

# Yijun Lin

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## EDUCATION

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**Ph.D.**, Social Psychology, University of Florida, 2020-Present  
Supervisor: Dr. Erin Westgate

**M.S.**, Integrated Marketing, New York University, 2017-2019

**B.S.**, Psychology, Beijing Normal University, 2013-2017  
Supervisor: Dr. Jianping Wang

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

## RESEARCH EXPERIENCE

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**Florida Social Cognition and Emotion Lab**, Department of Psychology, University of Florida, 2020-Present  
Supervisor: Dr. Erin C. Westgate

- Work on the projects of bedtime procrastination, productive procrastination, boredom, and Covid-related topics.

**Motivation Lab**, Department of Psychology, New York University, 2019-2020  
Supervisors: Dr. Gabriele Oettingen & Dr. Peter M. Gollwitzer

- Investigated bedtime procrastination from the perspectives of goal disengagement and goal striving.
- Explored the relationship between paradoxical knowing and behavioral inference.

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

- Conducted literature reviews on consumers' decision-making and psychological well-being.

**Clinical and Counselling Psychology Lab**, Faculty of Psychology, Beijing Normal University, 2014-2017  
Supervisor: Dr. Jianping Wang

- Conducted research on procrastination and emotion via self-report and experimental approaches.
- Assisted with projects on grief, left-behind experience and summarized related literature.

## PROFESSIONAL EXPERIENCE

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**Research and Evaluation Intern**, Global Nomads Group, 2019

- Administered CRM databases and conducted research on evaluation methodologies.

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

- Designed a pre-employment assessment and built a database for user information.

## TEACHING EXPERIENCE

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**Teaching Assistant** (General Psychology), University of Florida, Fall 2020

**Psychology Teacher Intern**, Beijing Gucheng Middle School, 2016

- Designed and instructed classes on stress management, adolescent psychology, career planning, etc.

**Psychology Mentor**, Unisity, 2016

- Advised middle school students to choose a major and plan their careers.

## **AWARDS & GRANTS**

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**Graduate School Funding Award**, University of Florida, 2020

**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  
Project: Attentional Bias in Active and Passive Procrastination

**Merit Scholarship**, Beijing Normal University, 2014, 2015

## **PUBLICATIONS**

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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 UNDER REVIEW**

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Zhang, C., **Lin, Y.**, & Xu, W. (Under review). Rethink about Left-Behind Experiences: New Categories and the Relationship with Aggression.

Zhou, L., **Lin, Y.**, Li, W., Du, J., & Xu, W. (Under review). Mindfulness, Attachment, and Relationship Satisfaction among Heterosexual College Student Couples: An Actor-Partner Interdependence Model Analysis.

## **MANUSCRIPTS IN PREPARATION**

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Valshtein, T. J., **Lin, Y.**, Gollwitzer, P. M., & Oettingen, G. (In preparation). A Scoping Review of the Bedtime Procrastination Literature.

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

Westgate, E.C., Buttrick, N.B., **Lin, Y.**, ..., & Leander, P. (In preparation). Global boredom in Covid-19: Predicting boredom and its consequences during self-isolation and quarantine.

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

Westgate, E.C., Buttrick, N.R., **Lin, Y.**, Ebersole, C.R., & Heintzelman, S. (In preparation). Meaning is subjective (despite what people think).

## **MEDIA**

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

**Inside the Chrysalis** [Podcast]. (2020, May 29). King Lear or Existential Crisis? Boredom and COVID.