

# KAITLYN M. WERNER, PHD

## CURRICULUM VITAE

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University of Pennsylvania  
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## ACADEMIC POSITIONS

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### Primary Appointments

- Beginning Oct. 2023 **Postdoctoral Research Fellow**, Center for Translational Neuroscience, University of Oregon  
Eugene, OR, USA
- 2021 – **Postdoctoral Research Fellow**, Department of Psychology, University of Pennsylvania  
Philadelphia, PA, USA
- 2019 – 2022 **Postdoctoral Research Fellow**, Department of Psychology, University of Toronto  
Toronto, ON, Canada

### Secondary Appointments and Research Visits

- 2021 – **Adjunct Research Professor**, Department of Psychology, Toronto Metropolitan University  
Toronto, ON, Canada
- 2022 – **Visiting Researcher**, Stanford Psychophysiology Laboratory, Stanford University  
Stanford, CA, USA
- 2023 **Visiting Researcher**, Social Psychology Research Group, Ruhr University Bochum  
Bochum, Germany
- 2018 **Visiting Researcher**, Social Cognition Center Cologne, University of Cologne  
Cologne, Germany

## EDUCATION

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- 2015 – 2019 **Ph.D. Social, Personality, and Health Psychology**, Carleton University  
Ottawa, ON, Canada
- 2013 – 2015 **M.Sc. Social Psychology**, University of Victoria  
Victoria, BC, Canada
- 2009 – 2013 **B.A. Psychology with Distinction and Honours in Research**, University of Rochester  
Concentrations: Applied Statistics, American Sign Language  
Rochester, NY, USA

## RESEARCH FUNDING

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- 2023 – 2025 **PI, NIH Diversity Supplement Grant**, National Cancer Institute  
Project: Regulatory flexibility and smoking behavior: Examining within-strategy variation in effectiveness as a function of craving intensity  
Amount: \$286,521 USD

- 2023 **PI, Research Exchange Grant**, Society for the Study of Motivation  
Project: Re-visiting the goal construct in psychology  
Amount: \$1,500 USD
- 2021 – 2024 **PI, Insight Development Grant**, Social Sciences and Humanities Research Council  
Project: Self-control and strategy use in everyday life: A polyregulation approach  
Amount: \$66,983 CAD
- 2020 – 2021 **PI, International Research Collaboration Fund**, University of Toronto Scarborough  
Project: The flexible nature of self-control  
Amount: \$5,000 CAD
- 2019 – 2021 **Collaborator, Partnership Engage Grant**, Social Sciences and Humanities Research Council  
Project: Value-based decision-making and the daily decision to exercise.  
Amount: \$20,375 CAD
- 2020 **Carleton University Research Impact Endeavour (CURIE) Grant**, MacOdrum Library  
Covers the open access charge for Werner et al. (2019) published in Collabra: Psychology  
Amount: \$750 CAD
- 2017 **Co-PI, International Fellowship**, Center for Social and Economic Behavior  
Project: Understanding the role of motivation in the visual perception of desires  
Amount: €4.970
- 2017 **PI, Student Research and Knowledge Dissemination Grant**, Canadian Psychological Assoc.  
Project: Understanding the role of motivation in the visual perception of desires  
Amount: \$1,000 CAD
- 2016 **PI, Graduate Teaching Assistantship Grant**, Psi Chi: International Honor Society in Psychology  
Project: Promoting open science practices in undergraduate students  
Amount: \$3,000 USD
- 2015 **PI, Graduate Research Assistantship Grant**, Psi Chi: International Honour Society in Psychology  
Project: The use of incentives in psychological research  
Amount: \$3,000 USD
- 2013 **PI, Undergraduate Research Grant**, Psi Chi: International Honour Society in Psychology  
Project: Integrating past goal pursuits: Effects of recalled goal attainment on well-being  
Amount: \$1,500 USD
- 2011 **PI, Grants-in-Aid of Research**, Sigma Xi: The Scientific Research Society  
Project: Effect of autonomy support on conscious thought in complex decision making  
Amount: \$1,000 USD

## AWARDS AND FELLOWSHIPS

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- 2023 – 2025 **Navigating Educational Trajectories in Neuroscience Fellowship**, University of Oregon  
*Competitive program that supports neuroscience-focused trainees by providing professional development opportunities to help them thrive in their academic training and future career.*  
Amount: \$16,000 USD
- 2021 – 2023 **Provost's Postdoctoral Fellowship**, University of Pennsylvania  
*Competitive program to increase the diversity of the academic research community at Penn. The program provides postdocs with time to focus on research and publishing activities.*  
Amount: \$199,000 USD

- 2023      **Unrestricted Travel Grant**, Psi Chi: International Honour Society in Psychology  
*Competitive travel grant to support one faculty or postdoc member's conference travel.*  
Amount: \$1,500 USD
- 2021 – 2022      **Postdoctoral Fellowship**, University of Toronto Scarborough  
*Competitive fellowship awarded to outstanding recent doctoral students to pursue advanced training in their field of study.*  
Amount: \$90,000 CAD
- 2019 – 2021      **Banting Postdoctoral Research Fellowship**, Social Sciences and Humanities Research Council  
*Awarded to top-tier postdoctoral talent in Canada based on having an established record of research excellence, leadership, and a research program of exceptionally high quality.*  
Amount: \$140,000 CAD
- 2019 – 2020      **International Doctoral Tuition Bursary**, Carleton University  
*Awarded to international PhD students based on high academic achievements.*  
Amount: \$10,500 CAD - declined to pursue postdoctoral fellowship at U. Toronto.
- 2019      **Summer Institute in Social & Personality Psychology**, Society for Personality & Social Psych.  
*Competitive program for pre-doctoral psychology students*
- 2019      **Diversity Graduate Travel Award**, Society for Personality and Social Psychology  
*Competitive award devoted to increasing diversity within personality and social psychology.*  
Amount: \$500 USD
- 2018 – 2019      **Ontario Graduate Scholarship, International Student Stream**, Carleton University  
*Awarded annually to Ontario's best graduate students demonstrating academic excellence.*  
Amount: \$15,000 CAD
- 2017 – 2019      **International Doctoral Excellence Program**, Carleton University  
*Awarded to international PhD students based on high academic achievements.*  
Amount: ~\$24,000 USD
- 2017 – 2018      **Ontario Graduate Scholarship, International Student Stream**, Carleton University  
*Awarded annually to Ontario's best graduate students demonstrating academic excellence.*  
Amount: \$15,000 CAD
- 2017      **Summer School on Cognitive Control and Consciousness**, Univ. of Bern & Jacobs Foundation  
*Competitive summer program for PhD students in cognitive psychology and neuroscience.*  
Amount: €3.000
- 2017      **Graduate Scholarship**, Psi Chi: International Honour Society in Psychology  
*Awarded based on academic performance, leadership experience, and community involvement.*  
Amount: \$3,000 USD
- 2017      **CUASA Bill Jones Award**, Department of Psychology, Carleton University  
Amount: \$950 CAD
- 2016      **Nicholas P. Spanos Memorial Award in Psychology**, Dept. of Psychology, Carleton University  
*Awarded to graduate students who have shown exceptional research achievement.*  
Amount: \$500 CAD
- 2015 – 2016      **PhD Graduate Fellowship**, Faculty of Graduate Studies, University of Victoria  
*Competitive funding awarded each year based on academic and research achievement.*  
Amount: \$10,000 CAD – declined to pursue PhD at Carleton University.

- 2015            **Graduate Campus Representative Award of Excellence**, Canadian Psychological Association  
*Awarded for outstanding performance as a graduate campus representative based on student engagement, collaboration, and advocacy.*
- 2015            **Brendan Gail Rule Award for Best Graduate Research**, Canadian Psychological Association  
*Awarded for best graduate research submitted to the Social-Personality Section.*
- 2013 – 2015    **MSc. Graduate Fellowship**, Faculty of Graduate Studies, University of Victoria  
*Competitive funding awarded each year based on academic and research achievement.*  
Amount: \$20,000 CAD
- 2013            **Herbert L. Zimmer Award in Undergraduate Research**, Dept. of Psychology, Univ. Rochester  
*Awarded for outstanding performance in research and for showing great promise for a career in psychology.*
- 2012 – 2013    **Eva Litchfield Hall Scholarship**, University of Rochester  
*Funding for outstanding scholastic record and the potential to build on many talents.*  
Amount: \$30,000 USD
- 2012            **Diversity Undergraduate Registration Award**, Society for Personality and Social Psychology  
*Competitive award devoted to increasing diversity within personality and social psychology.*

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#### PEER-REVIEWED PUBLICATIONS (citations = 1155, h-index = 15, i10 index = 19)

An underline denotes equal contribution across authors.

An asterisk (\*) denotes authors who were graduate or undergraduate students.

Note: Second authorship (especially when a student is the first author) signifies I was a strong driver of the research and writing process and worked closely with the first author throughout the process.

1. \*Smyth, A. P. J., Milyavskaya, M., Friese, M., **Werner, K. M.**, Anderson, J. E., Francis, Z. L., Inzlicht, M., Kolbuszewska, M., & Wang, J. (2023). What constitutes successful goal pursuit? Exploring the relation between subjective and objective measures of goal progress and attainment. *Personality Science*.
2. **Werner, K. M.** & Ford, B. Q. (2023). Self-control: An integrative framework. *Social and Personality and Psychology Compass*, 17, e12738.
3. **Werner, K. M.**, Inzlicht, M., & Ford, B. Q. (2022). Whither inhibition? *Current Directions in Psychological Science*, 31, 333-339.
4. \*Leduc-Cummings, I., **Werner, K. M.**, Milyavskaya, M., Kline, J., & Cole, S. (2022). Experiencing obstacles during goal pursuit: The role of goal motivation and self-control. *Journal of Research in Personality*.
5. Inzlicht, M., **Werner, K. M.**, Briskin, J. L., & Roberts, B. W. (2021). Integrating models of self-regulation. *Annual Review of Psychology*, 72, 319-345.
6. Lopez, R. B., Cosme, D., **Werner, K. M.**, Saunders, B., & Hofmann, W. (2021). Associations between use of self-regulatory strategies and daily eating patterns: An experience sampling study in college-aged females. *Motivation and Emotion*, 45, 747-758.
7. Katzir, M., Baldwin, M., **Werner, K. M.**, & Hofmann, W. (2021). Moving beyond inhibition: Capturing a broader scope of the self-control construct with the Self-Control Strategy Scale. *Journal of Personality Assessment*, 103, 762-776.
8. \*Lin, H., **Werner, K. M.**, & Inzlicht, M. (2021). Promises and perils of experimentation: The mutual internal validity problem. Perspectives on *Psychological Science*, 16, 854-863.
9. Vohs, K., Schmeichel, B., Lohmann, S., Gronau, Q., Finley A., ... \*Capaldi, J., Milyavskaya, M., \*Shaw, M., **Werner, K. M.** ... Wagenmakers, E.-J., & Albarracin, D. (2021). A multi-site, preregistered, paradigmatic test of the ego depletion effect. *Psychological Science*, 32, 1566-1581.

10. Tabri, N., **Werner, K. M.**, Milyavskaya, M., & Wohl, M. J. A. (2021). Perfectionism predicts disordered eating and gambling via focused self-concept, especially among those high in erroneous beliefs about their disordered behavior. *Journal of Behavioral Addictions*, 10, 524-533.
11. \*Smyth, A. P. J., **Werner, K. M.**, Milyavskaya, M., Holding, A., & Koestner, R. (2020). Do mindful people set better goals? Investigating the relation between trait mindfulness, self-concordance, and goal progress. *Journal of Research in Personality*, 88, 1-10.
12. **Werner, K. M.**, \*Smyth, A. P. J., & Milyavskaya, M. (2019). Do narcissists benefit from materialistic pursuits? Examining the relation between narcissistic tendencies, extrinsic values, and well-being. *Collabra: Psychology*.
13. **Werner, K. M.**, Milyavskaya, M., \*Klimo, R., & \*Levine, S. L. (2019). Examining the role of grit, self-control, and conscientiousness in predicting academic goal motivation: A commonality analysis. *Journal of Research in Personality*, 81, 168-175.
14. \*Davydenko, M., **Werner, K. M.**, & Milyavskaya, M. (2019). Frozen goals: Identifying a new type of goal. *Collabra: Psychology*, 5, 17.
15. Nguyen, T. T., **Werner, K. M.**, Soenens, B. (2019) Embracing me-time: Motivation for solitude during transition to college. *Motivation and Emotion*, 43, 571-591.
16. **Werner, K. M.**, & Milyavskaya, M. (2019). Motivation and self-regulation: The role of want-to motivation in the processes underlying self-regulation and self-control. *Social and Personality Psychology Compass*, 13, 1-14. Both authors contributed equally.
17. \*Levine, S. L., Green-Demers, I., **Werner, K. M.**, Milyavskaya, M. (2019). Perfectionism in adolescents: Self-critical perfectionism as a predictor of depressive symptoms across the school year. *Journal of Social and Clinical Psychology*, 38, 70-86.
18. Edlund, J.E., Brannan, D., Cuccolo, K., Grahe, J. E., McGillivray, S., Wagge, J. S., **Werner, K. M.**, & Zlokovich, M. (2019). Psi Chi is engaging undergraduate students in publishable research. *Psi Chi Journal of Psychological Research*, 24, 12-14.
19. Titova, L., **Werner, K. M.**, & Sheldon, K. M. (2018). Translating positive psychology. *Translational Issues in Psychological Science*, 4, 211-214.
20. Milyavskaya, M., & **Werner, K. M.** (2018). Goal pursuit: Current state of affairs and directions for future research. *Canadian Psychology/Psychology canadienne*, 59, 163-175.
21. Tabri, N., **Werner, K. M.**, Milyavskaya, M., & Wohl, M. J. A. (2018). Perfectionism predicts disordered gambling via financially focused self-concept. *Journal of Gambling Issues*.
22. **Werner, K. M.** & Milyavskaya, M. (2018). We may not know what we want, but do we know what we need? Examining the ability to forecast need satisfaction in goal pursuit. *Social Psychological and Personality Science*, 9, 656-663.
23. Chen, S-C., Szabelska, A., Chartier, C.R., ... **Werner, K. M.**, \*Wang, J., Milyavskaya, M., ... Ropovik, I. (2018; Stage 1 In-Principle Acceptance). Investigating object orientation across 14 languages. *Psychonomic Bulletin and Review*.
24. Hall, B.F., Wagge, J. R., Brandt, M. J., Chartier, C. R., Pfuhl, G., ... **Werner, K. M.**, \*Wu, R., ... Grahe, J. E. (2018; Stage 1 In-Principle Acceptance). Registered Replication Report: Turri, Buckwalter, & Blouw (2015). Stage 1 Registered Report at *Advances in Methods and Practices in Psychological Science*.
25. \*Levine, S. L., **Werner, K. M.**, & \*Capaldi, J. S., & Milyavskaya, M. (2017). Let's play the blame game: The distinct effects of personal standards and self-critical perfectionism on attributions of success and failure during goal pursuit. *Journal of Research in Personality*, 71, 57-66.
26. **Werner, K. M.**, Milyavskaya, M., Foxen-Craft, E., Koestner, R. (2016). Some goals just feel easier: Self-concordance leads to goal progress through subjective ease, not effort. *Personality and Individual Differences*, 96, 237-242.

## BOOK CHAPTERS

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27. \*Leduc-Cummings, I., **Werner, K. M.**, & Milyavskaya, M. (2018). Self-regulation. In V. Zeigler-Hill & T. Shackelford (Eds.), *Encyclopedia of Personality and Individual Differences*, Springer.

## MANUSCRIPTS UNDER REVIEW

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An underline denotes equal contribution across authors.

An asterisk (\*) denotes authors who were graduate or undergraduate student mentees.

28. **Werner, K. M.**, \*Wu, R., Gross, J. J., & Friese, M. (under review). When bigger is better: Size of strategy repertoire predicts goal attainment. Pre-print: [psyarxiv.com/5uvxg](https://psyarxiv.com/5uvxg)
29. **Werner, K. M.**, \*Wu, R., Sjøstad, H., Milyavskaya, M., Friese, M., Inzlicht, M., & Hofmann, W. (revise & resubmit). Planning for success: Trait self-control as a predictor of implementation intentions during goal pursuit. Pre-print: [psyarxiv.com/m9u4e/](https://psyarxiv.com/m9u4e/) (>700 downloads)
30. **Werner, K. M.**, Milyavskaya, M., \*Wang, C., \*Levine, S. L., & Koestner, R. (under review). Context matters: Need frustration predicts self-critical perfectionism within domains and over time. Pre-print: [psyarxiv.com/pn5ba](https://psyarxiv.com/pn5ba)
31. **Werner, K. M.**, Milyavskaya, M., & Koestner, R. (revise & resubmit). Examining the role of approach-avoidance and autonomous-controlled motivation in predicting goal progress over time. Pre-print: [psyarxiv.com/bs28w/](https://psyarxiv.com/bs28w/) (>1100 downloads)
32. Milyavskaya, M., & **Werner, K. M.** (under review). An integrative model of goal pursuit. Pre-print: [psyarxiv.com/qydpv/](https://psyarxiv.com/qydpv/) (>1300 downloads)

## SELECT MANUSCRIPTS IN-PREPARATION

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1. **Werner, K. M.**, Friese, M., & Hofmann, W. (in prep). Motivational dynamics of self-control. Status: Data analysis for 18 samples complete.
2. Lopez, R. B., **Werner, K. M.**, Traub, G., Cosme, D., Saunders, B., & Hofmann, W. (in prep). Training self-regulation: Longitudinal assessment of regulatory strategies to encourage healthy eating in daily life. Status: Data analysis complete. Manuscript in preparation for initial submission.
3. **Werner, K. M.**, Petrova, K., & Gross, J. J. (in prep). Emotion regulation flexibility. Status: Theoretical manuscript in preparation for initial submission.
4. Thorne, T., Milyavskaya, M., **Werner, K. M.**, Leduc-Cummings, I., Saunders, B., Inzlicht, M. (Stage 1 Registered Report in-prep). The personal goal difficulty-progress paradox: Unraveling the role of self-efficacy on perceptions of goal difficulty.

## INVITED TALKS

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1. **Werner, K. M.** (2023, November). TBD. To be presented at the Stanford Psychophysiology Lab, Stanford University, Stanford, CA.
2. **Werner, K. M.** (2023, April). Affect science and behaviour change: An emerging conceptual framework. Presented at the Stanford Psychophysiology Lab, Stanford University, Stanford, CA.
3. **Werner, K. M.** (2023, March). A polyregulation approach to self-control. Presented at Behaviour Change and Well-Being Research Group, University of Helsinki, Helsinki, Finland.
4. **Werner, K. M.** (2023, February). Strategy repertoire and goal attainment. Presented at the General and Educational Psychology Research Group, University of Siegen, Siegen, Germany.
5. **Werner, K. M.** (2023, January). Do we really need self-control? Understanding motivation and the perception of desire. Presented at the Social Psychology Research Group, Ruhr University Bochum, Bochum, Germany.

6. **Werner, K. M.** (2022, December). Do we really need self-control? Understanding motivation and the perception of desire. Presented at the Affective Science Seminar, Stanford University, Stanford, CA.
7. **Werner, K. M.** (2022, October). Reconsidering emotion regulation flexibility. Presented at the Stanford Psychophysiology Lab, Stanford University, Stanford, CA.
8. **Werner, K. M.** (2022, October). Beyond willpower: A toolbox approach to self-control. Presented at the Quantitative Social Psychology Research Group, Department of Psychology, Durham University, Durham, England.
9. **Werner, K. M.** (2022, April). Self-control: A polyregulation approach. Presented at the Stanford Psychophysiology Lab, Stanford University, Stanford, CA.
10. **Werner, K. M.** (2021, November). The flexible nature of self-control. Presented at the Department of Psychology Colloquium Series, Columbia University, New York, NY.
11. **Werner, K. M.** (2021, April). Integrating models of self-regulation. Presented at the Regulation, Affect, and Development (RAD) Lab, University of Washington, Seattle, WA.
12. **Werner, K. M.** (2021, February). Pre-registration and registered reports. Presented at the Reproducible, Interpretable, Open, and Transparent Science (RIOTS) seminar, Durham University, Durham, England.
13. **Werner, K. M.** (2021, February). Self-control: An integrative framework. Presented at the Rationality Enhancement Research Group, Max Planck Institute for Intelligent Systems, Tübingen, Germany.
14. **Werner, K. M.** (2021, January). What is willpower? Presented at the Department of Developmental Psychology, University of Hildesheim, Hildesheim, Germany.
15. **Werner, K. M.** (2020, May). The flexible nature of self-control. Presented at the Duckworth Lab Meeting, University of Pennsylvania, Philadelphia, PA.
16. **Werner, K. M.** (2020, February). Do we really need self-control? Understanding motivation and the perception of desire. Presented at the Department of Psychology, University of Dundee, Dundee, Scotland.
17. **Werner, K. M.** (2020, February). Do we really need self-control? Understanding motivation and the perception of desire. Presented at the Department of Psychology, Durham University, Durham, England.
18. **Werner, K. M.** (2019, January). An introduction to the Open Science Framework and pre-registration. Presented to the Forensic Psychology Research Group, Carleton University, Ottawa, ON.
19. **Werner, K. M.** (2018, November). An introduction to the Open Science Framework and pre-registration. Presented at the Department of Psychology Statistics Club, University of Ottawa, Ottawa, ON.
20. **Werner, K. M.** (2018, October). Motivation and self-regulation: The role of want-to motivation in the processes underlying self-regulation and self-control. Presented at the Social and Economic Cognition Colloquium, University of Cologne, Cologne, Germany.
21. **Werner, K. M.** (2018, October). Scholarships, grants, and other sources of funding. Presented at the Department of Psychology Pro-Seminar, Carleton University, Ottawa, ON.
22. **Werner, K. M.** (2018, July). To regulate or not to regulate? Understanding how motivation influences the perception of desires. Presented at the Department of Psychology Colloquium, Saarland University, Saarbrücken, Germany.
23. **Werner, K. M.** (2018, April). Motivation and the visual perception of desire. Presented at the Social and Economic Cognition Colloquium, University of Cologne, Cologne, Germany.
24. **Werner, K. M.** (2018, March). Increasing transparency and reproducibility in psychological science. Presented at the Department of Psychology Pro-Seminar, Carleton University, Ottawa, ON.
25. **Werner, K. M.** (2017, September). An introduction to the Open Science Framework and pre-registration. Workshop presented at Research Transparency and Reproducibility Training (RT2), Berkeley Initiative for Transparency in the Social Sciences, London, England.

26. **Werner, K. M.** (2017, March). Transitioning to a more open psychological science: Creating a customized workflow to maximize productivity, security, and transparency. Presented at the Department of Psychology Colloquium, University of Rochester, Rochester, NY.
27. **Werner, K. M.** (2012, October). The downside of pursuing the American dream. Invited presentation at the “Pursuing our Passions” session during Meliora Weekend at the University of Rochester, Rochester, NY.

#### **CHAired SYMPOSIA AND WORKSHOPS**

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1. **Werner, K. M.**, & Kalokerinos, E. K. (2022, February). Building strong foundations in affect regulation. Symposium accepted to the 21st Annual Conference of the Society of Personality and Social Psychology, San Francisco, CA. Speakers: Elise Kalokerinos, Kaitlyn Werner, Gal Sheppes, and Matthew Southward.
2. Baker, Z. G., Britton, M., **Werner, K. M.**, LeRoy, A. S., & Chopik, W. J. (2021, February). The ins and outs of grant-getting for early career scholars. Professional development presented at the 20th Annual Conference of the Society of Personality and Social Psychology.
3. **Werner, K. M.** (2020, May). Transitioning to a more open psychological science: How to increase transparency one step at a time. Professional Development Workshop to be presented at the 81st Annual Convention of the Canadian Psychological Association, Montreal, QC. (conference cancelled).
4. **Werner, K. M.**, & \*Levine, S. L. (2020, May). Increasing transparency and reproducibility in psychological science. Professional Development Workshop to be presented at the 81st Annual Convention of the Canadian Psychological Association, Montreal, QC. (conference cancelled).
5. **Werner, K. M.**, & Saunders, B. (2020, May). Building a strategy toolbox to enhance self-regulatory success. Symposium presented at the 32<sup>nd</sup> Annual Meeting for the Association for Psychological Science, Chicago, IL. Speakers: Blair Saunders, Sebastian Bürgler, Marina Milyavskaya, and Kaitlyn Werner. (conference cancelled).
6. **Werner, K. M.**, Nguyen, T. T., Legate, N., & Przybylski, A. (2019, May). Harnessing the power of the open science framework to enhance the research workflow within self-determination theory. Brainstorming session presented at the 7<sup>th</sup> International Self-Determination Theory Conference, Egmond aan Zee, the Netherlands.
7. **Werner, K. M.**, & Friese, M. (2019, March). Beyond inhibition: Current directions in self-control. Symposium presented at the International Convention on Psychological Science, Paris, France. Speakers: Kaitlyn Werner, Malte Friese, Blair Saunders, and Marina Milyavskaya.
8. **Werner, K. M.** (2019, February). Doing research elsewhere. Personal development panel presented at the 18th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
9. **Werner, K. M.**, & Kahn, L. (2018, May). Pathways to success: Novel mechanisms and intervention strategies to increase self-regulation and goal pursuit. Symposium presented at the 30<sup>th</sup> Annual Meeting for the Association for Psychological Science, San Francisco, CA. Speakers: Kaitlyn Werner, Marleen Gillebaart, Esther Papies, and Lauren Kahn.
10. **Werner, K. M.**, Guilfoyle, J., & Tabri, N. (2017, June). A beginner's guide to increasing transparency and reproducibility in psychological science. Professional Development Workshop presented at the 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.
11. **Werner, K. M.** (2017, June). Novel perspectives in examining the role of need supportive and controlling parenting styles across life domains. Symposium presented at the 78th Annual Convention of the Canadian Psychological Association, Toronto, ON. Speakers: Catherine F. Ratelle, Jean-Michel Robichaud, and Kaitlyn M. Werner.
12. **Werner, K. M.**, Lord, A., & Keneski, E. (2015, February). Preparing for the academic job market: From start to finish. Presented at the 16th Annual Conference of the Society of Personality and Social Psychology, Long Beach, CA. Speakers: Jeremy Jamieson, Danu Stinson, Serena Chen, and Paul Eastwick.



## PAPER PRESENTATIONS

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An underline denotes equal contribution across authors.

An asterisk (\*) denotes authors who were graduate or undergraduate students at the time of submission.

1. **Werner, K. M.**, Ford, B. Q., Hofmann, W., \*Petrova, K., \*Wu, R., Friese, M., & Gross, J. J. (2023, October). Behaviour change in context: An affect science perspective to promote successful self-control. Paper to be presented in D. Konu (chair), Exploring links between emotion and everyday experiences. Symposium presented at the Emotions 2023 Conference, Tilburg, Netherlands.
2. **Werner, K. M.**, Ford, B. Q., & Gross, J. J. (2023, June). The more the better? A polyregulation approach to regulating desires. Flash talk to be presented at the Social and Personality Pre-Conference at the Annual Convention of the Canadian Psychological Association, Toronto, ON.
3. **Werner, K. M.**, Ford, B. Q., Friese, M., & Hofmann, W. (2023, May). Harnessing the power of motivation to promote lasting behaviour change. Paper presented at the 8<sup>th</sup> International Self-Determination Theory Conference, Orlando, FL.
4. **Werner, K. M.**, Ford, B. Q., Friese, M., & Hofmann, W. (2022, October). Motivational dynamics of self-control. Paper presented at the 2022 meeting for the Society for Experimental Social Psychology, Philadelphia, PA.
5. \*Smith, A. M., **Werner, K. M.**, & Ford, B. Q. (2022, June). A tale of two pandemics? The impact of socioeconomic status and hardships on well-being over the course of the COVID-19 pandemic in the United States. Paper presented at the 2022 Society for the Psychological Study of Social Issues and European Association of Social Psychology Small Group Meeting.
6. **Werner, K. M.**, Gross, J. J., & Ford, B. Q. (2022, May). A polyregulation approach to regulating desires. Paper presented in M. Benita (chair), Emotion regulation perspectives to self-regulation: Emotion regulation as motivated and motivating. Symposium presented at the 14<sup>th</sup> Annual Meeting for the Society for the Study of Motivation, Chicago, IL.
7. **Werner, K. M.**, Gross, J. J., & Ford, B. Q. (2022, April). A polyregulation approach to regulating desires. Flash talk presented at the Annual Convention for the Society of Affective Science.
  - **Top-ranked abstract submitted to SAS 2022.**
8. **Werner, K. M.**, & Ford, B. Q. (2022, February). Comparing measures of strategy repertoire in the regulation of desires. Paper to be presented as part of K. M. Werner and E. K. Kalokerinos (co-chairs), Building strong foundations in affect regulation. Symposium submitted to the 21st Annual Conference of the Society of Personality and Social Psychology, San Francisco, CA.
9. \*Smith, A. M., **Werner, K. M.**, & Ford, B. Q. (2022, February). The impact of socioeconomic status and hardships on well-being over the course of the COVID-19 pandemic in the United States. Paper presented at the 21st Annual Conference of the Society of Personality Social Psychology, San Francisco, CA.
10. \*Wu, R., **Werner, K. M.**, & Ford, B. Q. (2021, May). Benefits of having a well-equipped strategy toolbox during goal pursuit. Paper submitted as a Flash Talk to 32<sup>nd</sup> Annual Meeting for the Association for Psychological Science.
11. **Werner, K. M.**, & Ford, B. Q. (2021, May). Abandoning willpower: An alternative approach to self-control. Paper presented as part of M. Hennecke (chair), Beyond willpower: Self-regulation strategies and metacognition for self-control in everyday life. Symposium presented at the 13<sup>th</sup> Annual Meeting for the Society for the Study of Motivation.
12. Lopez, R., Cosme, D., Hofmann, W., Saunders, B. & **Werner, K. M.** (2021, May). Effects of spontaneous and instructed use of self-regulatory strategies on food desires in daily life. Paper submitted as part of M. Hennecke (chair), Beyond willpower: Self-regulation strategies and metacognition for self-control in everyday life. Symposium presented at the 13<sup>th</sup> Annual Meeting for the Society for the Study of Motivation.

13. \*Wu, R., Werner, K. M., & Ford, B. Q. (2021). The more the better? Examining the relation between strategy repertoire and goal attainment. Undergraduate Research Forum at University of Toronto Scarborough.
  - **Won 2<sup>nd</sup> place**
14. **Werner, K. M.**, Inzlicht, M., & Friese, M., & Ford, B. Q. (2021, February). Willpower is not a strategy. Paper accepted to be presented at the 20th Annual Conference of the Society of Personality and Social Psychology.
15. Lopez, R. B., Cosme, D., **Werner, K. M.**, Saunders, B., & Hofmann, W. (2021, February). Associations between use of self-regulatory strategies and daily eating patterns: An experience sampling study in college-aged females. Data Blitz accepted to be presented at the 20th Annual Conference of the Society of Personality and Social Psychology.
16. **Werner, K. M.**, Inzlicht, M., & Friese, M. (2020, September). The upside of inhibition: Willpower as an effective strategy in the pursuit of want-to goals. Paper submitted as part of M. Hennecke & M. Friese (chairs), Motivation and self-regulation: From basic drives to personal goal pursuit. Symposium accepted to the 52<sup>nd</sup> Kongress der Deutschen Gesellschaft für Psychologie (DGPs), Vienna, Austria. (conference cancelled).
17. \*Wu, R., **Werner, K. M.**, & Inzlicht, M. (2020, May). The benefits of giving into temptation: Examining the relation between motivation and (dys)functional licensing during goal pursuit. Datablitz accepted to the 81st Annual Convention of the Canadian Psychological Association, Montreal, QC. (conference cancelled).
18. **Werner, K. M.**, Inzlicht, M., & Friese, M. (2020, May). Why willpower is not (entirely) overrated: Examining the motivational boundaries of using inhibition during goal pursuit. Paper accepted to the 13<sup>th</sup> Annual Meeting for the Society for the Study of Motivation, Chicago, IL. (conference cancelled).
19. **Werner, K. M.**, Milyavskaya, M., & Inzlicht, M. (2020, May). Extending the process model of self-control: An updated theoretical account of strategy use during goal pursuit. Paper to be presented as part of K. M. Werner and B. Saunders (chairs), Building a strategy toolbox to enhance self-regulatory success. Accepted to the 32<sup>nd</sup> Annual Meeting for the Assoc. for Psychological Science, Chicago, IL. (conference cancelled).
20. Milyavskaya, M., **Werner, K. M.**, & Peetz, J. (2020, May). Flexible strategy use as an adaptive approach to self-regulation. Paper to be presented as part of K. M. Werner and B. Saunders (chairs), Building a strategy toolbox to enhance self-regulatory success. Symposium accepted to the 32<sup>nd</sup> Annual Meeting for the Association for Psychological Science, Chicago, IL.(conference cancelled).
21. **Werner, K. M.**, Milyavskaya, M., & Koestner, R. (2019, June). Motivational dynamics between romantic partners' goal pursuit. Data blitz presented at the International Association for Relationship Research Mini-Conference, Ottawa, ON.
22. **Werner, K. M.**, Milyavskaya, M., Inzlicht, M., & Hofmann, W. (2019, May). The motivational mechanisms of self-control. Paper presented at the 7<sup>th</sup> International Self-Determination Theory Conference, Egmond aan Zee, the Netherlands.
23. **Werner, K. M.** (2019, March). Using pre-prints to improve and maximize the impact of your research. Paper presented as part of M. Nuijten (chair), Improving the quality of our research one step at a time. Symposium presented at the International Convention on Psychological Science, Paris, France.
24. **Werner, K. M.**, Hofmann, W., & Milyavskaya, M. (2019, March). When is self-control necessary? Examining the motivational determinants of self-control. Paper presented as part of K. M. Werner and M. Friese (chairs), Beyond Inhibition: New directions in self-control. Symposium accepted at the International Convention on Psychological Science, Paris, France.
25. **Werner, K. M.**, & Milyavskaya, M. (2019, February). Integrating theories of goal pursuit. Data blitz presented at the Motivation Science Pre-Conference at the 18th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
26. **Werner, K. M.**, & Milyavskaya, M. (2018, July). Examining the relation between trait self-control and the use of implementation intentions during goal pursuit. Paper presented at the 29<sup>th</sup> European Conference on Personality, Zadar, Croatia.

27. **Werner, K. M.**, & Milyavskaya, M. (2018, May). The role of trait self-control in the uptake of brief interventions to enhance goal attainment. Paper to be presented as part of K. M. Werner and L. Kahn (chairs), Pathways to success: Novel mechanisms and intervention strategies to increase self-regulation and goal pursuit. Presented at the 30<sup>th</sup> Annual Meeting for the Assoc. for Psychological Science, San Francisco, CA.
28. Milyavskaya, M. & **Werner, K. M.** (2018, April). Motivation and goal pursuit: Contrasting academic and non-academic domains. Paper to be presented at the 2018 Annual Meeting for the American Educational Research Association, NY.
29. **Werner, K. M.**, & Milyavskaya, M. (2017, June). Seeing the forest through the trees: Comparing theories of motivation and self-regulation in predicting goal attainment over time. Paper presented at the Center for Cognition, Learning, and Memory Summer School 2017, Weggis, Switzerland.
30. **Werner, K. M.**, Milyavskaya, M., & Niemiec, C. P. (2017, June). All we need is love: The role of autonomy support and control from parents, friends, and teachers in the context of life goals. Paper presented as part of K. M. Werner (Chair), Novel perspectives in examining the role of need supportive and controlling parenting styles across life domains. Presented at the 78<sup>th</sup> Annual Convention of the Canadian Psychological Association, Toronto, ON.
31. \*Bouhmouch, S., **Werner, K. M.**, \*Cooligan, F., & Milyavskaya, M. (2017, June). Bringing together motivation, flow, and goal attainment: An experimental approach. Data blitz presented at the 78<sup>th</sup> Annual Convention of the Canadian Psychological Association, Toronto, ON.
32. \*Capaldi, J. S., **Werner, K. M.**, & Milyavskaya, M. (2017, June). The dark side of confidence: Is there a negative impact of high self-efficacy on effort and performance? Data blitz presented at the 78<sup>th</sup> Annual Convention of the Canadian Psychological Association, Toronto, ON.
33. \*Paynter, A., **Werner, K. M.**, & Peetz, J. (2017, June). Finding myself in you: Emerging adults' identity development goals within romantic relationships. Data blitz presented at the 78<sup>th</sup> Annual Convention of the Canadian Psychological Association, Toronto, ON.
34. **Werner, K. M.**, & Milyavskaya, M. (2017, May). Examining theories of goal pursuit in predicting goal attainment over time. Paper presented as part of M. Milyavskaya (Chair), Dynamics in Personal Goal Pursuit. Presented at the 10<sup>th</sup> Annual Meeting for the Society for the Study of Motivation, Boston, MA.
35. **Werner, K. M.**, & Milyavskaya, M. (2017, May). Examining theories of goal pursuit in predicting goal attainment over time. Paper presented as part of M. Milyavskaya (Chair), Dynamics in Personal Goal Pursuit. Presented at the 29<sup>th</sup> Annual Convention of the Association for Psychological Science, Boston, MA.
36. **Werner, K. M.**, & Milyavskaya, M. (2016, August). Exploring the relation between achievement aims and self-determined motivation on goal progress. Paper presented in L. Haerens (Chair), Self-Determination Theory Applications in Educational and Sports Settings. Symposium presented at the International Conference on Motivation 2016, Thessaloniki, Greece.
37. **Werner, K. M.**, & Milyavskaya, M. (2016, August). The determinants of successful goal pursuit. Paper presented at the 6<sup>th</sup> Summer School on Motivation and Emotion at the International Conference on Motivation 2016, Thessaloniki, Greece.
38. **Werner, K. M.**, Zelenski, J., Lindsay, D. S., & Capaldi, C. A. (2016, June). Promoting open science in Canada: Practical advice on how to incorporate research transparency at any stage of your career. Roundtable presented at the 2016 Canadian Psychological Association Convention, Victoria, BC.
39. Milyavskaya, M. & **Werner, K. M.** (2016, June). Some goals just feel easier: Self-concordance leads to goal progress through subjective ease, not effort. Paper presented at the 6<sup>th</sup> International Conference on Self-Determination Theory, Victoria, BC.
40. **Werner, K. M.**, & Grouzet, F. M. E. (2015, June). Personal goals and well-being: Evidence for the dual valuing process model. Paper presented at the datablitz session during the 2015 Social and Personality Preconference at the Canadian Psychological Association Convention, Ottawa, ON.

41. **Werner, K. M.**, & Grouzet, F. M. E. (2015, June). Different parenting styles promote different goals: The effect of mothers' autonomy support and conditional regard on valuing processes and well-being among adolescents. Paper presented at the 76<sup>th</sup> Annual Convention of the Canadian Psychological Association, Ottawa, ON.
42. **Werner, K. M.**, & Niemiec, C. P. (2012, August). Parental conditional regard as a predictor of relative extrinsic value orientation: Testing two models based on Self-Determination Theory. Talk presented at the 4th Summer School on Motivation and Emotion at the International Conference on Motivation 2012, Frankfurt, Germany.

## POSTER PRESENTATIONS

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An underline denotes equal contribution across authors.

An asterisk (\*) denotes authors who were graduate or undergraduate students at the time of submission.

1. **Werner, K. M.**, Ford, B. Q., Friese, M., & Hofmann, W. (2023, March). Motivation and perception of desire. Poster presented at the Annual Convention for the Society of Affective Science, Long Beach, CA.
2. \*Smith, A., Stillman, P., **Werner, K. M.** (2022, February). Motivational predicts goal conflict in food choices: An online mouse-tracking study. Poster presented at the 22nd Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.
3. \*Smith, A. M., **Werner, K. M.**, & Ford, B. Q. (2022, April). The impact of socioeconomic status and hardships on well-being over the course of the COVID-19 pandemic in the United States. Poster presented at the Annual Convention for the Society of Affective Science.
4. **Werner, K. M.**, \*Liu, Z. V., & Ford, B. Q. (2022, March). Regulatory flexibility promotes positive emotional experiences and well-being during goal pursuit. Poster presented at the SAS Positive Emotions Preconference.
5. \*Liu, Z. V., \*Nerenberg, A., **Werner, K. M.**, & Ford, B. Q. (2022, February). Exploring the relation between regulatory flexibility and well-being. Poster presented at the SPSP Happiness and Well-Being Pre-Conference, San Francisco, CA.
6. \*Smith, A., \*Glinski, S., **Werner, K. M.**, & Ford, B. Q. (2022, February). The essential role of motivation and conflict during self-control: An internal meta-analysis. Poster presented at the SPSP Motivation Science Pre-Conf., San Francisco, CA.
7. \*Glinski, S., \*Smith, A., **Werner, K. M.**, & Ford, B. Q. (2022, February). Approaching success: Comparing approach versus avoidance strategies during goal pursuit. Poster presented at the SPSP Motivation Science Pre-Conf., San Francisco, CA.
8. \*Glinski, S., \*Smith, A., **Werner, K. M.**, Kalokerinos, E. K., & Ford, B. Q. (2022, February). Choosing how to regulate: Conflict intensity influences strategy selection during self-control. Poster presented at the 21st Annual Conference of the Society of Personality and Social Psychology, San Francisco, CA.
9. \*Smith, A., \*Glinski, S., **Werner, K. M.**, Hofmann, W., Ford, B. Q. (2022, February). Motivational determinants of self-control: How doing what you "want" vs. "should" influences the need for self-control. Poster presented at the 21st Annual Conference of the Society of Personality and Social Psychology, San Francisco, CA.
10. Lopez, R., Cosme, D. Saunders, B., **Werner, K. M.**, & Hofmann, W. (2022, February). Efficacy of self-regulatory strategies on daily eating behaviors: the role of motivational factors. Poster presented at the 21st Annual Conference of the Society of Personality and Social Psychology, San Francisco, CA.
11. \*Wu, R., **Werner, K. M.**, & Ford, B. Q. (2021, May). A toolbox approach to healthier eating: Examining the relation between motivation, strategy repertoire, and eating behaviours. Poster presented at the 13<sup>th</sup> Annual Meeting for the Society for the Study of Motivation.
12. \*Wu, R., **Werner, K. M.**, McMillan, G., & Milyavskaya, M. (2021, February). The benefits of giving into temptation: Examining the relation between motivation and self-licensing during goal pursuit. Poster presented at the SPSP Motivation Science Preconference.

13. \*Wu, R., **Werner, K. M.**, & Ford, B. Q. (2021, February). The more the better? Examining the relation between strategy repertoire and goal attainment. Poster presented at the 20th Annual Conference of the Society of Personality and Social Psychology.
14. \*Wu, R., \*Sparrow-Mungal, T., **Werner, K. M.**, & Inzlicht, M. (2020, May). The benefits of giving into temptation: Examining the relation between motivation and (dys)functional licensing during goal pursuit. Poster presented at the 13<sup>th</sup> Annual Meeting for the Society for the Study of Motivation, Chicago, IL. (conference cancelled).
15. \*Wu, R., \*Sparrow-Mungal, T., **Werner, K. M.**, & Inzlicht, M. (2020, May). Knowledge and luck: A registered replication report of Turri, Buckwalter, and Blouw (2015). Poster presented at the 32<sup>nd</sup> Annual Meeting for the Association for Psychological Science, Chicago, IL. \*Both authors contributed equally. (conference cancelled).
16. Leduc-Cummings, I., Milyavskaya, M., **Werner, K. M.**, Kline, J., & Cole, S. (2020, February). Trait self-control and effortless goal pursuit: Looking at how individuals set up obstacles in their environment. Poster accepted to be presented at the 19th Annual Conference of the Society of Personality and Social Psychology, New Orleans, LA.
17. \*Cohen, J., Milyavskaya, M., & **Werner, K. M.** (2020, February). Perfectionism, work motivation, and goal cognitions. Poster presented at the 19th Annual Conference of the Society of Personality and Social Psychology, New Orleans, LA.
18. \*Smyth, A. P. J., **Werner, K. M.**, & Milyavskaya, M. (2019, May). Mindfulness and self-concordant goal setting. Poster presented at the 7<sup>th</sup> International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
19. \*Cohen, J., **Werner, K. M.**, \*Levine, S. L., & Milyavskaya, M. (2019, May). Understanding the relation between need satisfaction, need frustration, and perfectionism across domains. Poster presented at the 7<sup>th</sup> International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
20. \*Wang, K., **Werner, K. M.**, & Milyavskaya, M. (2019, May). Exploring how parental conditional regard is associated with psychological needs satisfaction and frustration. Poster presented at the 7<sup>th</sup> International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
21. **Werner, K. M.**, Hofmann, W., & Milyavskaya, M. (2019, February). Motivation and the perception of desire. Poster presented at the 18th Annual Conference of the Society of Personality and Social Psychology, Portland.
22. \*Smyth, A. P. J., **Werner, K. M.**, & Milyavskaya, M. (2019, February). Mindfulness and self-concordant goal setting. Poster presented at the Motivation Science Pre-Conference at the 18th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
23. \*Smyth, A. P. J., **Werner, K. M.**, & Milyavskaya, M. (2019, February). Basic psychological needs satisfaction mediates the relationship between mindfulness and an intrinsic value orientation. Poster presented at the 18th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
24. **Werner, K. M.**, & Milyavskaya, M. (2018, July). Where do our values come from? Examining perceptions of epistemic authority in predicting the development of materialistic values. Poster presented at the Cologne Social Cognition Meeting (CSCM) on Trust, Cologne, Germany.
25. Leduc-Cummings, I., Milyavskaya, M., **Werner, K. M.**, Kline, J., & Cole, S. (2018, May). Obstacles in goal pursuit: The influence of motivation on how individuals set up their environment. Poster presented at the 11th Annual Meeting of the Society for the Science of Motivation, San Francisco, CA.
26. \*Levine, S. L., **Werner, K. M.**, \*Klimo, R., & Milyavskaya, M., (2018, May). Examining the role of grit, self-control, and conscientiousness in predicting academic goal motivation: A commonality analysis. Poster presented at the 11th Annual Meeting of the Society for the Science of Motivation, San Francisco, CA.

27. **Werner, K. M.**, & Milyavskaya, M. (2018, March). Do narcissists benefit from materialistic pursuits? A high-powered replication and extension of Abeyta, Routledge, and Sedikides (2017). Poster presented at the 17th Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.
28. \*Capaldi, J. S., **Werner, K. M.**, & Milyavskaya, M. (2018, March). Comparing two theories: How ego depletion affects our desire to engage in goal pursuit. Poster presented at the Social Cognition Pre-Conference at the 17th Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.
29. \*Paynter, A., Peetz, J., & **Werner, K. M.** (2018, March). Influence of romantic relationships on identity: Awareness of shifts in perceptions of past relationships before versus after breakup. Poster at the 17th Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.
30. \*Cooligan, F., **Werner, K. M.**, & Milyavskaya, M. (2017, September). Toward success or away from failure: Factors that predict regulatory focus and academic goal pursuit. Poster presented at the 17<sup>th</sup> Biennial Conference of the European Association for Research on Learning and Instruction (EARLI), Tampere, Finland.
31. \*Paynter, A., **Werner, K. M.**, & Peetz, J. (2017, May) Exploration into emerging adults' identity development goals within romantic relationships: Links with personality, motivations, and needs. Poster presented at the Interdisciplinary Conference in Psychology, Ottawa, ON.
32. \*Levert, A., **Werner, K. M.**, \*Paynter, A., & Peetz, J. (2017, May). Do narcissists really benefit from extrinsic goals? Extending the work of Abeyta, Routledge, and Sedikides (2016). Poster presented at the Interdisciplinary Conference in Psych., Ottawa, ON.
33. \*Shaw, M., **Werner, K. M.**, \*Levine, S. L., & Milyavskaya, M. (2017, May). Parenting styles, perfectionism, and goal pursuit: Is there a perfect combination for becoming a successful young adult? Interdisciplinary Conference in Psychology, Ottawa, ON.
34. \*Capaldi, J. S., **Werner, K. M.**, & Milyavskaya, M. (2017, May). Challenging perceptions: Examining the effects of self-efficacy and perceptions of task difficulty on boredom. Interdisciplinary Conference in Psychology, Ottawa, ON.
35. **Werner, K. M.**, & Milyavskaya, M. (2017, May). We may not know what we want, but do we know what we need? Examining the ability to forecast need satisfaction in goal pursuit. 10<sup>th</sup> Annual Meeting for the Society for the Study of Motivation, Boston, MA.
36. \*Capaldi, J. S., **Werner, K. M.**, \*Levine, S. L., & Milyavskaya, M. (2017, January). Differential goal characteristics of adaptive and maladaptive perfectionists. 18th Annual Conference of the Society of Personality and Social Psychology, San Antonio, TX.
37. **Werner, K. M.**, Niemiec, C. P., \*Klimo, R., & Milyavskaya, M. (2016, June). Where do intrinsic and extrinsic goals come from? Examining the role of autonomy support from parents, friends, and teachers. Poster presented at the 6<sup>th</sup> International Self-Determination Theory Conference, Victoria, BC.
38. **Werner, K. M.**, & Niemiec, C. P. (2016, January). Reducing the gender gap: A self-determination theory perspective on facilitating female interest and performance in STEM. Poster to be presented at the 17th Annual Conference of the Society of Personality and Social Psychology, San Diego, CA.
39. **Werner, K. M.**, & Grouzet, F. M. E. (2015, February). The intrinsic and extrinsic nature of goals promoted by mothers using autonomy support versus conditional regard and its impact on well-being. Poster presented at the 16th Annual Conference of the Society of Personality and Social Psychology, Long Beach, CA.
40. \*Clement Thorne, A., **Werner, K. M.**, & Grouzet, F. M. E. (2014, June). "Kids listen to your mother": The Effects of Maternal Parenting Style on Valuing Goals. Poster presented at the 2014 Social and Personality Preconference at the Canadian Psychological Association Convention, Vancouver, BC.
41. **Werner, K. M.**, & Grouzet, F. M. E. (2014, June). Do what I say, then I will love you: The effect of parental conditional regard versus autonomy support on the internalization of personal goals. Poster presented at the 2014 Canadian Psychological Association Convention, Vancouver, BC.

42. **Werner, K. M., & Grouzet, F. M. E.** (2014, May). On the intrinsic versus extrinsic nature of goals that are promoted by mothers using autonomy support versus conditional regard. Poster presented at the 7<sup>th</sup> Annual Meeting for the Society for the Study of Motivation, San Francisco, CA.
43. **Werner, K. M., & Werner, K. M.** (2014, May). The development of business students' personal goals: New empirical evidence for the Dual Valuing Process Model. Poster presented at the 26<sup>th</sup> Annual Convention of the Association for Psychological Science, San Francisco, CA.
44. **Werner, K. M., & Niemiec, C. P.** (2014, February). Students' recollections of their motivating and demotivating teachers: A self-determination theory perspective on STEM education. Poster presented at the 15th Annual Conference of the Society of Personality and Social Psychology, Austin, TX.
45. **Werner, K. M., & Niemiec, C. P.** (2013, June). Perceptions of (de)motivating teachers: Students' recall of autonomy support and grades in written narratives from the U.S. and China. Poster presented at the 5<sup>th</sup> International Self-Determination Theory Conference, Rochester, NY.
46. **Werner, K. M., & Niemiec, C. P.** (2013, January). Effects of goal content and goal attainment on basic psychological need satisfaction and subjective well-being. Poster presented at the 14<sup>th</sup> Annual Conference of the Society of Personality and Social Psychology, New Orleans, LA.
47. **Werner, K. M., & Niemiec, C. P.** (2012, January). Parental conditional regard, relative extrinsic value orientation, and subjective well-being: Testing a mediational model based on Self-Determination Theory. Presented at the 13th Annual Conference of the Society of Personality and Social Psychology, San Diego, CA.

#### SUPERVISING AND MENTORING

Current & Former Students for Whom I am/was a <i>Primary Supervisor</i>		
Student Name	Details of Supervision	Notable Achievements
<b>Undergraduate Honours Thesis Students</b>		
Austin Smith	2021 – 2022; Univ. of Pennsylvania	Current: Lab Manager at Univ. Chicago <i>6 conference posters</i> <i>Psi Chi undergrad research grant</i> <i>Psi Chi undergrad diversity supplement grant</i> <i>Millstein Family Undergrad Research Grant</i>
Sophia Glinski	2021 – 2022; Univ. of Pennsylvania	Current: Undergrad at Univ. Pennsylvania <i>4 conference posters</i> <i>Millstein Family Undergrad Research Grant</i>
Raymond Wu	2019 – 2021; Univ. of Toronto	Current: PhD student at Univ. British Columbia <i>2 co-authored publications</i> <i>3 conference talks, 6 conference posters</i> <i>Psi Chi undergrad research grant</i> <i>SPSP undergrad diversity award</i> <i>APS undergrad diversity award</i> <i>UTSC undergrad research forum 2nd prize</i> <i>University of Toronto Excellence Award</i>

<b>Current &amp; Former Students for Whom I am/was a <u>Co-Mentor</u></b>		
<b>Student Name</b>	<b>Details of Supervision</b>	<b>Notable Achievements</b>
<b>Graduate Students</b>		
Raymond Wu	2021 – current; co-mentor during student's PhD at Univ. British Columbia	Current: PhD student at Univ. British Columbia <i>1 co-authored publication</i> <i>1 conference talk</i>
Angela M. Smith	2020 – current; co-mentor during student's PhD at Univ. Toronto	Current: PhD student at Univ. Toronto <i>1 co-first authored publication</i> <i>2 conference talks, 1 conference poster</i>
Aidan P.J. Smyth	2018 – 2019; co-mentor during student's MA at Carleton Univ.	Current: PhD student at McGill Univ. <i>2 first-authored &amp; 1 co-authored publication</i> <i>3 conference posters</i>
Jessica Cohen	2018 – 2019; co-mentor during student's MA at Carleton Univ.	Current: Industry Researcher <i>2 conference posters</i>
Kelly Wang	2017 – 2019; co-mentor during student's MA at Carleton Univ.	Current: Government Researcher <i>2 co-authored publications</i> <i>2 conference posters</i>
Shelby L. Levine	2016 – current; co-mentor during student's MA at Carleton Univ.	Current: PhD student at McGill Univ. <i>2 first-authored &amp; 2 co-authored publications</i> <i>4 conference posters</i>
<b>Post-Baccalaureate Students</b>		
Chenyu Wang	2022 – current; Univ. of Pennsylvania	Current: Post-Bacc at Univ. Pennsylvania <i>1 co-authored publication</i>
Victoria Liu	2021 – 2022; Univ. of Pennsylvania	Current: PhD student at Univ. Chicago <i>2 conference posters</i>
<b>Undergraduate Honours Thesis Students</b>		
Sophee Childs	2018 – 2019; co-mentor during student's senior thesis at Carleton Univ.	
Keara Williams	2018 – 2019; co-mentor during student's senior thesis at Carleton Univ.	
Brittany Wiwat	2018 – 2019; co-mentor during student's senior thesis at Carleton Univ.	
Abigail Levert	2016 – 2018; co-mentor during student's senior thesis at Carleton Univ.	<i>1 conference poster</i>
Meaghan Shaw	2016 – 2018; co-mentor during student's senior thesis at Carleton Univ.	<i>1 co-authored publication</i> <i>1 conference poster</i>
Soufiane Bouhmouch	2016 – 2017; co-mentor during student's senior thesis at Carleton Univ.	<i>1 conference talk</i>



Jonathan Capaldi	2016 – 2017; co-mentor during student's senior thesis at Carleton Univ.	<i>Provost scholar award 2 co-authored publications 1 conference talk, 3 conference posters</i>
Rebecca Klimo	2015 – 2016; co-mentor during student's senior thesis at Carleton Univ.	<i>FASS Undergraduate Summer Internship 1 co-authored publication 3 conference posters</i>
Cassandra Lutz	2015 – 2016; co-mentor during student's senior thesis at Carleton Univ.	<i>People's choice award at Psych Undergrad Research Event</i>
Michael Telusma	2015 – 2016; co-mentor during student's senior thesis at Carleton Univ.	
<b>Undergraduate Independent Study Students</b>		
Taylor Sparrow-Mungal	2019 – 2020; supervised independent project during student's undergrad	<i>University of Toronto Excellence Award</i>
Adrienne Paynter	2016 – 2017; supervised independent project during student's undergrad	<i>2 conference posters</i>
Fiona Cooligan	2016 – 2017; supervised independent project during student's undergrad	<i>1 conference poster</i>

## Teaching Experience

<b>Instructor</b>	<b>Instructor of Record, The Science of Behaviour Change (PSYD15)</b> University of Toronto Scarborough <i>Developed a fourth-year seminar course covering an interdisciplinary review of the scientific literature on sustainable strategies for behaviour change. Course Evaluations: 4.7/5.0 <a href="#">[link to syllabus and detailed teaching evaluations]</a></i>	Summer 2021
	<b>Lab Instructor, Psychology Honours Seminar</b> Carleton University <i>Developed a year-long series of tutorials assisting third-year students in developing and executing group research projects, taught research and statistical methods, and provided feedback on student writing.</i>	Fall 2018 – Winter 2019
	<b>Lab Instructor, Introductory Psychology II</b> University of Victoria <i>Provided supplementary lectures to students, facilitated test review sessions, and provided hands-on learning experiences of course content.</i>	Winter 2015
	<b>Lab Instructor, Research Methods in Psychology</b> University of Victoria <i>Assisted students in executing group research projects, taught research and statistical methods, and provided extensive feedback on student writing.</i>	Summer 2014, Fall 2014

	<b>Instructor, Why We Do What We Do: The Study of Motivation Psychology</b> Rochester Scholars Pre-College Summer Program, University of Rochester	Summer 2013
	<i>Developed an intensive two-week course for middle and high-school students covering a review of the scientific literature on motivation and goal pursuit.</i>	
<b>Guest Lectures</b>	<b>Transparency and Reproducibility in Affective Science</b> The Psychology of Emotion, University of Toronto Scarborough	Winter 2021
	<b>An Introduction to Open Science and the Open Science Framework (x2)</b> Personality Psychology Honours Seminar, Carleton University Health Psychology Honours Seminar, Carleton University	Winter 2019
	<b>Mediation, Longitudinal, and Repeated Measures Designs</b> Introduction to Research Methods, Carleton University	Fall 2015
	<b>Stress Experience and Models</b> Introduction to Health Psychology, Carleton University	Fall 2015, Winter 2017
	<b>Life stories: Personology and Theory of Self and Identity</b> Personality, University of Victoria	Summer 2015
	<b>Fixed versus Growth Mindset</b> Introduction to Positive Psychology, University of Victoria	Winter 2014
	<b>Variance for Samples vs. the Population: Why We Use N-1 Instead of N</b> Statistical Methods in Psychology, University of Victoria	Fall 2014
	<b>Current Research on Emotion and Emotion Regulation</b> Motivation, Emotion, and Well-Being, University of Victoria	Fall 2014
	<b>Current Research on Goals and Self-Regulation</b> Motivation, Emotion, and Well-Being, University of Victoria	Fall 2014
<b>Teaching Assistant</b>	<b>Carleton University: 9 courses</b> Introduction to Health Psychology (Fall 2015, Winter 2016, Winter 2017, Fall 2017, Winter 2018); Introduction to Statistics (Summer 2017); Introduction to Research Methods (Summer 2017, Summer 2018); Design & Analysis in Psych Research (Fall 2016)	2015 – 2019
	<b>University of Victoria: 13 courses</b> Administrative Teaching Assistant (Summer 2015); Human Neuropsychology (Summer 2015); Adolescent Development (Summer 2015); Motivation, Emotion, & Well-Being (Fall 2013, Fall 2014, Spring 2015); Intro to Statistics I & II (Fall 2014, Spring 2015); Conceptual Foundations of Psychology (Summer 2014); Consumer Psychology (Spring 2014); Intro to Biological Psychology (Spring 2014); Intro to Positive Psychology (Fall 2013)	2013 – 2015
	<b>University of Rochester: 12 courses</b> Data Analysis (Graduate Course; Fall 2012, Spring 2013, Summer 2013); Social Psychology and Individual Differences (Spring 2011, Spring 2012, Spring 2013); Introduction to Statistical Methods in Psychology (Spring 2013, Spring 2011); Theories of Personality and Psychotherapy (Fall 2011, Fall 2012); An Approach to Human Motivation (Spring 2012); Introduction to Psychology (Fall 2011)	2011 – 2013

## REVIEWING AND EDITORIAL EXPERIENCE

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**Consulting Editor, *Emotion*** 2023 –

**Consulting Editor, *Journal of Emotion and Psychopathology*** 2023 –

**Associate Editor, *Translational Issues in Psychological Science*** 2017 – 2018  
 Special Issue: Emerging Topics in Positive Psychology and Well-Being

### Ad-Hoc Reviewer

- *British Journal of Social Psychology*
- *Data in Brief*
- *Emotion*
- *European Journal of Social Psychology*
- *International Journal of Behavior Development*
- *Motivation and Emotion*
- *Journal of Experimental Psychology: General*
- *Journal of Experimental Social Psychology*
- *Journal of Personality*
- *Journal of Personality and Social Psychology*
- *Journal of Research in Personality*
- *Personality and Social Psychology Bulletin*
- *Perspectives on Psychological Science*
- *Social Personality and Psychological Science*
- *Social and Personality Psychology Compass*
- *Translational Issues in Psychological Science*

## PROFESSIONAL SERVICE AND OUTREACH

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- 2018 – **Grant and Fellowship Consultant for Postdocs and Graduate Students**  
*In both official and unofficial capacities, I routinely mentor graduate students in applying for graduate and postdoctoral level funding. This includes consulting on the Banting Fellowship (both for UTSC and independently), diversity postdoc applications, and other national and international funding sources.*
- 2016 – **Ambassador, Center for Open Science**  
*Serve as a local resource for increasing conversations around open science, including growing the scientific community through collaboration and information sharing, providing training for OSF and other tools that support reproducible research practices, and partner with COS to promote open science practices at meetings and conferences*
- 2021 – **Member, Abstract Review Committee, Society for Affective Science**  
*Review abstracts submitted to the 2022 and 2023 annual conventions.*
- 2022 **Invited Speaker for Postdoc Salon, Annual Convention for the Society for Affective Science**
- 2021 **Invited Speaker, Free Form Friday Webinar, Society for Personality and Social Psychology**  
*Topic: Applying for grants and fellowships as a Canadian grad student or postdoc*
- 2021 **Invited Speaker, Free Form Friday Webinar, Society for Personality and Social Psychology**  
*Topic: Approaching potential postdoc advisors*
- 2021 **Mentor, Mind DivE In Graduate and Mentorship Recruitment Event, University of Pennsylvania**  
*First annual diversity preview weekend to improve diversity in the fields that are related to the*

*study of the mind, improve diversity among graduate students in mindCORE-affiliated departments, and fill the gaps in mentorship that underrepresented minorities are likely to face.*

- 2020 – 2021 **Member, Equity, Diversity, & Inclusivity Committee**, Dept. of Psychology, University of Toronto  
*Working groups: Establishing inclusive research practices; graduate student support*
- 2019 – 21 **Member, Outreach Committee**, Society for the Study of Motivation  
*Manage the society's twitter account, including sharing announcements and live-tweeting events*
- 2019 – 21 **Member, Election Committee**, Society for the Study of Motivation  
*Assist in the coordination of the recruitment and election of the society's executive council*
- 2020 **Mentor, Graduate Student Mentor Lunch**, Society for Personality and Social Psychology  
*Group leader and mentor for students interested in how to find self-funded postdoc fellowships*
- 2017 – 19 **Graduate Student Member, Research Advisory Committee**, Psi Chi  
*Advised Psi Chi about projects and initiatives, including making suggestions for partnerships, building research skills, and participation opportunities that benefit the Society and its members*
- 2016 – 19 **Graduate Academic Caucus Representative**, Dept. of Psychology, Carleton University  
*Attended departmental meetings to advocate on behalf of graduate students in the department*
- 2016 – 17 **Member, Psychology Graduate Conference**, Dept. of Psychology, Carleton University  
*Helped organize the department's annual research conference for psychology graduate students*
- 2014 – 16 **Student Representative, Social-Personality Section**, Canadian Psychological Association  
*Assisted with the organization of the section's annual pre-conference*
- 2014 – 15 **Member, Election Committee**, Society for the Study of Motivation  
*Assist in the coordination of the recruitment and election of the society's executive council*
- 2013 – 15 **Campus Representative**, Association for Psychological Science (APS)  
*Served as a department liaison to increase communication between students and APS*
- 2013 – 15 **Graduate Student Representative**, Canadian Psychological Association (CPA)  
*Responsible for providing psychology students with information regarding CPA membership and relevant psychology related news*
- 2013 **Volunteer, 5th International Conference on Self-Determination Theory**
- 2012 – 13 **President, Psi Chi Chapter**, University of Rochester
- 2011 – 12 **Secretary, Psi Chi Chapter**, University of Rochester

## **QUANTITATIVE AND RESEARCH METHODS TRAINING**

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**Statistical and Methodological Expertise:** Multilevel structural equation modelling, longitudinal data analysis, experience sampling methods, open science and reproducibility, survey design, experimental design, mouse-tracking, eye-tracking.

**Software and Hardware:** MPlus (advanced), SPSS (advanced), R (advanced), RMarkdown (intermediate), JASP (advanced), HLM (intermediate) MouseTracker (intermediate), MediaLab (advanced), DirectRT (advanced), Inquisit (intermediate); Tobii ProLab (intermediate)

## **Additional Training – Quantitative and Research Methods**

- **Introduction to Bayesian Hierarchical Modelling using R**, PS Statistics  
Instructor: Dr. Andrew Parnell (University College Dublin), Glasgow, Scotland, Jan 29-Feb 2, 2018
- **Bayesian Structural Equation Modelling**, University of Ottawa Psychology Statistics Club  
Instructor: Dr. David Kaplan (University of Wisconsin-Madison); 1-day workshop, Ottawa, ON, Jan 2017
- **Research Transparency and Reproducibility Training (RT2)**  
Berkeley Initiative for Transparency in the Social Sciences; London, England, Sept 20-22, 2017
- **Foundations of Bayesian Inference**, University of Ottawa Psychology Statistics Club  
Instructor: Alexander Etz (UC Irvine); 1-day workshop, Ottawa, ON, May 2017
- **Introduction to R**, University of Ottawa Psychology Statistics Club  
Instructor: Dr. Gilles Lamothe (University of Ottawa); 1-day workshop, Ottawa, ON, Feb 2017
- **Summit on Knowledge Mobilization**, Canadian Psychological Association  
1-day workshop, Ottawa, ON, Nov 2015

#### **Additional Training – Research Summer Schools**

- **Summer Institute in Social and Personality Psychology (SISPP)**, New York University, Jul 15-26, 2019  
Course: Moral Psychology with Dr. Paul Bloom (Yale) and Dr. Azim Shariff (University of British Columbia)
- **Center for Cognition, Learning, and Memory (CCLM) Summer School**  
Theme – Cognitive Control and Consciousness: Behavioural and Neural Mechanisms  
Organized by the CCLM, University of Bern; Weggis, Switzerland, Jun 19 – 22, 2017
- **6<sup>th</sup> PhD Summer School on Motivation and Emotion**, EARLI SIG 8 (Motivation and Emotion)  
Faculty Mentor: Dr. Stuart Karabenick (University of Michigan); Thessaloniki, Greece, Aug 21 – 23, 2016
- **4<sup>th</sup> PhD Summer School on Motivation and Emotion**, EARLI SIG 8 (Motivation and Emotion)  
Faculty Mentor: Dr. Jenefer Husman (Arizona State University); Frankfurt, Germany, Aug 25 – 27, 2012