

Erin C. Westgate

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Department of Psychology, The Ohio State University
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Academic Positions

- 2019 - University of Florida, Assistant Professor
Department of Psychology
- 2018 - 2019 The Ohio State University, Postdoctoral Researcher
Advisor: Lisa K. Libby

Education

- 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
- 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 an Educational Context*
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 (\$25,000)

Articles in Referreed Journals and Book Series

- 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

- 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

- 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. (In revision). The Psychologically Rich Life Questionnaire. Invited resubmission at *Journal of Research in Personality*.
- Oishi, S., Choi, H., Galinha, I., Ishii, K., Komiyama, 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. (Under review) What is a psychologically rich life? Manuscript under review.
- Axt, J.A., Conway, M.A., Westgate, E.C., & Buttrick, N.B. (Under review). Implicit transgender attitudes independently predict gender and transgender-related beliefs. Manuscript under review.

Manuscripts in Preparation

- Westgate, E.C. (In preparation). Why boredom is interesting. Invited proposal to *Current Directions in Psychological Science*.
- 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.
- Baldwin, M.* & Westgate, E.C.* (in preparation). States of boredom: Regional boredom predicts drug-related deaths. Manuscript in preparation. *Represents equal contribution
- Westgate, E.C. & Oishi, S. (in preparation). Art, music, and literature: Do the humanities make our lives richer and happier? Invited chapter in preparation.
- Westgate, E.C., & Yucel, M. (in preparation). From electric shocks to the electoral college: How boredom steers behavior. Invited chapter in preparation.
- Pfattheicher, S, Lazarević, L.B., Westgate, E.C., & Schindler, S. (in preparation). On the relation of boredom and sadism. Manuscript in preparation.
- Raza, S., Buttrick, N.B., Westgate, E.C., Heintzelman, S., Furrer, R., Wilson, T.D., & Gilbert, D.T. (in preparation). A Trade-Off Model of Intentional Thinking for Pleasure. Manuscript in preparation.

Other Writing

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 submitted to the 2019 Annual Meeting of the Society for Experimental Social Psychology, Toronto, Canada.

Presentations

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 submitted to 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. (2017). *Why Thinking is Boring*. Paper 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 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.

Posters

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., Saleminck, 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.

Teaching and Mentorship

Instructor, University of Florida

Introduction to Social Psychology Fall 2019

Graduate Teaching Assistant, University of Virginia

Introduction to Social Psychology Spring/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

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

Undergraduate Teaching Assistant, Reed College

2010 - Spring Research Design and Data Analysis

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>Journal of Adolescent Health</i>
<i>Addictive Behaviors</i>	<i>Journal of Experimental Social Psychology</i>
<i>Alcohol and Alcoholism</i>	<i>Journal of Experimental Psychology: General</i>
<i>Assessment</i>	<i>Journal of Studies on Alcohol and Drugs</i>
<i>British Journal of Educational Psychology</i>	<i>Psychiatry Research</i>
<i>British Journal of Social Psychology</i>	<i>Psychology of Addictive Behaviors</i>
<i>Emotion</i>	<i>Social Psychological and Personality Science</i>
<i>European Psychologist</i>	<i>Substance Use and Misuse</i>
<i>Field Methods</i>	Leverhulme Trust

National service Open Science Collaboration. (2015). Estimating the reproducibility of psychological science. *Science*, 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

Association for Psychological Science
Society of Personality and Social Psychology