#### ACADEMIC POSITIONS

Assistant Professor July 2015 - Present

Department of Psychology, Carleton University, Ottawa, ON, Canada

Assistant Professor January – July 2015

Department of Educational and Counselling Psychology, McGill University, Montreal, QC, Canada

Adjunct Professor 2013-2015

School of Psychology, University of Ottawa, Ottawa, ON, Canada

SSHRC Postdoctoral Research Fellow 2013-2014

Department of Psychology, University of Toronto, Toronto, ON, Canada

Working with Dr. Michael Inzlicht

#### EDUCATION

Ph.D., *Social/Personality and Clinical Psychology* (APA-accredited) 2009-2013

McGill University, Montreal, QC, Canada

Thesis Supervisor: Dr. Richard Koestner

*Thesis: Psychological need satisfaction in important life domains.*

Master of Science, *Social Psychology*  2007-2009

McGill University, Montreal, QC, Canada

Thesis Supervisor: Dr. Richard Koestner

*Thesis: The role of personality in the priming of autonomy-supportive and controlling others: effects on intrinsic motivation*.

Bachelor of Arts *Psychology Honours, Sociology Major, Jewish Studies Minor* 2002-2006

McGill University, Montreal, QC, Canada

##### GRANTS AND AWARDS

P.I., Fonds de Recherche du Québec - Société et Culture. **2015-2018**

*Obstacles to goal-pursuit: How motivation affects subjective and objective experiences of obstacles and these obstacles’ influence on goal attainment.* ($50,235 over 3 years)

McGill Paper Presentation Grant ($1500) **2015**

P.I., Social Sciences and Humanities Research Council of Canada **Insight Development Grant**  **2013-2015**

*Pathways to success: Examining the mechanisms underlying greater progress in self-concordant goals* ($57,140 over 2 years)

SSHRC Postdoctoral Scholarship ($81,000 over 2 years) **2013-2015**

Fonds de Recherche sur la Société et la Culture: Postdoctoral Scholarship ($64,000 over 2 years; declined)  **2013**

McGill Psychology Student Association’s **Outstanding Psychology Teaching Assistant** Award **2012**

SITAR Jerry S. Wiggins Student Award for **Outstanding Interpersonal Research** **2012**

Society for the Study of Motivation (SSM) Young Scientist Poster Award **2012**

Society for Personality and Social Psychology (SPSP) Travel Award ($500) **2010**

McGill GREAT Travel Grant Award ($1075) **2010**

McGill University Provost's Graduate Fellowship ($5000) **2009**

SSHRC Canada Graduate Scholarship (CGS) Doctoral Scholarship ($105,000 over 3 years) **2009**

Fonds de Recherche sur la Société et la Culture: Doctoral Scholarship ($60,000 over 3 years; declined) **2009**

McGill Alma Matter Student Travel Grant Award ($750) **2008, 2009**

Fonds de Recherche sur la Société et la Culture: Masters Research Scholarship ($30,000 over 2 years) **2007 - 2009**

SSHRC Canada Graduate Scholarship (CGS) Master's Scholarship ($17,500) **2007-2008**

## PEER REVIEWED PUBLICATIONS

**Milyavskaya, M.,** Inzlicht, M., Hope, N. & Koestner, R.(2015). Saying ‘No’ to temptation: ‘want-to’ motivation improves self-regulation by reducing temptation rather than by increasing self-control. *Journal of Personality and Social Psychology, online first.*

Saunders, B., **Milyavskaya, M.,** & Inzlicht, M. (2015).What does cognitive control feel like? Effective and ineffective cognitive control is associated with divergent phenomenology. *Psychophysiology, online first.*

**Milyavskaya, M.**, Nadolny, D., & Koestner, R. (2015). Why do people set more self-concordant goals in need satisfying domains? Testing authenticity as a mediator. *Personality and Individual Differences, 77,* 131-136.

Saunders, B., **Milyavskaya, M**., & Inzlicht, M. (2015). Variation in cognitive control as emotion regulation. Psychological Inquiry, 26, 108-115.

\*Harvey, B., **Milyavskaya, M.,**  Hope, N., \*Saffran, M., Powers, T.A., & Koestner, R. (online first). Affect variation across days of the week: Influences of perfectionism and academic motivation. *Motivation and Emotion.*

Chua, S., Carbonneau, N., **Milyavskaya, M.,** & Koestner, R. (2015). Beyond the self in self-control: The role of relational interdependent self-construal in goal pursuit. *Journal of Social and Personal Relationships,32,* 330-343.

**Milyavskaya, M.,** Nadolny, D., & Koestner, R. (2014). Where do self-concordant goals come from? The role of domain-specific psychological need satisfaction. *Personality and Social Psychology Bulletin,40,* 700-711*.*

**Milyavskaya, M.,** \*Harvey, B., Koestner, R., Powers, T., \*Rosenbaum, J., \*Ianakieva, I., & \*Prior, A. (2014). Affect across the year: How perfectionism influences the pattern of University students’ affect across the calendar year. *Journal of Social and Clinical Psychology, 33,* 124-142.

Koestner, R., Powers, T.A., **Milyavskaya, M.**, Carbonneau, N., & Hope, N. (2014). Goal internalization and persistence as a function of autonomous and directive forms of goal support. *Journal of Personality.* Online first.

Hope, N., Koestner, R., **Milyavskaya, M.,** Holding, A. (2014). Self-growth in the college years: Increased importance of intrinsic values predicts resolution of identity and intimacy stages. *Social Psychological and Personality Science, 5,* 705-712.

Hope, N., Koestner, R., **Milyavskaya, M.** (2014). The role of self-compassion in goal pursuit and well-being among university freshmen. *Self and Identity, 13,* 579-593*.*

**Milyavskaya, M.**, Philippe, F., & Koestner, R. (2013). Psychological need satisfaction across levels of experience: The contribution of specific-level need satisfaction to general well-being. *Journal of Research in Personality, 47,* 41-51.

**Milyavskaya, M.** & Lydon, J. (2013). Strong but insecure: Examining the prevalence and correlates of insecure attachment bonds with attachment figures. *Journal of Social and Personal Relationships, 30,* 529-544.

Koestner, R., Powers, T.A., Carbonneau, N., **Milyavskaya, M.**, & Chua, S. (2012) Distinguishing autonomous and directive forms of goal support: Their effects of goal progress, relationship quality, and personal well-being. *Personality & Social Psychology Bulletin, 38,* 1609-1620.

Powers, T.A., **Milyavskaya, M.,** & Koestner, R. (2012). Mediating the effects of self-criticism and self-oriented perfectionism on goal pursuit. *Personality and Individual Differences, 52,* 765-770.

**Milyavskaya, M.,** \*Ianakieva, I., \*Foxen-Craft, E., \*Colantuoni, A., & Koestner, R. (2012). Inspired to get there: the effects of trait and goal inspiration on goal progress. *Personality and Individual Differences, 52,* 56-60.

**Milyavskaya, M.,** McClure, M.J., \*Ma, D., Koestner, R., & Lydon, J. (2012). Attachment security moderates the effects of autonomy-supportive and controlling interpersonal primes on intrinsic motivation. *Canadian Journal of Behaviour Science, 44,* 278-287.

Radel, R., Pelletier, L., Sarazzin, P., & **Milyavskaya, M.** (2011). Restoration process of the need for autonomy: the early alarm stage. *Journal of* *Personality & Social Psychology, 11,* 919-934.

Powers, T.A., Koestner, R., Zuroff, D.C., **Milyavskaya, M.**, & Gorin, A. (2011). The effects of self-criticism and self-oriented perfectionism on goal pursuit. *Personality & Social Psychology Bulletin, 37,* 964-975.

**Milyavskaya, M.** & Koestner, R. (2011). Psychological needs, motivation, and well-being: A test of Self-Determination Theory across multiple domains. *Personality and Individual Differences, 50,* 387-391.

**Milyavskaya, M.,** \*Reoch, J., Koestner, R., & Loisier, G.F. (2010). Seeking social connectedness: Interdependent self-construal and impression formation using photographic cues of social connectedness. *Journal of Social Psychology, 150,* 689-702.

Baldwin, M., Baccus, J., & **Milyavskaya, M.** (2010). Computer game associating self-concept to images of acceptance can reduce adolescents’ aggressiveness in response to social rejection. *Cognition & Emotion, 24,* 855-862.

**Milyavskaya, M.,** Gingras, I., Mageau, G., Koestner, R., Gagnon, H., Fang, J., & Boiche, J. (2009). Balance across contexts: The importance of balanced need satisfaction across various life domains in adolescence. *Personality & Social Psychology Bulletin, 35,* 1031.

Cohen, L., **Milyavskaya, M.,** & Koestner, R. (2009). The internalization of religious values by children attending orthodox jewish schools, and its relationship to autonomy-supportive parenting and adjustment. *Journal of Jewish Education, 75,* 350-363*.*

\*indicates student co-authors who I supervised or co-supervised

***CONFERENCE PRESENTATIONS***

***Chaired Symposia***

**Milyavskaya, M.** (May 2015). *Beyond effortful self-control: How metacognitions, timing, temptations, and incentives affect self-regulation.* Speakers: Kentaro Fujita, Marina Milyavskaya, Hengchen Dai, Lauren Kahn. Symposium to be presented at the Association for Psychological Science (APS) Annual Conference, New York, NY.

**Milyavskaya, M.** (Feb. 2014). *Desires, Behaviours and Goal Pursuit: Insights into Self-Regulation from Experience Sampling Research.* Speakers: Malte Friese, Marina Milyavskaya, Richard Lopez, Lance Rappaport. Symposium presented at the Society of Personality and Social Psychology (SPSP) Annual Conference, Austin, TX.

**Milyavskaya, M.,** & Sheldon, K. (Jan. 2012) *Novel Perspectives on Basic Psychological Needs.* Speakers : Kennon Sheldon, Fréderick Philippe, Marina Milyavskaya, Rémi Radel. Symposium presented at the  SPSP Annual Conference, San Diego, CA.

***Paper Presentations***

Saunders, B., **Milyavskaya, M.,** & Inzlicht, M. (Mar. 2015). When do emotions help or hinder cognitive control? Insights from behavior, feelings, and psychophysiology. Paper presented at the 1st International Convention of Psychological Science, Amsterdam, the Netherlands.

**Milyavskaya, M.,** & Koestner, R. (July 2014). Seemingly effortless: Perceived ease of goal pursuit and obstacles encountered in autonomous goals. Paper presented at the General Meeting of the European Association of Social Psychology; Amsterdam, Netherlands.

**Milyavskaya, M.,** & Koestner, R. (Feb. 2014). Feeling conflicted: Experiences of conflict and depletion in autonomous and controlled goals. Paper presented at the Society of Personality and Social Psychology (SPSP) Annual Conference; Austin, TX.

**Milyavskaya, M.,** Hope, N., & Koetner, R. (June 2013). Pathways to success: Examining the mechanisms underlying greater progress in selfconcordant goals. Paper presented at the 5th international self-determination theory conference; Rochester, New York.

**Milyavskaya, M.,** \*Ianakieva, I. & Koestner, R. (July 2012). “Inspired Living: The Effects of Trait and Goal Inspiration on Goal Pursuit and Well-being”. Paper presented at the Biennial International Meaning Conference, Toronto, ON.

**Milyavskaya, M.,** & Koestner, R. (May 2012). “Interpersonal Consequences of Self-Criticism and Dependency in Close Female Friendships”. Paper presented at the Annual Meeting of the Society for Interpersonal Theory and Research (SITAR), Montreal, QC.

**Milyavskaya, M.,** Phillipe, F., & Koestner, R. (Jan. 2012). “Psychological Need Satisfaction across Levels of Experience: The Contribution of Specific Level Need Satisfaction to General Well-being”. Paper presented at the SPSP Annual Conference; San Diego, CA.

**Milyavskaya, M.,** & Koestner, R. (July 2011). “Implications of Experiencing Psychological Need Satisfaction across Multiple Important Life Domains”. Paper presented at the 6th Self Biennial International Conference; Quebec City, QC.

Koestner, R., Powers, T., & **Milyavskaya, M.,** (July 2011). “Distinguishing Autonomous and Directive Forms of Goal Support”. Paper presented at the Sixth Self Biennial International Conference; Quebec City, QC.

**Milyavskaya, M.,** & Koestner, R. (June 2011) “In Pursuit of Health: The Role of Autonomous Self-Regulation and Friend’s Autonomy Support in the Pursuit of Health Goals”. Paper presented as part of a Clinical Psychology section-sponsored symposium at the Canadian Psychological Association (CPA) annual convention; Toronto, ON.

**Milyavskaya, M.,** Gingras, I., Taylor, G., & Koestner, R.(April 2011). “Psychological Need Satisfaction across Life Domains in Adolescence: How Parents, School and Friends Influence Adjustment” Colloquia presented at the Biennial meeting of the society of research in Child development (SRCD); Montreal, QC.

Banack, H., **Milyavskaya, M.,** Koestner, R., & Gold, M. (2009) *The Influence of a Weight-Loss Intervention Program on Adolescents’ Self-Esteem.* Colloquia presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology conference; Toronto, ON.

***Poster presentations***

**Milyavskaya, M.** & Inzlicht, M. (Feb. 2015). Is Effort Always Aversive? How Interest Trumps Conservation of Effort and Leads to Increased Energy. Poster to be presented at the SPSP Annual Conference; Long Beach, CA.

\*Francis, Z., **Milyavskaya, M.** & Inzlicht, M. (Feb. 2015). Flipping the Self-Control Switch: A Novel Within-Subject Paradigm to Test the Effects of Ego-Depletion. Poster to be presented at the SPSP Annual Conference; Long Beach, CA.

Saunders, B., **Milyavskaya, M.** & Inzlicht, M. (Feb. 2015). What does self-control feel like? A neurophysiological investigation. Poster to be presented at the SPSP Annual Conference; Long Beach, CA.

Hope, N., Koestner, R., & **Milyavskaya, M.** (June 2013). Self-growth in the college years: Orientation towards intrinsic values predicts resolution of identity and intimacy stages. Poster presented at the 5th international self-determination theory conference; Rochester, New York.

**Milyavskaya, M.,** \*Thibault-Landry, A. & Koestner, R. (Jan. 2013) Exerting self-control: The effects of autonomous vs. Controlled motivation on processing of goal-relevant stimuli and subsequent ego-depletion. Poster presented at the SPSP Annual Conference; New Orleans, LA.

Carbonneau, N., **Milyavskaya, M**., Chua, S. N., & Koestner R. F. (Jan. 2013). Perceiving vicarious goal support in close female friendships: The role of individual differences in cultural orientation and relational interdependent self-construal. Poster presented at the SPSP Annual Conference; New Orleans, LA.

**Milyavskaya, M.,** & Koestner, R. (May 2012). “Domain psychological need satisfaction as antecedent of setting autonomous goals in important life domains.” Poster presented at the Annual Conference of the Society for the Study of Motivation (SSM) and the Association for Psychological Science (APS) ; Chicago, IL

\*Na, S., **Milyavskaya**, **M.**, & Koestner, R. (June 2011). “The Role of Mindfulness in Conditions that Elicit Autonomous and Controlled Forms of Motivation”. Poster presented at the CPA Annual Convention; Toronto, ON.

**Milyavskaya, M.,** & Koestner, R. (Jan. 2011). “Psychological Needs, Self-Concordance, and Goal Progress: A Test of Self- Determination Theory across Multiple Domains.” Poster presented at the SPSP Annual Conference; San Antonio, TX.

Chua, S.N., **Milyavskaya, M**., & Koestner, R.  (Jan. 2011). “Your autonomous motivation, my goal progress: Examining partner motivational effects on goal progress.” Poster presented at the SPSP Annual Conference; San Antonio, TX.

**Milyavskaya, M.,** & Koestner, R. (May 2010). “Cognitive Implications of SDT: Testing nonconscious associations between need satisfaction & internalization of important life domains.” Poster presented at the 4th international self-determination theory conference; Ghent, Belgium.

**Milyavskaya, M.,** & Koestner, R. (Jan. 2010). “To Give or Not to Give: How Spending Decisions are Influenced by Positive and Negative Autonomy, Competence and Relatedness Primes.” Poster presented at the Judgment and Decision Making pre-conference; Las Vegas, NV.

**Milyavskaya, M.,** & Koestner, R. (June 2009). “Psychological need satisfaction in important life domains: The role of balance for well-being and adjustment.” Poster presented at the CPA Annual Convention; Montreal, QC.

**Milyavskaya, M.,** Chua, S., Olarte-Hayes, S., Rogers, C., Gittins, K., & Koesnter, R. (May 2009). “Need Satisfaction and Goal Setting in Important Life Domains.” Poster presented at the Annual Conference of the Society for the Study of Motivation (SSM); San Francisco, CA.

**Milyavskaya, M.,** \*Reoch, J., & Koesnter, R. & Loisier, G.F. (Feb. 2009). “Seeking Social Connectedness: Interdependent Self-Construal and Impression Formation using Photographic Cues of Social Connectedness.” Poster presented at the SPSP Annual Conference; Tampa, FL.

**Milyavskaya, M.,** Gingras, I., Taylor, G., & Koestner, R.( Aug. 2008). “Balanced Need Satisfaction across Life Domains in Adolescence”. Poster presented at the American Psychological Association (APA) Annual Convention; Boston, MA.

**Milyavskaya, M.,** Gagnon, H., Taylor, G., & Koestner, R. (June 2008) “High School Students' Need Statisfaction at School and at Work: The Balance of Need Satisfaction Across Contexts Predicts Drop Out Intentions”. Poster presented at the CPA Annual Convention; Halifax, NS.

**Milyavskaya, M.,** \*Litwin, R., & Koesnter, R. (May 2008). “Friend or foe? Priming autonomy supportive and controlling significant others.” Poster presented at the SSM annual conference; Chicago, IL.

Baccus, J.R., **Milyavskaya, M.,** & Baldwin, M.W. (Jan. 2006). “Conditioning Self-Esteem in Children and Adolescents” Poster presented at the SPSP Annual Conference; Palm Springs, CA.

***TEACHING***

***Courses taught***

Department of educational and counselling psychology, McGill University

* Univariate and Multivariate Statistics (EDPE 682; graduate) **Winter 2015**
* Selected topics in educational psychology/ Current trends in counselling: Introduction to Cognitive- Behavioural Therapy (EDPE609/EDPC 670; graduate) **Summer 2015**

***Teaching Assistant***

Department of psychology, McGill University

* Human Motivation (PSYC471) **Winter 2009, Fall 2012**
* Statistics for Experimental Design (PSYC 305) **Winter 2012**
  + Taught four weekly lab sessions
  + Named Most Outstanding Psychology Teaching Assistant by the McGill Psychology Students’ Association
* Self and Social Cognition (PSYC473) **Winter 2010**
* Social and Personality Psychology (PSYC333) **Fall 2009**
* Research Methods in Social Cognition (PSYC351) **Fall 2008**

***Guest Lecturer 2009***

Human Motivation course (300 students), McGill University

* Lecture Title: *Unconscious Motivation*

***Supervision of student research***

Zoe Francis (2013-2015). *Flipping the Self-Control Switch: A Novel Within-Subject Paradigm to Test the Effects of Ego-Depletion.* Masters Thesis, University of Toronto (co-supervisor).

Mark Saffran (2013). *Fear of Missing Out: Prevalence, dynamics, and consequences of experiencing FOMO.* Honours thesis, McGill University (co-supervisor).

Joseph Rosenbaum (2012). *Priming Autonomy and its effects on feelings of failure and resiliency*. Honours thesis, McGill University (co-supervisor).

Anais Thibault Landry (2012). *Effects of goal internalization on ego depletion following implicit attitude regulation toward goal-related stimuli.* Honours thesis, McGill University (co-supervisor).

Stephanie Chen (2012). *Transfer of intrinsic motivation on novel task by priming familiar life domains.* Final Research Project, McGill University (co-supervisor).

Stephanie Chen (2011). *Priming Autonomy-supportive versus Controlling Life Domains: Effects on intrinsic motivation for a novel task.* Independent Research Project, McGill University (co-supervisor).

Kainaz Mistry (2011). *Priming Motivational Goals: An experience mediated by General Causality Orientation.* Honours thesis, McGill University (co-supervisor).

Katherine Yourie Kim (2011). *Does the involvement of close friends and family members make a difference? The effect of close others on important life domains.* Independent Research Project, McGill University (co-supervisor).

Iana Ianakieva (2011) *The Effects of Inspiration and Autonomy on Goal Progress and Subjective Well-Being.* Honours thesis, McGill University (co-supervisor). Currently pursuing a PhD at York University

Emily Foxen-Craft (2011). *Autonomous Motivation and Subjectively Natural Effort in Goal Pursuit.* Honours thesis, McGill University (co-supervisor).

Agnes Colantuoni (2011). *Effects of Religious Internalization on Goal Motivation, Goal Coherence, and Subjective Well-being.* Honours thesis, McGill University (co-supervisor).

Sumin Na (2009). *The Role of Mindfulness in the Activation of Conscious and Unconscious Goals.* Honours thesis, McGill University (co-supervisor).

Sandra Olarte-Hayes (2009). *The Relations between Autonomy Support, Friendships, and the Moderating Effects of Goal Progress in Female Undergraduate Goal Strivings.* Honours thesis, McGill University (co-supervisor).

Denise Ma (2009). *The Role of Attachment in the Nonconscious Priming of Autonomy-Supportive vs. Controlling Authority Figures in Affecting Intrinsic Motivation, Interest, Performance and Persistence Towards a Novel Task.* Honours thesis, McGill University (co-supervisor). Daniel Mingrone (2009). *Locus of Control* *in the Activation of Conscious and Unconscious Goals.* Honours thesis, McGill University (co-supervisor).

Cassandra Rogers (2009). *Motivation and Social Support from female friends in the pursuit of academic goals.* Honours thesis, McGill University (co-supervisor).

Katherine Gittins (2009). *Perfectionism and goal progress*. Independent Research Project, McGill University (co-supervisor).

Rachel Litwin (2008). *The Secret Source: Priming Autonomy-Supportive and Controlling Significant Others.* Honours thesis, McGill University (co-supervisor).

Jennifer Reoch (2008). *Seeking Social Connectedness: The Moderating Role of Interdependent Self-Construal on Interpersonal Judgments of Photographic Cues of Attachment.* Final Research Project, McGill University (co-supervisor).

Carolyn Hass (2008). *Measuring Implicit Need Satisfaction Using the Implicit Association Test.* Final Research Project, McGill University (co-supervisor).

##### PROFESSIONAL DEVELOPMENT

**Introduction to Multilevel Modeling using SPSS** (2014)

1 Day Workshop; University of Toronto (Instructor: David Kenny)

**Summer Institute in Statistics** (2012)

Two week-long courses; University of Kansas

*Structural Equation Modeling: Advanced Longitudinal Modeling* (Instructor: Todd D. Little)

*Multilevel Modeling: Foundations and Applications* (Instructors: James P. Selig and Kristopher J. Preacher)

**Summer Institute in Social Psychology** (2011)

2 Week Course; Princeton University

*Social Psychological Intervention Course* (Instructors: Debrah Prentice and Hart Blanton)

*Implicit Measurement Workshop* (Instructor: Keith Payne)

**Structural Equation Modeling Workshop** (2011)

5 Day Course; Quebec Inter-University Center for Social Statistics (Instructor: Rex Kline)

**Learning to Teach: A Professional Development Workshop for Graduate Students** (2011)

Day Course; McGill University

**Basic Course in Motivational Interviewing: Theory and Supervision** (2011)

Douglas Mental Health University Institute (Instructor: Rachel Green)

**Motivational Interviewing Advanced Workshops** (2011)

*Advancing your practice: The Power of Groups Using Motivational Interviewing*

2 Day Course; Dancing Gecko Training (Instructors: Rachel Green and Stephen Andrew)

**Tomlinson Graduate Teaching Workshop** (2008)

##### 2 Day Course; McGill University Faculty of Science

**Multilevel Modeling Course** (2010)

Semester-long; McGill University Faculty of Management (Instructor: Ulf Bockenholt)

**Beginner’s Guide to Structural Equation Modeling: Basic Concepts and Applications** (2009)

1 Day Course; Canadian Psychological Association (Instructor: Barbara Byrne)

##### PROFESSIONAL SERVICE

**Social Sciences and Humanities Research Council of Canada (SSHRC) Insight Development Grant**

**Review Committee Member 2015**

**Society for the Study of Motivation (SSM) Award Committee Member 2013-Present**

**Student Representative 2012-2013**

Social Psychology Network (SPN)

* Represent student interests on SPN Advisory Board

**Graduate Student Committee Past President 2012-2013**

Society of Personality and Social Psychology (SPSP)

* Responsible advising current graduate student committee
* Coordinate the Student Poster Award

**SPSP Pre-Conference on Innovative Methods Co-Chair 2012**

**Graduate Student Committee President 2011-2012**

Society of Personality and Social Psychology (SPSP)

* Responsible for overseeing the activities of the graduate student committee
* Represent graduate students on the SPSP Executive Board

**Graduate Student Committee Member-at-Large 2009-2010**

Society of Personality and Social Psychology (SPSP)

* Responsible for coordinating activities for graduate students at the SPSP conference including the mentor lunch and the outstanding research award
* Assist in writing articles and editing the quarterly online newsletter ‘the forum’

**Hebb Committee Member 2009-2012**

Department of Psychology, McGill University

* Aid in organizing and promoting department-wide lectures by visiting distinguished speakers

**Ad-hoc Reviewer**

American Journal of Psychology

Annual conference of the Canadian Psychology Association, Social-Personality Section

British Journal of Social Psychology

Journal of Personality

Journal of Happiness

Motivation and Emotion

Personality and Social Psychology Bulletin

Social Psychology

SPSP Graduate Student Committee Outstanding Research Award

***PROFESSIONAL MEMBERSHIP***

Association for Psychological Science

Canadian Psychological Association

Society for Personality and Social Psychology

Society for the Study of Motivation

## RESEARCH INTERESTS

Motivation, Self-Regulation and Goal Pursuit

Health, Well-Being and Positive Psychology

Contextual, Interpersonal and Personality Processes