

Yijun Lin

945 Center Dr., P.O. Box 112250, Gainesville, FL 32611
Department of Psychology, University of Florida
yijun.lin@ufl.edu | yijunlin.wordpress.com

EDUCATION

Ph.D. University of Florida

Social Psychology, Expected 2025
Advisor: Dr. Erin C. Westgate

M.S. University of Florida

Social Psychology, 2022
M.S. Thesis: *Do negative affect and high arousal cause bedtime procrastination?*
Committee: Erin C. Westgate (Chair), James Shepperd, Peter Kvam

M.S. New York University

Integrated Marketing, 2019

B.S. Beijing Normal University

Psychology, 2017
Advisor: Dr. Jianping Wang

Exchange Student, Psychology, University of Michigan-Ann Arbor, 2016

PUBLICATIONS

Dorison, C., Lerner, J. S., Heller, B. H., Rothman, A., Kawachi, I. I., Wang, K., ... **Lin, Y.** ... & Coles, N. A. (in press). In COVID-19 health messaging, loss framing increases anxiety without concomitant benefits: Experimental evidence from 84 countries. *Affective Sciences*.

Westgate, E.C., Buttrick, N.B., **Lin, Y.**, El Helou, G., ..., & Leander, P. (in press). Pandemic boredom: Little evidence that lockdown-related boredom affected risky public health behaviors across 116 countries. *Emotion*.

Psychological Science Accelerator Self-Determination Theory Collaboration (2022). A global experiment on motivating social distancing during the COVID-19 pandemic. *Proceedings of the National Academy of Sciences*, 119(22), e2111091119.

Lin, Y., & Westgate, E.C. (in press). The origins of boredom. In L. Al-Shawif & T. Shackelford (Eds.), *The Oxford Handbook of Evolution and the Emotions*. Oxford University Press.

Wang K., Goldenberg A., Dorison, C.A., Miller, J.K., Uusberg, A., Lerner, J.S., ... **Lin, Y.** ... & Moshontz, H. (2021). A multi-country test of brief reappraisal interventions on emotions during the COVID-19 pandemic. *Nature Human Behaviour*, 5(8), 1089-1110.

Zhang, C., **Lin, Y.**, Zhou, Y., Xu, W. (2021). Rethink Left-Behind Experience: New Categories and Its Relationship with Aggression. *International Journal of Mental Health Promotion*, 23(4), 443-454.

Zhou, L., **Lin, Y.**, Li, W., Du, J., & Xu, W. (2020). Mindfulness, attachment, and relationship satisfaction among heterosexual college student couples: An actor-partner interdependence model analysis. *Current Psychology*.

Yu, S., Zhang, C., **Lin, Y.**, Zhang, Q., & Xu, W. (2020). Self-Compassion as a Mediator in the Effect of Dispositional Mindfulness on Anxiety and Aggressiveness in College Students with Left-Behind Experience. *International Journal of Mental Health Promotion*, 22(2), 71-81.

MANUSCRIPTS IN PREPARATION

Lin, Y., & Westgate, E.C. (in preparation). Dawdling at dusk: Negative affect and high arousal predict bedtime procrastination.

El Helou, G., Westgate, E.C., Oishi, S., & **Lin, Y.** (in preparation). Facing Down Disaster: Psychological richness predicts greater curiosity, awe, and excitement (but also greater fear).

Westgate, E.C., **Lin, Y.**, Wormington, S.V., Thomas, S.L., & Oleson, K.C. (in preparation). Productive procrastination, or why you should stop working and read this paper.

Zaw, S., Krause, A.N., Perlin, J.D., **Lin, Y.**, Westgate, E.C., & Baldwin, M. (in preparation). The effects of past self-gratitude on self and identity.

CONFERENCE PRESENTATIONS

+ indicates undergraduate collaborator/mentee

Zhang, P., **Lin, Y.**, & Ma, W. (2022). *Effects of reward schedule and pressure on procrastination*. Poster accepted at the 2022 Annual Conference of the Cognitive Science Society, Toronto, Canada.

Leonelli, L.⁺, Zhang, P., **Lin, Y.**, & Ma, W. (2022). *Procrastination and the Intention-Behavior Gap*. Poster accepted at the 2022 Annual Conference of the Cognitive Science Society, Toronto, Canada.

Lin, Y., & Westgate, E.C. (2022). *Procrastination is not always bad: Productive procrastination buffers the negative effect of procrastination on well-being*. Poster presented at the 2022 Annual Convention of the Society for Personality and Social Psychology, San Francisco, California.

Michner, S.⁺, & **Lin, Y.** (2022). *Why do students experience burnout? Social connectedness predicts burnout through meaning and attention*. Poster presented at the 2022 Annual Convention of the Society for Personality and Social Psychology, San Francisco, California.

Pham, P.⁺, Norman, D.⁺, & **Lin, Y.** (2022). *Investigating the influence of social media on time discounting*. Poster presented at the 2022 Annual Convention of the Society for Personality and Social Psychology, San Francisco, California.

El Helou, G.⁺, Westgate, E.C., **Lin, Y.**, Buttrick, N., & Psycorona Research Team. (2022). *Pandemic boredom: Predicting boredom and its consequences during self-isolation and quarantine*. Poster presented at the 2022 Annual Convention of the Society for Personality and Social Psychology, San Francisco, California.

Zaw, S., Krause, A., Perlin, J.D., **Lin, Y.**, Westgate, E., & Baldwin, M. (2022). *Exploring the link between past self-gratitude and self-perceptions*. Poster presented at the 2022 Annual Convention of the Society for Personality and Social Psychology, San Francisco, California.

Zaw, S., Krause, A., Perlin, J.D., **Lin, Y.**, Westgate, E., & Baldwin, M. (2021). *Understanding the benefits of past self-gratitude on the self*. Poster presented at the annual Ronald E. McNair Scholars Open House, Gainesville, FL.

Lin, Y., & Westgate, E.C. (2021). *Dawdling at dusk: Negative affect and high arousal predict bedtime procrastination*. Talk presented at the 44th Annual Conference of the Society of Southeastern Social Psychologists.

- El Helou, G.⁺, Westgate, E.C., & **Lin, Y.** (2021). *When Disasters are Exciting: Fun vs Scary Perceptions of the Covid-19 Pandemic*. Poster presented at the 44th Annual Conference of the Society of Southeastern Social Psychologists.
- Zaw, S., Krause, A., Perlin, J.D., **Lin, Y.**, Westgate, E., & Baldwin, M. (2021). *Examining the influence of past-self gratitude on self-perceptions*. Data blitz presented at the 44th Annual Conference of the Society of Southeastern Social Psychologists.
- Zaw, S., Krause, A., Perlin, J.D., **Lin, Y.**, Westgate, E., & Baldwin, M. (2021). *The effect of past self-gratitude on redemption & self-perceptions*. Talk presented at the UF McNair Scholars Summer Research Symposium, Gainesville, Florida.
- Michner, S.⁺, & **Lin, Y.** (2021). *Why do students experience burnout? Social connectedness predicts burnout through meaning and attention*. Poster presented at the 2021 Association for Psychological Science Virtual Convention.
- Cintado, K.⁺, Norman, D.⁺, Pham, P.⁺, & **Lin, Y.** (2021). *Taking back control: Exploring how autonomy and personal time affect bedtime procrastination*. Poster presented at the 2021 Association for Psychological Science Virtual Convention.
- Lin, Y.**, Westgate, E.C., & Cintado, K.⁺ (2021). *Can't sleep, won't sleep: Negative affect and arousal predict bedtime procrastination*. Poster presented at the 2021 Association for Psychological Science Virtual Convention.
- Lin, Y.**, & Westgate, E.C. (2021). *Can't sleep, won't sleep: Negative affect and arousal predict bedtime procrastination*. Poster presented at the 2021 Annual Convention of the Society for Personality and Social Psychology.
- Lin, Y.**, Westgate, E.C., Ryu, Y., & Michner, S.⁺ (2020). *To move or not to move: School reopening during Covid-19*. Poster presented at the 43rd Annual Conference of the Society of Southeastern Social Psychologists.

AWARDS & GRANTS

Trish Calvert Ring Graduate Student Research Award, University of Florida, 2022 (\$3000)

Graduate Student Council Travel Grant, University of Florida, 2022 (\$350, declined)

Travel Award, University of Florida, Fall 2020, Summer 2021, Spring 2022 (\$600)

Student Diversity Registration Award, Association for Psychological Science, 2021

Diversity Graduate Registration Award, Society for Personality and Social Psychology, 2020

Graduate Registration Award, Society for Personality and Social Psychology, 2020 (declined)

Graduate School Funding Award, University of Florida, 2020 (\$31000 annually)

First-Class Award in 24th Academic Competition, Beijing Normal University, 2016
Project: *The Impact of Parenting Styles on Implicit and Explicit Work Values*

Undergraduate Research Grant, Beijing Normal University, 2015 (¥ 2000)
Project: *Attentional Bias in Active and Passive Procrastination*

Merit Scholarship, Beijing Normal University, 2014, 2015 (¥ 3000 annually)

RESEARCH EXPERIENCE

Ma Lab, Department of Psychology, New York University, 2020-Present

Motivation Lab, Department of Psychology, New York University, 2019-2020

Research and Evaluation Intern, Global Nomads Group, 2019

Evaluation and Test Architect, High Performance Computing at NYU IT, 2018-2019

Consumer Well-Being Lab, Stern School of Business, New York University, 2018

Clinical and Counselling Psychology Lab, Faculty of Psychology, Beijing Normal University, 2014-2017

TEACHING EXPERIENCE

Instructor, University of Florida
General Psychology Fall 2022

Graduate Teaching Assistant, University of Florida
Cognitive Psychology Spring 2021
General Psychology Fall 2020

Psychology Teacher Intern, Beijing Gucheng Middle School, 2016

Psychology Mentor, Unisity, 2016

PROFESSIONAL SERVICE

Ad hoc Co-reviewer

Emotion

Personality and Social Psychology Bulletin

Journal of Personality and Social Psychology

Social Psychological and Personality Science

Service to the university & department

2021-2023 Undergraduate RA Supervisor, Florida Social Cognition & Emotion Lab

2021 Judge, Psychology Graduate Student Organization Undergraduate Virtual Research Forum

MEDIA

Carlson, J. (Host). (2021, November 2). *Bedtime procrastination - Why do we put off going to sleep?* [Radio broadcast]. WTIP's The Roadhouse.

Clark, A. (2021, September 24). *Why do we rebel against bedtime?* UF News.

Rosenwald, M. S. (2020, March 28). *These are boom times for boredom and the researchers who study it.* The Washington Post.

Quist, M. (Host). (2020, May 29). *King Lear or Existential Crisis? Boredom and COVID* [Audio podcast episode]. Inside the Chrysalis.

PROFESSIONAL AFFILIATIONS

Cognitive Science Society
American Psychological Association
Association for Psychological Science
Society of Personality and Social Psychology
Society for Southeastern Social Psychologists