

KAITLYN M. WERNER

Department of Psychology, Carleton University
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ACADEMIC POSITIONS

- Beginning July 2019 Banting Postdoctoral Fellow, Department of Psychology, University of Toronto Scarborough
Mentor: Michael Inzlicht, Ph.D.
- 2018
(5 months) Visiting Scholar, Social Cognition Center Cologne, University of Cologne
Mentor: Prof. Dr. Wilhelm Hofmann

EDUCATION

- 2015 – 2019 Ph.D. in Social, Personality, and Health Psychology, Carleton University
Mentor: Marina Milyavskaya, Ph.D.
Dissertation: *The determinants of successful goal pursuit*
- 2013- 2015 M.Sc. in Social Psychology, University of Victoria
Mentor: Frederick M. E. Grouzet, Ph.D.
Thesis: *Parenting style and the promotion of intrinsic and extrinsic goals*
- 2009-2013 B.A. in Psychology with distinction and honours in research, University of Rochester
Concentrations in Applied Statistics and American Sign Language
Mentor: Christopher P. Niemiec, Ph.D.
Thesis: *The effect of goal content and goal attainment on need satisfaction and well-being*

AWARDS AND HONOURS

- 2019 Student Fellow, Summer Institute in Social and Personality Psychology (SISPP)
Society for Personality and Social Psychology
- 2017 International Student Fellow, Summer School on Cognitive Control and Consciousness
Jacobs Foundation, Zurich and University of Bern
- 2016 Nicholas P. Spanos Memorial Award in Psychology, Department of Psychology, Carleton University
Awarded to graduate students who have shown exceptional research achievement.
- 2015 Graduate Campus Representative Award of Excellence, Canadian Psychological Association
- 2015 Brendan Gail Rule Award, Social-Personality Section, Canadian Psychological Association
Awarded for best graduate research submitted to the Social-Personality Section
- 2013 Herbert L. Zimmer Award in Undergraduate Research, Department of Psychology, University of Rochester
Awarded for outstanding performance in research and for showing great promise for a career in psychology
- 2013 Cum laude (graduating GPA greater than 3.6 of 4.0), University of Rochester
- 2012 Diversity and Climate Committee Undergraduate Award, Society for Personality and Social Psychology

RESEARCH GRANTS

- 2019- Banting Postdoctoral Research Fellowship, Social Sciences and Humanities Research Council (\$140,000)
- 2021 Project: *Seeing what you want: Using eye-tracking to examine the motivational determinants of self-control* (with Michael Inzlicht as primary mentor and Wilhelm Hofmann as collaborator)
- 2019- Collaborator, Partnership Engagement Grant, Social Sciences and Humanities Research Council (\$20,375)
- 2020 Project: Value-based decision-making and the daily decision to exercise (PIs: Anne Wilson, Marina Milyavskaya; Collaborator: Scott Leith, GoodLife Fitness)
- 2017 International Fellowship Program, Center for Social and Economic Behavior, University of Cologne (4.970€)
- Project: *Understanding the role of motivation in the visual perception of desires* (with Wilhelm Hofmann)
- 2017 PI, Student Research and Knowledge Dissemination Grant, Canadian Psychological Association (\$1,000)
- Project: *Understanding the role of motivation in the visual perception of desires* (with Wilhelm Hofmann and Marina Milyavskaya)
- 2016 PI, Graduate Teaching Assistantship Grant, Psi Chi (\$3,000 USD)
- Project: *Promoting open science practices in undergraduate students*
- 2015 PI, Graduate Research Assistantship Grant, Psi Chi (\$3,000 USD)
- Project: *The use of incentives in psychological research*
- 2013 PI, Undergraduate Research Grant, Psi Chi (\$1,500 USD)
- Project: *Integrating past goal pursuits: The effects of recalled goal attainment on current subjective well-being*
- 2011 PI, Grants-in-Aid of Research, Sigma Xi: The Scientific Research Society (\$1,000 USD)
- Project: *Effect of autonomy support on conscious thought in complex decision making*

FELLOWSHIPS & SCHOLARSHIPS

- 2019- International Doctoral Tuition Bursary (\$10,500) – *Declined in order to pursue postdoctoral fellowship*
- 2020 Faculty of Graduate Studies and Postdoctoral Affairs, Carleton University
- 2018- International Doctoral Excellence Program (reduced tuition equivalent to ~\$12,000)
- 2019 Faculty of Graduate Studies and Postdoctoral Affairs, Carleton University
- Awarded to international students based on high academic achievements.*
- 2018- Ontario Graduate Scholarship, International Student Stream (\$15,000)
- 2019 Government of Ontario and Carleton University
- Awarded to Ontario's best graduate students demonstrating academic excellence. Awarded 1 of 5 scholarships.*
- 2017- International Doctoral Excellence Program (reduced tuition equivalent to ~\$12,000)
- 2018 Faculty of Graduate Studies and Postdoctoral Affairs, Carleton University
- Awarded to international students based on high academic achievements.*
- 2017- Ontario Graduate Scholarship, International Student Stream (\$15,000)
- 2018 Government of Ontario and Carleton University
- Awarded to Ontario's best graduate students demonstrating academic excellence. Awarded 1 of 8 scholarships.*
- 2017 CUASA-Bill Jones Award (\$950)
- Department of Psychology and Carleton University Academic Staff Association (CUASA), Carleton University
- 2017 Graduate Scholarship (\$3,000 USD)
- Psi Chi: The International Honour Society in Psychology
- Awarded based on academic performance, leadership experience, and community service involvement. Awarded 1 of 8 scholarships.*
- 2017 International Student Scholarship (\$3,000)
- Jacobs Foundation, Zurich and University of Bern
- Scholarship to attend the 2017 Summer School on Cognitive Control and Consciousness. Awarded 1 of 6 scholarships.*

- 2015- Departmental Scholarship (\$6,000)
2018 Department of Psychology, Carleton University
- 2015- Graduate Award (\$2,000) – *Declined in order to pursue PhD at Carleton University*
2016 Faculty of Graduate Studies, University of Victoria
- 2015- Graduate Fellowship (\$10,000) – *Declined in order to pursue PhD at Carleton University*
2016 PhD level funding; Faculty of Graduate Studies, University of Victoria
- 2014 Finalist, Vanier Canada Graduate Scholarship
Social Sciences and Humanities Research Council (SSHRC)
Fellowship for world-class PhD students demonstrating leadership skills and exceptional scholarly achievement.
- 2014- Graduate Award (\$3,000)
2015 Faculty of Graduate Studies, University of Victoria
- 2013- Graduate Fellowship (\$20,000)
2015 MSc level funding; Faculty of Graduate Studies, University of Victoria
- 2013 Honourable Mention, National Science Foundation Graduate Research Fellowship
National Science Foundation (NSF)
Awarded to outstanding graduate students in science, technology, engineering, and mathematics disciplines.
- 2012- Eva Litchfield Hall Scholarship (\$30,000 USD)
2013 University of Rochester
Funding for outstanding scholastic record and the potential to build on many talents.
- 2011- REACH Summer Fellowship (\$4,850 USD total)
2013 University of Rochester and Xerox Corporation

TRAVEL AWARDS

- 2018 Scholarship to attend the European Conference on Personality (420€)
European Association of Personality Psychology
- 2017 Diversity Fund Graduate Travel Award (\$500 USD)
Society for Personality and Social Psychology
- 2016 CPA Student Travel Award (\$250)
Section for Students in Psychology, Canadian Psychological Association
- 2016 Travel Grant for US Psychologists to Attend International Conferences (\$395 USD)
American Psychological Association (APA)
- 2016- Internal Travel Grants from Carleton University (\$1,650 total)
2018 Faculty of Graduate Studies and Postdoctoral Affairs, Graduate Students' Association
- 2013- Internal Travel Grants from the University of Victoria (\$2,850 total)
2015 Sources: Faculty of Graduate Studies, CUPE 4163, Office of Student Affairs
- 2011- Internal Travel Grants from the University of Rochester (\$2,650 USD total)
2013 Sources: Department of Undergraduate Research, Department of Clinical and Social Sciences in Psychology

JOURNAL ARTICLES AND BOOK CHAPTERS (12; 1 in-principle acceptance)

- Davydenko, M., **Werner, K. M.**, & Milyavskaya, M. (in-press). Frozen goals: Identifying a new type of goal. *Collabra: Psychology*. Pre-print: psyarxiv.com/x7f59/
- Edlund, J.E., Brannan, D., Cuccolo, K., Grahe, J. E., McGillivray, S., Wagge, J. S., **Werner, K. M.**, & Zlokovich, M. (in-press). Psi Chi is engaging undergraduate students in publishable research. *Psi Chi Journal of Psychological Research*.
- Nguyen, T. T., **Werner, K. M.**, Soenens, B. (in-press). Embracing me-time: Motivation for solitude during transition to college. *Motivation and Emotion*. Pre-print: psyarxiv.com/dgmf7/
- [‡]**Werner, K. M.**, & [‡]Milyavskaya, M. (2019). Motivation and self-regulation: The role of want-to motivation in the processes underlying self-regulation and self-control. *Social and Personality Psychology Compass*, 13, 1-14. [‡]Both authors contributed equally. Pre-print: psyarxiv.com/yq2j7/
- Levine, S., Green-Demers, I., **Werner, K. M.**, Milyavskaya, M. (2019). Perfectionism in adolescents: Self-critical perfectionism as a predictor of depressive symptoms across the school year. *Journal of Social and Clinical Psychology*, 38, 70-86. Pre-print: psyarxiv.com/7vqgx/
- Titova, L., **Werner, K. M.**, & Sheldon, K. M. (2018). Translating positive psychology. *Translational Issues in Positive Psychology*, 4, 211-214. doi: [10.1037/tps0000170](https://doi.org/10.1037/tps0000170)
- Milyavskaya, M., & **Werner, K. M.** (2018). Goal pursuit: Current state of affairs and directions for future research. *Canadian Psychology / Psychologie canadienne*, 59, 163-175. Pre-print: psyarxiv.com/qxswa/
- Tabri, N., **Werner, K. M.**, Milyavskaya, M., & Wohl, M. J. A. (2018). Perfectionism predicts disordered gambling via financially focused self-concept. *Journal of Gambling Issues*. doi: [10.4309/jgi.2018.38.13](https://doi.org/10.4309/jgi.2018.38.13)
- Werner, K. M.** & Milyavskaya, M. (2018). We may not know what we want, but do we know what we need? Examining the ability to forecast need satisfaction in goal pursuit. *Social Psychological and Personality Science*, 9, 656-663. Pre-print: psyarxiv.com/qn45u/
- Leduc-Cummings, I., **Werner, K. M.**, & Milyavskaya, M. (2018). Self-regulation. In V. Zeigler-Hill & T. Shackleford (Eds.), *Encyclopedia of Personality and Individual Differences*, Springer.
- Levine, S. L., **Werner, K. M.**, & *Capaldi, J. S., & Milyavskaya, M. (2017). Let's play the blame game: The distinct effects of personal standards and self-critical perfectionism on attributions of success and failure during goal pursuit. *Journal of Research in Personality*, 71, 57-66. Pre-print: psyarxiv.com/um8zk/
- Werner, K. M.**, Milyavskaya, M., Foxen-Craft, E., Koestner, R. (2016). Some goals just feel easier: Self-concordance lead to goal progress through subjective ease, not effort. *Personality and Individual Differences*, 96, 237-242. Pre-print: psyarxiv.com/xd5b7/

Stage 1 Registered Reports

- Chen, S-C., Szabelska, A., Chartier, C. R., Kecks, Z., Lynott, D., ... **Werner, K. M.**, ... Ropovik, I. (in-principle acceptance). Investigating object orientation across 14 languages. *Advances in Methods and Practices in Psychology*. Pre-print: psyarxiv.com/t2pjb/

MANUSCRIPTS UNDER REVIEW (5)

- Werner, K. M.**, Milyavskaya, M., *Klimo, R., Levine, S. (revise and resubmit). Examining the role of grit, self-control, and conscientiousness in predicting academic goal motivation: A commonality analysis. *Journal of Research in Personality*. Pre-print: psyarxiv.com/wbgs8/
- Hall, B. F., Wagge, J. R., Brandt, M. J., Chartier, C. R., Pfuhl, G., ... **Werner, K. M.**, ... Grahe, J. E. (revise and resubmit). Registered Replication Report: Turri, Buckwalter, & Blouw (2015). *Stage 1 Registered Report at Advances in Methods and Practices in Psychology*. Pre-print: psyarxiv.com/zeux9/

Katzir, M., Baldwin, M., **Werner, K. M.**, Hofmann, W. (under review). Moving beyond inhibition: Capturing a broader scope of the self-control construct with the Self-Control Strategy Scale.

Werner, K. M., Milyavskaya, M., & Koestner, R. (under review). Examining the role of approach-avoidance and autonomous-controlled motivation in predicting goal progress over time.

Pre-print: psyarxiv.com/bs28w/

Werner, K. M., Smyth, A., & Milyavskaya, M. (under review). Do narcissists benefit from materialistic pursuits? Examining the relation between narcissistic tendencies, extrinsic values, and well-being.

Pre-print: psyarxiv.com/8tpq4/

MANUSCRIPTS IN-PREPARATION (8)

[‡]Milyavskaya, M. & [‡]**Werner, K. M.** (invited submission). An integrative model of goal pursuit. Proposal accepted and full paper invited for review at *Perspectives on Psychological Science*. [‡]Both authors contributed equally.

Werner, K. M., Davydenko, M., & Milyavskaya, M. (in-preparation). Implications of need satisfaction and need frustration for well-being: Two sides of the same coin or two distinct constructs? *Status: Data collection and analysis complete; finalizing full draft of manuscript.*

Werner, K. M., & Peetz, J. (in-preparation). Examining the use of self-regulatory strategies during goal pursuit. *Status: Full working draft complete; collecting data for one additional study.*

Werner, K. M., Levine, S. L., Milyavskaya, M., Koestner, R. (in-preparation). Understanding the relation between need satisfaction, need frustration, and perfectionism across domains. *Status: Data collection and analysis complete; writing in-progress (methods and results finished).*

Werner, K. M., Sjøstad, H., Milyavskaya, M. & Hofmann, W. (in-preparation). Planning for success: Trait self-control as a predictor of planning during goal pursuit. *Status: Data collection and analysis complete; writing in-progress (intro-results finished).*

Werner, K. M., Milyavskaya, M., & Howard, A. (in-preparation). Issues of theory and measurement through the lens of goal pursuit. *Status: Data collection and analysis complete; finalizing full draft of manuscript.*

Leduc-Cummings, I., **Werner, K. M.**, Milyavskaya, M., Kline, J., & Cole, S. (in-preparation). Obstacles in goal pursuit: The influence of motivation on how individuals set up their environment. *Data collection and analysis complete; writing in-progress.*

*Smyth, A., **Werner, K. M.**, & Milyavskaya, M. (in-preparation). Mindfulness and self-concordant goal setting. *Data collection and analysis complete; writing in-progress.*

INVITED TALKS (8)

Werner, K. M. (2019, January). *An introduction to the Open Science Framework and pre-registration*. Presented to the Forensic Psychology Research Group, Carleton University, Ottawa, ON.

Werner, K. M. (2018, November). *An introduction to the Open Science Framework and pre-registration*. Presented at Department of Psychology Statistics Club, University of Ottawa, Ottawa, ON.

Werner, K. M. (2018, October). Motivation and self-regulation: The role of want-to motivation in the processes underlying self-regulation and self-control. Presented at the Social and Economic Cognition Lab Meeting, University of Cologne, Cologne, Germany.

Werner, K. M. (2018, July). *To regulate or not to regulate? Understanding how motivation influences the perception of desires*. Presented at the Department of Psychology, Saarland University, Saarbrücken, Germany.

Werner, K. M. (2018, April). *Motivation and the visual perception of desire*. Presented at the Social and Economic Cognition Center (SoCCCo) Lab Meeting, University of Cologne, Cologne, Germany.

Werner, K. M. (2018, March). *Increasing transparency and reproducibility in psychological science*. Presented at the Department of Psychology Pro-Seminar, Carleton University, Ottawa, ON.

Werner, K. M. (2017, September). *An introduction to the Open Science Framework and pre-registration*. Workshop presented at Research Transparency and Reproducibility Training (RT2), Berkeley Initiative for Transparency in the Social Sciences, London, England.

Werner, K. M. (2017, March). *Transitioning to a more open psychological science: Creating a customized workflow to maximize productivity, security, and transparency*. Colloquium presented at the Department of Clinical and Social Sciences in Psychology, University of Rochester, Rochester, NY.

CHAired SYMPOSIA (7)

Werner, K. M., Nguyen, T. T., Legate, N., & Przybylski, A. (2019, May). *Harnessing the power of the open science framework to enhance the research workflow within self-determination theory*. Brainstorming session presented at the 7th International Self-Determination Theory Conference, Egmond aan Zee, the Netherlands.

Werner, K. M., & Friese, M. (2019, March). *Beyond inhibition: Current directions in self-control*. To be presented at the International Convention on Psychological Science, Paris, France. Speakers: Kaitlyn Werner, Malte Friese, Blair Saunders, and Marina Milyavskaya.

Werner, K. M. (2019, February). *Doing research elsewhere*. Personal development panel presented at the 18th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.

Werner, K. M., & Kahn, L. (2018, May). *Pathways to success: Novel mechanisms and intervention strategies to increase self-regulation and goal pursuit*. Presented at the 30th Annual Meeting for the Association for Psychological Science, San Francisco, CA. Speakers: Kaitlyn Werner, Marleen Gillebaart, Esther Papies, and Lauren Kahn.

Werner, K. M., Guilfoyle, J., & Tabri, N. (2017, June). *A beginner's guide to increasing transparency and reproducibility in psychological science*. Presented at the 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.

Werner, K. M. (2017, June). *Novel perspectives in examining the role of need supportive and controlling parenting styles across life domains*. Symposium presented at the 78th Annual Convention of the Canadian Psychological Association, Toronto, ON. Speakers: Catherine F. Ratelle, Jean-Michel Robichaud, and Kaitlyn M. Werner.

Werner, K. M., Lord, A., & Keneski, E. (2015, February). *Preparing for the academic job market: From start to finish*. Presented at the 16th Annual Conference of the Society of Personality and Social Psychology, Long Beach, CA. Speakers: Jeremy Jamieson, Danu Stinson, Serena Chen, and Paul Eastwick.

PAPER PRESENTATIONS (22) (*indicates undergrad or MA student co-authors)

- Werner, K. M.**, Milyavskaya, M., & Koestner, R. (2019, June). *Motivational dynamics between romantic partners' goal pursuit*. Data blitz to be presented at the International Association for Relationship Research 2019 Mini-Conference, Ottawa, ON.
- Werner, K. M.**, Milyavskaya, M., Inzlicht, M., & Hofmann, W. (2019, May). *The motivational mechanisms of self-control*. Paper to be presented at the 7th International Self-Determination Theory Conference, Egmond aan Zee, the Netherlands.
- Werner, K. M.** (2019, March). *Using pre-prints to improve and maximize the impact of your research*. Paper presented as part of M. Nuijten (chair), Improving the quality of our research one step at a time. Symposium accepted at the International Convention on Psychological Science, Paris, France.
- Werner, K. M.**, Hofmann, W., & Milyavskaya, M. (2019, March). *When is self-control necessary? Examining the motivational determinants of self-control*. Paper presented as part of K. M. Werner and M. Friese (chairs), Beyond Inhibition: New directions in self-control. Symposium accepted at the International Convention on Psychological Science, Paris, France.
- Werner, K. M.**, & Milyavskaya, M. (2019, February). *Integrating theories of goal pursuit*. Data blitz presented at the Motivation Science Pre-Conference at the 18th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
- Werner, K. M.**, & Milyavskaya, M. (2018, July). *Examining the relation between trait self-control and the use of implementation intentions during goal pursuit*. Paper presented at the 29th Annual Convention of the European Conference on Personality, Zadar, Croatia.
- Werner, K. M.**, & Milyavskaya, M. (2018, May). *The role of trait self-control in the uptake of brief interventions to enhance goal attainment*. Paper to be presented as part of K. M. Werner and L. Kahn (chairs), Pathways to success: Novel mechanisms and intervention strategies to increase self-regulation and goal pursuit. Symposium to be presented at the 30th Annual Meeting for the Association for Psychological Science, San Francisco, CA.
- Milyavskaya, M. & **Werner, K. M.** (2018, April). *Motivation and goal pursuit: Contrasting academic and non-academic domains*. Paper to be presented at the 2018 Annual Meeting for the American Educational Research Association, NY.
- Werner, K. M.**, & Milyavskaya, M. (2017, June). *Seeing the forest through the trees: Comparing theories of motivation and self-regulation in predicting goal attainment over time*. Paper presented at the Center for Cognition, Learning, and Memory Summer School 2017, Weggis, Switzerland.
- Werner, K. M.**, Milyavskaya, M., & Niemiec, C. P. (2017, June). *All we need is love: The role of autonomy support and control from parents, friends, and teachers in the context of life goals*. Paper presented as part of K. M. Werner (Chair), Novel perspectives in examining the role of need supportive and controlling parenting styles across life domains. Symposium presented at the 78th Annual Convention of the Canadian Psychological Association
- *Bouhmouch, S., **Werner, K. M.**, *Cooligan, F., & Milyavskaya, M. (2017, June). *Bringing together motivation, flow and goal attainment: An experimental approach*. Data blitz presented at the 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.
- *Capaldi, J. S., **Werner, K. M.**, & Milyavskaya, M. (2017, June). *The dark side of confidence: Is there a negative impact of high self-efficacy on effort and performance?* Data blitz accepted to be presented at the 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.
- *Paynter, A., **Werner, K. M.**, & Peetz, J. (2017, June). *Finding myself in you: Emerging adults' identity development goals within romantic relationships*. Data blitz presented at the 78th Annual Convention of the Canadian Psychological Association, Toronto, ON.
- Werner, K. M.**, & Milyavskaya, M. (2017, May). *Examining theories of goal pursuit in predicting goal attainment over time*. Paper presented as part of M. Milyavskaya (Chair), *Dynamics in Personal Goal Pursuit*. Symposium presented at the 10th Annual Meeting for the Society for the Study of Motivation, Boston, MA.
- Werner, K. M.**, & Milyavskaya, M. (2017, May). *Examining theories of goal pursuit in predicting goal attainment over time*. Paper presented as part of M. Milyavskaya (Chair), *Dynamics in Personal Goal Pursuit*. Symposium presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.

- Werner, K. M.**, & Milyavskaya, M. (2016, August). *Exploring the relation between achievement aims and self-determined motivation on goal progress*. Paper presented in L. Haerens (Chair), *Self-Determination Theory Applications in Educational and Sports Settings*. Symposium presented at the International Conference on Motivation 2016, Thessaloniki, Greece.
- Werner, K. M.**, & Milyavskaya, M. (2016, August). *The determinants of successful goal pursuit*. Paper presented at the 6th Summer School on Motivation and Emotion at the International Conference on Motivation 2016, Thessaloniki, Greece.
- Werner, K. M.**, Zelenski, J., Lindsay, D. S., & Capaldi, C. A. (2016, June). *Promoting open science in Canada: Practical advice on how to incorporate research transparency at any stage of your career*. Roundtable presented at the 2016 Canadian Psychological Association Convention, Victoria, BC.
- Milyavskaya, M. & **Werner, K. M.** (2016, June). *Some goals just feel easier: Self-concordance leads to goal progress through subjective ease, not effort*. Paper presented at the 6th International Conference on Self-Determination Theory, Victoria, BC.
- Werner, K. M.**, & Grouzet, F. M. E. (2015, June). *Personal goals and well-being: Evidence for the dual valuing process model*. Paper presented at the datablitz session during the 2015 Social and Personality Preconference at the Canadian Psychological Association Convention, Ottawa, ON.
- Werner, K. M.**, & Grouzet, F. M. E. (2015, June). *Different parenting styles promote different goals: The effect of mothers' autonomy support and conditional regard on valuing processes and well-being among adolescents*. Paper presented at the 76th Annual Convention of the Canadian Psychological Association, Ottawa, ON.
- Werner, K. M.**, & Niemiec, C. P. (2012, August). *Parental conditional regard as a predictor of relative extrinsic value orientation: Testing two models based on Self-Determination Theory*. Talk presented at the 4th Summer School on Motivation and Emotion at the International Conference on Motivation 2012, Frankfurt, Germany.

POSTER PRESENTATIONS (32) (*indicates undergrad or MA student co-authors)

- *Smyth, A., **Werner, K. M.**, & Milyavskaya, M. (2019, May). *Mindfulness and self-concordant goal setting*. Poster accepted to be presented at the 7th International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
- *Cohen, J., **Werner, K. M.**, Levine, S., & Milyavskaya, M. (2019, May). *Understanding the relation between need satisfaction, need frustration, and perfectionism across domains*. Poster accepted to be presented at the 7th International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
- *Wang, K., **Werner, K. M.**, & Milyavskaya, M. (2019, May). *Exploring how parental conditional regard is associated with psychological needs satisfaction and frustration*. Poster accepted to be presented at the 7th International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
- Werner, K. M.**, Hofmann, W., & Milyavskaya, M. (2019, February). *Motivation and the perception of desire*. Poster presented at the 18th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
- *Smyth, A., **Werner, K. M.**, & Milyavskaya, M. (2019, February). *Mindfulness and self-concordant goal setting*. Poster presented at the Motivation Science Pre-Conference at the 18th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
- *Smyth, A., **Werner, K. M.**, & Milyavskaya, M. (2019, February). *Basic psychological needs satisfaction mediates the relationship between mindfulness and an intrinsic value orientation*. Poster presented at the 18th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
- Werner, K. M.**, & Milyavskaya, M. (2018, July). *Where do our values come from? Examining perceptions of epistemic authority in predicting the development of materialistic values*. Poster presented at the Cologne Social Cognition Meeting (CSCM) on Trust, Cologne, Germany.
- Leduc-Cummings, I., Milyavskaya, M., **Werner, K. M.**, Kline, J., & Cole, S. (2018, May). *Obstacles in goal pursuit: The influence of motivation on how individuals set up their environment*. Poster presented at the 11th Annual Meeting of the Society for the Science of Motivation, San Francisco, CA.

- Levine, S., **Werner, K. M.**, *Klimo, R., & Milyavskaya, M., (2018, May). Examining the role of grit, self-control, and conscientiousness in predicting academic goal motivation: A commonality analysis. Poster presented at the 11th Annual Meeting of the Society for the Science of Motivation, San Francisco, CA.
- Werner, K. M.**, & Milyavskaya, M. (2018, March). *Do narcissists benefit from materialistic pursuits? A high-powered replication and extension of Abeyta, Routledge, and Sedikides (2017)*. Poster presented at the 17th Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.
- *Capaldi, J. S., **Werner, K. M.**, & Milyavskaya, M. (2018, March). Comparing two theories: How ego depletion affects our desire to engage in goal pursuit. Poster presented at the Social Cognition Pre-Conference at the 17th Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.
- *Paynter, A., Peetz, J., & **Werner, K. M.** (2018, March). Influence of romantic relationships on identity: Awareness of shifts in perceptions of past relationships before versus after breakup. Poster at the 17th Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.
- *Cooligan, F., **Werner, K. M.**, & Milyavskaya, M. (2017, September). *Toward success or away from failure: Factors that predict regulatory focus and academic goal pursuit*. Poster presented at the 17th Biennial Conference of the European Association for Research on Learning and Instruction (EARLI), Tampere, Finland.
- *Paynter, A., **Werner, K. M.**, & Peetz, J. (2017, May) *Exploration into emerging adults' identity development goals within romantic relationships: Links with personality, motivations, and needs*. Poster presented at the Interdisciplinary Conference in Psychology, Ottawa, ON.
- *Levert, A., **Werner, K. M.**, *Paynter, A., & Peetz, J. (2017, May). *Do narcissists really benefit from extrinsic goals? Extending the work of Abeyta, Routledge, and Sedikides (2016)*. Poster presented at the Interdisciplinary Conference in Psychology, Ottawa, ON.
- *Shaw, M., **Werner, K. M.**, Levine, S. L., & Milyavskaya, M. (2017, May). *Parenting styles, perfectionism, and goal pursuit: Is there a perfect combination for becoming a successful young adult?* Poster presented at the Interdisciplinary Conference in Psychology, Ottawa, ON.
- *Capaldi, J. S., **Werner, K. M.**, & Milyavskaya, M. (2017, May). *Challenging perceptions: Examining the effects of self-efficacy and perceptions of task difficulty on boredom*. Poster presented at the Interdisciplinary Conference in Psychology, Ottawa, ON.
- Werner, K. M.**, & Milyavskaya, M. (2017, May). *We may not know what we want, but do we know what we need? Examining the ability to forecast need satisfaction in goal pursuit*. Poster presented at the 10th Annual Meeting for the Society for the Study of Motivation, Boston, MA.
- *Capaldi, J. S., **Werner, K. M.**, Levine, S. L., & Milyavskaya, M. (2017, January). *Differential goal characteristics of adaptive and maladaptive perfectionists*. Poster presented at the 18th Annual Conference of the Society of Personality and Social Psychology, San Antonio, TX.
- Werner, K. M.**, Niemiec, C. P., *Klimo, R. & Milyavskaya, M. (2016, June). *Where do intrinsic and extrinsic goals come from?: Examining the role of autonomy support from parents, friends, and teachers*. Poster presented at the 6th International Self-Determination Theory Conference, Victoria, BC.
- Werner, K. M.**, Niemiec, C. P., *Klimo, R. & Milyavskaya, M. (2016, June). *Where do intrinsic and extrinsic goals come from?: Examining the role of autonomy support from parents, friends, and teachers*. Poster presented at the 6th International Self-Determination Theory Conference, Victoria, BC.
- Werner, K. M.**, & Niemiec, C. P. (2016, January). Reducing the gender gap: A self-determination theory perspective on facilitating female interest and performance in STEM. Poster to be presented at the 17th Annual Conference of the Society of Personality and Social Psychology, San Diego, CA.
- Werner, K. M.**, & Grouzet, F. M. E. (2015, February). *The intrinsic and extrinsic nature of goals promoted by mothers using autonomy support versus conditional regard and its impact on well-being*. Poster presented at the 16th Annual Conference of the Society of Personality and Social Psychology, Long Beach, CA.
- *Clement Thorne, A., **Werner, K. M.**, & Grouzet, F. M. E. (2014, June). "Kids listen to your mother": *The Effects of Maternal*

Parenting Style on Valuing Goals. Poster presented at the 2014 Social and Personality Preconference at the Canadian Psychological Association Convention, Vancouver, BC.

Werner, K. M., & Grouzet, F. M. E. (2014, May). *On the intrinsic versus extrinsic nature of goals that are promoted by mothers using autonomy support versus conditional regard*. Poster presented at the 7th Annual Meeting for the Society for the Study of Motivation, San Francisco, CA.

Grouzet, F. M. E., & **Werner, K. M.** (2014, May). *The development of business students' personal goals: New empirical evidence for the Dual Valuing Process Model*. Poster presented at the 26th Annual Convention of the Association for Psychological Science, San Francisco, CA.

Werner, K. M., & Niemiec, C. P. (2014, February). *Students' recollections of their motivating and demotivating teachers: A self-determination theory perspective on STEM education*. Poster presented at the 15th Annual Conference of the Society of Personality and Social Psychology, Austin, TX.

Werner, K. M., & Niemiec, C. P. (2013, June). *Perceptions of (de)motivating teachers: Students' recall of autonomy support and grades in written narratives from the U.S. and China*. Poster presented at the 5th International Self-Determination Theory Conference, Rochester, NY.

Werner, K. M., & Niemiec, C. P. (2013, January). *Effects of goal content and goal attainment on basic psychological need satisfaction and subjective well-being*. Poster presented at the 14th Annual Conference of the Society of Personality and Social Psychology, New Orleans, LA.

Werner, K. M. (2012, October). *The downside of pursuing the American dream*. Invited presentation at the "Pursuing our Passions" poster session during Meliora Weekend at the University of Rochester, Rochester, NY.

Werner, K. M., & Niemiec, C. P. (2012, January). *Parental conditional regard, relative extrinsic value orientation, and subjective well-being: Testing a mediational model based on Self-Determination Theory*. Presented at the 13th Annual Conference of the Society of Personality and Social Psychology, San Diego, CA.

Werner, K. M., & Grouzet, F. M. E. (2014, June). *Do what I say, then I will love you: The effect of parental conditional regard versus autonomy support on the internalization of personal goals*. Poster presented at the 2014 Canadian Psychological Association Convention, Vancouver, BC.

REVIEWING EXPERIENCE

- 2017- **Associate Editor**, Translational Issues in Psychological Science
- 2018 Special Issue: Emerging topics in positive psychology and well-being, Guest Editor: Dr. Ken Sheldon
- 2017- **Ad-hoc Reviewer**
- | | |
|---|---|
| Data in Brief | Journal of Personality |
| European Journal of Social Psychology | Journal of Personality and Social Psychology |
| Motivation and Emotion | Perspectives on Psychological Science |
| Journal of Experimental Psychology: General | Social and Personality Psychology Compass |
| Journal of Experimental Social Psychology | Translational Issues in Psychological Science |
- 2013- **Graduate Reviewer**, Mind Pad
- 2015 Section for Students, Canadian Psychological Association

Reviewer for conference and award submissions: CPA Quantitative Methods Section (2015, 2016, 2017), CPA Social-Personality Section (2014), UVic Psi Chi Making Waves Conference (2014), Carleton University's Psychology Undergraduate Research Event (2017), APS Student Research Award (2014, 2017), SPSP Student Poster Award (2011, 2013, 2014, 2017), SPSP Outstanding Research Award (2013, 2014)

PROFESSIONAL SERVICE

- 2016- Ambassador, Center for Open Science
- 2016- Graduate Academic Caucus Representative
- 2019 Department of Psychology, Carleton University
- 2019- Member, Election Committee
- 2014-2015 The Society for the Study of Motivation
- 2017- Graduate Student Member, Psi Chi Research Advisory Committee
- 2019 Psi Chi: The International Honor Society in Psychology
- 2016- Committee Member, Psychology Graduate Student Conference
- 2017 Department of Psychology, Carleton University
- 2014- Student Representative, Social-Personality Section
- 2016 Canadian Psychological Association
- 2014- Assistant to the Organizing Committee, 6th International Conference on Self-Determination Theory
- 2015 Primary Organizer: Frederick M. E. Grouzet, PhD
- 2014- Assistant to the Organizer, SPSP Preconference: Subjective Time and Mental Time Travel
- 2015 Organizer: Frederick M. E. Grouzet, PhD
- 2014- Member-at-Large, Graduate Student Committee
- 2015 Society for Personality and Social Psychology
- 2014- Campus Representative, University of Victoria
- 2015 Association for Psychological Science
- 2013- Graduate Student Representative, University of Victoria
- 2015 Canadian Psychological Association
- 2013 Volunteer, 5th International Conference on Self-Determination Theory
- 2012- Chapter President, University of Rochester
- 2013 Psi Chi: The International Honor Society in Psychology

TEACHING EXPERIENCE

Instructor	Lab Instructor, Social Psychology Honours Seminar Carleton University	Fall 2019, Winter 2020
	Introductory Psychology II (Tutorial) University of Victoria	Spring 2015
	Research Methods in Psychology (Lab) University of Victoria	Summer 2014, Fall 2014
	Why We Do What We Do: The Study of Motivation Psychology Rochester Scholars Pre-College Summer Program, University of Rochester	Summer 2013
Guest Lectures	Mediation, longitudinal, and repeated measures designs Introduction to Research Methods, Carleton University	Fall 2015
	Stress experience and models Introduction to Health Psychology, Carleton University	Fall 2015, Winter 2017
	Life stories: Personology and theory of self and identity Personality, University of Victoria	Summer 2015
	Fixed versus growth mindset Introduction to Positive Psychology, University of Victoria	Winter 2015
	Variance for samples vs. the population: Why we use N-1 instead of N Statistical Methods in Psychology, University of Victoria	Fall 2014
	Current research on emotion and emotion regulation Motivation, Emotion, and Well-Being, University of Victoria	Fall 2014
	Current research on goals and self-regulation Motivation, Emotion, and Well-Being, University of Victoria	Fall 2014
Teaching Assistant	<p>Carleton University: 9 courses Introduction to Health Psychology (Fall 2015, Winter 2016, Winter 2017, Fall 2017, Winter 2018); Introduction to Statistics (Summer 2017); Introduction to Research Methods (Summer 2017, Summer 2018); Design and Analysis in Psychological Research (Fall 2016)</p> <p>University of Victoria: 13 courses Administrative Teaching Assistant (Summer 2015); Human Neuropsychology (Summer 2015); Adolescent Development (Summer 2015); Motivation, Emotion, and Well-Being (Fall 2013, Fall 2014, Spring 2015); Introduction to Statistics I & II (Fall 2014, Spring 2015); Conceptual Foundations of Psychology (Summer 2014); Consumer Psychology (Spring 2014); Introduction to Biological Psychology (Spring 2014); Introduction to Positive Psychology (Fall 2013)</p> <p>University of Rochester: 12 courses Data Analysis (Graduate Course; Fall 2012, Spring 2013, Summer 2013); Social Psychology and Individual Differences (Spring 2011, Spring 2012, Spring 2013); Introduction to Statistical Methods in Psychology (Spring 2013, Spring 2011); Theories of Personality and Psychotherapy (Fall 2011, Fall 2012); An Approach to Human Motivation (Spring 2012); Introduction to Psychology (Fall 2011)</p>	

STUDENT SUPERVISION (**denotes student research awards)

- 2018-2019 Jessica Cohen, Independent Study (MA student), Carleton University (co-supervisor)
Topic: Perfectionism and psychological needs across domains
- Aidan Smyth, Independent Study (MA student), Carleton University (co-supervisor)
Topic: Mindfulness and self-concordant goals
- Keara Williams, Honours Thesis, Carleton University (primary supervisor)
Topic: Habits and effortless goal pursuit
- Sophee Childs, Honours Thesis, Carleton University (primary supervisor)
Topic: Self-control strategies and healthy eating goals
- Brittany Wiwat, Honours Thesis, Carleton University (co-supervisor)
Topic: The effect of effort on agency
- 2017-2018 Abby Levert, Honours Thesis, Carleton University (co-supervisor)
Topic: Restrictive eating behaviour and bias toward healthy and unhealthy food
- Meaghan Shaw, Honours Thesis, Carleton University (co-supervisor)
Topic: Distinguishing between ego depletion and boredom
- 2016-2017 Jonathan Capaldi, Honours Thesis, Carleton University (co-supervisor)
Topic: Self-efficacy and performance in math
***Award: Provost scholar award, Discovery Centre for Undergraduate Research and Student Engagement*
- Soufiane Bouhmouch, Honours Thesis, Carleton University (co-supervisor)
Topic: Experiences of motivation and flow in videogames
- Adrienne Paynter, Independent Study, Carleton University (primary supervisor)
Topic: Relationships, goals, and identity formation
- Fiona Cooligan, Independent Study, Carleton University (primary supervisor)
Topic: Influence of contextual environments and regulatory focus on academic goals
- Meaghan Shaw, Independent Study, Carleton University (primary supervisor)
Topic: Parenting style, perfectionism, and goal pursuit
- Abby Levert, Independent Study, Carleton University (primary supervisor)
Topic: Narcissism, materialism, and well-being
- 2015-2016 Rebecca Klimo, Honours Thesis, Carleton University (co-supervisor)
Topic: Parenting style, financial support, and academic motivation
***Award: Faculty of Arts and Social Sciences Summer Research Internship*
- Cassandra Lutz, Honours Thesis, Carleton University (co-supervisor)
Topic: Influence of mood on motivation
***Award: People's Choice, Psychology Undergraduate Research Event (PURE)*
- Michael Telusma, Honours Thesis, Carleton University (co-supervisor)
Topic: Motivation, perfectionism, and performance
- 2014-2015 Rebekah Erickson, Mentor to the CPA Undergraduate Representative (primary mentor)
Activities: Co-developed a series of workshops ("Psychology How-To's")
***Award: CPA undergraduate campus representative award of excellence*
- 2013-2014 Anastasia Clement-Thorne, Honours Thesis, University of Victoria (co-supervisor)
Topic: Parenting style and the internalization of intrinsic and extrinsic goals

QUANTITATIVE AND RESEARCH METHODS TRAINING

Graduate Coursework

- Structural Equation Modelling, Carleton University (Winter 2016)
- Multivariate Statistics, University of Victoria (Winter 2015)
- Research Methods in Social Psychology, University of Victoria (Fall 2014)
- Applied Multiple Regression, University of Victoria (Fall 2013)
- Hierarchical Linear Modelling, University of Rochester (Winter 2013)
- Design of Clinical Trials, University of Rochester Medical Center (Winter 2013)
- Data Analysis I (ANOVA), University of Rochester (Fall 2011)

Additional Training – Quantitative and Research Methods

- Introduction to Bayesian Hierarchical Modelling using R, PS Statistics
Instructor: Dr. Andrew Parnell (University College Dublin), Glasgow, Scotland, January 29-February 2, 2018
- Bayesian Structural Equation Modelling, University of Ottawa Psychology Statistics Club
Instructor: Dr. David Kaplan (University of Wisconsin-Madison); 1-day workshop, Ottawa, ON, January 2017
- Research Transparency and Reproducibility Training (RT2)
Berkeley Initiative for Transparency in the Social Sciences; London, England, September 20-22, 2017
- 2nd Annual Meeting for the Society for the Improvement of Psychological Science
Organized by Katie Corker and Jack Arnal; Charlottesville, VA, July 30 – August 1, 2017
- Foundations of Bayesian Inference, University of Ottawa Psychology Statistics Club
Instructor: Alexander Etz (UC Irvine); 1-day workshop, Ottawa, ON, May 2017
- Introduction to R, University of Ottawa Psychology Statistics Club
Instructor: Dr. Gilles Lamothe (University of Ottawa); 1-day workshop, Ottawa, ON, February 2017
- Summit on Knowledge Mobilization, Canadian Psychological Association
1-day workshop, Ottawa, ON, November 2015

Additional Training – Social, Personality, and Cognitive Psychology

- Summer Institute in Social and Personality Psychology (SISPP), New York University, July 15-26, 2019
Course: Moral Psychology with Dr. Paul Bloom (Yale) and Dr. Azim Shariff (University of British Columbia)
- Center for Cognition, Learning, and Memory (CCLM) Summer School 2017
Theme – Cognitive Control and Consciousness: Behavioural and Neural Mechanisms
Organized by the CCLM, University of Bern; Weggis, Switzerland, June 19 – 22, 2017
- 6th PhD Summer School on Motivation and Emotion, EARLI SIG 8 (Motivation and Emotion)
Faculty Mentor: Dr. Stuart Karabenick (University of Michigan); Thessaloniki, Greece, August 21 – 23, 2016
- 4th PhD Summer School on Motivation and Emotion, EARLI SIG 8 (Motivation and Emotion)
Faculty Mentor: Dr. Jenefer Husman (Arizona State University); Frankfurt, Germany, August 25 – 27, 2012

SOFTWARE PROFICIENCY & STATISTICAL EXPERTISE

- **Statistical and Methodological Expertise:** Multi-level structural equation modeling, longitudinal data analysis, open science and reproducibility, experimental design, mouse-tracking, eye-tracking
- **Software and Hardware:** MPlus (advanced), SPSS (advanced), R (intermediate), RMarkdown (intermediate), JASP (advanced), HLM (intermediate) MouseTracker (intermediate), Tobii Pro Glasses 2 and ProLab (intermediate), MediaLab (advanced), DirectRT (advanced), Inquisit (intermediate)