

KAITLYN M. WERNER, PHD

CURRICULUM VITAE

University of Tartu
Institute of Psychology
Tartu, Estonia

kaitlynw@ut.ee
www.kaitlynmwerner.com
OSF: osf.io/ftk25

ACADEMIC POSITIONS

Primary Appointments

- 2025 – **Research Fellow in Affective Psychology**, Institute of Psychology, University of Tartu
Tartu, Estonia
- 2023 – **Postdoctoral Research Fellow**, Center for Translational Neuroscience, University of Oregon
Eugene, OR, USA
- 2021 – 2023 **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

- 2022 – **Visiting Researcher**, Stanford Psychophysiology Laboratory, Stanford University
Stanford, CA, USA
- 2024 **Visiting Researcher**, Approach-Avoidance Motivation Research Group, University of Rochester
Rochester, NY, USA
- 2023 **Visiting Researcher**, Social Psychology Research Group, Ruhr University Bochum
Bochum, Germany
- 2018 **Visiting Researcher**, Center for Social and Economic Behaviour, 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

- 2025 – 2027 **PI, Incoming Postdoctoral Grant**, European Union and Estonian Research Council
Project: Reappraisal flexibility as a pathway to enhanced well-being
Amount: \$152,000 EUR
- 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
- 2024 **PI, Psychology Committee for Inclusive Community Research Award**, University of Oregon
Project: Socioeconomic status and emotion regulation
Amount: \$2,000 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 **PI, International Fellowship Grant**, Center for Social and Economic Behavior
Project: Understanding the role of motivation in the visual perception of desires
Amount: \$4970 EUR
- 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, HONOURS, AND FELLOWSHIPS

2025 **Seal of Excellence**, European Commission
Awarded for a high-quality research proposal submitted under the Horizon Europe Marie Skłodowska-Curie Actions call.

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: \$10,000 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 EUR
- 2017 **Graduate Scholarship**, Psi Chi: International Honour Society in Psychology
Awarded based on academic performance, leadership, 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.

PEER-REVIEWED PUBLICATIONS (citations = 2770, h-index = 21, i10 index = 29)

An underline denotes equal contribution across authors.

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

1. Braet, J., Debra, G., Rein, M., Gross, J. J., **Werner, K. M.**, & Giletta, M. (in-press). Handling the ups and downs of adolescence: The role of emotion regulation repertoires. *Affective Science*.
2. **Werner, K. M.**, Preece, D. A., Berkman, E. T., & Gross, J. J. (in-press). Regulatory flexibility and psychological health – Is more always better? *Journal of Affective Disorders*.

3. Lopez, R. B., **Werner, K. M.**, Traub, G., Cosme, D., Saunders, B., & Hofmann, W. (in-press). Training self-regulation to promote healthy eating: Evidence from a longitudinal intervention study. *Appetite*. Both authors contributed equally.
4. Milyavskaya, M., & **Werner, K. M.** (2025). An integrative model of personal goal pursuit. *Advances in Motivation Science*.
5. Chen, S-C., Szabelska, A., Chartier, C.R., ... *Wang, J., **Werner, K. M.**, Milyavskaya, M., ... Ropovik, I. (2025). Investigating object orientation across 14 languages. *Current Psychology*.
6. Phills, C. E., Kekecs, Z., Buchanan, E., Miller, J. K., ... **Werner, K. M.**, *Wang, J., Milyavskaya, M., ... Chartier, C. R. (2025). Global investigation of 'man' as default in six social groups. *PLoS One* 20(6): e0323938.
7. **Werner, K. M.**, *Wu, R., Gross, J. J., & Friese, M. (2025). When bigger is better: Size of strategy repertoire predicts goal attainment. *Motivation and Emotion*.
8. **Werner, K. M.**, & Berkman, E. T. (2024). Motivational dynamics of self-control. *Current Opinion in Psychology*. 59, 101859. 1-6.
9. Hall, B.F., Wagge, J. R., Brandt, M. J., Chartier, C. R., Pfuhl, G., ... **Werner, K. M.**, *Wu, R., ... Grahe, J. E. (2023). Registered Replication Report: Turri, Buckwalter, & Blouw (2015). *Advances in Methods and Practices in Psychological Science*.
10. *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*.
11. **Werner, K. M.** & Ford, B. Q. (2023). Self-control: An integrative framework. *Social and Personality and Psychology Compass*, 17, e12738.
12. **Werner, K. M.**, Inzlicht, M., & Ford, B. Q. (2022). Whither inhibition? *Current Directions in Psychological Science*, 31, 333-339.
13. *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*.
14. Inzlicht, M., **Werner, K. M.**, Briskin, J. L., & Roberts, B. W. (2021). Integrating models of self-regulation. *Annual Review of Psychology*, 72, 319-345.
15. 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.
16. 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.
17. *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.
18. 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.
19. 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.
20. *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.

21. **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*.
22. **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.
23. *Davydenko, M., **Werner, K. M.**, & Milyavskaya, M. (2019). Frozen goals: Identifying a new type of goal. *Collabra: Psychology*, 5, 17.
24. 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.
25. **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.
26. *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.
27. 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.
28. Titova, L., **Werner, K. M.**, & Sheldon, K. M. (2018). Translating positive psychology. *Translational Issues in Psychological Science*, 4, 211-214.
29. Milyavskaya, M., & **Werner, K. M.** (2018). Goal pursuit: Current state of affairs and directions for future research. *Canadian Psychology/Psychology canadienne*, 59, 163-175.
30. 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*.
31. **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.
32. *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.
33. **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

34. *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

An underline denotes equal contribution across authors.

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

35. **Werner, K. M.**, & Berkman, E. T. (under review). Flexible self-control: The role of motivation and regulatory flexibility during goal pursuit. osf.io/preprints/psyarxiv/9ma25_v1
36. Krajuškina, M., Uusberg, A., **Werner, K. M.**, Gross, J.J., & Uusberg, H., (revise & resubmit). Sometimes less is more: Appraisal variability in successful reappraisal. Pre-print: osf.io/preprints/psyarxiv/7bhar_v1

37. Preece, D. A., Sikka, P., Larionow, P., Reichler, A., Heekerens, J., **Werner, K. M.**, Wollast, R., Gee, D., Cohodes, E., Erbe, R., Cai, X., Wai, C., McEvoy, P., Kiekens, G., Bahamani, D., Cross-Wallace, L., Becerra, R., & Gross, J. J. (under review). Loneliness and alexithymia.
38. Thorne, T. N., Milyavskaya, M., **Werner, K. M.**, Leduc-Cummings, I., Saunders, B., Inzlicht, M. (under review). The personal goal difficulty-progress paradox: Unraveling the role of self-efficacy on perceptions of goal difficulty. Pre-print: https://papers.ssrn.com/sol3/papers.cfm?abstract_id=4651737
39. Larkin, K., Andreychik, M. R., Weissgerber, S., Kiunke, F., Godbersen, H., Kolle, C., Kulpe, A., Ruiz-Fernandez, **Werner, K. M.**, *Wu, R., Buchanan, E. M. (under review). Knowledge and luck...and stereotypes? Examining the influence of an actor's group membership on knowledge attribution. Pre-print: osf.io/z2av7/
40. Doell, K. C., Lengersdorff, L., Rhoads, S. A., Todorova, B., Nitschke, J. P., Druckman, J., Vlasceanu, M., ****Manylabs Climate Consortia**, Lamm, C., & Van Bavel, J. J. (under review). When predicting climate-relevant intervention effectiveness, academics outperform the public, but not a simple heuristic. (Member of Manylabs Climate Consortia). Pre-print: doi.org/10.31234/osf.io/fzv6g_v1

INVITED TALKS

- June 2026 Regensburg Alexithymia and Emotion Regulation Workshop, Regensburg, Germany
- May 2026 Keynote: "Representing Goals Across Context" Pre-Conference, Barcelona, Spain
- April 2026 Stanford University, Stanford Psychophysiology Lab, Stanford, CA
- Nov. 2025 University of Tartu, Center for Excellence for Well-Being Sciences, Tallinn, Estonia
- Nov. 2025 Michigan State University, Moral Minds Lab, East Lansing, MI
- Nov. 2025 Curtin University, Perth Emotion and Psychopathology Lab, Perth, Australia
- Aug. 2025 Keynote: University of Tartu, Center for Excellence for Well-Being Sciences, Pühajärve, Estonia
- Mar. 2025 Stanford University, Stanford Psychophysiology Lab, Stanford, CA
- Nov. 2024 Duke University, Early Childhood Cognition Laboratory, Durham, NC
- Aug. 2024 Curtin University, Perth Emotion and Psychopathology Lab, Perth, Australia
- June 2024 University of Sydney, School of Psychology, Sydney, Australia
- May 2024 Stanford University, Stanford Psychophysiology Lab, Stanford University, Stanford, CA
- April 2024 Keynote: First Annual Psychology Early Career Conference, Durham University, Durham, UK
- Feb. 2024 University of Rochester, Department of Psychology Colloquium, Rochester, NY
- Feb. 2024 University of Rochester, Approach-Avoidance Motivation Research Group, Rochester, NY
- Feb. 2024 University of Oregon, Department of Psychology Colloquium, Eugene, OR
- Nov. 2023 Stanford University, Stanford Psychophysiology Lab, Stanford University, Stanford, CA
- April 2023 Stanford University, Stanford Psychophysiology Lab, Stanford, CA
- Mar. 2023 University of Helsinki, Behaviour Change and Well-Being Research Group, Helsinki, Finland
- Feb. 2023 University of Siegen, General and Educational Psychology Research Group, Siegen, Germany

- Jan. 2023 Ruhr University Bochum, Social Psychology Research Group, Bochum, Germany
- Dec. 2022 Stanford University, Affective Science Seminar, Stanford, CA
- Oct. 2022 Stanford University, Stanford Psychophysiology Lab, Stanford, CA
- Oct. 2022 Durham University, Department of Psychology, Durham, UK
- April 2022 Stanford University, Stanford Psychophysiology Lab, Stanford, CA
- Nov. 2021 Columbia University, Department of Psychology Colloquium Series, New York, NY
- April 2021 University of Washington, Regulation, Affect, and Development (RAD) Lab, Seattle, WA
- Feb. 2021 Durham University, Reproducible, Interpretable, Open, and Transparent Science (RIOTS) Seminar, Durham, UK
- Feb. 2021 Max Planck Institute for Intelligent Systems, Rationality Enhancement Research Group, Tübingen, Germany
- Jan. 2021 University of Hildesheim, Developmental Psychology Research Group, Hildesheim, Germany
- May 2020 University of Pennsylvania, Duckworth Lab Meeting, Philadelphia, PA
- Feb. 2020 University of Dundee, Department of Psychology Colloquium Series, Dundee, UK
- Feb. 2020 Durham University, Department of Psychology Colloquium Series, Durham, UK
- Jan. 2019 Carleton University, Forensic Psychology Research Group, Ottawa, Canada
- Nov. 2018 University of Ottawa, Department of Psychology Statistics Club, Ottawa, Canada
- Oct. 2018 University of Cologne, Social and Economic Cognition Colloquium, Cologne, Germany
- Oct. 2018 Carleton University, Department of Psychology Pro-Seminar, Ottawa, Canada
- July 2018 Saarland University, Social Psychology Research Group, Saarbrücken, Germany
- April 2018 University of Cologne, Social and Economic Cognition Colloquium, Cologne, Germany
- Mar. 2018 Carleton University, Department of Psychology Pro-Seminar, Ottawa, ON, Canada
- Sept. 2017 Berkeley Initiative for Transparency in the Social Sciences, Research Transparency and Reproducibility Training (RT2), London, UK
- Mar. 2017 University of Rochester, Department of Psychology Colloquium Series, Rochester, NY
- Oct. 2012 University of Rochester, "Pursuing our Passions" Research Session, Rochester, NY
-

CHAired SYMPOSIA AND WORKSHOPS

1. Uusberg, H., & **Werner, K. M.** (2026, May). Contextualizing emotion regulation variability. Symposium submitted to be presented at the Annual Meeting for the Association for Psychological Science, San Francisco, CA. Speakers: Kaitlyn Werner, Maria Krajuškina, Danfei Hu, and Jonas Everaert.
2. **Werner, K. M.** (2025, March). Emotion regulation flexibility: Addressing conceptual and methodological challenges. Innovation forum presented at the Annual Conference for the Society for Affective Science, Portland, OR. Speakers: Brett Q. Ford, Derek M. Isaccowitz, Elise K. Kalokerinos, and Gal Sheppes.
3. **Werner, K. M.**, & Uusberg, A. (2025, March). Unpacking reappraisal: Considering heterogeneity in reappraisal tactics to enhance emotion regulation. Symposium to be presented at the Annual Conference for the Society for Affective Science, Portland, OR. Speakers: David A. Preece, Helen Uusberg, Ashish Mehta, and Kaitlyn M. Werner.
4. Saunders, B., & **Werner, K. M.** (2025, February). Embracing complexity to advance the science of self-regulated behavior change. Symposium at the 24th Annual Conference of the Society of Personality and Social Psychology, Denver, CO. Speakers: Traci Mann, Blair Saunders, Kaitlyn Werner, and Wilhelm Hofmann.
5. Shiota, M. N., & **Werner, K. M.** (2024, May). Emotional mechanisms of health behavior change: Implications for theory and practice. Symposium presented at the Annual Meeting for the Association for Psychological Science, San Francisco, CA. Speakers: Jennifer Lerner, Stephanie Marita Carpenter, Michelle Shiota, and Kaitlyn Werner.
6. **Werner, K. M.**, & Kalokerinos, E. K. (2022, February). Building strong foundations in affect regulation. Symposium presented at 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.
7. 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.
8. **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).
9. **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).
10. **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).
11. **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.
12. **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.
13. **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.
14. **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.

15. **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.
16. **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.
17. **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 students at the time of submission.

1. **Werner, K. M.**, Gross, J. J., & Berkman, E. T. (2026, May). Reconceptualizing regulatory flexibility in daily life: Integrating insights from affective and motivation science. Individual talk to be presented at the Annual Conference for the Society for the Science of Motivation, Barcelona, Spain.
2. Uusberg, A., R  utsalu, K., & **Werner, K. M.** (2026, May). Reappraisal in emotion regulation and self-control. Individual talk to be presented at the Annual Conference for the Society for the Science of Motivation, Barcelona, Spain.
3. **Werner, K. M.** (2026, May). Emotion regulation flexibility: A process-oriented framework. Talk presented as part of H. Uusberg & K. M. Werner (co-chairs), Contextualizing emotion regulation variability. Symposium to be presented at the Annual Meeting for the Association for Psychological Science, Barcelona, Spain.
4. Kraju  skina, M., Uusberg, A., **Werner, K. M.**, Gross, J.J., & Uusberg, H., (2026, May). The role of appraisal variability in reappraisal success. Talk presented as part of H. Uusberg & K. M. Werner (co-chairs), Contextualizing emotion regulation variability. Symposium to be presented at the Annual Meeting for the Association for Psychological Science, Barcelona, Spain.
5. **Werner, K. M.**, Petrova, K., Uusberg, H., Uusberg, A., Berkman, E.T., & Gross, J. J. (2026, March). Does context matter for emotion polyregulation? Flash talk to be presented at the Annual Conference for the Society for Affective Science, Pittsburgh, PA.
6. Uusberg, H., Kraju  skina, M., **Werner, K. M.**, Gross, J.J., & Uusberg, A., (2026, March). Appraisal variability and reappraisal success. Flash talk to be presented at the Annual Conference for the Society for Affective Science, Pittsburgh, PA.
7. **Werner, K. M.**, Uusberg, H., & Uusberg, A. (2025, March). Unpacking reappraisal: Considering heterogeneity in reappraisal tactics to enhance emotion regulation. Paper presented as part of K. M. Werner, & A. Uusberg (co-chairs). Unpacking reappraisal: Considering heterogeneity in reappraisal tactics to enhance emotion regulation. Symposium presented at the Annual Conference for the Society for Affective Science, Portland, OR.
 - **Top-ranked abstract submitted to SAS 2025.**
8. **Werner, K. M.**, Gross, J. J., & Berkman, E. T. (2025, February). Unpacking behaviour change strategies: Considering goals, tactics, and outcomes. Paper presented in B. Saunders, & K. M. Werner (co-chairs). Embracing complexity to advance the science of self-regulated behavior change. Symposium presented at the 24th Annual Conference of the Society of Personality and Social Psychology, Denver, CO.
9. **Werner, K. M.**, Berkman, E. T., & Gross, J. J. (2024, May). Integrating self-regulation and affect science perspectives to promote health behaviour change: A process model framework. Paper presented in M. N. Shiota & K. M. Werner (co-chairs), Emotional mechanisms of health behavior change: Implications for theory

and practice. Symposium presented at the Annual Meeting for the Association for Psychological Science, San Francisco, CA.

10. **Werner, K. M.** (2024, April). Socioeconomic status and emotion regulation. Paper presented at the Committee for Inclusive Community (CIC) Data Blitz & Bonanza, Department of Psychology, University of Oregon, Eugene, OR.
11. **Werner, K. M.**, *Petrova, K., & Gross, J. J. (2024, March). Emotion regulation flexibility: A process model framework. Flash talk presented at the Annual Meeting of the Society for Affective Science, New Orleans, LA.
 - **Top-ranked abstract submitted to SAS 2024.**
12. **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 presented in D. Konu (chair), Exploring links between emotion and everyday experiences. Symposium presented at the Emotions 2023 Conference, Tilburg, Netherlands.
13. **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.
14. **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 8th International Self-Determination Theory Conference, Orlando, FL.
15. **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.
16. *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.
17. **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 14th Annual Meeting for the Society for the Study of Motivation, Chicago, IL.
18. **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.**
19. **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.
20. *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.
21. *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.
22. **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.

23. 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.
24. *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 2nd place.**
25. **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.
26. 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.
27. **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 52nd Kongress der Deutschen Gesellschaft für Psychologie (DGPs), Vienna, Austria. (conference cancelled).
28. *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).
29. **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 13th Annual Meeting for the Society for the Study of Motivation, Chicago, IL. (conference cancelled).
30. **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 32nd Annual Meeting for the Assoc. for Psychological Science, Chicago, IL. (conference cancelled).
31. 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).
32. **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.
33. **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.
34. **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.
35. **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.
36. **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.

37. **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.
38. **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 30th Annual Meeting for the Assoc. for Psychological Science, San Francisco, CA.
39. 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.
40. **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.
41. **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 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.
42. *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.
43. *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 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.
44. *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.
45. **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 10th Annual Meeting for the Society for the Study of Motivation, Boston, MA.
46. **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 29th Annual Convention of the Association for Psychological Science, Boston, MA.
47. **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.
48. **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.
49. **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.
50. 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.

51. **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.
52. **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.
53. **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 students at the time of submission.

1. *Andres, S., Voodla, A., **Werner, K. M.** & Uusberg, A. (2026, June). How it feels vs how it works: Perceived and experienced effectiveness of 16 emotion regulation strategies in daily life. Poster submitted to the European Society for Cognitive and Affective Neuroscience Meeting, Rome, Italy.
2. Lopez, R., **Werner, K. M.**, Traub, G., Saunders, B., Cosme, D., & Hofmann, W. (2025, March). Training self-regulation: Longitudinal effects of regulatory strategies on daily eating behaviors. Poster presented at the Annual Convention for the Society of Affective Science, Portland, OR.
3. ***Wong, V.**, *Ramlakhan, N., *Brokowski, C., *Tovar, O., Werner, K. M., & Berkman, E. T. (2025, February). The advantages of intrinsic motivation for self-control and goal attainment. Poster presented at the Annual Conference of the Society of Personality and Social Psychology, Denver, CO.
4. **Werner, K. M.**, & Gross, J. J. (2024, March). A polyregulation approach to health behaviour change. Poster presented at the 81st Annual Meeting of the American Psychosomatic Society, Brighton, UK.
5. **Werner, K. M.**, *Petrova, K. Uusberg, A., Uusberg, H., & Gross, J. J. (2024, March). Unpacking the complexity of emotion polyregulation. Poster presented at the Society for Affective Science Emotion Regulation Preconference, New Orleans, LA.
6. **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.
7. *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.
8. *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.
9. **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.
10. *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.
11. *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.

12. *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.
13. *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.
14. *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.
15. 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.
16. *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.
17. *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.
18. *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.
19. *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).
20. *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).
21. *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.
22. *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.
23. *Smyth, A. P. J., **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.
24. *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.
25. *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.

26. **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 Psych, Portland.
27. *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.
28. *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.
29. **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.
30. *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.
31. *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.
32. **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.
33. *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.
34. *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.
35. *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.
36. *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.
37. *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.
38. *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.
39. *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.
40. **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.
41. *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.

42. **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.
43. **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.
44. **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.
45. *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.
46. **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.
47. **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.
48. **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.
49. **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.
50. **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.
51. **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.
52. **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.

TEACHING EXPERIENCE

Instructor	<p>Instructor of Record, The Science of Behaviour Change (PSYD15) University of Toronto Scarborough</p> <p><i>Developed a fourth-year seminar course covering an interdisciplinary review of the scientific literature on sustainable strategies for behaviour change.</i></p> <p>Course Evaluations: 4.7/5.0 **syllabus & teaching evaluations available at osf.io/g2h5d/</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>Emotion Regulation Motivation and Emotion, University of Oregon</p>	Winter 2024
	<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

	Current Research on Emotion and Emotion Regulation Motivation, Emotion, and Well-Being, University of Victoria	Fall 2014
	Current Research on Goals and Self-Regulation Motivation, Emotion, and Well-Being, University of Victoria	Fall 2014
Teaching Assistant	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 Methods (Summer 2017, Summer 2018); Design and Analysis in Psychology Research (Fall 2016)	2015 – 2019
	University of Victoria: 13 courses 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
	University of Rochester: 12 courses 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

Consulting Editor, <i>Social and Personality Psychology Compass – Intrapersonal Processes</i>	2025 –
Consulting Editor, <i>Emotion</i>	2023 –
Consulting Editor, <i>Journal of Emotion and Psychopathology</i>	2023 –
Associate Editor, <i>Translational Issues in Psychological Science</i> Special Issue: Emerging Topics in Positive Psychology and Well-Being	2017 – 2018

Ad-Hoc Reviewer (select journals)

- *British Journal of Social Psychology*
- *Data in Brief*
- *Emotion*
- *European Journal of Social Psychology*
- *International Journal of Behavior Development*
- *Motivation and Emotion*
- *Motivation Science*
- *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

- 2021 – **Member, Abstract Review Committee**, Society for Affective Science
Review abstracts submitted to the 2022, 2023, 2024, and 2025 annual conventions.
- 2018 – 25 **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 – 25 **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
- 2025 **Invited Speaker for Student Salon**, Annual Convention for the Society for Affective Science
Topic: Academic pathways across borders: Navigating research opportunities and graduate applications
- 2022 **Invited Speaker for Student Salon**, Annual Convention for the Society for Affective Science
Topic: Navigating the postdoc market
- 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 – 21 **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

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
- **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