

Sarah Varga  
Curriculum Vitae  
August 2023 .

**EDUCATION**

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- Ph.D.            Communication Studies  
University of Texas at Austin, May 2022, Austin, TX  
Committee: Renè Dailey (chair), Erin Donovan, Michael Mackert, Anita Vangelisti  
Dissertation: *Defining the DTR: What it is, what it isn't, and how it functions in romantic relationship development*
- M.A.            Communication Studies  
Baylor University, 2015, Waco, TX
- B.A.            Theatre Arts  
Texas A&M University, 2010, College Station, TX

**ACADEMIC APPOINTMENTS**

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- Aug. 2021 - Present    Baylor University, Department of Communication Studies  
Temp. Full-Time Lecturer:  
    Graduate Seminar in Interpersonal Communication, CSS 5311  
    Nonverbal Communication, CSS 3312  
    Interpersonal Communication, CSS 3311  
    Speech for Business and Professional Students, CSS 1302
- Aug. 2022 - Present    Baylor University, Hankamer School of Business  
Adjunct Faculty: Online MBA Program  
    Communicating with Data, BUS 5460  
Adjunct Faculty: Information Systems and Business Analytics Dept.  
    Business Communication, BUS 3315
- 2020 - 2021            Baylor University, Department of Communication Studies  
Temp. Part-Time Lecturer:  
    Graduate Seminar in Interpersonal Communication, CSS 5311  
    Interpersonal Communication, CSS 3311  
    Speech for Business and Professional Students, CSS 1302
- 2019 - 2020            University of Texas at Austin, Department of Communication Studies  
Assistant Instructor:  
    Language, Communication, & Culture, CMS 314L  
    *Writing Intensive Course, Global Culture Course*
- 2017 - 2021            University of Texas at Austin, Department of Communication Studies

Teaching Assistant:

Nonverbal Communication, CMS 334K, Dr. Renè Dailey

Theories of Persuasion, CMS 332K, Dr. Matt McGlone

Communication for Philanthropy and Development, CMS 321D

*Experiential Learning Course*

2015 - 2017

Baylor University, Department of Communication Studies

Temp. Full-Time Lecturer:

Speech for Business and Professional Students, CSS 1302

2013 - 2015

Baylor University, Department of Communication Studies

Teaching Assistant:

Fundamentals of Public Communication, CSS 1301

Speech for Business and Professional Students, CSS 1302

## PEER-REVIEWED PUBLICATIONS & CONFERENCE PAPERS

**Varga, S.** (2023, April). Where is this going? The role of uncertainty in how romantic partners communicate about the future of their relationships. Paper presented at the annual convention of the Southern States Communication Association, St. Petersburg, FL.

**Varga, S.** (2023). Business communication: Adaptive model of strategic communication. In *SAGE Business Foundations*. SAGE Publications, Inc. doi: 10.4135/9781071908990

Dailey, R., Zhang, T. **Varga, S.**, Hazzard, J., & Kearns, K. (2023). Relationship talk in cyclical and non-cyclical relationships: Applying the theory of motivated information management. *Western Journal of Communication*, 27, 106-129. doi: 10.1080/10570314.2022.2100467

Lozano, P., Pett, R., & **Varga, S.** (2023). Revisiting the languages of love: An empirical test of the validity assumptions underlying Chapman's (2015) Five Love Language typology. *Communication Reports*, 36, 54-67. doi: 10.1080/08934215.2022.2113549

Guinn, T., & **Varga, S.** (2022, October). Discover the "I" in communicate. Paper presented at the annual conference of the Association for Business Communication, Tampa, FL.

**Varga, S.** & Dailey, R. (2021, November). Defining the DTR: How do today's [potential] romantic partners use communication to transform their relationships? Paper presented at the annual convention of the National Communication Association, Seattle, WA.

**Varga, S.** (2021, November). It worked out for us: How communication transforms relationship stories and relationship stories transform over time. Paper presented at the annual convention of the National Communication Association, Seattle, WA.

- Dailey, R., Kearns, K., Zhong, L., Zhang, Z., & **Varga, S.** (2021, July). Testing a comprehensive model of post-dissolution distress: Predicting initial distress and change over time. Paper presented at the post-poned annual conference of the International Association for Relationship Research, London, UK.
- Varga, S.**, Mackert, M., & Mandell, D. J. (2020). The prenatal triad: The importance of provider-patient communication with expectant fathers throughout the prenatal care process. *Patient Education and Counseling*, *104*, 1826-1830. doi: 10.1016/j.pec.2020.11.005
- Lozano, P., Pett, R., & **Varga, S.** (2020, November). Communicating love in the 21st century: An empirical test of Chapman's "five love language typology." Paper presented at the annual convention of the National Communication Association, Indianapolis, IN.
- Dailey, R., Zhong, L., Pett, R., & **Varga, S.** (2020). Post-dissolution ambivalence, breakup adjustment, and relationship reconciliation. *Journal of Social and Personal Relationships*, *27*, 1604-1625. doi: 10.1177/0265407520906014
- Varga, S.** (2020, February). Number-one mentality: Developing a mindset of inclusivity among university students. 2020 Southwest Fulbright Symposium, San Antonio, TX.
- Varga, S.** (2020, February). Separate but together: Agar's "Languaculture" and the responsibility of the international. 2020 Southwest Fulbright Symposium, San Antonio, TX.
- Varga, S.** (2019, November). Surviving young love: Perceptions of parental approval and disapproval for children's romantic partners and potential threat to parent-child relational closeness. Paper presented at the annual convention of the National Communication Association, Baltimore, MD.
- Zhong, L., Zhang, T., **Varga, S.**, Kearns, K. D., & Dailey, R. (2019, November). Achieving recovery of self: The effects of coping tactics and relationship talk with an ex-partner. Paper presented at the annual convention of the National Communication Association, Baltimore, MD.
- Varga, S.** (2019, April). Help or hindrance? The role of parents in international and intercultural relationship development. 2019 Southwest Fulbright Symposium, San Antonio, TX.
- Dailey, R., **Varga, S.**, Zhang, T., Hazzard, J., & Kearns, K. (2018, November). Relationship talk in cyclical and non-cyclical relationships: Applying the theory of motivated information management. Paper presented at the annual convention of the National Communication Association, Salt Lake City, UT. (*Top Four Paper, Interpersonal Communication Division*)
- Guinn, T., **Varga, S.**, & Blanton, R. (2018, February). How relationships with family, friends, and faculty affect college student retention. Poster presented at the Conference on Academic Research in Education, Las Vegas, NV.

- Blanton, R., Guinn, T., & Varga, S. (2017, September). A masterclass approach to communication: InFusing pedagogical style with the practice of expecting the unexpected. Texas Speech Communication Association Convention, San Antonio, TX.
- Varga, S. (2017, September). Stereotype threat: How ambivalence, assumptions, and attraction influence global relationships. 2017 Southwest Fulbright Symposium, San Antonio, TX.
- Varga, S. (2017, September). Presentational self: The importance of impression management before, during, and after going abroad. 2017 Southwest Fulbright Symposium, San Antonio, TX.
- Varga, S., & Morman, M. (2016, November). The not-so-blind date: How online information-seeking influences first date attraction. Paper presented at the annual convention of the National Communication Association, Philadelphia, PA.
- Varga, S., (2014, November). Stereotypes and groups: The impact of stereotypes and how we educate groups to respond. Paper presented at the annual convention of the National Communication Association, Chicago, IL.

#### **HONORS AND AWARDS (SELECTED)**

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- Moody Graduate Fellowship, University of Texas at Austin, (2018-2021)  
 Graduate School Fellowship Stipend, University of Texas at Austin, 2017  
 Provost Supplement Fellowship, University of Texas at Austin, 2017  
 Graduate student full scholarship, Baylor University, Waco, TX, 2013-2015  
 Graduated *magna cum laude*, Texas A&M University, College Station, TX, 2010  
 Assistant Scenic Designer, Texas A&M University, College Station, TX, 2010  
 President's Baylor Scholarship, Baylor University, Waco, TX, 2006-2008  
 NE San Antonio Kiwanis Club Scholarship, 2006  
 Valedictorian, Castle Hills First Baptist School, San Antonio, TX, 2006

#### **SERVICE & PROFESSIONAL DEVELOPMENT (SELECTED)**

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- Mental Health First Aid Certification, National Council for Mental Wellbeing, July 2023  
 Marriage equipping class co-teacher, Fellowship Bible Church, Fall 2022  
 FX Camp (VBS) volunteer, Fellowship Bible Church, June 2022  
 Baylor Best Buddies organization, Faculty Advisor, December 2021 - present  
 Volunteer spirit squad coach, Live Oak Classical School, 2021 - present  
 Comm Arts advisory board, University of the Incarnate Word, 2020 - present  
 Reviewer, NCA GIFTS Session, 2019  
 Worship team volunteer vocalist, Fellowship Bible Church, 2014 - present  
 Teaching assistant workshop, Communication Studies, University of Texas at Austin, 2017  
 Small group co-leader, Fellowship Bible Church, 2016 - 2018  
 Faculty judge: Baylor panhellenic new member talent show, 2016  
 Adjunct teaching workshop, Academy for Teaching and Learning, Baylor University, 2015.

Children's ministry volunteer, Fellowship Bible Church, 2015 - 2016  
Youth ministry leader, Fellowship Bible Church, 2014 - 2015  
Volunteer, Blueprint Ministries, San Antonio, TX, 2012  
Educator training, Texas Teachers Alternative Certification Program, 2011  
Volunteer, media & tech team, Austin Bible Church, 2010 - 2011  
Sunday school teacher, Grace Bible Church, 2008 - 2010  
College ministry volunteer, CRU Ministries, Bratislava, Slovakia, 2009  
Youth intern, Castle Hills First Baptist Church, 2007

## **PROFESSIONAL PRESENTATIONS (SELECTED)**

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Signaling warmth: How to project positivity and approachability. McCombs School of Business, The University of Texas, Austin. October 2022.  
From breakout rooms to the breakroom: How to develop relationships upon returning to in-person work. McCombs School of Business, The University of Texas, Austin. September, 2021.  
Likeable leadership: How to present with authority while remaining approachable. Canvas module. McCombs School of Business, The University of Texas, Austin. October, 2021.  
Communicating when it matters most: How to make connections while making things happen. McCombs School of Business, The University of Texas, Austin. January 2020.  
Communicating confidence: The importance of authenticity in self-presentation. McCombs School of Business, The University of Texas, Austin. October, 2019.  
Communication: Have no fear. Non-profit organization staff & volunteer training, Waco, TX. August, 2019.  
Motivating vs. managing: Recruiting and retaining dedicated volunteers. Non-profit organization leadership retreat, Waco, TX. April, 2016.  
The importance of interpersonal communication skills in the graduate TA role. TA Training, Department of Biology, Baylor University. August, 2014.

## **CONSULTING**

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2018 - present	McCombs+ Communication Coach, McCombs School of Business, University of Texas at Austin
2018 - present	Expert Panelist, Quantified Communications, Austin, TX
2013 - present	Communication coach specializing in presentational effectiveness, interviewing, interpersonal communication skills, and audition preparation
2012	TAPPS Speech Meet Coach, Christian Academy of San Antonio

## **ADDITIONAL EXPERIENCE**

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Secondary Teacher, Christian Academy of San Antonio, San Antonio, Texas, 2011 - 2012  
Assistant Manager, Luxe Apothetique, Austin, TX 2010 - 2011  
Community Leader, Campus Living and Learning, Baylor University, 2007 - 2008

Freshman Leadership Organization, Baylor University, 2006 - 2007  
Full-Time Paid Intern, Federal Courthouse, San Antonio, TX, 2006

## **PROFESSIONAL AFFILIATIONS**

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2014 - present	National Communication Association (NCA)
2017 - present	Fulbright Association
2022 - present	Association for Business Communication (ABC)
2022 - present	Southern States Communication Association (SSCA)