

Kaitlyn M. Werner, PhD

Postdoctoral Research Fellow

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Academic Positions

Primary Appointments

- 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 (status only)**, Department of Psychology, Ryerson University
Toronto, ON, Canada
- 2022 **Visiting Researcher**, Stanford Psychophysiology Laboratory, Stanford University
Palo Alto, CA, USA
- 2018 **Visiting Researcher**, Social Cognition Center Cologne, University of Cologne,
Cologne, Germany

Education

- 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

- 2021 – **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 (with Brett Q. Ford)
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 (with Anne Wilson, Marina Milyavskaya, and GoodLife Fitness)
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 (with Wilhelm Hofmann)
Amount: €4.970
- 2017 **PI, Student Research and Knowledge Dissemination Grant**, Canadian Psychological Association
Project: Understanding the role of motivation in the visual perception of desires (with Wilhelm Hofmann)
Amount: \$1,000 CAD
- 2016 **PI, Graduate Teaching Assistantship Grant**, Psi Chi: International Honour 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: The effects of recalled goal attainment on subjective 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

- 2021 – **Provost's Postdoctoral Fellowship**, University of Pennsylvania
Competitive program intended to increase the diversity of the academic research community at the University of Pennsylvania. The program is designed to provide postdocs with time to focus on research and publishing activities.
Amount: \$192,000 USD
- 2021 – 2022 **Postdoctoral Fellowship**, University of Toronto Scarborough
Competitive fellowship to provide outstanding recent doctoral students 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
- 2019 **Summer Institute in Social and Personality Psychology**, Society for Personality & Social Psychology
Competitive program for pre-doctoral psychology students.
- 2018 – 2019 **Ontario Graduate Scholarship, International Student Stream**, Carleton University
Awarded 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 **Summer School on Cognitive Control and Consciousness**, University 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**, Department of Psychology, Carleton University
Awarded to graduate students who have shown exceptional research achievement.
Amount: \$500 CAD
- 2015 – 2016 **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
- 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 **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, University of 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

Publications

An underline denotes equal contribution across authors.

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

Total publications (incl. pre-prints) = 31, 10 first-author

Citations = 704, H-index = 13, i10-index = 14 ([Google Scholar](#), October 1, 2022)

Note: Second authorship (especially when a student is 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. **Werner, K. M.**, Inzlicht, M., & Ford, B. Q. (2022). Whither inhibition? *Current Directions in Psychological Science*.
2. *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*.
3. 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*.

4. 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*.
5. 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*.
6. Vohs, K., Schmeichel, B., Lohmann, S., Gronau, Q., Finley A., ... *Capaldi, J., Milyavskaya, M., *Shaw, M., **Werner, K. M.** ... Wagenmakers, E.-J., & Albarracín, D. (2021). A multi-site, preregistered, paradigmatic test of the ego depletion effect. *Psychological Science*.
7. *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.
8. Inzlicht, M., **Werner, K. M.**, Briskin, J. L., & Roberts, B. W. (2021). Integrating models of self-regulation. *Annual Review of Psychology*, 72, 319-345.
9. *Smyth, A., **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.
10. **Werner, K. M.**, *Smyth, A., & Milyavskaya, M. (2019). Do narcissists benefit from materialistic pursuits? Examining the relation between narcissistic tendencies, extrinsic values, and well-being. *Collabra: Psychology*.
11. **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.
12. *Davydenko, M., **Werner, K. M.**, & Milyavskaya, M. (2019). Frozen goals: Identifying a new type of goal. *Collabra: Psychology*, 5, 17.
13. 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.
14. **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.
15. *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.
16. 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.
17. Titova, L., **Werner, K. M.**, & Sheldon, K. M. (2018). Translating positive psychology. *Translational Issues in Psychological Science*, 4, 211-214.
18. Milyavskaya, M., & **Werner, K. M.** (2018). Goal pursuit: Current state of affairs and directions for future research. *Canadian Psychology/Psychology canadienne*, 59, 163-175.
19. 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*.
20. **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.
21. *Leduc-Cummings, I., **Werner, K. M.**, & Milyavskaya, M. (2018). Self-regulation. In V. Zeigler-Hill & T. Shackleford (Eds.), *Encyclopedia of Personality and Individual Differences*, Springer.
22. *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.
23. **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.

Stage 1 Registered Reports: Accepted

An underline denotes equal contribution across authors.

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

24. Chen, S.-C., Szabelska, A., Chartier, C.R., Kecks, Z., Lynott, D., ... **Werner, K. M.**, *Wang, J., Milyavskaya, M., ... Ropovik, I. (in-principle acceptance). Investigating object orientation across 14 languages. *Psychonomic Bulletin and Review*. Pre-print: psyarxiv.com/t2pju/
25. Hall, B.F., Wagge, J.R., Brandt, M.J., Chartier, C.R., Pfuhl, G., ... **Werner, K.M.**, *Wu, R., *Sparrow-Mungal, T., *Charbel, R., *Johnson, C., Milyavskaya, M., Inzlicht, M. ... Grahe, J. E. (in-principle acceptance). Registered Replication Report: Turri, Buckwalter, & Blouw (2015). Stage 1 Registered Report at *Advances in Methods and Practices in Psychological Science*. Pre-print: psyarxiv.com/zeux9/

Manuscripts Under Review

An underline denotes equal contribution across authors.

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

26. **Werner, K. M.** & Ford, B. Q. (revise and resubmit). Self-control: An integrative framework. *Social and Personality and Psychology Compass*. Pre-print: psyarxiv.com/y6kxa
27. **Werner, K. M.**, *Wu, R., & Friese, M. (under review). Strategy repertoire and goal attainment. Pre-print: psyarxiv.com/5uvxg
28. **Werner, K. M.**, Sjøstad, H., Milyavskaya, M., & Hofmann, W. (revise and resubmit). Planning for success: Trait self-control as a predictor of implementation intentions during goal pursuit. *Journal of Personality*. Pre-print: psyarxiv.com/m9u4e/
29. Milyavskaya, M., & **Werner, K. M.** (under review). An integrative model of goal pursuit. Invited submission at Perspectives on Psychological Science. Both authors contributed equally. Pre-print: psyarxiv.com/qydpv
30. **Werner, K. M.**, Milyavskaya, M., & Koestner, R. (in-revision). Examining the role of approach-avoidance and autonomous-controlled motivation in predicting goal progress over time. Pre-print: psyarxiv.com/bs28w/
31. *Smyth, A., Milyavskaya, M., Friese, M., **Werner, K. M.**, Anderson, J. E., Francis, Z. L., Inzlicht, M., Kolbuszewska, M., & Wang, J. (under review). What constitutes successful goal pursuit? Exploring the relation between subjective and objective measures of goal progress and attainment.

Select Working Papers

An underline denotes equal contribution across authors.

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

32. **Werner, K. M.**, Kalokerinos, E. K., Berkman, E. (invited submission). Socioeconomic status and regulatory flexibility: Implications for theory and practice. Special issue on “The Future of Affective Science” at *Affective Science*.
33. **Werner, K. M.**, & Gross, J. J. (in-preparation). Self-control: A polyregulation approach. Status: Data analysis for 8 datasets complete. Drafting stage 1 registered report proposing an additional ESM study.
 - *Selected as a “top ranked abstract from the 2022 Annual Meeting for the Society for Affective Science”*
34. **Werner, K. M.**, *Smith, A. M., & Ford, B. Q. (in-preparation). Socioeconomic status and hardships on well-being during the COVID-19 pandemic. Status: Finalizing supplementary exploratory analyses; Drafting manuscript for initial submission.
35. **Werner, K. M.**, Friese, M., & Hofmann, W. (in-preparation). Motivational dynamics of self-control. Status: Data analysis for 12 datasets complete. Initial draft of manuscript in progress.
36. **Werner, K. M.**, Hofmann, W., & Friese, M. (in-preparation). Motivation and habits across domains. Status: Data analysis for 4 out of 5 datasets complete. Drafting manuscript for submission.
37. Lopez, R., Cosme, D., Saunders, B., **Werner, K. M.**, & Hofmann, W. (in-preparation). Self-regulation training to promote healthy eating in everyday life. Status: Data analysis complete. Drafting manuscript for submission.
38. **Werner, K. M.**, Wang, C., Levine, S. L., Milyavskaya, M., & Koestner, R. (in-preparation). Need frustration as a predictor of self-critical perfectionism within domains and over time. Status: Finalizing manuscript for submission.

Invited Talks

1. **Werner, K. M.** (2022, December). TBD. To be presented at the Affective Science Seminar, Stanford University, Palo Alto, CA.
2. **Werner, K. M.** (2022, October). Socioeconomic status and regulatory flexibility. To be presented at the Stanford Psychophysiology Lab, Stanford University, Palo Alto, CA.
3. **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.
4. **Werner, K. M.** (2022, April). Self-control: A polyregulation approach. To be presented at the Stanford Psychophysiology Lab, Stanford University, Stanford, CA.
5. **Werner, K. M.** (2021, November). The flexible nature of self-control. Presented at the Department of Psychology Colloquium Series, Columbia University, New York, New York. [virtual]
6. **Werner, K. M.** (2021, April). Integrating models of self-regulation. Presented at the Regulation, Affect, and Development (RAD) Lab, University of Washington, Seattle, Washington. [virtual]
7. **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. [virtual]
8. **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. [virtual]
9. **Werner, K. M.** (2021, January). What is willpower? Presented at the Department of Developmental Psychology, University of Hildesheim, Hildesheim, Germany. [virtual]
10. **Werner, K. M.** (2020, May). The flexible nature of self-control. Presented at the Duckworth Lab Meeting, University of Pennsylvania, Philadelphia, PA. [virtual]
11. **Werner, K. M.** (2020, February). Do we really need self-control? Understanding how motivation influences the perception of desires. Presented at the Department of Psychology, University of Dundee, Dundee, Scotland.
12. **Werner, K. M.** (2020, February). Do we really need self-control? Understanding how motivation influences the perception of desires. Presented at the Department of Psychology, Durham University, Durham, England.
13. **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.
14. **Werner, K. M.** (2018, November). An introduction to the Open Science Framework and pre-registration. Presented at Department of Psychology Statistics Club, University of Ottawa, Ottawa, ON.
15. **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 Lab Meeting, University of Cologne, Cologne, Germany.
16. **Werner, K. M.** (2018, October). Scholarships, grants, and other sources of funding. Presented at the Department of Psychology Pro-Seminar, Carleton University, Ottawa, ON.
17. **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, Saarland University, Saarbrücken, Germany.
18. **Werner, K. M.** (2018, April). Motivation and the visual perception of desire. Presented at the Social and Economic Cognition Center (SoCCCo) Lab Meeting, University of Cologne, Cologne, Germany.
19. **Werner, K. M.** (2018, March). Increasing transparency and reproducibility in psychological science. Presented at the Department of Psychology Pro-Seminar, Carleton University, Ottawa, ON.
20. **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.
21. **Werner, K. M.** (2017, March). Transitioning to a more open psychological science: Creating a customized workflow to maximize productivity, security, and transparency. Colloquium presented at the Department of Clinical and Social Sciences in Psychology, University of Rochester, Rochester, NY.

Chaired Symposia and Workshops

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 [virtual].
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 32nd 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 7th 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 30th 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

An underline denotes equal contribution across authors.

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

1. **Werner, K. M.**, Ford, B. Q., Friese, M., & Hofmann, W. (2022, October). Motivational dynamics of self-control. Paper to be presented at the 2022 meeting for the Society for Experimental Social Psychology, Philadelphia, PA.
2. *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. Presentation submitted to the 2022 Society for the Psychological Study of Social Issues and European Association of Social Psychology Small Group Meeting.
3. **Werner, K. M.**, Gross, J. J., & Ford, B. Q. (2022, May). A polyregulation approach to regulating desires. Paper submitted as part of M. Benita (chair), Emotion regulation perspectives to self-regulation: Emotion regulation as motivated and motivating. Symposium submitted to the 14th Annual Meeting for the Society for the Study of Motivation, Chicago, IL.

4. **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, Virtual.
5. **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.
6. *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 presentation accepted to the 21st Annual Conference of the Society of Personality and Social Psychology, San Francisco, CA.
7. *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 32nd Annual Meeting for the Association for Psychological Science [virtual].
8. **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 13th Annual Meeting for the Society for the Study of Motivation [virtual].
9. 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 13th Annual Meeting for the Society for the Study of Motivation [virtual].
10. **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 [virtual].
11. 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 [virtual].
12. **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 and M. Friese (chairs), Motivation and self-regulation: From basic drives to personal goal pursuit. Symposium submitted to the 52nd Kongress der Deutschen Gesellschaft für Psychologie (DGPs), Vienna, Austria. (conference cancelled).
13. *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 to be presented at the 81st Annual Convention of the Canadian Psychological Association, Montreal, QC. (conference cancelled).
14. **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 submitted to the 13th Annual Meeting for the Society for the Study of Motivation, Chicago, IL. (conference cancelled).
15. **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. Symposium accepted to the 32nd Annual Meeting for the Association for Psychological Science, Chicago, IL. (conference cancelled).
16. 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 32nd Annual Meeting for the Association for Psychological Science, Chicago, IL. (conference cancelled).
17. **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 2019 Mini-Conference, Ottawa, ON.
18. **Werner, K. M.**, Milyavskaya, M., Inzlicht, M., & Hofmann, W. (2019, May). The motivational mechanisms of self-control. Paper presented at the 7th International Self-Determination Theory Conference, Egmond aan Zee, the Netherlands.
19. **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.

20. **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.
21. **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.
22. **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 29th European Conference on Personality, Zadar, Croatia.
23. **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. Symposium to be presented at the 30th Annual Meeting for the Association for Psychological Science, San Francisco, CA.
24. 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.
25. **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.
26. **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. Symposium presented at the 78th Annual Convention of the Canadian Psychological Association
27. *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 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.
28. *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 accepted to be presented at the 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.
29. *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 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.
30. **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. Symposium presented at the 10th Annual Meeting for the Society for the Study of Motivation, Boston, MA.
31. **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. Symposium presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
32. **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.
33. **Werner, K. M.**, & Milyavskaya, M. (2016, August). The determinants of successful goal pursuit. Paper presented at the 6th Summer School on Motivation and Emotion at the International Conference on Motivation 2016, Thessaloniki, Greece.
34. **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.
35. 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 6th International Conference on Self-Determination Theory, Victoria, BC.

36. **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.
37. **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 76th Annual Convention of the Canadian Psychological Association, Ottawa, ON.
38. **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

An underline denotes equal contribution across authors.

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

1. *Smith, A., Stillman, P., **Werner, K. M.** (under review). 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.
2. *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. Paper submitted to the Annual Convention for the Society of Affective Science, Virtual.
3. **Werner, K. M.**, *Liu, Z. V., & Ford, B. Q. (2022, March). Regulatory flexibility promotes positive emotional experiences and well-being during goal pursuit. SAS Positive Emotions Preconference, Virtual.
4. *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.
5. *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.
6. *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.
7. *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.
8. *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.
9. 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.
10. *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 13th Annual Meeting for the Society for the Study of Motivation. [virtual].
11. *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. [Virtual].
12. *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 [virtual].
13. *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 13th Annual Meeting for the Society for the Study of Motivation, Chicago, IL. (conference cancelled).

14. *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 32nd Annual Meeting for the Association for Psychological Science, Chicago, IL. †Both authors contributed equally. (conference cancelled).
15. 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.
16. *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.
17. *Smyth, A., **Werner, K. M.**, & Milyavskaya, M. (2019, May). Mindfulness and self-concordant goal setting. Poster presented at the 7th International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
18. *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 7th International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
19. *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 7th International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
20. **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.
21. *Smyth, A., **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.
22. *Smyth, A., **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.
23. **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.
24. 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.
25. *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.
26. **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.
27. *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.
28. *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.
29. *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 17th Biennial Conference of the European Association for Research on Learning and Instruction (EARLI), Tampere, Finland.
30. *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.
31. *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.

32. *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.
33. *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.
34. **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. 10th Annual Meeting for the Society for the Study of Motivation, Boston, MA.
35. *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.
36. **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 6th International Self-Determination Theory Conference, Victoria, BC.
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 6th 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 7th 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 26th 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 5th 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 14th Annual Conference of the Society of Personality and Social Psychology, New Orleans, LA.
47. **Werner, K. M.** (2012, October). The downside of pursuing the American dream. Invited presentation at the “Pursuing our Passions” poster session during Meliora Weekend at the University of Rochester, Rochester, NY.
48. **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.

Research Supervision

Postgraduate Independent Project Supervision

For these postbacc, master's and PhD students, I helped develop independent (non-thesis) projects, trained (e.g., in research and statistical methods, writing), and mentored students in preparing conference presentations and manuscripts.

Date	Mentee	Topics	Research Output & Awards
2022 –	Chenyu Wang Univ. Pennsylvania (postbacc)	Need frustration and perfectionism	<ul style="list-style-type: none"> 1 manuscript in-prep
2021 – 2022	Victoria Liu Univ. Pennsylvania (postbacc)	Regulatory flexibility and well-being	<ul style="list-style-type: none"> 2 posters
2021 – 2022	Angela M. Smith, MA Univ. Toronto (w/ Dr. Brett Ford)	The impact of SES and hardships on mental health during COVID-19	<ul style="list-style-type: none"> 1 manuscript in-prep 2 talks, 1 poster
2018 – 2019	Aidan PJ Smyth Carleton Univ. (w/Dr. Marina Milyavskaya)	Mindfulness and goal pursuit Narcissism, goal pursuit, well-being	<ul style="list-style-type: none"> 2 publications 3 posters
2018 – 2019	Jessica Cohen Carleton Univ. (w/Dr. Marina Milyavskaya)	Perfectionism and well-being	<ul style="list-style-type: none"> 2 posters
2018 – 2019	Jingfei (Kelly) Wang Carleton Univ. (w/Dr. Marina Milyavskaya)	Parental support and well-being Psych. Science Accelerator	<ul style="list-style-type: none"> 1 publication 1 poster
2016 – 2018	Shelby L. Levine Carleton Univ. (w/Dr. Marina Milyavskaya)	Perfectionism, goal pursuit, and well-being	<ul style="list-style-type: none"> 3 publications 1 manuscript in-prep 1 talk, 5 posters

Undergraduate Honours Thesis Supervision

For these undergraduate students, I served as their primary or *co-mentor for a year-long honours thesis project.

Date	Mentee	Topic	Research Output & Awards
2020 – 2021	Ruolin (Raymond) Wu Univ. Toronto (w/ Dr. Brett Ford)	Strategy repertoire and goal attainment	<ul style="list-style-type: none"> 1 manuscript in-prep 1 talk, 2 posters Psi Chi undergrad research grant SPSP undergrad diversity award 2nd place UTSC undergrad research poster forum
2018 – 2019	Sophee Childs Carleton Univ. (w/Dr. Marina Milyavskaya)	Self-control strategies and healthy eating	<ul style="list-style-type: none"> 2 publications 3 posters
2018 – 2019	Keara Williams Carleton Univ. (w/Dr. Marina Milyavskaya)	Habits and effortless goal pursuit	<ul style="list-style-type: none"> 2 posters
2018 – 2019	Brittany Wiwat* Carleton Univ. (w/Dr. Marina Milyavskaya)	Effort and agency	<ul style="list-style-type: none"> 1 publication 1 poster
2017 – 2018	Abigail Levert* Carleton Univ. (w/Dr. Marina Milyavskaya)	Restrictive eating and bias toward healthy and unhealthy food	
2017 – 2018	Meaghan Shaw* Carleton Univ. (w/Dr. Marina Milyavskaya)	Ego-depletion and boredom RRR ego depletion	<ul style="list-style-type: none"> 1 publication
2016 – 2017	Soufiane Bouhmouch* Carleton Univ. (w/Dr. Marina Milyavskaya)	Motivation and flow in video games	<ul style="list-style-type: none"> 1 talk

2016 – 2017	Jonathan Capaldi* Carleton Univ. (w/Dr. Marina Milyavskaya)	Self-efficacy and math performance	<ul style="list-style-type: none"> • 1 talk, 2 posters • Provost scholar award, Discovery centre for undergrad research
2015 – 2016	Rebecca Klimo* Carleton Univ. (w/Dr. Marina Milyavskaya)	Parenting style, financial support, and academic motivation	<ul style="list-style-type: none"> • 1 publication • 3 posters • Faculty of arts and sciences summer research internship
2015 – 2016	Cassandra Lutz* Carleton Univ. (w/Dr. Marina Milyavskaya)	Influence of mood on motivation	<ul style="list-style-type: none"> • People's choice award, Psych undergrad research event
2015 – 2016	Michael Telusma* Carleton Univ. (w/Dr. Marina Milyavskaya)	Motivation, perfectionism, and performance	
2013– 2014	Anastasia Clement-Thorne Univ. of Victoria	Parenting style and the internalization of personal goals	<ul style="list-style-type: none"> • 1 poster

Undergraduate Independent Project Supervision

For these undergraduate students, I helped develop independent (non-thesis) projects, trained (e.g., in research and statistical methods, writing), and mentored students in preparing conference presentations and manuscripts.

Date	Mentee	Topic	Research Output & Awards
2019 – 2021	Ruolin (Raymond) Wu Univ. Toronto	Construal levels and self-control RRR Turi, Buckwalter, & Blouw (2015) Licensing behaviours and self-control	<ul style="list-style-type: none"> • 1 publication • 1 manuscript in-prep • 4 posters
2016 – 2017	Jonathan Capaldi Carleton Univ.	Perfectionism and goal pursuit RRR ego depletion	<ul style="list-style-type: none"> • 2 publications • 1 poster
2016 – 2017	Adrienne Paynter Carleton Univ.	Relationships, goals, and identity formation	<ul style="list-style-type: none"> • 2 posters
2016 – 2017	Fiona Cooligan Carleton Univ.	Regulatory focus and academic goals	<ul style="list-style-type: none"> • 1 poster
2016 – 2017	Meaghan Shaw Carleton Univ.	Parenting style, perfectionism, and goal pursuit	<ul style="list-style-type: none"> • 1 poster
2016 – 2017	Abigail Levert Carleton Univ.	Narcissism, materialism, well-being	<ul style="list-style-type: none"> • 1 poster

Teaching Experience

Instructor	<p>Instructor of Record, The Science of Behaviour Change (PSYD15) University of Toronto Scarborough</p> <p>Developed a fourth-year seminar course covering an interdisciplinary review of the scientific literature on sustainable strategies for behaviour change.</p> <p>Course Evaluations: 4.7/5.0 [link to syllabus and detailed teaching evaluations]</p>	Summer 2021
	<p>Lab Instructor, Psychology Honours Seminar Carleton University</p> <p><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></p>	Fall 2018 – Winter 2019
	<p>Lab Instructor, Introductory Psychology II University of Victoria</p> <p><i>Provided supplementary lectures to students, facilitated test review sessions, and provided hands-on learning experiences of course content.</i></p>	Winter 2015
	<p>Lab Instructor, Research Methods in Psychology University of Victoria</p> <p><i>Assisted students in executing group research projects, taught research and statistical methods, and provided extensive feedback on student writing.</i></p>	Summer 2014 Fall 2014
	<p>Instructor, Why We Do What We Do: The Study of Motivation Psychology Rochester Scholars Pre-College Summer Program, University of Rochester</p> <p><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></p>	Summer 2013
Guest Lectures	<p>Transparency and Reproducibility in Affective Science The Psychology of Emotion, University of Toronto Scarborough</p>	Winter 2021
	<p>An Introduction to Open Science and the Open Science Framework (x2) Personality Psychology Honours Seminar, Carleton University Health Psychology Honours Seminar, Carleton University</p>	Winter 2019
	<p>Mediation, Longitudinal, and Repeated Measures Designs Introduction to Research Methods, Carleton University</p>	Fall 2015
	<p>Stress Experience and Models Introduction to Health Psychology, Carleton University</p>	Fall 2015 Winter 2017
	<p>Life stories: Personology and Theory of Self and Identity Personality, University of Victoria</p>	Summer 2015
	<p>Fixed versus Growth Mindset Introduction to Positive Psychology, University of Victoria</p>	Winter 2014
	<p>Variance for Samples vs. the Population: Why We Use N-1 Instead of N Statistical Methods in Psychology, University of Victoria</p>	Fall 2014
	<p>Current Research on Emotion and Emotion Regulation Motivation, Emotion, and Well-Being, University of Victoria</p>	Fall 2014
	<p>Current Research on Goals and Self-Regulation Motivation, Emotion, and Well-Being, University of Victoria</p>	Fall 2014
Teaching Assistant	<p>Carleton University: 9 courses Introduction to Health Psychology (Fall 2015, Winter 2016, Winter 2017, Fall 2017, Winter 2018); Introduction to Statistics (Summer 2017); Introduction to Research</p>	2015 – 2019

Methods (Summer 2017, Summer 2018); Design and Analysis in Psychological Research (Fall 2016)

University of Victoria: 13 courses

2013 – 2015

Administrative Teaching Assistant (Summer 2015); Human Neuropsychology (Summer 2015); Adolescent Development (Summer 2015); Motivation, Emotion, and Well-Being (Fall 2013, Fall 2014, Spring 2015); Introduction to Statistics I & II (Fall 2014, Spring 2015); Conceptual Foundations of Psychology (Summer 2014); Consumer Psychology (Spring 2014); Introduction to Biological Psychology (Spring 2014); Introduction to Positive Psychology (Fall 2013)

University of Rochester: 12 courses

2011 – 2013

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)

Reviewing and Editorial Experience

Consulting Editor, *Emotion*

Beginning 2023

Associate Editor, *Translational Issues in Psychological Science*

2017 – 2018

Special Issue: Emerging Topics in Positive Psychology and Well-Being (Editor: Dr. Ken Sheldon)

Ad-Hoc Reviewer

2017 –

- *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

2019 –

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

- 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 other funding opportunities 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 in the gaps in mentorship that underrepresented minorities are likely to face.
- 2020 – 2021 **Member, Equity, Diversity, and Inclusivity Committee**, Dept. of Psychology, University of Toronto
Working groups: Establishing and promoting inclusive research practices; graduate student support
- 2019 – 2021 **Member, Outreach Committee**, Society for the Study of Motivation
Manage the society's twitter account, including sharing announcements and live-tweeting events
- 2019 – 2021 **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 – 2019 **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 – 2019 **Graduate Academic Caucus Representative**, Dept. of Psychology, Carleton University
Attended departmental meetings to advocate on behalf of graduate students in the department
- 2016 – 2017 **Committee Member, Psychology Graduate Conference**, Dept. of Psychology, Carleton University
Helped organize the department's annual research conference for psychology graduate students
- 2014 – 2016 **Student Representative, Social-Personality Section**, Canadian Psychological Association
Assisted with the organization of the section's annual pre-conference and attended business meetings
- 2014 – 2015 **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 – 2015 **Campus Representative**, Association for Psychological Science (APS)
Served as a department liaison to increase communication between students and APS
- 2013 – 2015 **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**

Quantitative and Research Methods Training

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 (intermediate), RMarkdown (intermediate), JASP (advanced), HLM (intermediate) MouseTracker (intermediate), Tobii Pro Glasses 2 and ProLab (intermediate), MediaLab (advanced), DirectRT (advanced), Inquisit (intermediate), Overleaf (beginner)

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 2017**
Theme – Cognitive Control and Consciousness: Behavioural and Neural Mechanisms
Organized by the CCLM, University of Bern; Weggis, Switzerland, Jun 19 – 22, 2017
- **6th 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
- **4th 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