator (Lea Pulkkinen) until 2012

*Major sources:* The Academy of Finland 1968-69, 75-76, 80, 82, 86-87, 1991-2005; 2009-2012; The Finnish Cultural Foundation 86-88; The Finnish Medical Board 81-82, 86-87; The Finnish Alcohol Foundation 86-87; University of Jyväskylä 2000-2005.

*Eminentia Grant (2014) for writing a book about this longitudinal study,* Finnish Cultural Foundation: Pulkkinen, L. (2017). *Human development from middle childhood to middle adulthood: Growing up to be middle-aged.* (In collaboration with Katja Kokko.) London: Routledge. Open access: [www.doi.org/10.4324/9781315732947](http://www.doi.org/10.4324/9781315732947)

#### **Project title: The Longitudinal Study of Health and Behavior in Finnish Twins (FinnTwin12).**

*Major goals:* To study genetic and environmental factors in twins' social and health behavior from age 12 onwards.

*Sample:* A nation-wide cohort (born from 1983 to 1987), around 2800 twin pairs

*Role:* Principal Investigator: Richard J. Rose, Indiana University, USA. Co-PIs Jaakko Kaprio, University of Helsinki and Lea Pulkkinen.

*Major sources:* The US National Institute of Alcohol Abuse and Alcoholism 1994-; Academy of Finland 2000-05 (Center of Excellence on Human Development and its Risk Factors directed by Lea Pulkkinen), and 2006- (for Jaakko Kaprio).

*See:* Rose, R. J., Salvatore, J. E., Aaltonen, S., Barr, P. B., Bogl, L. H., Byers, H. A., Heikkilä, K., Korhonen, T., Latvala, A., Palviainen, T., Ranjit, A., Whipp, A. M., Pulkkinen, L., Dick, D. M. & Kaprio, J. (2019). FinnTwin12 Cohort: An updated review. *Twin Research and Human Genetics* 22(5), 1-10. DOI: 10.1017/thg.2019.83

#### **Project title: Promotion of integrated school day**

*Major goals:* To study the intervention including the implementation of a new school day structure and afternoon activities into school day in grades from 1 to 9 over three academic years. See: Pulkkinen, L. (2004). A Longitudinal study on social development as an impetus for school reform towards an integrated school day. *European Psychologist*, 9, 125–141. doi:[10.1027/1016-9040.9.3.125](https://doi.org/10.1027/1016-9040.9.3.125)

*Sample:* Seven experimental schools from different parts of the country and control schools for each

*Role:* Principal Investigator; Lea Pulkkinen, invited by a group of the Finnish Parliament Members.

*Major sources:* The Finnish National Fund for Research and Development (SITRA) 2002-05; conducted in 2002-05 in the Center of Excellence on Human Development and Its Risk Factors funded by the Academy of Finland. Additional funding from the Academy of Finland for a researcher (Riitta-Leena Metsäpelto) 2004-08

See: Metsäpelto, R., & Pulkkinen, L. (2014). The benefits of extracurricular activities for socioemotional behavior and school achievement in middle childhood: An overview of the research. *Journal For Educational Research Online / Journal Für Bildungsforschung Online*, 6(3), 10-33.

**Publications** (around 600), see: <http://users.jyu.fi/~leapulkk> **Publications**

## Honors

### Distinctions received from the President of the Republic of Finland

- 2002 Commander, First Class, of the Order of the Lion of Finland - Suomen Leijonan Komentajamerkki
- 1982 Knight, First Class, of the Order of the Lion of Finland - Suomen Leijonan I Luokan Ritamerkki
- 2001 Civil Service Medal of the State - Valtion virka-ansiomerkki
- 1989 Medal for Military Merits - Sotilasansiomerkki (for women's role in security policy)

### National Awards

- 2001 Finnish Science Award from the Finnish Ministry of Education and Culture
- 2011 The Lifetime Achievement Award, State award for information disclosure
- 2023 Academy Award for life's work from the Finnish Academy of Science and Letters

### International Honors

- 2003 Aristotle Prize award by the European Federation of Psychologists' Association, EFPA, Vienna
- 2005 Award for Distinguished Scientific Contributions to Child Development by the Society for Research in Child Development (SRCD), Atlanta, USA
- 2006 Award for Distinguished Work for the Application of Behavioral Development Theory and Research by the International Society for the Study of Behavioral Development (ISSBD), Melbourne, Australia
- 2016 ISSBD Fellow in Recognition of Outstanding Contributions to the Field of Lifespan Development

### National honors

- 1977 A publisher's (Gummerus) Prize for the book: Pulkkinen, L. (1977). *Kotikasvatuksen psykologia* [Psychology of home upbringing]. Jyväskylä, Finland: Gummerus
- 1983 Woman of the Year, the Finnish Branch of the International Federation of Business and Professional Women
- 1991 Award for Dissemination of scientific knowledge, University of Jyväskylä Foundation
- 1992 Lyre Relief (artist: Pentti Papinaho) for information, the Association of the Newsletter Editors of Finnish Universities
- 1992 Professor of the Year, the Finnish Union of Professors
- 2002 Honorary Member of the Delta Kappa Gamma Society International
- 2003 Vuoden Käyttäytyjä [Conductor of the Year] for personality associated with strong, positive images, Tapaseura ry, Helsinki
- 2003 Alvari of the Year (Vuoden Alvari) for making Jyväskylä known and advancing its development, the City of Jyväskylä and the Junior Chamber Finland
- 2003 Ylpön Kannu (designed by Raimo Kanerva "Sweet home sweet") in recognition of the work for children's benefit, the XXIV Medical Convention, University of Tampere,

Finland

- 2004 Elsa Enäjärvi-Haavio Award, the Family Federation of Finland, Helsinki
- 2005 Jyväskylä Prize for distinguished work the advancement of the cultural or material heritage of Jyväskylä, Jyväskylä Society
- 2007 Lapsitekopalkinto (Work on the benefit for children award), Nuorten Kotkien Keskusliitto, Helsinki
- 2012 Honorary Member of the Psychology Student Association, Stimulus
- 2014 Paul Harris Fellow, Rotary Foundation; President of the Jyväskylä-Päijänne Rotary club 2013–14