

# Erin C. Westgate

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## Academic Positions

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

## 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, 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

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- 2022            Daniel M. Wegner Theoretical Innovation Prize, Society for Personality and Social Psychology
- 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**

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2022	Psychological Science Accelerator, Stereotype Threat Project (\$666)
2021	EASP Seedcorn Grant, European Association of Social Psychology (\$2290) Project (Co-I): <i>What underlies the opposition to trans-inclusive policies?</i>
2019	SPSP Small Research Grant, Society of Personality & Social Psychology (\$1500) Project (PI): <i>Is the mere act of categorization inherently meaningful?</i>
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**

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<sup>+</sup> indicates student author/collaborator

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

Oishi, S. & Westgate, E.C. (2022). The psychologically rich life: Beyond happiness and meaning. *Psychological Review*.\*

\* Winner of the 2022 Daniel M. Wegner Theoretical Innovation Prize, awarded by the Society for Personality and Social Psychology

Buttrick, N.B., Westgate, E.C., & Oishi, S. (2022). Building the Liberal Imagination: Reading literary fiction is associated with a more complex worldview. *Personality and Social Psychological Bulletin*.

Kvam, P.D., Baldwin, M., & Westgate, E.C. (2022). Cognitive mechanisms underlying subjective value of past and future events: Modeling systematic reversals of temporal value asymmetry. *Decision*.

Raza, S.<sup>+</sup>, Westgate, E.C., Buttrick, N.B., Heintzelman, S., Furrer, R.<sup>+</sup>, Gilbert, D.T., Libby, L.K., & Wilson, T.D. (2022). A Trade-Off Model of Intentional Thinking for Pleasure. *Emotion*.

Westgate, E.C., Wilson, T.D., Buttrick, N.R., Furrer, R.<sup>+</sup>, & Gilbert, D.T. (2021). What makes thinking for pleasure pleasurable? *Emotion*.

- Pfattheicher, S, Lazarević, L.B., Westgate, E.C., & Schindler, S. (2021). On the relation of boredom and sadistic aggression. *Journal of Personality & Social Psychology*.
- 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., 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. (2020). Happiness, Meaning, and Psychological Richness. *Affective Science*.
- 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.<sup>+</sup>, Jahn, S.<sup>+</sup>, & 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

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- Lin, Y.<sup>+</sup> & 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.<sup>+</sup> & 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**

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Morgenroth, T., Axt, J., & Westgate, E.C. (in revision). What underlies the opposition to trans-inclusive policies? The role of concerns about male violence and attitudes towards trans people. Invited revision at *Personality and Social Psychology Bulletin*.

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., & Losee, J.<sup>+</sup> (under review). “Mere categorization”: The act of categorizing is inherently rewarding. Manuscript under review.

LePine, E., Perlin, J., Tix, A.P., Baldwin, M., & Westgate, E.C. (under review). Church contexts are meaningful. Stage 1 registered report under review at *Open Science of Religion*.

Oishi, S., Westgate, E.C., Cha, Y., Heintzelman, S. J., Buttrick, N., & Choi, H. (under review). The Politics and Complexity of a Happy Life, a Meaningful Life, and a Psychologically Rich Life. 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

Steidle, B.<sup>+</sup>, Sedwick, S.<sup>+</sup>, & 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.

Wilson, T.D., Westgate, E.C., & Aronson, E. & (invited contribution). Experiments in the Laboratory and Online. In D. Gilbert, S. Fiske, E. Finkel, & W. Mendes (eds). *The Handbook of Social Psychology, 6<sup>th</sup> Edition*. Manuscript in preparation.

## **Manuscripts in Preparation**

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Westgate, E.C., Ortiz, A.<sup>+</sup>, Lin, Y.<sup>+</sup>, Jiang, C.<sup>+</sup>, Prokosch, M.<sup>+</sup>, El Helou, G.<sup>+</sup>, Buttrick, N.R., Cardenas, N.<sup>+</sup>, Kim, H.<sup>+</sup>, & Heintzelman, S. (in preparation). Underestimating meaning. 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.<sup>+</sup>, & Oleson, K.C. (in preparation). Productive procrastination, or why you should stop working and read this paper. Manuscript in preparation.

Westgate, E.C., LePine, S.E.<sup>+</sup>, Buttrick, N.R., Lin, Y.<sup>+</sup>, Ebersole, C.R., & Heintzelman, S. (in preparation). Meaning is subjective. Manuscript in preparation.

Cha, Y., Westgate, E.C., Choi, H., & Oishi, S. (in preparation). Psychological richness predicts curiosity. Manuscript in preparation.

El Helou, G.<sup>+</sup>, Westgate, E.C., Oishi, S., & Lin, Y.<sup>+</sup> (in prep). Facing Down Disaster: Psychological richness predicts greater curiosity, awe, and excitement. Manuscript in preparation.

Ishii, K., Choi, H., Oishi, S., & Westgate, E.C. (in preparation). Cultural and Temporal Influences on Hoarding and Its Associations With Anthropomorphism, Materialism, and The Sense of Control. Manuscript in preparation.

Krause, A., Baldwin, M., Keefer, L., & Westgate, E.C. (in preparation). Direct Sensory Experience: How Places Foster Authenticity. Manuscript in preparation.

Krause, A., Westgate, E.C., Ishii, K., & Oishi, S. (in preparation). The joys of tidying. Manuscript in preparation.

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

Oishi, S., Westgate, E.C., Cha, Y., Choi, H., Heintzelman, S., & Buttrick, N. (in preparation). The emotional tone of a happy life, a meaningful life, and a psychologically rich life.

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.

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. Manuscript in preparation.

## Other Writing

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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

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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

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Bart-Plange, D.+ & Westgate, E. C. (2022). *Tell it like it is: Euphemistic labeling minimizes racism's harm*. Paper presented at the 2022 Society for the Psychological Study of Social Issues, San Juan, Puerto Rico.

LePine, S.E.,+ Westgate, E.C., Buttrick, N.R., Lin, Y.,+ Ebersole, C.E., & Heintzelman, S. (2021). *You Say That's How You Feel: Skepticism and naïve realism interfere with judgments of meaning*. Paper presented at the 2021 Annual Meeting of the Society of Southeastern Social Psychologists.

Lin, Y.,+ & Westgate, E.C. (2021). *Dawdling at night: Negative affect and arousal predict bedtime procrastination*. Paper presented at the 2021 Annual Meeting of the Society of Southeastern Social Psychologists.

Ortiz, A.,+ Westgate, E.C., Lin, Y.,+ Heintzelman, S., Jiang, C.,+ Prokosch, M.,+ El Helou, G.,+ Cardenas, N.,+ & Kim, H.,+ (2021). *Underestimating meaning: Focusing more on reasons (and less on feelings) boosts predicted meaning*. Keynote address presented at the 2021 Annual Meeting of the Society of Southeastern Social Psychologists.

- Zaw, S.,<sup>+</sup> Krause, A.,<sup>+</sup> Perlin, J.D.,<sup>+</sup> Lin, Y.,<sup>+</sup> Westgate, E., & Baldwin, M. (2021, October). Examining the influence of past-self gratitude on self-perceptions. Data blitz presented at the annual meeting of the Society of Southeastern Social Psychologists, Virtual.
- Yucel, M.,<sup>+</sup> & Westgate, E. C. (2021). Gossip and boredom: Investigating the entertainment function of gossip. Paper presented at the 2021 Annual Meeting of the *Human Behavior and Evolution Society*.
- Zaw, S.,<sup>+</sup> Krause, A.,<sup>+</sup> Perlin, J.D.,<sup>+</sup> Lin, Y.,<sup>+</sup> Westgate, E., & Baldwin, M. (2021, July). The effect of past self-gratitude on redemption & self-perceptions. Talk presented at the UF McNair Scholars Summer Research Symposium, Gainesville, FL.
- Yucel., M.,<sup>+</sup> & 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 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). 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

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<sup>+</sup> indicates student author/collaborator

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

Lin, Y.,<sup>+</sup> & Westgate, E.C. (2022). *Procrastination is not always bad: Productive procrastinators show similar levels of emotions and well-being to non-procrastinators*. Poster presented at the 2022 Annual Meeting of the Society for Personality and Social Psychology, San Francisco, California.

Zaw, S.,<sup>+</sup> Krause, A.,<sup>+</sup> Perlin, J.D.,<sup>+</sup> Lin, Y.,<sup>+</sup> Westgate, E., & Baldwin, M. (2022). *Exploring the link between past self-gratitude and self-perceptions*. Poster presented at the annual meeting of the Society for Personality and Social Psychology, San Francisco, CA.

Yucel, M.,<sup>+</sup> & Westgate, E. C. (2021). *Gossip and boredom: Investigating the entertainment function of gossip*. Poster presented at the Harvard Women in

Psychology Trends in Psychology Summit.

El Helou, G.,<sup>+</sup> Westgate, E.C., & Lin, Y. <sup>+</sup> (2021). *When Disasters are Exciting: Fun vs Scary Perceptions of the Covid-19 Pandemic*. Poster presented at the 2021 Annual Meeting of the Society of Southeastern Social Psychologists.

Zaw, S.,<sup>+</sup> Krause, A.,<sup>+</sup> Perlin, J.D.,<sup>+</sup> Lin, Y.,<sup>+</sup> 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.,<sup>+</sup> & 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 Association of Psychological Science.

Lin, Y.,<sup>+</sup> & 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.,<sup>+</sup> & 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.,<sup>+</sup> Westgate, E.C., Ryu, Y.J., & Michner, S. <sup>+</sup> (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.,<sup>+</sup> El Khoury Malhame, M., & Westgate, E.C. (2020). *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. <sup>+</sup>, & Swenson, E. <sup>+</sup> (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.<sup>+</sup>, 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 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 11<sup>th</sup> 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.

## **Invited Talks and Colloquia**

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Westgate, E.C. (2023). *Why Thinking is Boring.* Invited talk at the Motivation Preconference at the 2023 Annual Meeting of the Society for Personality and Social Psychology, Atlanta, Georgia.

Westgate, E.C. (November 2022). *The Psychologically Rich Life.* Invited talk at Miami

University, Social Psychology Brownbag, Department of Psychology.

Westgate, E.C. (November 2022). *Why Boredom is Interesting*. Invited talk at University of Texas, Social Psychology Brownbag, Department of Psychology.

Westgate, E.C. (April 2022). *Why Boredom is Interesting*. Invited talk at University of Maryland; Social, Decision, and Organizational Sciences Colloquium Series, Department of Psychology.

\* Postponed

Westgate, E.C. (February 2022). *Why Boredom is Interesting*. Invited talk at Duke University, Social Psychology Brownbag, Department of Psychology.

Westgate, E.C. (February 2022). *Why Boredom is Interesting*. Invited talk at Rice University; Cognitive, Health, Affective Tea; Department of Psychology.

Westgate, E.C. (February 2022). *Why Boredom is Interesting*. Invited talk at Niedenthal Emotions Lab; University of Wisconsin, Madison; Department of Psychology.

Westgate, E.C. (November 2021). *Why Boredom is Interesting*. Invited talk at University of Kansas, Social Psychology Brownbag, Department of Psychology, Lawrence, KS.

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.\*

\* Cancelled 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, Houston, TX.

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

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

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

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

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

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

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

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

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### Instructor, University of Florida

#### Undergraduate Courses

Social Psychology	Fall 2019, Spring 2020/2022
Peak/Transformative Experiences	Fall 2022
Undergraduate Research in Psychology	Spring 2021

#### Graduate Courses

Colloquium on Research in Social/Personality Psychology	Fall 2020
Subjective Well-Being	Fall 2021

### Doctoral Thesis Committees

Yijun Lin, Social Psychology, University of Florida, Expected 2025 (Chair)  
Joshua Perlin, Social Psychology, University of Florida, Expected 2025 (Chair)  
Jacqueline Avila, Social Psychology, University of Florida, Expected 2024  
Jessica Grace Bonney, Animal Sciences, University of Florida, Expected 2024  
Nicole Lofaro, Social Psychology, University of Florida, Expected 2024  
Hemy Choi, Counseling Psychology, University of Florida, Expected 2023  
Jaxenne Daniels, Developmental Psychology, University of Florida, Expected 2023  
Samantha Douglas, Social Psychology, University of Florida, 2022

### Master's Thesis Committees

Anais Ortiz, Social Psychology, University of Florida, Expected 2023 (Chair)

S. Elisha LePine, Social Psychology, University of Florida, Expected 2023 (Chair)  
Ashley Krause, Social Psychology, University of Florida, Expected 2023 (Chair)  
Yijun Lin, Social Psychology, University of Florida, 2022 (Chair)  
Joshua Perlin, Social Psychology, University of Florida, 2022  
Davis Simmons, Behavior Analysis, University of Florida, 2022

### **Undergraduate Thesis Committees**

Erika Davis, Psychology, University of Florida, Expected 2023 (Chair)  
Carley Lustig, Psychology, University of Florida, Expected 2023 (Chair)  
Karen McGilvery, Psychology, University of Florida, Expected 2023 (Chair)  
Michelle Rincones Rodriguez Psychology, University of Florida, Expected 2023 (Chair)  
Kendra Westmoreland, Psychology, University of Florida, Expected 2023 (Chair)  
Tram Lai, Psychology, University of Florida, 2022 (Chair)  
Samantha Zaw, University of Florida, 2022  
Stephen Sedwick, Psychology, University of Florida, 2021 (Chair)  
Prit Patel, Psychology, University of Florida, 2020  
Shannon Chen, Psychology, University of Virginia, 2017 (Graduate Co-Chair)  
Sarah Alahmadi, Psychology, University of Virginia, 2016 (Graduate Co-Chair)  
Amber Hardin, Psychology, University of Virginia, 2015 (Graduate Co-Chair)  
Mengran Xu, Psychology, University of Virginia, 2015 (Graduate Co-Chair)  
Samantha Toet, Psychology, University of Virginia, 2014 (Graduate Co-Chair)

### **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**

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#### **Editorial Board**

*Emotion*  
*Advances in Psychology*

## Scientific Board

*Journal of Boredom Studies*

## Ad hoc reviewer

*Addiction*  
*Addictive Behaviors*  
*Alcohol and Alcoholism*  
*Assessment*  
*British Journal of Educational Psychology*  
*British Journal of Social Psychology*  
*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 Experimental Social Psychology*  
*Journal of Personality*  
*Journal of Personality and Social Psychology*  
*Journal of Studies on Alcohol and Drugs*  
*Learning and Instruction*  
*The Modern Language Journal*  
*Nature Human Behavior*  
*Nature Scientific Reports*  
*Neuroscience and Biobehavioral Reviews*  
*Personality and Social Psychology Bulletin*  
*Personality and Social Psychology Review*  
*Psychiatry Research*  
*Psychological Review*  
*Psychological Science*  
*Psychology of Addictive Behavior*  
*Psychology and Sexuality*  
*Psychophysiology*  
*Social Cognitive and Affective Neuroscience*  
*Social Psychological and Personality Science*  
*Substance Use and Misuse*

## Ad hoc grants reviewer

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

## Contributions to large crowd-sourced collaborations:

Open Science Collaboration. (2015). Estimating the reproducibility of psychological science. *Science*, 349, 943.

Tierney, W., Hardy, J. H., III., Ebersole, C., Viganola, D., Clemente, E., Gordon, M., Hoogeveen, S., Haaf, J., Dreber, A.A., Johannesson, M., Pfeiffer, T., Chapman, H., Gantman, A., Vanaman, M., DeMarree, K., Igou, E., Wylie, J., Storbeck J., Andreychik, M.R., McPhetres, J., Vaughn, L.A., Culture and Work Forecasting Collaboration, & Uhlmann, E. L. (2021). A creative destruction approach to replication: Implicit work and sex morality across cultures. *Journal of Experimental Social Psychology*. [Member of forecasting collaboration].

Wang, K., Goldenberg, A., Dorison, C.A., Miller, J.K., Usuberg, A., Lerner, J.S., Gross, J.J.,...Westgate, E.C....& Moshontz, H. (2021). A global test of brief reappraisal interventions on emotions during the COVID-19 pandemic. *Nature Human Behavior*.

Psychological Science Accelerator Self-Determination Theory Collaboration (in press). A global experiment on motivating social distancing during the COVID-19 pandemic. *Proceedings*



*of the National Academy of Sciences.*

Dorison, C., Coles, N., Lerner, J. S., Heller, B. H., Rothman, A., Kawachi, I. I., Wang, K., Rees, V.W., Gill, B.P., Gibbs, N., Psychological Science Accelerator COVID-19 Rapid Team, & Coles, N. (in press). In COVID-19 health messaging, loss framing increases anxiety with little-to-no concomitant benefits: Experimental evidence from 84 countries. *Affective Science*.

Forscher, P., Taylor, V., Cavagnaro, D., Lewis, Jr., N. ...Westgate, E.C.,...& Chartier, C. (In revision). A multi-site examination of stereotype threat in Black college students across varying operationalizations. Invited revision of registered report at *Nature Human Behavior*.

### **National service**

2022 2022 Annual Meeting of the Society of Southeastern Social Psychologists, Co-chair  
2021-22 Task Force on Anti Colorism/Eurocentrism in Methods and Practices, Society of Personality & Social Psychology (SPSP)  
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, Psychology, UF  
2022-2023 Merit Committee, Psychology, University of Florida  
2022 Search Committee, "Research Coordinator I", Psychology, UF  
2021-2022 UF Women Lead, Mentor [Mentee: Konstantina Soukratous]  
2019-2020 Graduate Admissions Committee, Psychology, University of Florida  
2012-2018 Social Psychology Area Graduate 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**

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Association for Psychological Science  
International Society of Boredom Studies  
Society of Personality and Social Psychology