

# Yijun Lin

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## EDUCATION

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

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

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

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

## AWARDS & GRANTS

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**Travel Award**, University of Florida, Fall 2020

**Diversity Graduate Registration Award**, Society for Personality and Social Psychology, 2020

**Graduate Registration Award**, Society for Personality and Social Psychology, 2020

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

**First-Class Award in 24th Academic Competition**, Beijing Normal University, 2016  
Project: *The Impact of Parenting Styles on Implicit and Explicit Work Values*

**Undergraduate Research Grant**, Beijing Normal University, 2015  
Project: *Attentional Bias in Active and Passive Procrastination*

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

## PUBLICATIONS

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

Wang, K., Goldenberg, A., Dorison, C., Miller, J. K., Uusberg, A., Lerner, J. S., & Gross, J., & **Psychological Science Accelerator**. (Registered report). A global test of brief reappraisal interventions on emotions during the COVID-19 pandemic. *Nature Human Behavior*.

Zhou, L., Lin, Y., Li, W., Du, J., & Xu, W. (2020). Mindfulness, attachment, and relationship satisfaction among heterosexual college student couples: An actor-partner interdependence model analysis. *Current Psychology*.

Yu, S., Zhang, C., Lin, Y., Zhang, Q., & Xu, W. (2020). Self-Compassion as a Mediator in the Effect of Dispositional Mindfulness on Anxiety and Aggressiveness in College Students with Left-Behind Experience. *International Journal of Mental Health Promotion*, 22(2), 71-81.

## **MANUSCRIPTS UNDER REVIEW**

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Westgate, E.C., Buttrick, N.B., **Lin, Y.**, ..., & Leander, P. (Under review). Pandemic boredom: Predicting boredom and its consequences during self-isolation and quarantine.

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

## **MANUSCRIPTS IN PREPARATION**

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

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

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

## **CONFERENCE PRESENTATIONS**

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+ indicates student author/collaborator

Michner, S.<sup>+</sup>, & **Lin, Y.** (2021). *Why do students experience burnout? Social connectedness predicts burnout through meaning and attention.* Poster accepted at the 2021 Association for Psychological Science Virtual Convention.

Cintado, K.<sup>+</sup>, Norman, D.<sup>+</sup>, Pham, P.<sup>+</sup>, & **Lin, Y.** (2021). *Taking back control: Exploring how autonomy and personal time affect bedtime procrastination.* Poster accepted at the 2021 Association for Psychological Science Virtual Convention.

**Lin, Y.**, Westgate, E.C., & Cintado, K.<sup>+</sup> (2021). *Can't sleep, won't sleep: Negative affect and arousal predict bedtime procrastination.* Poster accepted at the 2021 Association for Psychological Science Virtual Convention.

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

**Lin, Y.**, Westgate, E.C., Ryu, Y., & 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.

## **RESEARCH EXPERIENCE**

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**Florida Social Cognition and Emotion Lab**, Department of Psychology, University of Florida, 2020-Present

**Motivation Lab**, Department of Psychology, New York University, 2019-2020

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

**Clinical and Counselling Psychology Lab**, Faculty of Psychology, Beijing Normal University, 2014-2017

## **PROFESSIONAL EXPERIENCE**

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

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

## **TEACHING EXPERIENCE**

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**Teaching Assistant** (Cognitive Psychology), University of Florida, Spring 2021

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

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

**Psychology Mentor**, Unisity, 2016

## **MEDIA**

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

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

## **PROFESSIONAL SERVICE**

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### **Co-reviewer**

*Emotion*

*Personality and Social Psychology Bulletin*

*Journal of Personality and Social Psychology*

### **Service to the university & department**

Judge, PGSO Undergraduate Virtual Research Forum, 2021

## **PROFESSIONAL AFFILIATION**

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Association for Psychological Science

Society of Personality and Social Psychology