

# Erin C. Westgate

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## Academic Positions

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**2018 -**        **The Ohio State University**, Postdoctoral Researcher  
Lisa Libby (with Richard Eibach)

## Education

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### **Ph.D. University of Virginia**

Social Psychology, 2018

Dissertation: *Why Boredom is Interesting*

Committee: Timothy D. Wilson (Chair), Gerald Clore, Shigehiro Oishi, Kieran O'Connor

### **University of Virginia**

Social Psychology, 2016

M.A. Thesis: *Choice vs Chance: Intentional Reverie is Real but Rare*

Committee: Timothy D. Wilson (Chair) and Gerald Clore

### **B.A. Reed College**

Psychology, 2010

Thesis: *A Rocky Issue: The Effects of Humor on Learning and Interest in an Educational Context*

Advisor: Jennifer Henderlong Corpus and Kathryn C. Oleson

Ludwig-Maximilians-Universität, Munich, Germany

Psychology, September 2007 – August 2008

## Honors and Awards

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2018        President's Postdoctoral Scholars Program, The Ohio State University (\$55,000)  
2017        NSF Training Extension for Research Exchange at Univ. of Zurich (\$10,000)  
2017        Summer Institute in Social and Personality Psychology at USC  
              Course: Behavior Change (with Wendy Wood and Kathleen Vohs)  
2017        Dean's Dissertation Fellowship, University of Virginia  
2016        Heritage Dissertation Research Award, Society for Personality and Social  
              Psychology  
2015        Student Choice Colloquium Speaker, University of Virginia  
2014        Fellow, International Max Planck Institute Research School on the Life Course  
              (LIFE)

2013	Graduate Student Travel Award, Society for Personality and Social Psychology
2010	Phi Beta Kappa
2010	Commendation for Academic Excellence, Reed College Division of Philosophy, Religion, Psychology & Linguistics
2009	Commendation for Academic Excellence, Reed College Division of Philosophy, Religion, Psychology & Linguistics
2007	Commendation for Academic Excellence, Reed College Administration Committee
2006	Commendation for Academic Excellence, Reed College Administration Committee
2005	National Merit Finalist

## Publications

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- Westgate, E. C., & Wilson, T. D. (In press). Boring thoughts and bored minds: The MAC model of boredom and cognitive engagement. *Psychological Review*.
- Westgate, E. C., Wilson, T. D., & Gilbert, D. T. (2017). With a little help for our thoughts: Making it easier to think for pleasure. *Emotion, 17*, 828-839.
- Westgate, E. C., Wormington, S. V., Oleson, K. C. & Lindgren, K. P. (2017). Productive procrastination: Academic procrastination style predicts academic and alcohol outcomes. *Journal of Applied Social Psychology, 47*, 124-135.
- Alahmadi, S., Buttrick, N., Gilbert, D. T., Hardin, A., Westgate, E. C., & Wilson, T. D\*. (2017). You can do it if you really try: The effects of motivation on thinking for pleasure. *Motivation and Emotion*. \*All authors in alphabetical order
- Westgate, E. C. & Holliday, J. (2016). Identity, influence, and intervention: The roles of social media in alcohol use. *Current Opinion in Psychology, 9*, 27-32.
- Inbar, Y., Westgate, E. C., Nosek, B. A., & Pizarro, D. (2016). Can a naturally-occurring pathogen threat change social attitudes? Evaluations of gay men and lesbians during the 2014 Ebola epidemic. *Social Psychological and Personality Science, 7*, 420-427.
- Westgate, E. C., Riskind, R. G., & Nosek, B. (2015). Implicit preferences for straight people over lesbian and gay people decreased from 2006-2013. *Collabra, 1*, Art. 1.
- Lindgren, K. P. Weirs, R., Teachman, B., Gasser, M., Westgate, E. C., Cousijn, J., Enkema, M., & Neighbors, C. (2015). Attempted training of alcohol approach and drinking identity associations in US undergraduate drinkers: Null results from two studies. *PLOS ONE, 10*.
- Oishi, S., Westgate, E., Tucker, J., & Komiya, A. (2015). *Desire and happiness: Aristotelian, Puritan, and Buddhist Approaches*. In W. Hofmann & L. Nordgren (Ed.), *The Psychology of Desire*.

- Wilson, T. D., Reinhard, D., Westgate, E. C., Gilbert, D., Ellerbeck, N., Hahn, C., Brown, C., & Shaked, A. (2014). Just think: The challenges of the disengaged mind. *Science*, *345*, 75-77.
- Wilson, T. D., Gilbert, D., Reinhard, D., Westgate, E. C., & Brown, C. (2014). Would you fund this movie? A reply to Fox et al. (2014). *Frontiers in Psychology*, *5*.
- Lindgren, K. P., Neighbors, C., Westgate, E. C., & Salemink, E. (2014) Self-control and implicit drinking identity as predictors of alcohol consumption, problems, and cravings. *Journal of Studies on Alcohol and Drugs*, *75*, 290-298.
- Westgate, E. C., Neighbors, C., Heppner, H., Jahn, S., & Lindgren, K. P. (2014). "I'll take a shot for every 'Like' I get on this status": Posting alcohol-related Facebook content predicts drinking outcomes. *Journal of Studies on Alcohol and Drugs*, *75*, 390-398.
- Lindgren, K. P., Foster, D. W., Westgate, E. C., & Neighbors, C. (2013). Implicit drinking identity: Drinker + Me associations predict college student drinking consistently. *Addictive Behaviors*.
- Lindgren, K. P., Westgate, E., Kilmer, J., Kaysen, D., & Teachman, B. A. (2012). Pick your poison: Stimuli selection in implicit measures. *Addictive Behaviors*, *37*, 990-993.
- Lindgren, K. P., Neighbors, C., Teachman, B., Wiers, R., Westgate, E., & Greenwald, A. G. (2012). I drink, therefore I am: Validating alcohol-related Implicit Association Tests. *Psychology of Addictive Behaviors*. *75*.
- Lindgren, K. P., Jacques-Tiura, A. J., & Westgate, E. (2012). Sexual intent perceptions: A primer on methods, theories, and applications. In M. Paludi (Ed.), *The Psychology of Love*. Santa Barbara, CA: ABC-CLIO.
- Lindgren, K. P., Neighbors, C., Kaysen, D., Zvorsky, I., & Westgate, E. (2011). Experimental and cross-sectional examinations of the relations among implicit alcohol cognitions, stress, and drinking. *Alcohol*, *45*, 276.

## **Manuscripts under Review**

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- Axt, J.A., Conway, M.A., Westgate, E.C., & Buttrick, N.B. (Under review). Implicit transgender attitudes independently predict transgender-related beliefs and policy support. Manuscript under review.
- Oishi, S., Choi, H., Heintzelman, S., Kushlev, K., Westgate, E.C., Buttrick, N., Tucker, J., Ebersole, C., Axt, J., Gilbert, E., Ng, B.W., Kurtz, J., & Besser, L.L. (Under review). What is a psychologically rich life? Manuscript under review.
- Wilson, T. D., Westgate, E. C., Buttrick, N. R., & Gilbert, D. T. (Under review). The mind is

its own place: The difficulties and benefits of thinking for pleasure. Manuscript under review.

## **Manuscripts in Preparation**

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Raza, S., Buttrick, N.B., Westgate, E.C., Heintzelman, S., Furrer, R., Wilson, T.D., & Gilbert, D.T. (in preparation). Thinking for pleasure and personal meaningfulness. Manuscript in preparation.

Saeki, M., Oishi, S., Maeno, T., & Westgate, E. (in preparation). A happiness intervention increased daily satisfaction: A 3-week intervention study in Japan. Manuscript in preparation. Manuscript in preparation.

Westgate, E.C., Wormington, S.V., Thomas, S.L., & Oleson, K.C. (in preparation). Productive Procrastination, or Why You Should Stop Working and Read This Paper. Manuscript in preparation.

## **Other Publications**

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Westgate, E.C., & Riskind, R. (August 2015). Implicit Anti-Gay Bias Has Decreased – and the Change is Accelerating. *Society of Personality and Social Psychology Blog*.

## **Presentations**

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Westgate, E.C. & Wilson, T.D. (2019). *Why boredom is interesting: The MAC model of boredom and cognitive engagement*. In Westgate, E.C. (Chair) The meaning of boredom: New takes on an everyday emotion. Symposium submitted to the 2019 Annual Meeting of the Society for Personality and Social Psychology, Portland, Oregon.

Westgate, E.C. (2018). *Why Boredom is Interesting*. Paper submitted to the 2018 Person Memory Interest Group (PMIG) pre-conference, Union, Washington.

Westgate, E.C. & Wilson, T.D. (2017). *Why Boredom is Interesting*. Paper presented at the Fall 2017 Academy of the International Max Planck Research School on the Life Course, Zurich, Switzerland.

Westgate, E.C. (2017). *Why Thinking is Boring*. Talk presented to the University of Zurich Life-Management Team, Department of Psychology, Zurich, Switzerland.

Westgate, E.C. (2015). *Why Enjoyable Thought Is Surprisingly Hard*. Colloquium presented at the University of Virginia Psychology Colloquium Series, Charlottesville, Virginia.

Westgate, E.C. & Wilson, T.D. (2015). *Alone With Your Thoughts: Intentional Reverie Requires Mental Control*. Paper presented at the Fall 2015 Academy of the International Max Planck Research School on the Life Course, Schloss Marbach,

Germany.

Westgate, E.C. & Wilson, T.D. (2015). *Choosing Reverie: Do People Like To Think?* Paper presented at the Mental Simulation Preconference Data Blitz of the 2015 Annual Meeting of the Society for Personality and Social Psychology, Long Beach, California.

Lindgren, K.P., Westgate, E. C., Gasser, M., Teachman, B., & Neighbors, C. (2013). *Drinker + Me: Implicit Drinking Identity as a Predictor of Drinking Outcomes and Intervention Target*. In Rosenzweig, E. and Ferguson, M. (Chairs) Emerging Evidence for Implicit Identity: Predictors, Moderators, and Consequences. Symposium presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Westgate, J. & Westgate, E. (2012). *Tooth Shapes and Diets of Living and Extinct Animals*. Workshop presented at the 1<sup>st</sup> Children's Summit on Hands On Science and Environmental Education, Antalya, Turkey.

Lindgren, K. P., Neighbors, C., Kaysen, D., Zvorsky, I., & Westgate, E. (2011). *The Effects of Distress on Automatic Alcohol-related Cognitions*. Paper presented at the International Meeting on Alcoholism and Stress: A Framework for Future Treatment Strategies, Volterra, Italy.

## Posters

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Westgate, E. C. & Wilson, T.D. (2018). *Too much to bear: Excessive cognitive load causes boredom via attentional failure*. Poster presented at the 2018 Annual Meeting of the Society for Personality and Social Psychology, Atlanta, Georgia.

Conway, M.A., Axt, J., & Westgate, E.C.. (2018). *Using the Implicit Association Test to measure attitudes towards transgender people*. Poster presented at the 2018 Annual Meeting of the Society for Personality and Social Psychology, Atlanta, Georgia.

Westgate, E. C. & Wilson, T.D. (2017). *What is boredom? The Motivational and Attentional Components (MAC) model*. Poster presented at the 2017 Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas.

Conway, M.A., Axt, J., & Westgate, E.C. (2017). *Developing and validating an Implicit Association Test for attitudes towards transgender people*. Poster presented at the 2017 Diversifying Scholarship Conference at UVA, Charlottesville, VA.

Taggart, J., Westgate, E.C., & Lillard, A. (2017). *When there's a will and a way: Children's enjoyment of "just thinking" depends on contextual framing and executive function*. Poster presented at the 2017 Annual Meeting of the Society for Research on Child Development.

Westgate, E. C. & Wilson, T.D. (2016). *Intentional enjoyable thought requires mental control*.

Poster presented at the 2016 Annual Meeting of the Society for Personality and Social Psychology, San Diego, California.

Westgate, E.C., Wilson, T.D., Taggart, J., Lillard, A., & Buttrick, N. (2015). *Alone with your thoughts: Lifespan differences in enjoyment of intentional reverie*. Poster presented at the Spring 2015 Academy of the International Max Planck Research School on the Life Course, Ann Arbor, Michigan.

Lindgren, K. P., Wiers, R. W., Teachman, B.A., Gasser, M. L., Westgate, E. C., Enkema, M., & Neighbors, C. (2015). *Training implicit alcohol associations: Null results from two sets of studies*. Poster presented at the Annual Meeting of the Research Society on Alcoholism, San Antonio, Texas.

Westgate, E.C. & Wilson, T.D. (2015). *Do people enjoy thinking? Intentional enjoyable thought is real but rare*. Poster presented at the 2015 Annual Meeting of the Society for Personality and Social Psychology, Long Beach, California.

Westgate, E.C., Reinhard, D., Brown, C.L., & Wilson, T.D. (2014). *The pain of doing nothing: Preferring negative stimulation to boredom*. Poster presented at the 2014 Annual Meeting of the Society for Personality and Social Psychology, Austin, Texas.

Wormington, S.V., Westgate, E.C., & Oleson, K.C. (2014). *Academically productive procrastination: Links to unique motivations and academic consequences*. Poster presented at the 2014 Annual Meeting of the Society for Personality and Social Psychology, Austin, Texas.

Westgate, E.C., Wormington, S.V., Oleson, K.C., & Lindgren, K.P. (2013). *Better late than never? The relationship between adaptive and maladaptive procrastination styles, alcohol use, and academic performance*. Poster presented at the 2013 Annual Meeting of the Society for Personality and Social Psychology, New Orleans, Louisiana.

Wormington, S.V., Westgate, E. C., & Oleson, K.C. (2013). *How do college students approach difficult academic tasks? A qualitative investigation*. Poster presented at the 2013 Annual Meeting of the Society for Personality and Social Psychology, New Orleans, Louisiana.

Westgate, E. (2012). *Science is a joke! Conceptual humor as a tool for increasing student engagement and interest in science*. Poster presented at the 9<sup>th</sup> International Conference on Hands on Science, Antalya, Turkey.

Lindgren, K.P., Salemink, E., & Westgate, E. (2012). *Implicit alcohol associations, trait self-control, and efforts to control drinking predict self-reported drinking refusal self-efficacy*. Poster presented at the annual meeting of the Association for Behavioral and Cognitive Therapies, Baltimore, Maryland.

- Westgate, E., Lindgren, K.P., Neighbors, C., & Robinson, C. (2012). *Implicit and explicit drinking identity predict perceptions of and conformity to drinking norms*. Poster presented at the 2012 Annual Meeting of the Society for Personality and Social Psychology, San Diego, California.
- Lindgren, K.P., Westgate, E., Neighbors, C., Teachman, B., Wiers, R., & Greenwald, A.G. (2012). *Drinker + me: Validating alcohol-related IATs in a US sample*. Poster presented at the 2012 Annual Meeting of the Society for Personality and Social Psychology, San Diego, California.
- Wormington, S., Westgate, E., Call, A., Harati, A., Moshontz, H. & Oleson, K. (2011). *A person-centered investigation of academically-productive procrastination: Relations to self-doubt, concern with performance, and mastery-approach goals*. Poster presented at the 11th Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas.
- Moshontz, H., Call, A., Harati, A., Westgate, E., Wormington, S. & Oleson, K. (2011). *Predicting the desire to seek out one's grades when grade knowledge is optional*. Poster presented at the 11<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas.

## Teaching and Mentorship

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### Graduate Teaching Assistant, University of Virginia

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|--------------------|---|
| 2017 – 2018        | Empirical and Scientific Engagement <ul style="list-style-type: none"> <li>○ Discussion leader for two bi-weekly discussion sections</li> <li>○ Grader for two courses, “Thinking Like A Scientist” and “Making Truth Claims”</li> </ul>                            |
| 2017 – Spring      | Introduction to Social Psychology <ul style="list-style-type: none"> <li>○ Instructor for separately graded weekly discussion section</li> </ul>  |
| 2016 – Fall        | Introduction to Social Psychology <ul style="list-style-type: none"> <li>○ Head TA</li> <li>○ Instructor for separately graded weekly discussion section</li> </ul>   |
| 2016 – Spring      | Research Methods and Data Analysis II <ul style="list-style-type: none"> <li>○ Lab instructor for 2 weekly lab sections of 12-14 students</li> </ul>  |
| 2015 – Fall        | Introduction to Social Psychology <ul style="list-style-type: none"> <li>○ Head TA</li> <li>○ Instructor for separately graded weekly discussion section</li> </ul>   |
| 2014 – Spring/Fall | Introduction to Social Psychology <ul style="list-style-type: none"> <li>○ Head TA – Fall 2014</li> <li>○ Instructor for separately graded weekly discussion section</li> <li>○ Guest lecture: <i>Social Psychology and Health</i> (with David Reinhard)</li> </ul> |
| 2013 - Fall        | Research Methods and Data Analysis I <ul style="list-style-type: none"> <li>○ Lab instructor for 2 weekly lab sections of 12-14 students</li> </ul>   |

2013 - Spring            Educational Psychology  
2012 - Fall              Introduction to Psychology

**Graduate Teacher Training Program, University of Virginia**

2015 – Fall              “Curriculum Development & Instructor-of-Record”  
2014 - Fall              “Teaching Discussion Sections”  
2012 - Fall              “Lecture/Review TAs”

**Graduate Student Advisor, Undergraduate Honor’s Theses, University of Virginia**

2016-2017              Shannon Chen  
2015-2016              Sarah Alahmadi  
2014-2015              Amber Hardin  
                                 Mengran Xu  
2013-2014              Samantha Toet

**Research Study Coordinator, University of Washington School of Medicine, Center for the Study of Health & Risk Behaviors**

2010-2012              Research mentor for undergraduate students  
                                 ○ Hannes Heppner  
                                     ▪ Undergraduate Research Symposium Poster  
                                     ▪ Paper co-author  
                                 ○ Susanna Jahn  
                                     ▪ Undergraduate Research Symposium Poster  
                                     ▪ Paper co-author  
                                 ○ Carson Robinson  
                                     ▪ Poster co-author  
2010-Fall              Guest lecture for the Fall 2010 CSHRB Undergraduate Research Assistants Seminar: *Automatic cognitions related to sex and alcohol: Methods and implications for etiology and prevention*

**Teaching Assistant, Reed College**

2010 - Spring            Research Design and Data Analysis  
                                 ○ Guest lecture: *General Linear Model* (with Stephanie Wormington).  
                                 ○ Guest lecture: *Non-Normal Distributions* (with Stephanie Wormington).

**Academic Tutor, Reed College**

2009-2010              Drop-in German Language Lab Tutoring  
                                 Readings in Contemporary German Literature  
2008-2010              First-year German: A Foundation  
                                 Second-year German: Cultural and Literary Perspectives  
                                 Advanced German: Berlin Strolls  
                                 City, Space, Memory (German Literature)  
                                 German Romanticism  
2007-2010              Introduction to Psychology



2006-2010                      Social Psychology  
Introduction to Humanities: Ancient Greece & Rome

**Freelance German Tutor**, Portland, Oregon, 2009-2010

**Portland Elementary School Biology Outreach Teacher**, Reed College, 2008-2009

### **Selected Media Coverage**

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<b>The New York Times</b>	No Time To Think	2014
<b>NPR Science Friday</b>	Interview: "What's So Bad About Being Alone With Your Thoughts?"	2014
<b>The Atlantic</b>	People Prefer Electric Shocks to Being Alone With Their Thoughts	2014
<b>TIME</b>	You Would Rather Endure Electric Shocks Than Sit Alone With Your Thoughts	2014
<b>BBC Radio</b>	Interview: "The Descent of Man"	2014
<b>Discover Magazine</b>	Top 100 Stories of 2014: A Jolt for Dull Thoughts Top 100 Stories of 2015	2014 2015
<b>Austrian Public Radio (ORF)</b>	Lieber Elektroschocks als Nichtstun	2014
<b>New York Magazine</b>	People Are More Homophobic Than They Say	2015
<b>The New York Times</b>	Bias Against Gay People is Even Decreasing on an Unconscious Level	2015
<b>Das Magazin</b>	Interview; "Schöne Unterbrechung"	2016

### **Undergraduate and Post-graduate Research Experience**

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- 2017                      **Data Consultant**, Bethany Teachman, *University of Virginia*
- Data cleaning, scoring, and validation of mental health IATs
- 2010-2012                      **Research Study Coordinator**, Project RAD (Retraining Associations about Drinking; PI Kristen Lindgren) *University of Washington School of Medicine, Center for the Study of Health & Risk Behaviors*
- Malleability of implicit attitudes in alcohol use
- 2009-2010                      **Research Assistant**, Dr. Kathryn Oleson, *Reed College Psychology Department*

- Self-worth and self-doubt in academic settings

Summer 2009

**Self and Intergroup Relations Laboratory (SIRL) Summer Research Intern, Dr. Brenda Major, University of California Santa Barbara,**

- Psychophysiology of group affirmation and stereotype threat

## **Professional Activities and Service**

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Ad hoc reviewer	<i>Addiction</i> <i>Addictive Behaviors</i> <i>Alcohol and Alcoholism</i> <i>Assessment</i> <i>British Journal of Educational Psychology</i> <i>British Journal of Social Psychology</i> <i>European Psychologist</i> <i>Field Methods</i> <i>Journal of Adolescent Health</i> <i>Journal of Experimental Social Psychology</i> <i>Journal of Experimental Psychology: General</i> <i>Journal of Studies on Alcohol and Drugs</i> <i>Social Psychological and Personality Science</i> <i>Substance Use and Misuse</i>
Co reviewer	<i>Psychology of Addictive Behaviors</i> <i>Psychiatry Research</i>
National service	Open Science Collaboration. (2015). Estimating the reproducibility of psychological science. <i>Science</i> , 349. 943.
2012-2018	Social Psychology Area Representative, University of Virginia Psychology Graduate Student Council
2015-2016	Fellow Speaker, University of Virginia, International Max Planck Institute Research School on the Life Course (LIFE)
2016	Graduate Student Poster Award (SPA) reviewer, SPSP 2017
2015	Invited Panel, "Navigating The Institutional Review Board", Political Science Graduate Student Conference, University of Virginia
2013-2014	Graduate Student Coordinator, UVa Social Psychology Brownbag Lunch Speaker Series
2012, 2013	Invited Panel, "Applying to Graduate School," Psychology Distinguished Majors Seminar, University of Virginia
2010	Invited Panel, "What Do You Do With A Psych Degree," CSHRB Undergraduate Research Assistants Meeting, University of Washington,
2009	Invited Panel for Prospective Students, International Opportunities, Reed College
2006, 2007, 2009	Invited Panel for Prospective Students, Division of Philosophy, Religion, Psychology, and Linguistics, Reed College

## Professional Affiliations

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Association for Psychological Science  
Society of Personality and Social Psychology

## References

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- Timothy D. Wilson, Ph.D.      Sherrell J. Aston Professor of Psychology, University of Virginia  
Email: [tdw.virginia@gmail.com](mailto:tdw.virginia@gmail.com)  
Phone: 434.924.0674
- Gerald Clore, Ph.D.            Commonwealth Professor of Psychology, University of Virginia  
Email: [gc4q@virginia.edu](mailto:gc4q@virginia.edu)  
Phone: 434.982.0449
- Brian Nosek, Ph.D.            Professor of Psychology, University of Virginia  
Email: [nosek@virginia.edu](mailto:nosek@virginia.edu)  
Phone: 434.924.0666
- Shigehiro Oishi, Ph.D.        Professor of Psychology, University of Virginia  
Email: [soishi@virginia.edu](mailto:soishi@virginia.edu)
- Kristen P. Lindgren, Ph.D.    Associate Professor of Psychiatry, University of Washington  
Email: [kpl9716@u.washington.edu](mailto:kpl9716@u.washington.edu)  
Phone: 206.685.8083