

BECK TENCH

CURRICULUM VITA

CONTACT

Email **beck_tench@harvard.edu**

EDUCATION

2022 **Ph.D.**, Information Science, University of Washington
2019 **M.S.**, Information Science, University of Washington
2001 **B.A.**, Journalism and Mass Communication, University of North Carolina

EMPLOYMENT

Since 2023 **Senior Researcher and Designer**, Center for Digital Thriving
Project Zero, Harvard University, Graduate School of Education
Adjunct Lecturer, Harvard Graduate School of Education

2019–2022 **Instructor**, University of Washington Information School
2016–2019 **Teaching Assistant**, University of Washington Information School
2015 **Visiting Lecturer**, University of Washington Museology Graduate Program
2008–2014 **Director for Innovation & Digital Engagement**, Museum of Life and Science
2008 **Information Architect**, Hesketh, Inc.
2003–2008 **Webmaster**, Duke University Pratt School of Engineering
2003 **Graphic Designer**, Clinical Tools, Inc.
2001–2003 **Web Technologist**, Productivity Point International

TEACHING

Undergraduate **Design Methods**
Autumn 2016, Autumn 2017, Autumn 2018, Summer 2019, Autumn 2019

Graduate **Master of Library and Information Science Capstone**
Winter 2016, Spring 2017, Winter 2017, Spring 2018, Winter 2018, Spring 2019, Winter 2019, Spring 2020, Autumn 2020, Winter 2021, Spring 2021, Autumn 2021, Winter 2022, Spring 2022

Critical and Existential Perspectives of the Information Society
Fall 2018, Winter 2018, Fall 2020

Social Media and Youth Well-Being
May Term 2024, J-Term 2025

Awards **Excellence in Teaching Award Nominee (2020)**

RESEARCH

- 2024 **Project Lead**, Inspiring Moral AI Guidance in Education, Center for Digital Thriving (John Templeton Foundation)
- 2024 **Project Co-Lead**, Digital Thriving in America: A Listening Tour to Explore How We Thrive in a Tech-Filled World, Center for Digital Thriving
- 2022 **Learning Designer**, HX Learning Activities
Harvard University Graduate School of Education (Susan Crown Exchange)
- 2021 **Research Assistant**, Digital Well-being Toolkit
Harvard University Graduate School of Education (Susan Crown Exchange)
- 2020 **Principal Investigator**, Co-Designing Restorative Environments in Libraries
University of Washington
- 2019 **Principal Investigator**, Co-Designing Restorative Environments with Undergraduates, University of Washington
Principal Investigator, Mapping Restorative Space on the UW Campus
University of Washington Resilience Lab (Seed Grant Program)
- 2018 **Research Assistant**, The Future of MLIS Curricula
University of Washington Distinguished Practitioner in Residence (Gates)
- 2017 **Research Assistant**, Visualizing Bipolar
University of Washington Information School (Royalty Research Fund)
- 2016 **Principle Investigator**, The Morning Pages Study
University of Washington Information School (Coursework)
- 2012–2014 **Research Assistant**, Science of Sharing: Investigating Competition, Cooperation, and Social Interaction, Exploratorium (NSF)
- 2011–2013 **Research Assistant**, Facilitating Learning in Digital Environments
Michigan State University (IMLS)
- 2009–2011 **Research Assistant**, Take Two: A Study of the Co-Creation of Knowledge on Museum Web 2.0 Sites, Michigan State University (IMLS)
- 2009–2010 **Research Assistant**, Nanoscale Informal Science Education Network
Science Museum of Minnesota (NSF)

SERVICE

- Since 2019 **Board Member**, OF/BY/FOR ALL
- 2019–2021 **Committee Member**, Ph.D. Program Committee
University of Washington Information School
Pilot Instructor, Well-being for Life and Learning Initiative
University of Washington Resilience Lab
- 2018 **Committee Member**, Conference Program Committee
Association for Contemplative Mind in Higher Education
Committee Member, iSchool Diversity Committee
University of Washington Information School
- 2017 **Committee Member**, Student Leadership Committee
University of Washington Information School
- 2016 **Juror**, "Muse" Awards, American Alliance of Museums
- 2014–2015 **Mentor**, Creative Community Fellowship, National Arts Strategies
- 2013–2015 **Advisor**, Portal to the Public, Pacific Science Center
- 2009–2014 **Trustee**, Durham County Public Library

GRANTS, FELLOWSHIPS, AWARDS, and RESIDENCIES

2024	Grant Recipient , John Templeton Foundation (\$999,997)
2022	Nominee , Graduate Student Medal, University of Washington
2020	Nominee , Excellence in Teaching Award, University of Washington
2018	Fellow , University of Washington Wellbeing for Life and Learning Initiative
2018	Grant Recipient , UW Resilience Lab Seed Grant (\$1,000)
2017	Fellow , Contemplative Social Justice Fellowship, Center for Contemplative Mind in Society
	Visiting Scholar , Skokie Public Library
2015	Visiting Lecturer , University of Washington Museology Program
	Grant Semi-finalist , Knight Foundation News Challenge
2012	Fellow , Salzburg Global Seminar (Forum for Young Cultural Leaders)
	Visiting Exhibit Developer , Exploratorium
2007	Best-in-Track Award , Higher Education Web Developers Conference

MEDIA COVERAGE

2022	Breaking the News , Some Good News from the Tech World
2021	Brain Food Blog , Selves
2020	iSchool Communications Blog , Ph.D. Student Profile: Beck Tench
2019	The Informed Life , Beck Tench on Tinderbox
	Devonian Times , Beck Tench's Academic Workflow
	Learn OmniFocus , OmniFocus 3 Workflows with Beck Tench
2014	Huffington Post , Treat Failure Like a Scientist
	ExhibiTricks , Slowing Down and Noticing the World
2013	NPR Science Friday , Rebooting Science Museums for the 21st Century
2012	Design Feaster , Start Small, but Stay Dedicated
2011	New York Times , Speaking Digitally About Exhibits
2010	Viget Blog , Refresh Recap: The Luxury of Contemplation

MEMBERSHIPS

Since 2023	Association of Computing Machinery
2018-2022	Association of College and Research Libraries
2017-2022	Public Library Association
2017-2022	American Library Association
2016-2022	Association for Contemplative Mind in Society
2010-2014	Museum Computer Network
2008-2014	Association for Science and Technology Centers
	American Alliance of Museums

PUBLICATIONS

- 2024 Common Sense Media, Center for Digital Thriving. **Unpacking Grind Culture in American Teens: Pressure, Burnout, and the Role of Social Media.** In press.
- 2024 Common Sense Media, Hopelab, & Center for Digital Thriving. **Teen and Young Adult Perspectives on Generative AI: Patterns of Use, Excitements, and Concerns.** Available at: www.commonsensemedia.org/research/teen-And-young-adult-perspectives-on-generative-ai-patterns-of-use-excitements-and-concerns
- 2023 Weinstein, E., Tench, B., Choukas-Bradley, S., James, C., Buch, E., & Nesi, J. **Teaching Digital Well-being: Evidence-based Resources to Help Youth Thrive.** Cambridge, MA, USA: Center for Digital Thriving.
- Weinstein, E., James, C., Tench, B., Konrath, S. **Screen Time Reports Through The Eyes of Adolescents.** Children and Screens. Institute of Digital Media and Child Development International Scientific Congress. Washington, D.C., USA.
- 2022 Tench, B. **Designing Restoration: Protecting and Restoring Our Attention Through Participatory Design.** Doctoral dissertation, University of Washington. ProQuest.
- 2022 Tench, B. **Holding the Space We Make.** In Decter, A. (ed.) Change is Required: Preparing for the Post-Pandemic Museum. (M. Semmel & K. Yellis, Eds.) Lanham, MD: Rowman & Littlefield.
- 2019 Alderman, J., Bouton, E., Ropeik, R., Shah, M., & Tench, B. **Exquisite Empathy.** In Anderson, S. Humanizing the Digital: Unproceedings from the MCN 2018 Conference. (I. Bruno, S. Rao, E. Rodley, R. Ropeik, & H. Hethmon, Eds.). Independently published.
- 2018 Murnane, E. L., Walker, T. G., Tench, B., Volda, S., & Snyder, J. **Personal Informatics in Interpersonal Contexts: Towards the Design of Technology that Supports the Social Ecologies of Long-Term Mental Health Management.** Proc. ACM on Human-Computer Interaction, 2(CSCW), 127.
- Hildreth, S., Tench, B., & Bierbaum, H. **Co-creating MLIS Curriculum for Cultural Competence and Community-Driven Learning: Making Progress for the Future of Libraries.** TASCHA Digital Repository ([Link](#))
- Tench, B. **Reading is Useless: A 10-Week Experiment in Contemplative Reading.** Medium.com ([Link](#))
- 2017 Tench, B. & Jacobsen, M. **The Wired Library: Unplug to Recharge.** Public

Libraries Magazine, November/December 2017.

- 2016 Inscho, J., Tench, B. **Mindfulness, Intention and Museums: An Analog Exchange of Ideas**. A Series of Epistolary Romances. Medium.com ([Link](#))
- 2013 Grabill, J., Ellenbogen, K., Livingston, T., et al. **Facilitation Toolbox**. Michigan State University MATRIX Center for Digital Humanities & Social Sciences.
- Tench, B. **A New Role for Science Museums — Playground for Scientists**. Museum 2.0. ([Link](#))
- 2012 Tench, B. **Using Twitter for Research**. In Farnell, G. (ed.) Conversations with Visitors: Social Media and Museums. Edinburgh: MuseumsEtc.
- 2011 Tench, B. **Museum brings citizens and scientists together through a blogging project: Experimenth**, Scientific American.
- 2010 Pormann, K. and Tench, B. **Blogging to Grow Connections and Seed Conservation**. Proceedings of the 2010 American Association of Zoo Keepers National Conference, Philadelphia, PA.

PRESENTATIONS

- 2024 Keynote, **Critically Optimistic: Agency and Thriving in Digital Life**
Library Leadership Ohio, Columbus, OH
- Webinar, **Co-Creating Library Services for Transformative Impact**
Webjunction Webinar Series
- 2023 Webinar, **Restorative Teaching: Classroom Conditions that Restore Our Students & Ourselves**
University of Washington Center for Teaching and Learning
- Keynote, **Libraries At The Heart Of Community Engagement**
Lead the Way Conference, Madison WI
- 2021 Keynote, **Staying True to Yourself in Times of Stress**
Wild Wisconsin Winter Conference
- Invited Speaker, **Restoring Our Attention**
Consortium of Academic and Research Libraries in Illinois Speaker Series
- Panelist, **Stronger Together: Building Community During Pandemic**
American Library Association Annual Conference
- Panelist, **Finding Sanctuary and Strength in the LIS Classroom**
49th Annual Conference Canadian Association for Information Science

- 2020
- Invited Speaker, **Restoring Our Attention: A Four-Part Series**
Arlington Heights Memorial Library Public Programs
- Invited Speaker, **Towards a Mindfulness Practice in Library Work**
Infopeople Webinar Series
- Invited Speaker, **Restoring Our Attention**
The Center for Contemplative Mind in Society Webinar Series
- Invited Speaker, **Stillness in an Emergency**
Wisconsin Department of Public Instruction Webinar Series
- Panelist, **Empathy Jam: The Reunion Tour**
Museum Computer Network Annual Conference
- Panelist, **Introducing the Tree of Contemplative Practices**
Association for Library & Information Science Education Conference
- 2019
- Keynote, **How to Do Hard Things with Loads of Doubt**
Consortium of Academic and Research Libraries in Illinois
Urbana-Champaign, IL
- Poster, **Co-Designing a Map of Restorative Space with Undergraduates**
Conference of the Association for Contemplative Mind in Higher Education
Amherst, MA
- Panelist, **Contemplative Reading as Radical Wellbeing**
Conference of the Association for Contemplative Mind in Higher Education
Amherst, MA
- Panelist, **Empathy Jam**
Museum Computer Network Annual Conference
Denver, CO
- 2018
- Keynote, **Mindful and Heartful Library Work: The Possibilities of a Contemplative Library Culture**, All Staff Day, Skokie Public Library
Skokie, IL
- Invited Speaker, **Mindful and Heartful Community Engagement**
Montana State Library Fall Workshop
Billings, MT
- Panelist, **Ensuring the Future of Libraries: Connecting the Academy with the Profession**, Public Library Association Annual Conference
Philadelphia, PA

Panelist, **Ensuring the Future of Libraries: Connecting the Academy with the Profession**, American Library Association Annual Conference
New Orleans, LA

Poster, **Exploring Contemplative Pedagogies Across Disciplines**
University of Washington Teaching and Learning Symposium
Seattle, WA

Poster, **Co-Creating MLIS Curriculum for Cultural Competence and Community-Driven Learning**, iSchool Research Fair
Seattle, WA

2017 Poster, **An Exploration of Major Life Change Through Daily Freewriting**
Conference of the Association for Contemplative Mind in Higher Education
Scotts Valley, CA

Invited Speaker, **Contemplative Librarianship**
CE4US Webinar
Virtual

Invited Speaker, **Spacemaking for Placemakers**
ArtPlace Summit
Seattle, WA

2016 Invited Participant, **Gallery of Natural Sciences Design Charette**
Oakland Museum of California
Oakland, CA

2015 Keynote, **Librarians in Space: How to make space, find courage, and take risks in your life and library**, Recharge Unconference
Elgin, IL

Keynote, **Librarians in Space: How to make space, find courage, and take risks in your life and library**, Illinois Library Association Annual Meeting
Peoria, IL

Invited Participant, **Monticello Digital Engagement Summit**
The Thomas Jefferson Foundation
Richmond, VA

Invited Speaker, **Museology Graduation Commencement Ceremony**
University of Washington
Seattle, WA

Keynote, **Becoming an Agent of Change in Your Organization**
Library OnConference

Invited Speaker, **Art Break**

The Henry, University of Washington
Seattle, WA

Invited Speaker, **Social Experimentation in a Digital Environment**
Exploratorium's Science of Sharing Forum
San Francisco, CA

Invited Participant, **Wiki Edit-a-thon**
Center for Advancement of Informal Science Education
University of Washington
Seattle, WA

2014 Invited Speaker, **Swimming with Sharks**
Paradoxos NEXT
Durham, NC

Invited Speaker, **Scientists at Play**
MuseumNext
Newcastle, England

2013 Invited Speaker, **Colloquy on Participatory Engagement**
Evolving Culture of Science Engagement
Massachusetts Institute of Technology
Cambridge, MA

Panelist, **Facilitation Matters**
Museum Computer Network Annual Conference
Montreal, Canada

Invited Speaker, **Co-Creation Pecha Kucha**
Bay Area Learning Community Symposium
California Academy of Sciences
San Francisco, CA

Invited Speaker, **Evidence of Learning in Online Environments**
Personal Chemical Exposure Informatics, Environmental Protection Agency
Morrisville, NC

Invited Participant, **Working Group on Practice and Research**
Center for Advancement of Informal Science Education
University of Pittsburgh
Pittsburgh, PA

Invited Participant, **The Oyster Opportunity**
Future of Fish
New Orleans, LA

Invited Speaker, **How Art Makes Us Better Scientists**

- North Carolina Museum of Art Fall Educator Expo: Gaining STEAM
Raleigh, NC
- 2012 Invited Participant, **21st Century Learning in Natural History Settings**
Smithsonian National Museum of Natural History
Washington, D.C.
- Invited Participant, **Human-Computer Interaction in Informal Science**
Albuquerque, NM
- Keynote, **Becoming an Agent of Change in Your Organization**
Illinois State Library: On the Front Lines
Springfield, IL
- 2011 Keynote, **Becoming an Agent of Change in Your Organization**
North East Regional Museums Hub Workshop Bits 2 Blogs
Newcastle, England
- Panelist, **Facebook Belongs in Mission, Not Margin**
Association of Science and Technology Centers Annual Meeting
Baltimore, MD
- Invited Speaker, **The Pizza Effect in Museums**
University of Washington Museology Program
Seattle, WA
- Invited Speaker, **Information Visualization from the Trenches**
New Media Consortium MIDEA Webinar Series
- Panelist, **Culture Shock: Empowering Staff to Take Creative Risks**
American Association of Museums Annual Meeting & Museum Expo
Houston, TX
- Invited Speaker, **Information Visualization from the Trenches**
UNC School of Journalism and Mass Communication
Chapel Hill, NC
- Invited Speaker, **The Pizza Effect in Museums**
Michigan State University Writing in Digital Environments
East Lansing, MI
- 2010 Closing Plenary, **Inside Out's Pros and Cons: A Great Debate**
Museum Computer Network Annual Conference
Austin, TX
- Panelist, **Information Visualization and Museum Practice**
Museum Computer Network Annual Conference
Austin, TX

Panelist, **Conference Roundtable**
Museum Computer Network Annual Conference
Austin, TX

Panelist, **A Study of Co-Creation of Knowledge on Museum Web 2.0 Sites**
Association of Science and Technology Centers Annual Conference
Honolulu, HI

Panelist, **Beyond the Shiny Object: Mission-Driven Museum Technology Development**, American Association of Museums Annual Meeting and Museum Expo, Los Angeles, CA

Panelist, **What Do You Say After You Say Hello? Museums Using the Internet for Digital Outreach**, American Association of Museums Annual Meeting and Museum Expo, Los Angeles, CA

Panelist, **Inclusion and Engagement: Visitors as Part of the Experience**
Institute for Museum and Library Services Webwise Conference
Denver, CO

Invited Speaker, **The Luxury of Contemplation: Why We Owe Ourselves Time to Reflect on Our Work**, Refresh the Triangle
Durham, NC

Invited Speaker, **Social Networking for Artists, Folklorists, Cultural Workers & Organizations**, North Carolina Folklore Society Folk Salon
Durham, NC

2009 Panelist, **Doing Really Neat (and free) Things with Google Alerts**
Science Online '09
Durham, NC

2007 Speaker, **Designing Compelling User Experiences**
Higher Education Web Developers Conference
Rochester, NY