

Erin C. Westgate

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Department of Psychology, University of Florida
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Academic Positions

- 2019 - University of Florida, Assistant Professor
Department of Psychology
- 2018 - 2019 The Ohio State University, Postdoctoral Researcher
Department of Psychology

Education

- Ph.D. University of Virginia**
Social Psychology, 2018
Dissertation: *Why Boredom is Interesting*
Committee: Timothy D. Wilson (Chair), Gerald Clore, Shige Oishi, Kieran O'Connor
- M.A. 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 Educational Contexts*
Advisor: Jennifer Henderlong Corpus and Kathryn C. Oleson
- Ludwig-Maximilians-Universität, Munich, Germany
Psychology, September 2007 – August 2008

Honors and Awards

- 2018 President's Postdoctoral Scholars Program, The Ohio State University (\$85,000)
- 2017 Summer Institute in Social and Personality Psychology (SISPP) at USC
Course: *Behavior Change (with Wendy Wood and Kathleen Vohs)*
- 2016 Heritage Dissertation Research Award, Society for Personality and Social Psychology
- 2015 Student Choice Colloquium Speaker, University of Virginia
- 2014-2018 Fellow, International Max Planck Research School on the Life Course (LIFE)
- 2013 Graduate Student Travel Award, Society for Personality and Social Psychology
- 2010 Phi Beta Kappa

- 2009, 2010 Commendation for Academic Excellence, Reed College Division of Philosophy, Religion, Psychology & Linguistics
- 2006, 2007 Commendation for Academic Excellence, Reed College Administration Committee
- 2005 National Merit Finalist

Grants and Funding

- 2019 SPSP Small Research Grant, Society of Personality & Social Psychology (\$1500)
Project (PI): *Is the mere act of categorization inherently meaningful?*
- 2017 NSF Training Extension for Research Exchange at Univ. of Zurich (\$10,000)
- 2017 Dean's Dissertation Fellowship, University of Virginia

Articles in Refereed Journals and Book Series

⁺ indicates student author/collaborator

- Oishi, S. & Westgate, E.C. (In press). The psychologically rich life: Beyond happiness and meaning. *Psychological Review*.
- Westgate, E.C., Wilson, T.D., Buttrick, N.R., Furrer, R.⁺, & Gilbert, D.T. (2021). What makes thinking for pleasure pleasurable? *Emotion*.
- Westgate, E.C. (2020). Why boredom is interesting. *Current Directions in Psychological Science*, 29, 33-40.
- Westgate, E.C., & Steidle, B.⁺ (2020). Lost by definition: Why boredom matters for psychology and society. *Social & Personality Psychology Compass*.
- Axt, J.A., Conway, M.A., Westgate, E.C., & Buttrick, N.B. (2020). Implicit transgender attitudes independently predict gender and transgender-related beliefs. *Personality and Social Psychology Bulletin*.
- Oishi, S., Choi, H., Galinha, I., Ishii, K., Komiya, A., Koo, M., Luhmann, M., Scollon, C., Shin, J., Suh, E., Vittersø, J., Heintzelman, S., Kushlev, K., Westgate, E.C., Buttrick, N., Tucker, J., Ebersole, C.R., Axt, J., Gilbert, E., Ng, B.W., Kurtz, J., & Besser, L.L. (2020). Happiness, Meaning, and Psychological Richness. *Affective Science*.
- Pfattheicher, S, Lazarević, L.B., Westgate, E.C., & Schindler, S. (2020). On the relation of boredom and sadistic aggression. *Journal of Personality & Social Psychology*.
- Oishi, S., Choi, H., Buttrick, N., Heintzelman, S., Kushlev, K., Westgate, E.C., Tucker, J., Ebersole, C., Axt, J., Gilbert, E., Ng, B.W., & Besser, L.L. (2019). The Psychologically Rich Life Questionnaire. *Journal of Research in Personality*.
- Wilson, T. D., Westgate, E. C., Buttrick, N. R., & Gilbert, D. T. (2019). The mind is its own place: The difficulties and benefits of thinking for pleasure. In J.M. Oleson (Ed.),

Advances in Experimental Social Psychology.

- Westgate, E. C., & Wilson, T. D. (2018). Boring thoughts and bored minds: The MAC model of boredom and cognitive engagement. *Psychological Review*, *125*, 689-713.
- 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*, *41*, 545-561. *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*.
- 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*, 1428.
- 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*, 38, 2163-2166.
- 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*, 27, 1-13.

Chapters in Edited Volumes

- Lin, Y.⁺ & Westgate, E.C. (2021). The origins of boredom. In L. Al-Shawif & T. Shackelford (Eds.), *The Oxford Handbook of Evolution and the Emotions*. Oxford University Press.
- Yucel, M.⁺ & Westgate, E.C. (2021). From electric shocks to the electoral college: How boredom steers moral behavior. In A. Elpidorou (Ed.), *The Moral Psychology of Boredom*. London: Rowman & Littlefield
- Westgate, E.C. & Oishi, S. (2020). Art, music, and literature: Do the humanities make our lives richer, happier, and more meaningful? In J. Pawelski & L. Tay (Ed.), *Handbook of Positive Psychology on the Arts and Humanities: Theory and Research*. Oxford University Press.
- 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* (pp. 286 – 306). New York: Guilford.
- 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.

Manuscripts under Review

- Raza, S.⁺, Westgate, E.C., Buttrick, N.B., Heintzelman, S., Furrer, R.⁺, Gilbert, D.T., Libby, L.K., & Wilson, T.D. (in revision). A Trade-Off Model of Intentional Thinking for Pleasure. Invited revision at *Emotion*.
- Pfattheicher, S., Lazarević, L.B., Nielsen, Y.A., Westgate, E.C., Kristić, K., & Schindler, S. (in revision). I enjoy hurting my classmates: On the relation of boredom and sadism in schools. Invited revision at *Journal of School Psychology*.
- Westgate, E.C., Buttrick, N.B., Lin, Y., El Helou, G., ..., & Leander, P. (under review). Pandemic boredom: Predicting boredom and its consequences during self-isolation and quarantine. Manuscript under review.

Kvam, P.D., Baldwin, M., & Westgate, E.C. (under review). Cognitive mechanisms underlying subjective value of past and future events: Modeling systematic reversals of temporal value asymmetry. Manuscript under review.

Morgenroth, T., Axt, J., & Westgate, E.C. (under review). What underlies the opposition to trans-inclusive policies? The role of concerns about male violence and attitudes towards trans people. Manuscript under review.

Baldwin, M.* & Westgate, E.C.* (under review). States of boredom: Downsides to being bored in the USA. Manuscript under review. *Represents equal contribution

Buttrick, N.B., Westgate, E.C., & Oishi, S. (under review). Building the Liberal Imagination: Reading literary fiction is associated with a more complex worldview. Manuscript under review.

Steidle, B.⁺, Sedwick, S.⁺, & Westgate, E.C. (invited contribution). A recipe for boredom: The Meaning and Attention Components (MAC) model. In M. Bieleke, W. Wolff, & C. Martarelli (eds). *Handbook of Boredom Research*. Routledge. Manuscript in preparation.

Manuscripts in Preparation

Westgate, E.C., & Losee, J.⁺ (in preparation). “Mere categorization”: The process of categorization is inherently rewarding. Manuscript in preparation.

Westgate, E.C., & Fairbairn, C.A. (in preparation). Buzzed, but not bored: Does boredom lead to “bad” behavior? Manuscript in preparation.

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. Manuscript in preparation.

Westgate, E.C., Lin, Y.⁺, Wilson, T.D., Gilbert, D.T., Heintzelman, S., Jiang, C., Prokosch, M., El Helou, G., Cardenas, N., & Kim, H. (in preparation). Underestimating meaning. Manuscript in preparation.

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

Oishi, S., Buttrick, N., & Westgate, E.C. (in preparation). The Social Ecology of Opioid- and Cardiac-Deaths Across the U.S Counties: More Prevalent in the Land of Opportunity or the Land of Despair? Manuscript in preparation.

Oishi, S., Westgate, E.C., Cha, Y., Heintzelman, S. J., Buttrick, N., & Choi, H. (in preparation). The Politics, Curiosity, and Complexity of a Happy Life, a Meaningful Life, and a

Psychologically Rich Life. Manuscript in preparation.

Other Writing

Westgate, E.C. (September 2020). What bored students are trying to tell you (and what to do about it). In “Ask a Psychologist”, *Education Week* blog.

Westgate, E.C. (May 2020). What to do with our days: When wielded correctly boredom can be a powerful tool. (Review of *Out of My Skull: The Psychology of Boredom*). *Science*.

Westgate, E.C. (March 2020). Six things you can do to cope with boredom at a time of social distancing. *The Conversation*.

Westgate, E.C. (April 2019). Are we bored yet? A lifespan perspective on the MAC model of boredom and cognitive engagement. *International Max Planck Research School on the Life Course (LIFE) Newsletter, Spring 2019*.

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*.

Chaired Symposia

Westgate, E.C., & Inzlicht, M. (Co-chairs). *Why Boredom is Interesting*. Symposium presented at the 2019 Annual Meeting of the Society for Experimental Social Psychology, Toronto, Canada.

Conference Presentations

Westgate, E.C. (2022). Why boredom is interesting. In D. Melnikoff, P. Stillman, & R. Carlson (Co-chairs), *Boredom and Flow*. Symposium submitted at the 2022 Annual Meeting of the Society for Personality and Social Psychology, San Francisco, California.

Yucel, M.,⁺ & Westgate, E. C. (2021). Gossip and boredom: Investigating the entertainment function of gossip. Paper to be presented at the 2021 Annual Meeting of the *Human Behavior and Evolution Society*.

Yucel., M.,⁺ & Westgate, E.C. (2021). Gossip-as-entertainment: Bored People Gossip More. In M. Yucel & A. Hales (Co-chairs), *Spilling the tea: Social psychology of gossip*. Symposium presented at the 2021 Annual Meeting of the Society for Personality and Social Psychology.

Westgate, E.C., & Baldwin, M. (2020). *Stuck in the Boredom Trap: How Choice and Environments Shape Emotional Experience*. Paper presented at the Emotion

preconference of the 2020 Annual Meeting of the Society for Personality and Social Psychology, New Orleans, Louisiana.

Westgate, E.C. (2020). Negotiating a TT Faculty Offer. In A. Farrell (Chair), *So now what? A roadmap from campus invite to contract*. Professional development session presented at the 2020 Annual Meeting of the Society for Personality and Social Psychology, New Orleans, Louisiana.

Westgate, E.C. (2019). *Why Boredom is Interesting*. Paper presented at the 2019 Society of Southeastern Social Psychologists (SSSP) annual meeting, Johnson City, Tennessee.

Westgate, E.C. (2019). Bringing boredom home: The MAC model of boredom and cognitive engagement. In E.C. Westgate & M. Inzlicht (Co-chairs), *Why Boredom is Interesting*. Symposium presented at the 2019 Annual Meeting of the Society for Experimental Social Psychology, Toronto, Canada.

Westgate, E.C. (2018). *Why Boredom is Interesting*. Paper presented at the 2018 Person Memory Interest Group (PMIG) annual meeting, 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. & 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 E. Rosenzweig and M. Ferguson (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 1st Children's Summit on Hands On Science and Environmental Education, Antalya, Turkey.

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.

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

Conference Posters

⁺ indicates student author/collaborator

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*. Single presenter submission submitted to the 2022 Annual Meeting of the Society for Personality and Social Psychology, San Francisco, California.

Lin, Y.,⁺ & Westgate, E.C. (2021). *Can't Sleep, Won't Sleep: Negative affect and high arousal predict bedtime procrastination*. Poster presented at the 2021 Annual Meeting of the Society for Personality and Social Psychology.

El Helou, G.,⁺ & Westgate, E.C. (2021). *Perceived stress mediates the relationship between emotional intelligence and general health*. Poster presented at the 2021 Annual Meeting of the Society for Personality and Social Psychology.

Lin, Y.,⁺ Westgate, E.C., Ryu, Y.J., & Michner, S. ⁺ (2020). *To move or not to move: School reopening during Covid-19*. Poster presented at the 2020 Annual Meeting of the Society of Southeastern Social Psychologists.

El Helou, G.,⁺ El Khoury Malhame, M., & Westgate, E.C. (2021). *Perceived stress mediates the relationship between emotional intelligence and general health*. Poster presented at the 2020 Annual Meeting of the Society of Southeastern Social Psychologists.

Westgate, E.C., Losee, J. ⁺, & Swenson, E. ⁺ (2020). *"Mere" Categorization: The mental act of categorization is inherently rewarding*. Poster presented at the 2020 Annual Meeting of the Society for Personality and Social Psychology, New Orleans, Louisiana.

Lee, S.B.⁺, Westgate, E.C., & Libby, L.K. (2020). *Good Art, Bad Artists: Do mixed emotions improve decision-making?* Poster presented at the 2020 Annual Meeting of the Society for Personality and Social Psychology, New Orleans, Louisiana.

Westgate, E.C. (2019). *The Boredom Loop: How boredom shapes our preferences for interest and enjoyment*. Poster presented at the 2019 Annual Meeting of the Society for Personality and Social Psychology, Portland, Oregon.

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 9th 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 11th Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas.

Invited Talks and Colloquia

Westgate, E.C. (March 2021). *Is Boredom Bad?* Invited talk at Texas A&M University, Social Psychology Brownbag, Department of Psychology.

Westgate, E.C. (November 2020). *Why Boredom is Interesting.* Invited talk at University of Göttingen, ScienceCampus Primate Cognition lecture series, Göttingen, Germany.

Westgate, E.C. (October 2020). *Why Thinking is Boring*. Invited talk at the Social Action Lab, University of Illinois Urbana-Champaign

Westgate, E.C. (July 2020). *Why Boredom is Interesting*. Invited colloquium at University of Göttingen, Department of Psychology, Göttingen, Germany.*

* Postponed indefinitely due to Covid-19

Westgate, E.C. (May 2020). *Why Boredom is Interesting*. Invited talk at Aarhus University, Department of Psychology, Aarhus, Denmark.*

* Postponed indefinitely due to Covid-19

Westgate, E.C. (January 2019). *Why Boredom is Interesting*. Invited talk at University of Houston, Department of Psychology.

Westgate, E.C. (January 2019). *Why Boredom is Interesting*. Invited talk at University of Florida, Department of Psychology.

Westgate, E.C. (January 2019). *Why Boredom is Interesting*. Invited talk at Washington State University, Department of Psychology.

Westgate, E.C. (January 2019). *Why Boredom is Interesting*. Invited talk at University of California at San Diego, Department of Psychology.

Westgate, E.C. (November 2018). *Why Boredom is Interesting*. Invited talk at McGill University, Department of Psychology.

Westgate, E.C. (October 2018). *Why Boredom is Interesting*. Invited talk at University of Tennessee, Department of Psychology.

Westgate, E.C. (November 2017). *Why Boredom is Interesting*. Invited talk at Yale University, Department of Psychology.

Westgate, E.C. (November 2017). *Why Boredom is Interesting*. Invited talk at University of Rochester, Department of Psychology.

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

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

Teaching and Mentorship

Instructor, University of Florida
Social Psychology

Fall 2019, Spring 2020/2022

Colloquium on Research in Social/Personality Psychology Fall 2020
Undergraduate Research in Psychology Spring 2021
Subjective Well-Being [Graduate] Fall 2021

Doctoral Thesis Committees

Jaxenne Daniels, Developmental Psychology, University of Florida, Expected 2021

Master's Thesis Committees

Yijun Lin, Social Psychology, University of Florida, Expected 2022 (Chair)
Davis Simmons, Behavior Analysis, University of Florida, Expected 2021
Joshua Perlin, Developmental Psychology, University of Florida, Expected 2022

Undergraduate Thesis Committees

Stephen Sedwick, Psychology, University of Florida, Expected 2021 (Chair)
Aubrey Mys, University of Florida, Expected 2021
Prit Patel, Psychology, University of Florida, 2020
Shannon Chen, Psychology, University of Virginia, 2017
Sarah Alahmadi, Psychology, University of Virginia, 2016
Amber Hardin, Psychology, University of Virginia, 2015
Mengran Xu, Psychology, University of Virginia, 2015
Samantha Toet, Psychology, University of Virginia, 2014

Teaching Assistant

University of Virginia

Introduction to Social Psychology	Spring 2014, Fall 2014, Fall 2015, Fall 2016, Spring 2017
Research Methods and Data Analysis I	Fall 2013
Research Methods and Data Analysis II	Spring 2016
Introduction to Psychology	Fall 2012
Educational Psychology	Spring 2013
Empirical and Scientific Engagement	Fall 2017, Spring 2018

Reed College

Research Design and Data Analysis	Spring 2010
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Academic Tutor, Reed College

2008-2010	German Department and Language Lab
2007-2010	Psychology Department
2006-2010	Introduction to Humanities: Ancient Greece & Rome

Professional Activities and Service

Ad hoc reviewer

<i>Addiction</i>	<i>Assessment</i>
<i>Addictive Behaviors</i>	<i>British Journal of Educational Psychology</i>
<i>Alcohol and Alcoholism</i>	

British Journal of Social Psychology
Emotion
European Journal of Social Psychology
European Psychologist
Field Methods
Humanities and Social Sciences
Communication
Journal of Adolescent Health
Journal of Clinical Medicine
Journal of Experimental Psychology:
General
Journal of Personality and Social
Psychology
Journal of Experimental Social Psychology

Journal of Studies on Alcohol and Drugs
Learning and Instruction
The Modern Language Journal
Neuroscience and Biobehavioral Reviews
Personality and Social Psychology Bulletin
Personality and Social Psychology Review
Psychiatry Research
Psychological Review
Psychology of Addictive Behavior
Psychophysiology
Social Cognitive and Affective Neuroscience
Social Psychological and Personality Science
Substance Use and Misuse

Ad hoc grants reviewer

Austrian Science Fund (*Fonds zur Förderung der wissenschaftlichen Forschung, FWF*)
Leverhulme Trust (UK)
Natural Sciences and Engineering Research Council of Canada (NSERC)
Swiss National Science Foundation

Contributions to large crowd-sourced collaborations:

- Open Science Collaboration. (2015). Estimating the reproducibility of psychological science. *Science*, 349, 943.
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- Dorison, C., Lerner, J. S., Heller, B. H., Rothman, A., Kawachi, I. I., Wang, K., Rees, V.W., Bill, B.P., Gibbs, N., Psychological Science Accelerator COVID-19 Rapid Team, & Coles, N. (Under review). A global test of message framing on behavioural intentions, policy support, information seeking, and experienced anxiety during the COVID-19 pandemic. Manuscript under review.
- Legate, N., Nguyen, T., Moller, A., Legault, L., Weinstein, N., & Psychological Science Accelerator. (Under review). Effect of communication styles on motivation to follow

versus defying social distancing guidelines during the COVID-19 pandemic. Manuscript under review.

National service

2020 Graduate Student Poster Award (SPA) secret judge, SPSP 2020
2016 Graduate Student Poster Award (SPA) reviewer, SPSP 2017

Service to the university & department:

2020- Participant Pool Committee, Co-chair
2019-2020 Graduate Admissions Committee, University of Florida
2012-2018 Social Psychology Area Representative, University of Virginia
2015-2016 Fellow Speaker, International Max Planck Institute Research School on the Life Course (LIFE)
2015 Invited Panel, “Navigating The Institutional Review Board”, UVa Political Science Graduate Student Conference
2013-2014 Graduate Student Coordinator, UVa Social Psychology Brownbag Series
2012, 2013 Invited Panel, “Applying to Graduate School,” University of Virginia

Professional Affiliations

Association for Psychological Science
Society of Personality and Social Psychology