
MARINA MILYAVSKAYA

Department of Psychology, Carleton University

Email: marina.milyavskaya@carleton.ca

Telephone: 613-520-2600 ext. 7490

EDUCATION

Ph.D., Social/Personality and Clinical Psychology McGill University, Montreal, QC, Canada	2009-2013
Master of Science, Social/Personality Psychology McGill University, Montreal, QC, Canada	2007-2009
Bachelor of Arts Psychology Honours, Sociology Major, Jewish Studies Minor McGill University, Montreal, QC, Canada	2002-2006

ACADEMIC POSITIONS

Professor	July 2026 - Present
Associate Professor	July 2019 - June 2026
Assistant Professor Department of Psychology, Carleton University, Ottawa, ON, Canada	July 2015 - June 2019
Adjunct Professor	July 2015 - Present
Assistant Professor Department of Educational and Counselling Psychology, McGill University, Montreal, QC, Canada	January – July 2015
Adjunct Professor School of Psychology, University of Ottawa, Ottawa, ON, Canada	2013-2015
SSHRC Postdoctoral Research Fellow Department of Psychology, University of Toronto, Toronto, ON, Canada	2013-2014

GRANTS

Co-Applicant, Social Sciences and Humanities Research Council of Canada Insight Grant <i>Mindful Feeds: Directing Attention to Need Satisfying Content for Adolescent Well-Being</i> (\$293,756). P.I.: Katie Gunnell	2026-2031
Co-Applicant, Social Sciences and Humanities Research Council of Canada Insight Grant <i>Attitudes toward Violence, Self-Control, Psychopathy, and Violent/Aggressive Behaviour</i> (\$99,313). P.I.: Kevin Nunes	2024-2027
P.I., Social Sciences and Humanities Research Council of Canada Partnership Engage Grant <i>Investigating goal progress assessments with the UpBeing app</i> (\$25,000). In partnership with UpBeing.	2022-2023
P.I., Social Sciences and Humanities Research Council of Canada Insight Grant <i>Why do we spend our time the way we do? Basic psychological need satisfaction and time use</i> (\$324,679)	2022-2027
Co-Applicant, Canadian Institutes of Health Research Project Grant <i>Drinking to get drunk in the post-secondary context: An ecological momentary assessment of alcohol use and associated harms as a function of intentions, drinking motives, self-control, and protective strategies</i> (\$172,126). P.I.: Andrea Howard	2020-2022
P.I., Canadian Foundation for Innovation , John R. Evans Leaders Fund Ontario Research Fund , Small Infrastructure Fund <i>Development of the Centre for Health Behaviours and Well-being in Daily Life</i> (\$402,063).	2019-2024
P.I., Social Sciences and Humanities Research Council of Canada Partnership Engage Grant <i>Retaining New Vegans and Vegetarians: A Longitudinal Investigation</i> (\$23,500). In partnership with Faunalytics.	2019-2020

Co-applicant, Social Sciences and Humanities Research Council of Canada Partnership Engage Grant 2019-2020 <i>Value-Based Decision-Making and the Daily Decision to Exercise</i> (\$20,375). PI: Anne Wilson. In partnership with Goodlife Fitness.	
P.I., Ontario Early Researcher Award <i>The role of motivation in the experience of obstacles and self-control in goal pursuit.</i> (\$150,000 over 5 years)	2018-2023
Collaborator, Carleton University Development Grant <i>Self-control and hazardous drinking in university</i> (\$10,000). PI: Andrea Howard	2017-2018
P.I., Carleton University's Department of Psychology Research Fund <i>Improving Goal Pursuit by Increasing Awareness of Purpose: Testing an Intervention Designed to Help People Set Better Goals.</i> (\$3000)	2017
P.I., Social Sciences and Humanities Research Council of Canada Insight Grant <i>Motivation, obstacles, and goal pursuit: the role of motivation in the experience of objective and subjective obstacles and their influence on goal attainment</i> (\$256,314 over 5 years)	2016-2021
P.I., Ontario Mental Health Foundation New Investigator Fellowship <i>Self-critical perfectionism in the transition to university: Identifying links to depression and anxiety and designing an intervention.</i> (\$100,489 over 3 years)	2016-2019
P.I., Carleton University's Department of Psychology Research Fund <i>Motivation, obstacles, and health behaviours: the role of motivation in the experience of objective and subjective obstacles and their influence on health</i> (\$4000)	2015
P.I., Social Sciences and Humanities Research Council of Canada Connection Grant <i>Conference on Self-Regulation</i> (\$11,957 over 1 year)	2015-2016
P.I., Fonds de Recherche du Québec - Société et Culture. <i>Obstacles to goal-pursuit: How motivation affects subjective and objective experiences of obstacles and these obstacles' influence on goal attainment.</i> (\$50,235 over 3 years; declined after 1 year because of relocation)	2015
P.I., Social Sciences and Humanities Research Council of Canada Insight Development Grant <i>Pathways to success: Examining the mechanisms underlying greater progress in self-concordant goals</i> (\$57,140 over 2 years)	2013-2015

AWARDS AND HONOURS

Carleton University Research Achievement Award	2018, 2026
Society for the Science of Motivation (SSM) Early Career Award	2025
Society for Personality and Social Psychology Fellow	2024
International Society for Self and Identity Outstanding Early Career Award	2022
Carleton University Faculty of Arts and Social Sciences Research Award	2016, 2024
Society for Experimental Social Psychology Fellow	2019
Carleton University Faculty Graduate Mentoring Award	2019
Association for Psychological Science (APS) Rising Star Award	2018
Canadian Psychological Association (CPA) President's New Researcher Award	2017
NeuroLeadership Application of Science Award Winner	2017
SSHRC Postdoctoral Scholarship (\$81,000 over 2 years)	2013-2015
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
SSHRC Canada Graduate Scholarship (CGS) Doctoral Scholarship (\$105,000 over 3 years)	2009-2012

SUMMARY OF SCHOLARLY DISSEMINATIONS

Papers in peer reviewed journals	92	Academic symposia organized	9
Papers under review in peer-reviewed journals	10	Invited talks to academic audiences	13
Book chapters	4	Invited presentations to non-academic audiences	10
Papers stemming from participation in large-scale collaborations/replication studies	7	Papers presented at academic conferences	50
Academic conferences organized	5	Posters presented at academic conferences	82

PUBLICATIONS

*indicates student or postdoctoral co-authors whom I supervised or co-supervised; †denotes joint first authorship.

Order of authorship is based on the contribution of the authors (does **not** follow a senior author last model).

Peer reviewed journal articles

1. *Thorne, T., **Milyavskaya, M.**, & Leduc-Cummings (2026). Individual differences in the variability of goal dimensions: A generalization of Kiendl et al (2025). *European Journal of Personality*.
2. Chun, N.Y.M., Simpson, A., Ntoumanis, N., Willis, C., **Milyavskaya, M.**, Budden, T. (in press). Exploring Goal Flexibility and Mental Health in University Students: A Qualitative Approach. *Stress and Health*.
3. Bürgler, S., **Milyavskaya, M.**, McMillan, G., Burns, R. J., Lally, P. & Gardner, B. (2026). What Makes a Habit? Investigating Potential Determinants of Habit Formation. *Personality and Social Psychology Bulletin*.
4. Wenzel, M., Friese, M., Hofmann, W., **Milyavskaya, M.**, Radtke, T., Saunders, B., Bernecker, K. (2026). Beyond Resistance: Understanding Trait Self-Control through Strategic Indulgence. *Social Psychological and Personality Science*.
5. **Milyavskaya, M.** & *Werner, K. (2026). An integrative model of goal pursuit. *Advances in Motivation Science*.
6. **Milyavskaya, M.**, *Thorne, T., *Sullivan, M., *Esselink, N. (2026). Goals across time frames and temporal landmarks: Do time of year and goal age influence goal perceptions? *Psychological Reports*.
7. *Thorne, T., *Leduc-Cummings, I., *Gennara, A., **Milyavskaya, M.**, *Harwood, M., *Kisil, C., *Micucci, S. (2025). Exploring Goal Change in Everyday Life. *Personality Science*.
8. *Soltendieck, R., **Milyavskaya, M.**, *Thorne, T., *Gennara, A. (2025). Investigating Goal Difficulty and Goal Motivation as Moderators of the Association Between Sleep Quality and Goal Progress. *Collabra: Psychology*.
9. Saunders, B., **Milyavskaya, M.**, More, K., Anderson, J. (2025). Food cravings are associated with increased self-regulation, even in the face of strong instigation habits: A longitudinal study of the transition to plant-based eating. *Applied Psychology: Health and Well-Being*
10. **Milyavskaya, M.**, *Thorne, T., *Sullivan, M. (2024). From Willpower to Strategies: Existing Insights and Outstanding Issues in Self-Control Strategy Use in Daily Life. *Current Opinion in Psychology*.
11. *Leduc-Cummings, I., **Milyavskaya, M.**, Howard, A., & Drapeau, M. (2024). Depressive Symptoms and Goal Pursuit: Between-Person and Reciprocal Within-Person Effects in a Multi-Wave Longitudinal Study. *Journal of Clinical Psychology*.
12. Atance, C., Dueck, K., Castro, A., Kamawar, D., **Milyavskaya, M.**, Gallito, E. (2024). The Effects of Cognitive and Environmental Factors on Children's Early Saving. *Cognitive Development*.
13. Howard, A. L., Lamb, M., Alexander, S. M., Bradley, A. H. M., Carnrite, K. D., **Milyavskaya, M.**, Barker, E. T., & Patrick, M. E. (2024). Planned and unplanned drinking to get drunk: A Registered Report examining

- willingness, drinking motives, and protective behavioral strategies using ecological momentary assessment. *Psychology of Addictive Behaviors*.
14. *Smyth, A., **Milyavskaya, M.**, Friese, M., Werner, K.M., Frech, M.-L., Loschelder, D., Anderson, J.A., Francis, Z., Inzlicht, Z., Kolbuszewska, M. & Wang, K. (2023). What constitutes successful goal pursuit? Exploring the relation between subjective and objective measures of goal progress and attainment. *Personality Science*.
 15. *McMillan, G., **Milyavskaya, M.**, & Burns, R. (2023). Behaviour change after context disruption: opportunities and pitfalls. *Social and Personality Psychology Compass*.
 16. Benita, M., Arbel, R., & **Milyavskaya, M.** (2023). Autonomous vs. Controlled Personal Goals Differentially Predict Goal Progress and Well-Being through Emotion Regulation Styles. *Motivation Science*.
 17. *Gennara, A., Peetz, J., & **Milyavskaya, M.** (2023). When more is less: Self-control strategies are seen as less indicative of self-control than just willpower. *Journal of Experimental Social Psychology*.
 18. Jerome, E., Kamawar, D., **Milyavskaya, M.**, & Atance, C. (2023). Preschoolers' saving: The role of budgeting and psychological distance. *Cognitive Development*.
 19. †Saunders, B., †**Milyavskaya, M.**, & Inzlicht, M. (2022). Self-regulation in the lab does not predict goal progress in the wild: Longitudinal evidence from ERPs, experience sampling, and goal progress. *Nature Communications*.
 20. *Leduc-Cummings, I., **Milyavskaya, M.**, Holding, A.C., Koestner, R., & Drapeau, M. (2022). All Goals Are Equal: No Interactions Between Depressive Symptoms and Goal Characteristics on Goal Progress. *Journal of Social and Clinical Psychology*. 41, 541-577.
 21. *Kolbuszewska, M., **Milyavskaya, M.**, & Anderson, J. (2022). Autonomous Motivation, Goal-Facilitating Behaviours, and Dietary Goal Progress in Individuals Transitioning to a Veg*n Diet: A Longitudinal Study. *Frontiers Psychology* (special topic on Reducing Consumption of Animal Products).
 22. *Leduc-Cummings, I., *Werner, K.M, **Milyavskaya, M.**, Dominick, J., Cole, S (2022). Experiencing obstacles during goal pursuit: The role of goal motivation and trait self-control. *Journal of Research in Personality*.
 23. *McMillan, G., & **Milyavskaya, M.** (2022). The case for social support as social assistance: when social means to personal goal pursuit enhance agency (invited commentary). *Psychological Inquiry*, 33, 46-53.
 24. **Milyavskaya, M.**, *Leduc-Cummings, I., *Carnrite, K., *Richards, C., *Yee, J. (2022). A Goal by Any Other Name: Effects of Different Goal Elicitation Methods on Goal Pursuit. *Personality Science*.
 25. Peetz, J., & **Milyavskaya, M.** (2021). A self-determination theory approach to predicting daily prosocial behavior. *Motivation & Emotion*, 45, 617-630.
 26. **Milyavskaya, M.**, Galla, B., Duckworth, A., & Inzlicht, M. (2021). More Effort, Less Fatigue: The Role of Interest in Increasing Effort and Reducing Mental Fatigue. *Frontiers Psychology*.
 27. Tabri, N., Werner, K. M., **Milyavskaya, M.**, & Wohl, M. J. A. (2021). Perfectionism predicts disordered eating and gambling via focused self-concept, especially among those high in erroneous beliefs about their disordered behavior. *Journal of Behavioral Addictions*, 10(3), 524-533.
 28. **Milyavskaya, M.**, Saunders, B., & Inzlicht, M. (2021). Strategic self-control in daily life: prevalence and effectiveness of diverse self-control strategies. *Journal of Personality*, 89, 634-651.
 29. *Levine, S., Tabri, N., & **Milyavskaya, M.** (2021). Trajectories of depression and anxiety symptoms over time in the transition to university: Their co-occurrence and the role of self-critical perfectionism. *Development and Psychopathology*.
 30. *Smyth, A. & **Milyavskaya, M.** (2021). Mindfully motivated: Brief mindfulness meditation enhances motivation towards personal goals but not an anagram task. *European Journal of Social Psychology*, 51, 758-772.
 31. Levine, S., **Milyavskaya, M.**, Powers, T.A., Holding, A.C., & Koestner, R. (2021). Autonomous motivation and support flourishes for individuals higher in collaborative personality factors: agreeableness, assisted autonomy striving and secure attachment. *Journal of Personality*, 89, 899-914.

32. Levine, S., Holding, A., **Milyavskaya, M.**, Powers, T., & Koestner, R. (2020). Collaborative autonomy: The dynamic relations between personal goal autonomy and perceived autonomy support in emerging adulthood results in positive affect and goal progress. *Motivation Science*.
33. *Smyth, A., *Werner, K.W., **Milyavskaya, M.**, Holding, A., & Koestner, R.(2020). Do mindful individuals set better goals? Investigating the relations between trait mindfulness, self-concordance, and goal progress. *Journal of Research in Personality*, 88.
34. Peetz, J., **Milyavskaya, M.** & Kammrath, L. (2020). How partner-satisfying decisions benefit relationships: An experience sampling study. *Personal Relationships*.
35. Peetz, J., **Milyavskaya, M.**, & Davydenko, M., (2020). When time on task is seen as a reward: Autonomous motivation increases preference for pursuing goals more often for less time. *Collabra: Psychology*, 6(1), 13.
36. Koestner, R., Powers, T.A., Holding, A., Hope, N., & **Milyavskaya, M.**, (2020). The relation of parental support of emerging adults' goals to well-being over time: The mediating role of goal progress and autonomy need satisfaction. *Motivation Science*, 6, 374–385.
37. *Levine, S., **Milyavskaya, M.**, & Zuroff, D. (2020). Perfectionism in the transition to university: Comparing diathesis-stress and downward spiral models of depressive symptoms. *Clinical Psychological Science*, 8, 52-64.
38. *Bagheri, L., & **Milyavskaya, M.** (2020). Novelty-variety as a candidate basic psychological need: New evidence across three studies. *Motivation and Emotion*, 44, 32-53.
39. *Wang, K., & **Milyavskaya, M** (2020). Simple Pleasures: How Goal-Aligned Behaviours Relate to State Happiness. *Motivation Science*, 6(2), 156–163.
40. *Werner, K. M., *Smyth, A., & **Milyavskaya, M.** (2019). Do narcissists benefit from materialistic pursuits? Examining the relation between narcissistic tendencies, extrinsic values, and well-being. *Collabra: Psychology*, 5(1), 58.
41. *Werner, K. M., **Milyavskaya, M.**, *Klimo, R., *Levine, S. (2019). Examining the role of grit, self-control, and conscientiousness in predicting academic goal motivation: A commonality analysis. *Journal of Research in Personality*, 81, 168-175.
42. *Davydenko, M., *Werner, K.M., & **Milyavskaya, M.** (2019) Frozen goals: Identifying and defining a new type of goal. *Collabra:Psychology*, 5(1), 17.
43. *†Werner, K. & †**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, e12425.
44. *Levine, S., Green-Demers, I., *Werner, K., & **Milyavskaya, M.** (2019). Perfectionism in adolescents: Self-critical perfectionism as a unique predictor of depression across the school year. *Journal of Social and Clinical Psychology*, 38, 70-86.
45. **Milyavskaya, M.**, Berkman, E., & de Ridder, DTD (2019). The many faces of self-control: Articulating implicit assumptions and recommendations to deal with them. *Motivation Science*, 5, 79-85.
46. **Milyavskaya, M.**, Inzlicht, M., Johnson, T., & Larson, M. (2019). Reward sensitivity following boredom and depletion: A high-powered neurophysiological investigation. *Neuropsychologia*, 123, 159-168.
47. Saunders, B., **Milyavskaya, M.**, Etz, A., Randles, D., & Inzlicht, M. (2018). Reported self-control is not meaningfully associated with inhibition-related executive function: A Bayesian analysis. *Collabra: Psychology*, 4(1), 39. DOI: <http://doi.org/10.1525/collabra.134>.
48. *Francis, Z., **Milyavskaya, M.**, Lin, H., & Inzlicht, M. (2018). Development of a Within-Subject, Repeated-Measures Ego Depletion Paradigm: Inconsistent Results and Future Recommendations. *Social Psychology* 49(5), 271–286.
49. *Werner, K. & **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.

Cited as an example of how to write transparent papers in Gernsbacher, M.A. (2018). Writing Empirical Articles: Transparency, Reproducibility, Clarity, and Memorability. *Advances in Methods and Practices in Psychological Science*, online first.

50. **Milyavskaya, M.** & *Werner, K. (2018). Goal Pursuit: Current State of Affairs and Directions for Future Research. *Canadian Psychology*, 59, 163-175.
51. Tabri, N., *Werner, K. M., **Milyavskaya, M.**, & Wohl, M. J. A. (2018). When nothing but a win matters: Perfectionism predicts disordered gambling via financially focused self-concept. *Journal of Gambling Issues*, 252-267.
52. *Mills, D. J., **Milyavskaya, M.**, Mettler, J., & Heath, N. L. (2018). Exploring the Pull and Push Underlying Internet Gaming Disorder: A Self-Determination Theory Approach. *Personality and Individual Differences*, 135, 176-181.
53. Antunes-Alves, S., Vukovic, B., Kramer, U., **Milyavskaya, M.**, Dobson, K., & Drapeau, M. (2018). Therapist interventions and patient outcome: Addressing the common versus specific factor debate. *Archives of Psychiatry and Psychotherapy*, 3, 7-25.
54. **Milyavskaya, M.**, & Nadolny, D. (2018). Pursuit of health goals among American adults: prevalence, characteristics, and implications. *Journal of Health Psychology*, 23, 1350-1355.
55. **Milyavskaya, M.**, *Saffran, M., Hope, N., Koestner, R. (2018). Fear of Missing Out: Prevalence, dynamics, and consequences of experiencing FOMO. *Motivation and Emotion*, 42, 725-737.
56. *Levine, S., & **Milyavskaya, M.** (2018). Domain-specific perfectionism: An examination of perfectionism beyond the trait level and its link to well-being. *Journal of Research in Personality*, 74, 56-65.
57. Antunes-Alves, S., Vukovic, B., **Milyavskaya, M.**, Kramer, U., Dobson, K., & Drapeau, M. (2018): Investigating the effects of therapist accuracy in cognitive behavioural therapy for depression. *British Journal of Guidance & Counselling*, 46, 605-615.
58. *Mills, D. J., **Milyavskaya, M.**, Mettler, J., & Heath, N. L. & Derevensky, J. (2018). How do passion for video games and needs frustration explain time spent gaming? *British Journal of Social Psychology*, 57, 461-481.
59. *Mills, D. J., **Milyavskaya, M.**, Derevensky, J., & Heath, N. L. (2018). Gaming motivation and problematic gaming: The role of needs frustration. *European Journal of Social Psychology*, 48, 551-559.
60. *Levine, S., *Werner, K., *Capaldi, J., & **Milyavskaya, M.** (2017). Playing 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.
61. Carbonneau, N., & **Milyavskaya, M.** (2017). Your Goals or Mine? Women's Personal and Vicarious Eating Regulation Goals and their Partners' Perceptions of Support, Well-Being, and Relationship Quality. *Motivation and Emotion*, 41, 465-477.
62. *Leduc-Cummings, I., **Milyavskaya, M.**, & Peetz, J. (2017). Goal Motivation and the Subjective Perception of Past and Future Obstacles. *Personality and Individual Differences*, 109, 160-165.
63. **Milyavskaya, M.** & Inzlicht, M. (2017). What's so great about self-control? Examining the importance of self-control and temptation in predicting real-life depletion and goal attainment. *Social Psychological and Personality Science*, 8, 603-611.
64. Saunders, B., Lin, H., **Milyavskaya, M.**, & Inzlicht, M. (2017). The emotive nature of conflict monitoring: Consequences for motivation, control, and decision making. *International Journal of Psychophysiology*, 119, 31-40.
65. Lopez, R., **Milyavskaya, M.**, Hofmann, W., & Heatherton, T. (2016). Motivational and neural correlates of self-control of eating: A combined neuroimaging and experience sampling study in dieting female college students. *Appetite*, 103, 192-199.
66. Lekes, N., Houliort, N., **Milyavskaya, M.**, Hope, N. & Koestner, R. (2016). The role of intrinsic values for self-growth and community contribution at different life stages: Differentially predicting the vitality of college students and teachers over one year. *Personality and Individual Differences*, 98, 48-52.

67. *Werner, K. M., **Milyavskaya, M.**, *Foxen-Craft, E., Koestner, R. (2016). Some goals just feel easier: Self-concordance leads to goal progress through subjective ease, not effort. *Personality and Individual Differences*, 96, 237-242.
68. Hope, N., **Milyavskaya, M.**, Holding, A.C., & Koestner, R. (2016) The humble path to progress: Goal-specific aspirational content predicts goal progress and goal vitality. *Personality and Individual Differences*, 90, 99-107.
69. **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*, 109, 677-693.
70. Saunders, B., **Milyavskaya, M.**, & Inzlicht, M. (2015). What does cognitive control feel like? Effective and ineffective cognitive control is associated with divergent phenomenology. *Psychophysiology*, 52, 1205-1217.
71. **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.
72. Saunders, B., **Milyavskaya, M.**, & Inzlicht, M. (2015). Variation in cognitive control as emotion regulation (invited commentary). *Psychological Inquiry*, 26, 108-115.
73. *Harvey, B., **Milyavskaya, M.**, Hope, N., *Saffran, M., Powers, T.A., & Koestner, R. (2015). Affect variation across days of the week: Influences of perfectionism and academic motivation. *Motivation and Emotion*, 39, 521-530.
74. 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.
75. Koestner, R., Powers, T.A., **Milyavskaya, M.**, Carbonneau, N., & Hope, N. (2015). Goal internalization and persistence as a function of autonomous and directive forms of goal support. *Journal of Personality*, 83, 179-190.
76. **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.
77. **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.
78. 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.
79. 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.
80. **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.
81. **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.
82. Koestner, R., Powers, T.A., Carbonneau, N., **Milyavskaya, M.**, & Chua, S. (2012) Distinguishing autonomous and directive forms of goal support: Their effects on goal progress, relationship quality, and personal well-being. *Personality & Social Psychology Bulletin*, 38, 1609-1620.
83. 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.
84. **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.

85. **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.
86. 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.
87. 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.
88. **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.
89. **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.
90. 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.
91. **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.
92. 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.

Manuscripts under review and in revision

1. *Richard, E., *Esselink, N., *Thorne, T., **Milyavskaya, M.**, (under review). Goal Pursuit in ADHD: Investigating the Use and Effectiveness of Self-Control Strategies.
2. **Milyavskaya, M.**, *McMillan G, *Thorne T, *Gennara A, *Sullivan M, *Okigbo C, *Leistle H, & Peetz J. (under review). What predicts personal goal progress over time? A systematic review of individual differences, goal-specific characteristics, and social environments.
3. *Thorne, T., **Milyavskaya, M.**, Baig, M., Esselink, N., Richard, E.(revise & resubmit). Talking Yourself Forward or Holding Yourself Back: Self-Talk Styles as Predictors of Goal Progress and Well-Being
4. Bianchi, V., *Thorne, T., Kalokerino, E.K., Angelopoulos, F., & **Milyavskaya, M.** (under review). The Why Behind the How: Motives Predict Emotion Regulation Strategy Use in Everyday Life.
5. Budden, T., Allister, M., Ballard, T., **Milyavskaya, M.**, & Ntoumanis, N. (under review). Modeling the Dynamics of Goal Pursuit: A Scoping Review of Computational Approaches.
6. *Thorne, T., **Milyavskaya, M.**, Benita, M. (under review). From Regulation to Results: How Emotion Regulation Strategy Repertoire Helps Us Pursue Everyday Goals.
7. *Esselink, N., **Milyavskaya, M.**, Levitin, M., Gilead, M. (under review). Elaborating on Personal Goals: Impact on Goal Perceptions and Goal Progress.
8. Shiota, L. Jia, L. Becker., D., Bernecker, K., **Milyavskaya, M.** (in revision). Having Your Cake, and Eating it Too: A Proposed Alliance of Self-Regulation and Hedonic Pleasure.
9. *Thorne, T., **Milyavskaya, M.**, *Werner, K. M., *Leduc-Cummings, I., Saunders, B., Inzlicht, M. (in revision). The personal goal difficulty - progress paradox: Unraveling the role of self-efficacy on perceptions of goal difficulty.
10. *Werner, K., **Milyavskaya, M.**, Wang, C., *Levine, S., Koestner, R. (revise & resubmit). Context matters: Need frustration predicts self-critical perfectionism within domains and over time.
11. *Levine, S.L., **Milyavskaya, M.**, *Cohen, J., Mosewich, A.D. & Zuroff, D. (under review). Online journaling is associated with mental health benefits over time for students high in self-critical perfectionism.

-
12. *Werner, K. M., Sjästad, H., **Milyavskaya, M.**, Hofmann, W. (under review). Planning for success: Trait self-control predicts goal attainment through the use of implementation intentions.

Book chapters

1. **Milyavskaya, M.**, & *Sullivan, M. (forthcoming). Autonomous and Controlled Motivation in Personal Goal Pursuit. In E.R. Hirt (Ed). *Handbook of Motivation and Social Psychology*. Edward Elgar Publishing Ltd.
2. **Milyavskaya, M.**, & Inzlicht, M. (2018). Attentional and motivational mechanisms of self-control. In D. de Ridder, M. Adriaanse, and K. Fujita (Eds). *Handbook of Self-Control in Health & Well-Being*. Routledge.
3. Carbonneau, N., **Milyavskaya, M.**, & Lavigne, G. L. (2017). On health and appearance-oriented eating regulation goals: A look at personal and vicarious goals. In C. Pracana et M. Wang (Éds.), *Psychology Applications & Developments III*. Lisbonne, Portugal : inScience Press.
4. *Leduc-Cummings, I. *Werner, K. M., & **Milyavskaya, M.** (2017). Self-regulation. In V. Zeigler-Hill & T. Shackelford (Eds.), *Encyclopedia of Personality and Individual Differences*, Springer.

Large-scale collaborations/replication efforts

1. Tyner, A., Abaayo, A.L., Daley, M.,... *McMillan, G., **Milyavskaya, M.**,... Nosek, B., Errington, T.M. (2026). Investigating the replicability of the social and behavioral sciences. *Nature*.
2. Calderon, S. Mac Giolla, E., Asl, K.,... **Milyavskaya, M.**, ... Luke, T. J.,(2025). Effects of Psychological Distance on Mental Abstraction: A registered report of four tests of construal level theory. *Advances in Methods and Practices in Psychological Science*.
3. Phills, C., Miller, J. K., PhD, Buchanan, E. M., ...*Werner, K. M., *Wang, J., **Milyavskaya, M.**,...Kececs, Z. (2025). Multi-region investigation of ‘man’ as default in attitudes. *PLOS one*.
4. Chen, S-C., Szabelska, A., Chartier, C. R., Kececs, Z., Lynott, D., ...*Werner, K. M., *Wang, J., **Milyavskaya, M.**, ...Ropovik, I. (2025). Investigating Object Orientation Effects Across 18 Languages. *Current Psychology*.
5. Vohs, K., Schmeichel, B., Lohmann, S., Gronau, Q., Wagenmakers, E-J., Albarracin, D., ... *Capaldi, J., **Milyavskaya, M.**, *Shaw, M., *Werner, K. M. (2022). A multi-site, preregistered, paradigmatic test of the ego depletion effect. *Psychological Science*.
6. Hall, B. F., Wagge, J. R., Brandt, M. J., Chartier, C. R., Pfuhl, G., ...*Werner, K. M., *Charbel, R., *Johnson, C., **Milyavskaya, M.**, ... Grahe, J. E. (2024). Registered Replication Report: A Large Multilab Cross-Cultural Conceptual Replication of Turri et al. (2015). *Advances in Methods and Practices in Psychological Science*.
7. Tierney, W., Hardy, J. H., III., Ebersole, C. R., Viganola, D., Clemente, E. G., Gordon, M., Hooegeveen, S., Haaf, J., Dreber, A. , Johannesson, M., Pfeiffer, T., Huang, J. L., Vaughn, L. A., DeMarree, K.G., Igou, E., Chapman, H., Gantman, A., Vanaman, M., Wylie, J., Storbeck J., Andreychik, M. R., McPhetres, J., Culture and Work Morality Forecasting Collaboration, & Uhlmann, E. L. (in press). A creative destruction approach to replication: Implicit work and sex morality across cultures. *Journal of Experimental Social Psychology*. (Member of Forecasting Collaboration).

PRESENTATIONS

Chaired Symposia

1. Saunders , B. & **Milyavskaya, M.** (May 2024). *Advances in Self-Regulation and Goal Pursuit*. Speakers: A. Campbell; E. Marathia; T. Thorne; A. Holding. Symposium presented at the annual convention of the Association for Psychological Science, San Francisco, CA.
2. **Milyavskaya, M.** (May 2024). *Studying Personal Goals: What Do We Know, and Where Do We Go From Here?* Speakers: M. Milyavskaya, P. Gollwitzer, Y. Ecker, A. Holding; Moderator: A. Fishbach. Roundtable presented at the annual meeting of the Society for the Study of Motivation, San Francisco, CA.

3. Cole, S., & **Milyavskaya, M.** (February 2022). *Self-Control Beyond Inhibition: Use of Alternative Strategies in Real-World Settings*. Speakers: L. Williamson, S. Cole, *I. Leduc-Cummings, C. Baldwin. Symposium presented (virtually) at the SPSP Annual Conference, San Francisco, California.
4. Hennecke, M., & **Milyavskaya, M.** (May 2018). *Taking self-regulation outside of the lab: Individual differences and processes*. Speakers: D. De Ridder, M. Milyavskaya, M. Hennecke, J. Heckhausen. Symposium presented at the 10th annual meeting of the Society for the Study of Motivation
5. **Milyavskaya, M.**, & Wilkowski, B. (March 2018) *Self-Control in Daily Life*. Speakers : D. De Ridder, Z. Krizan. M. Milyavskaya, B. Wilkowski. Symposium presented at the SPSP Annual Conference, Atlanta, GA.
6. **Milyavskaya, M.** (May 2017). *Dynamics of personal goal pursuit*. Speakers: *K. Werner, J. Bélanger, *I. Leduc-Cummings, V. Brandstätter. Symposium presented at the 10th annual meeting of the Society for the Study of Motivation, and the 29th annual convention of the Association for Psychological Science, Boston, MA.
7. **Milyavskaya, M.** (May 2015). *Beyond effortful self-control: How metacognitions, timing, temptations, and incentives affect self-regulation*. Speakers: K. Fujita, M. Milyavskaya, H. Dai, L. Kahn. Symposium presented at the 27th annual convention of the Association for Psychological Science, New York, NY.
8. **Milyavskaya, M.** (Feb. 2014). *Desires, Behaviours and Goal Pursuit: Insights into Self-Regulation from Experience Sampling Research*. Speakers: M. Friese, M. Milyavskaya, R. Lopez, L. Rappaport. Symposium presented at the Society of Personality and Social Psychology (SPSP) Annual Conference, Austin, TX.
9. **Milyavskaya, M.**, & Sheldon, K. (Jan. 2012) *Novel Perspectives on Basic Psychological Needs*. Speakers : K. Sheldon, F. Philippe, M. Milyavskaya, R. Radel. Symposium presented at the SPSP Annual Conference, San Diego, CA.

Invited Talks

1. **Milyavskaya, M.** (December 2025). *Pursuing personal goals: The role of the individual, the goal, and the context*. Invited talk at the Pontificia Universidad Católica del Perú, Lima, Peru.
2. **Milyavskaya, M.** (July 2025). *Pursuing personal goals: considering the role of the individual, the goal, and the context*. Invited talk at the Institute for Positive Psychology & Education, Australian Catholic University, Sydney, Australia.
3. **Milyavskaya, M.** (February 2025). *Personality and Goal Pursuit*. Invited talk at the Personality Preconference of the Society for Personality and Social Psychology (SPSP), Denver, CO.
4. **Milyavskaya, M.** (September 2023). *Pursuing personal goals: Individual, contextual, and goal-specific predictors and mechanisms of successful goal pursuit*. Invited keynote at the 18th Conference of the Social Psychology Section of the German Psychological Society, Graz, Austria.
5. **Milyavskaya, M.** (February 2023). *Self-regulation as successful goal pursuit?* Invited talk presented at the Self and Identity pre-conference of the Society of Personality and Social Psychology, Atlanta, Georgia.
6. **Milyavskaya, M.** (August 2022). *What contributes to personal goal attainment? Investigating the predictors and mechanisms of successful goal pursuit*. Invited talk at National University of Singapore, Singapore.
7. **Milyavskaya, M.** (May 2022). *How can I attain my goals? Predictors and mechanisms of successful goal pursuit*. Invited talk at Tel Aviv University, Tel Aviv, Israel.
8. **Milyavskaya, M.** (May 2022). *How can I attain my goals? Predictors and mechanisms of successful goal pursuit*. Invited talk at Ben Gurion University, Beer Sheva, Israel.
9. **Milyavskaya, M.** (November 2019). *Motivation and self-regulation: how does want-to and have-to motivation lead to goal attainment?* Invited talk at Ohio State University, Columbus, Ohio, USA.
10. **Milyavskaya, M.** (March 2019). *Motivation and goal pursuit: Why are some goals more likely to be attained?* Invited talk at Waterloo University, Ontario, Canada.

11. **Milyavskaya, M.** (July 2018). *Motivation and self-regulation: Processes through which want-to and have-to motivation lead to goal attainment*. Invited talk at the Munich Symposium on Motivation, Munich University of Technology, Germany.
12. **Milyavskaya, M.** (May 2018). *Motivation and goal pursuit: Why are some goals more likely to be attained?* Invited talk at the California State University San Bernardino, California, USA.
13. **Milyavskaya, M.** (June 2017). *Motivation and goal pursuit: Why are some goals more likely to be attained?* Invited paper presented as part of the President's New Researcher Award Symposium at the 78th annual convention of the Canadian Psychological Association, Toronto, Canada.

Paper Presentations

1. **Milyavskaya, M.,** *Thorne, T., Benita, M. (May 2026). *Emotion Regulation and the Pursuit of Everyday Goals*. Paper presented at the Annual Conference of the Association for Psychological Science, Barcelona, Spain.
2. Hatton, C., **Milyavskaya, M.,** Kam, C., Presta, B., & Nunes, K. (June 2025). *Examining the Role of Attitudes Toward Violence in the Association Between Self-Control and Aggression*. Paper presented at the Canadian Psychological Association's Annual Convention, St. John's, NL.
3. *Thorne, T., **Milyavskaya, M.** (June 2024). *Exploring Music Emotion Regulation in Everyday Life: How is it Used and is it Effective?* Data Blitz presented at the 2024 Canadian Psychological Association Social and Personality Section Pre-Conference. Ottawa, Ontario. Canada.
4. *Thorne, T. & **Milyavskaya, M.** (May 2024). *Skillful emotion regulation predicts short and long term goal pursuit*. Paper presented at the Annual Conference of the Association for Psychological Science, San Francisco, CA.
5. **Milyavskaya, M.** & *Thorne, T. (February 2024). *Everyday Use of Music for Emotion Regulation: An Experience-Sampling Study*. Paper presented at the Annual Conference of the Society of Personality and Social Psychology, San Diego, CA.
6. **Milyavskaya, M.** (June 2023). *Internalizing new goals: Predictors and correlates of motivational trajectories over time*. Paper presented at 8th International Self-Determination Theory Conference, Orlando, Florida.
7. *Leduc-Cummings, I., *Werner, K., **Milyavskaya, M.,** Dominick, J., Cole, S. (February 2022). *Fewer Obstacles in Goal Pursuit: Setting up the Environment or Subjective Perception?* Paper presented virtually at the at the 23rd Annual Conference of the Society of Personality and Social Psychology, San Francisco, California.
8. *Leduc-Cummings, I., **Milyavskaya, M.,** *Carnrite, K., *Richards. C., *Yee, J. (July 2021). *Goal pursuit in the context of depression: How do depressive symptoms relate to different characteristics of goals?* Paper presented at the at the 7th International Positive Psychology Association world congress (Virtual).
9. **Milyavskaya, M.** (June 2021). *Proposing an integrative model of goal pursuit*. Paper presented at the at the 1st Life Improvement Science Conference (Virtual).
10. Dueck, K., Castro, A., Kamawar, D., **Milyavskaya, M.,** & Atance, C. M. (2021). *Factors associated with saving in early childhood*. Paper presented at the Annual Meeting of the Jean Piaget Society (Virtual).
11. *McMillan, G., Milyavskaya, M., & Burns, R. (February 2021). *Helpful Others in the Formation of Habits*. Paper presented at the at the 22nd Annual Conference of the Society of Personality and Social Psychology (Virtual).
12. Anderson, J., & **Milyavskaya, M.,** (June 2020). *Strategies and Motivations in New Vegans and Vegetarians: Findings from a Longitudinal Study*. Paper accepted at the Animal Advocacy Conference - Insights from the Social Sciences, Canterbury, UK (conference cancelled due to COVID).
13. *Levine, S., & **Milyavskaya, M.** (June 2020). *Domain-specific perfectionism: Perfectionism beyond the trait-level and its link to well-being*. Paper accepted at the 81st annual convention of the Canadian Psychological Association, Montreal, Canada (conference cancelled due to COVID).

14. *Werner, K. M., **Milyavskaya, M.**, & Koestner, R. (June 2019). *Motivational dynamics between romantic partners' goal pursuit*. Data blitz presented at the International Association for Relationship Research 2019 Mini-Conference, Ottawa, ON.
15. **Milyavskaya, M.** (May 2019). *Motivation and self-regulation: Processes through which autonomous and controlled motivation lead to goal attainment*. Paper presented at the 7th International Conference on Self-Determination Theory; Egmond aan Zee, Netherlands.
16. *Werner, K. M., **Milyavskaya, M.**, Inzlicht, M., & Hofmann, W. (May 2019). *The motivational mechanisms of self-control*. Paper presented at the 7th International Self-Determination Theory Conference, Egmond aan Zee, the Netherlands.
17. **Milyavskaya, M.**, Saunders, B., & Inzlicht, M. (March 2019). *Personality and neural correlates of strategy use in experiencing and resisting desires*. Paper presented at the International Convention of Psychological Science (ICPS), Paris, France.
18. *Werner, K. M., Hofmann, W., & **Milyavskaya, M.** (March 2019). *When is self-control necessary? Examining the motivational determinants of self-control*. Paper presented at the International Convention on Psychological Science, Paris, France.
19. *Werner, K. M., & **Milyavskaya, M.** (February 2019). *Integrating theories of goal pursuit*. Data blitz presented at the Motivation Science Pre-Conference at the 20th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
20. *Werner, K. M., & **Milyavskaya, M.** (July 2018). *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.
21. **Milyavskaya, M.** (May 2018). *Personality and self-regulation: Examining the association between trait Big 5 and in-the-moment desire and self-control*. Paper presented at the 11th Annual Meeting of the Society for the Study of Motivation, San Francisco, CA.
22. *Werner, K. M., & **Milyavskaya, M.** (May 2018). *The role of trait self-control in the uptake of brief interventions to enhance goal attainment*. Paper presented at the 30th Annual Meeting for the Association for Psychological Science, San Francisco, CA
23. Howard, A. L., Alexander, S., & Milyavskaya, M. (2018, May). *Self-control and drinking motives predict later same-day alcohol consumption in Canadian university students*. Paper presented at Development 2018: A Canadian Conference on Developmental Psychology, St. Catharines, ON
24. **Milyavskaya, M.** & *Werner, K. M. (April 2018). *Motivation and goal pursuit: Contrasting academic and non-academic domains*. Paper presented at the 2018 Annual Meeting for the American Educational Research Association, New York, NY.
25. **Milyavskaya, M.**, Saunders, B., & Inzlicht, M. (March 2018). *What strategies and justifications do people use in the face of tempting desires? An experience sampling study of self-regulation strategies*. Paper presented at the 19th Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.
26. **Milyavskaya, M.**, Inzlicht, M., & Larson, M. (July 2017). *Comparing boredom and depletion: A neurophysiological investigation*. Paper presented as data blitz presentation at the 18th General Meeting of the European Association of Social Psychology.
27. *Bagheri, L., **Milyavskaya, M.** (July 2017). *Can novelty-variety be considered a basic psychological need? A synthesis of theory and research*. Paper presented at the 5th World Congress on Positive Psychology (WCPP), Montreal, QC, Canada.
28. *Werner, K. M., & Milyavskaya, M. (June 2017). *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.
29. *Werner, K. M., **Milyavskaya, M.**, & Niemiec, C. P. (June 2017). *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 at the 78th annual convention of the Canadian Psychological Association, Toronto, Canada.
30. *Levine, S.L. & **Milyavskaya, M.** (June 2017). *The differential effects of personal standards and self-critical perfectionism on health behaviours during the transition to university*. Data blitz presentation at the 78th annual convention of the Canadian Psychological Association, Toronto, Canada.

31. *Mills, D. J., **Milyavskaya, M.**, Mettler, J., & Heath, N. L. (June 2017). *Pattern of gaming engagement in university students: exploring the role of needs frustration and obsessive passion*. Data blitz presentation at the 78th annual convention of the Canadian Psychological Association, Toronto, Canada.
32. *Bouhmouch, S., *Werner, K. M., *Cooligan, F., & **Milyavskaya, M.** (June 2017). *Bringing together motivation, flow and goal attainment: An experimental approach*. Data blitz presentation at the 78th annual convention of the Canadian Psychological Association, Toronto, Canada.
33. *Capaldi, J. S., *Werner, K. M., & **Milyavskaya, M.** (June 2017). *The dark side of confidence: Is there a negative impact of high self-efficacy on effort and performance?* Data blitz presentation at the 78th annual convention of the Canadian Psychological Association, Toronto, Canada.
34. **Milyavskaya, M.** & Berkman, E. (May 2017). *Misregulation by myopia? The overlooked paths to self-control*. Paper presented at the 10th Annual Meeting of the Society for the Study of Motivation, Boston, MA.
35. *Werner, K. & **Milyavskaya, M.** (May 2017). *The statistical hunger games: A Bayesian model comparison approach to comparing theories of goal pursuit in predicting goal attainment over time*. Paper presented at the 10th Annual Meeting of the Society for the Study of Motivation, Boston, MA.
36. *Leduc-Cummings, I. & **Milyavskaya, M.** (May 2017). *Motivation, goal attainment, and the subjective vs. objective experience of obstacles*. Paper presented at the 10th Annual Meeting of the Society for the Study of Motivation, Boston, MA.
37. *Werner, K. & **Milyavskaya, M.** (August 2016). *Exploring the relation between achievement aims and self-determined motivation on goal progress*. Paper presented at the International Conference on Motivation, Thessaloniki, Greece.
38. **Milyavskaya, M.** & *Werner, K. (May 2016). *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.
39. **Milyavskaya, M.**, & Inzlicht, M. (May 2015). *What's so great about self-control? Comparing the importance of self-control and temptation in predicting goal attainment*. Paper presented at the 27th annual convention of the Association for Psychological Science, New York, NY.
40. 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.
41. **Milyavskaya, M.**, & Koestner, R. (July 2014). *Seemingly effortless: Perceived ease of goal pursuit and obstacles encountered in autonomous goals*. Paper presented at the 17th General Meeting of the European Association of Social Psychology; Amsterdam, Netherlands.
42. **Milyavskaya, M.**, & Koestner, R. (Feb. 2014). *Feeling conflicted: Experiences of conflict and depletion in autonomous and controlled goals*. Paper presented at the 15th Annual Conference of the Society of Personality and Social Psychology; Austin, TX.
43. **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.
44. **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.
45. **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.
46. **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 13th Annual Conference of the Society of Personality and Social Psychology; San Diego, CA.

47. **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.
48. Koestner, R., Powers, T., & **Milyavskaya, M.,** (July 2011). *Distinguishing Autonomous and Directive Forms of Goal Support*. Paper presented at the 6th Self Biennial International Conference; Quebec City, QC.
49. **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 at the 72nd Annual Convention of the Canadian Psychological Association; Toronto, ON.
50. **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; Montreal, QC.
51. 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

1. *Sullivan, M., *Frank, B., & **Milyavskaya, M.** (July 2026) *Intrinsic versus Extrinsic Aspirations and Well-Being: Evaluating the Robustness of 30 Years of Research Using Z-Curve*. Poster presented at the 9th International Self Determination Theory Conference, Geneva, Switzerland.
2. *Esselink, N., & **Milyavskaya, M.** (July 2026) *ADHD and Motivation Quality for Personal Goals*. Poster presented at the 9th International Self Determination Theory Conference, Geneva, Switzerland.
3. *Thorne, T., & Milyavskaya, M. (July 2026) *Self-Talk Styles and Need-Satisfying Interpretations Across Personal Goals*. Poster presented at the 9th International Self Determination Theory Conference, Geneva, Switzerland.
4. *Shevtsova, A., Jimenez Garcia, J., **Milyavskaya, M.** (2026). *Data Physicalization Design for Supporting Self-Regulation Strategies in Bedtime Procrastination among Canadian Youth*. Poster presented at the HCI International Conference.
5. Al-Zehhawi, A., Gunnell, K. E., *Thorne, T., **Milyavskaya, M.,** Burns, R. (June 2026). *The Role of Subjective and Objective Sleep Indicators in Predicting Students' Momentary Psychological Needs Experiences: A Multilevel, One-Week Experience Sampling Study*. Poster presented at the Canadian Psychological Association, Montreal, QC, Canada
6. *Thorne, T., *Sullivan, M. *Frank, B., **Milyavskaya, M.** (May 2026). *The Meaning Behind Effort: Potential Mechanisms and Moderators*. Poster presented at the Society for the Science of Motivation 2026 Conference, Barcelona, Spain.
7. *Esselink, N., **Milyavskaya, M.,** & *Leduc-Cummings, I. (May 2026). *Autonomous Motivation Variability and Goal Progress*. Poster presented at the Society for the Science of Motivation 2026 Conference, Barcelona, Spain.
8. Gunnell, K. E., **Milyavskaya, M.,** Burns, R., *Thorne, T., Al-Zehhawi, A. & Hives, B. (2025). *When satisfaction and frustration coexist: Effects on mental health and accelerometer-assessed exercise*. Poster presented at the annual meeting of the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS; PEI 2025)
9. *Sullivan, M., **Milyavskaya, M.,** & McCabe, K. O. (June 2025). *Personality-goal fit: Do people make more progress on personality-aligned goals?* Poster presented at the Association for Research in Personality Biennial Conference, Evanston, IL, United States.
10. *Esselink, N., **Milyavskaya, M.,** Levitin, M., Gilead, M. (May 2025). *Impact of elaborating personal goals on perceptions and progress*. Poster presented at the Annual Conference of the Association for Psychological Science (APS), Washington, D.C., United States

11. *Thorne, T. & **Milyavskaya, M.** (May 2025). *The inner game of academia*. Poster presented at the APS 2025 Annual Convention, Washington, D.C., United States.
12. *Sullivan, M., & **Milyavskaya, M.** (May 2025). *Invested in goal pursuit: University students spend more than half their time pursuing personal goals*. Poster presented at the APS 2025 Annual Convention, Washington, D.C., United States.
13. *Esselink, N., **Milyavskaya, M.**, *Richard, E. (May 2025). *ADHD and Goal Pursuit from a Self-Determination Theory Perspective*. Poster presented at the Society for the Science of Motivation 2025 Conference, Washington, D.C., United States
14. *Thorne, T. **Milyavskaya, M.**, (May 2025). Poster presented at the Society for the Science of Motivation 2025 Conference, Washington, D.C., United States
15. *Sullivan, M., Milyavskaya, M., & McCabe, K. O. (May 2025). *The role of personality in goal pursuit: Examining trait-goal alignment and its implications for progress*. Poster presented at the 17th Annual Meeting of the Society for the Science of Motivation, Washington, D.C., United States.
16. *Thorne, T. **Milyavskaya, M.** (February 2025). *The Personal Goal Difficulty - Progress Paradox: Unraveling the Role of Self-Efficacy on Perceptions of Goal Difficulty*. Poster presented at the Society for Personality and Social Psychologists 2025 Annual Convention. Denver, Colorado. USA
17. *Thorne, T., **Milyavskaya, M.** (November 2024). *Do our goals have a future? How challenge and threat perceptions of obstacles spur reevaluation of personal goals and influence effort*. Poster presented at the Psychonomic society 65th Annual Meeting. New York City, New York. USA.
18. *Thorne, T., **Milyavskaya, M.** (June 2024). *Savouring While Procrastinating? The Effects on Emotions and Goal Progress*. Poster presented at the annual conference of the Canadian Psychological Association, Ottawa, Canada.
19. *Sullivan, M., *Petrova, P., & **Milyavskaya, M.** (May 2024). *Openness to Experience Moderates the Relationship Between Goal Progress and Well-Being*. Poster presented at the Annual Conference of the Association for Psychological Science (APS); San Francisco, California.
20. *Gunpat, B. & **Milyavskaya, M.** (May 2024). *Predicting Need Satisfaction and Need Frustration Across Domains of Leisure, Work, and Relationships from Psychological Engagement*. Poster presented at the Society for the Science of Motivation 2024 Conference; San Francisco, CA.
21. *Thorne, T., *Leduc-Cummings, I., *Gennara, A., Milyavskaya, M., *Harwood, M., *Kisil, C., *Micucci, S. (May 2024). *Exploring Goal Change in Everyday Life*. Poster presented at the Society for the Science of Motivation 2024 Conference; San Francisco, CA.
22. *Gunpat B. & **Milyavskaya, M.** (May 2024). *Adapting the Job Engagement Scale to Leisure and Relationship Domains for Psychological Engagement during Goal Pursuit*. Poster presented at the Annual Conference of the Association for Psychological Science (APS); San Francisco, California.
23. *Sullivan, M., & Milyavskaya, M. (May 2024). *The Big Five Personality Traits: Predictors of Goal Conflict?* Poster presented at the Society for the Science of Motivation 2024 Conference; San Francisco, CA.
24. *Thorne, T., **Milyavskaya, M.** (May 2023). *The Perceived Goal Difficulty - Achievement Paradox: The Role of Goal Competence*. Poster presented at the 8th International Self-Determination Theory Conference. Orlando, Florida. USA
25. *Leduc-Cummings, I., **Milyavskaya, M.** (May 2023). *Does Motivation Moderate the Relationship Between Depressive Symptoms and Goal Progress?* Poster presented at the 8th International Self-Determination Theory Conference. Orlando, Florida. USA
26. *Gennara, A., & **Milyavskaya, M.** (February 2023). *The Effect of Motivation and Nudging on Undergraduates' Studying Time*. Poster presented at the 24th annual conference of the Society for Personality and Social Psychology (Atlanta, Georgia).
27. *Thorne, T., *Amali, S. & **Milyavskaya, M.** (February 2023). *Negative Affect and Emotion Regulation Strategies: Impact on Everyday Goal Pursuit*. Poster presented at the 24th annual conference of the Society for Personality and Social Psychology (Atlanta, Georgia).

28. *Gennara, A., *McMillan, G., **Milyavskaya, M.** (February 2022). *The role of goal self-concordance in predicting the accessibility and strength of obstacle-behaviour associations of interpersonal and health goals.* Poster presented (virtually) at the 23rd annual conference of the Society for Personality and Social Psychology.
29. *Kolbuszewska, M., Anderson, J., & **Milyavskaya, M.** (May 2021). *Autonomous Motivation, Goal-Facilitating Behaviours, and Dietary Goal Progress in Individuals Transitioning to a Veg*n Diet: A Longitudinal Study.* Poster presented (virtually) at the 13th annual meeting of the Society for the Science of Motivation.
30. *McMillan, G., *Werner, K., *Svoboda, R., & **Milyavskaya, M.** (May 2021). *The why of academic goals, perceived task values, and relation to academic goal pursuit.* Poster presented (virtually) at the 13th annual meeting of the Society for the Science of Motivation.
31. *Leduc-Cummings, I., **Milyavskaya, M.**, Holding, A., & Koestner, R. (February 2021). *The Moderating Role of Depressive Symptoms in the Relationship between Goal Characteristics and Goal Progress.* Poster presented (virtually) at the 22nd annual conference of the Society for Personality and Social Psychology.
32. Wu, R., Werner, K., McMillan, G., & **Milyavskaya, M.** (February 2021). *The relation between motivation and self-licensing during goal pursuit.* Poster presented (virtually) at Motivation Science preconference of the 22nd annual conference of the Society for Personality and Social Psychology.
33. *Carnrite, K., **Milyavskaya M.**, *Leduc-Cummings I., *Richards, C., & *Yee, J. (May, 2020). *The effects of personality on goal perceptions and quantity.* Poster presented (virtually) at the Interdisciplinary Conference in Psychology, Ottawa, ON.
34. *Yee, J., **Milyavskaya M.**, *Leduc-Cummings I., *Carnrite, K., & *Richards, C. (May, 2020). *Relation between big five personality traits and autonomous and controlled motivation.* Poster presented (virtually) at the Interdisciplinary Conference in Psychology, Ottawa, ON.
35. *Leduc-Cummings I., **Milyavskaya M.**, *Werner, K., Kline, J., & Cole, S. (February, 2020). *Trait self-control and effortless goal pursuit: Looking at how individuals set up obstacles in their environment.* Poster presentation at the 21st annual conference of the Society for Personality and Social Psychology, New Orleans, Louisiana.
36. *Cohen, J., **Milyavskaya, M.**, & *Werner, K. (February. 2020). *Perfectionism, Work Motivation, and Goal-Cognitions.* Poster presentation at the 21st annual conference of the Society for Personality and Social Psychology, New Orleans, Louisiana.
37. *Smyth, A. & **Milyavskaya, M.** (February 2020). *Can mindfulness meditation enhance motivation towards personal goals?* Poster presentation at the 21st annual conference of the Society for Personality and Social Psychology, New Orleans, Louisiana.
38. *Leduc-Cummings, I., **Milyavskaya, M.**, Kline, J., & Cole, S. (May 2019). *Motivation and obstacles in goal pursuit: Does motivation influence how people set up their environment, or how they perceive it?* Poster presented at the 7th International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
39. *Smyth, A., *Werner, K. M., & **Milyavskaya, M.** (May 2019). *Mindfulness and self-concordant goal setting.* Poster presented at the 7th International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
40. *Cohen, J., *Werner, K. M., *Levine, S., & **Milyavskaya, M.** (May 2019). *Understanding the relation between need satisfaction, need frustration, and perfectionism across domains.* Poster presented at the 7th International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
41. *Wang, K., *Werner, K. M., & **Milyavskaya, M.** (May 2019). *Exploring how parental conditional regard is associated with psychological needs satisfaction and frustration.* Poster presented at the 7th International Conference on Self-Determination Theory, Egmond aan Zee, the Netherlands.
42. Dueck, K., Aubin, E., Castro, A., Jerome, E., Kamawar, D., **Milyavskaya, M.**, & Atance, C. (March 2019) *The Effect of Verbal Prompts on Children's Saving Behavior in a Novel Token-Based Task.* Poster presented at the 2019 Biannual meeting of the Society for Research on Child Development (SRCD), Baltimore, MD, USA.

-
43. *Werner, K. M., Hofmann, W., & **Milyavskaya, M.** (February 2019). *Motivation and the perception of desire*. Poster presented at the 20th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
 44. *Smyth, A., Werner, K. M., & **Milyavskaya, M.** (February 2019). *Basic psychological needs satisfaction mediates the relationship between mindfulness and an intrinsic value orientation*. Poster presented at the 20th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
 45. *Wang, K. & **Milyavskaya, M.** (February 2019). *Wisdom Lingers: Examining Whether Basic Psychological Need Satisfaction Is Associated with Wise-Reasoning*. Poster presented at the 20th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
 46. *Levine, S. & **Milyavskaya, M.** (February 2019). *Examining the Relation Between Perfectionism and Mental Health Outcomes During the Transition to University: A Diathesis-Stress Model*. Poster presented at the 20th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
 47. *Smyth, A., Werner, K. M., & **Milyavskaya, M.** (February 2019). *Mindfulness and self-concordant goal setting*. Poster presented at the Motivation Science Pre-Conference at the 20th Annual Conference of the Society of Personality and Social Psychology, Portland, OR.
 48. *Wang, K. & **Milyavskaya, M.** (May 2018). *Let Health be Thy Medicine: Exploring Whether Self-Care Behaviours Can Predict Progress on Personal Goals*. Poster presented at the Association for Psychological Science Annual Convention; San Francisco, CA, USA
 49. *Leduc-Cummings, I., **Milyavskaya, M.**, Werner, K., Kline, J., & Cole, S. (May 2018). *Obstacles in goal pursuit: The influence of motivation on how individuals set up their environment*. Poster presented the 11th Annual Meeting of the Society for the Science of Motivation, San Francisco, CA.
 50. *Levine, S.L. & **Milyavskaya, M.** (May 2018). *The differential influence of personal standards and self-critical perfectionism on mental health during the transition to university*. Poster presented at the Association for Psychological Science Annual Convention; San Francisco, CA.
 51. *Levine, S.L., *Werner, K.M., *Klimo, R. & **Milyavskaya, M.** (May 2018). *Examining the role of grit, self-control, and conscientiousness in predicting academic goal motivation*. Presented at the Society for the Study of Motivation Meeting; San Francisco, CA.
 52. *Wang, K. & **Milyavskaya, M.** (March 2018). *Simple Pleasures: Goal Alignment in Everyday Activities is Associated with State Happiness*. Poster presented at SPSP Annual Conference; Atlanta, GA, USA
 53. *Werner, K. & **Milyavskaya, M.** (March 2018). *Do Narcissists Benefit from Materialistic Pursuits?: A High-Powered Replication and Extension of Abeyta, Routledge, and Sedikides (2017)*. Poster presented at the 19th Annual Conference of the Society of Personality and Social Psychology, Atlanta, GA.
 54. *Cooligan, F., *Werner, K. M., Klimo, R., & **Milyavskaya, M.** (Sept. 2017). *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.
 55. *Mills, D. J., **Milyavskaya, M.**, Mettler, J., & Heath, N. L. (Aug. 2017). *Exploring the associations among needs frustration, problematic gaming and subjective well-being*. Poster presented at the Annual Conference of the American Psychology Association, Washington, DC.
 56. *Leduc-Cummings, I. & **Milyavskaya, M.** (July 2017). *The Influence of Motivation on the Subjective vs. Objective Experience of Obstacles that Interfere with Goal Pursuit*. Poster presented at the 5th World Congress on Positive Psychology (WCPP), Montreal, QC, Canada.
 57. *Leduc-Cummings, I. & **Milyavskaya, M.** (July 2017). *Obstacles in goal pursuit: Does motivation influence how people set up their environment?* Poster presented at the 18th General Meeting of the European Association of Social Psychology, Granada, Spain.
 58. *Werner, K. M. & **Milyavskaya, M.** (May 2017). *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.

-
59. *Levine, S.L., Green-Demers, I. & **Milyavskaya, M.** (May 2017). *The differential influence of perfectionism on depression and anxiety in adolescents*. Poster presented at the 29th Annual Convention of the Association for Psychological Science; Boston, MA.
 60. *Levine, S.L. & **Milyavskaya, M.** (May 2017). *Is it important, is it me? The influence of trait and domain-specific motivation on domain importance and inclusion in identity*. Poster presented at the 10th Annual Meeting for the Society for the Study of Motivation, Boston, MA.
 61. *Harrison, S., *Levine, S.L. & **Milyavskaya, M.** (May 2017). *Does self-critical perfectionism lead to depression during the transition to university? Investigating self-efficacy beliefs and coping strategies as mediators*. Poster presented at the Interdisciplinary Conference in Psychology, Ottawa, ON.
 62. *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.
 63. *Capaldi, J. S., *Werner, K. M., *Levine, S. L., & **Milyavskaya, M.** (Jan. 2017). *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.
 64. *Bagheri, L., & **Milyavskaya, M.** (Jan. 2017). *Lacking novel experiences: Experimentally contrasting effects of novelty-variety and other basic psychological needs on well-being*. Poster presented at the 18th Annual Conference of the Society of Personality and Social Psychology, San Antonio, TX.
 65. *Bagheri, L., & **Milyavskaya, M.** (June 2016). *Testing Novelty-Variety as a candidate psychological need*. Poster presented at the 6th International Conference on Self-Determination Theory; Victoria, BC.
 66. *Leduc-Cummings, I., & **Milyavskaya, M.** (June 2016). *Subjective Perception of Past and Future Obstacles*. Poster presented at the 6th International Conference on Self-Determination Theory; Victoria, BC.
 67. *Werner, K., Niemiec, C., *Klimo, R., & **Milyavskaya, M.** (June 2016). *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 Conference on Self-Determination Theory; Victoria, BC.
 68. *Bagheri, L., & **Milyavskaya, M.** (January 2016). *Situational and interpersonal variation in psychological need satisfaction and its relation to well-being*. Poster presented at the 17th annual meeting of the Society of Personality and Social Psychology, San Diego, CA.
 69. **Milyavskaya, M.** & Inzlicht, M. (Feb. 2015). *Is Effort Always Aversive? How Interest Trumps Conservation of Effort and Leads to Increased Energy*. Poster presented at the 16th annual meeting of the Society of Personality and Social Psychology, Long Beach, CA.
 70. *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 presented at the 16th annual meeting of the Society of Personality and Social Psychology, Long Beach, CA.
 71. Saunders, B., **Milyavskaya, M.** & Inzlicht, M. (Feb. 2015). *What does self-control feel like? A neurophysiological investigation*. Poster presented at the 16th annual meeting of the Society of Personality and Social Psychology, Long Beach, CA.
 72. 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.
 73. **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 14th annual meeting of the Society of Personality and Social Psychology, New Orleans, LA.
 74. 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 14th annual meeting of the Society of Personality and Social Psychology, New Orleans, LA.

75. **Milyavskaya, M.,** & Koestner, R. (May 2012). *Domain psychological need satisfaction as antecedent of setting autonomous goals in important life domains*. Poster presented at the 5th Annual Meeting of the Society for the Study of Motivation and the 24th Annual Conference of the Association for Psychological Science (APS) ; Chicago, IL
76. *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 72nd annual convention of the Canadian Psychological Association, Toronto, ON.
77. **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 12th annual meeting of the Society of Personality and Social Psychology, San Antonio, TX.
78. 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 12th annual meeting of the Society of Personality and Social Psychology, San Antonio, TX.
79. **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.
80. **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.
81. **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 70th annual convention of the Canadian Psychological Association, Montreal, QC.
82. **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 2nd Annual Meeting of the Society for the Study of Motivation (SSM); San Francisco, CA.
83. **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 10th annual meeting of the Society of Personality and Social Psychology, Tampa, FL.
84. **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.
85. **Milyavskaya, M.,** Gagnon, H., Taylor, G., & Koestner, R. (June 2008) *High School Students' Need Satisfaction at School and at Work: The Balance of Need Satisfaction Across Contexts Predicts Drop Out Intentions*. Poster presented at the 69th annual convention of the Canadian Psychological Association, Halifax, NS.
86. **Milyavskaya, M.,** *Litwin, R., & Koesnter, R. (May 2008). *Friend or foe? Priming autonomy supportive and controlling significant others*. Poster presented at the 1st Meeting of the Society for the Study of Motivation; Chicago, IL.
87. Baccus, J.R., **Milyavskaya, M.,** & Baldwin, M.W. (Jan. 2006). *Conditioning Self-Esteem in Children and Adolescents*. Poster presented at the 7th annual meeting of the Society of Personality and Social Psychology, Palm Springs, CA.

Invited presentations & workshops with non-academic audiences

1. *Motivation for charitable giving*. Canvassers and staff for the Jewish Federation of Ottawa, September 8, 2025.
2. *Are We Slaves to Our Habits? How to Break Old Habits to Achieve Your Goals*. JET Women's Network Ottawa. March 23, 2025.
3. *Goal Pursuit and Attainment*. Webinar presented as part of Carleton University's Healthy Workplace program. January 22, 2024.

4. *How to set and pursue goals*. Workshop presented to middle school students (Grades 6-8) at the Ottawa Jewish Community School. October 23, 2023.
5. *Setting goals*. Workshop presented to grade 3 students at the Ottawa Jewish Community School. January 27, 2021
6. *Goal Pursuit and Habits – Setting Yourself Up for Success*. Workshop presented for Carleton University's Healthy Workplace. June 9, 2020.
7. *Perfectionism and mental health*. Seminar presented to staff and interns at the FITA (From Intention to Action) program. February 10, 2020.
8. *Learn How to Improve Your Goal Pursuit Strategies*. Workshop presented to FASS graduate TAs (co-presented with graduate student Jessica Cohen). February 11, 2020.
9. *Perfectionism and its relation to mental health*. Seminar presented as part of Carleton University's Healthy Workplace lunchtime series. January 15, 2020.
10. *Goal Pursuit and Attainment*. Seminar presented as part of Carleton University's Healthy Workplace lunchtime series. April 5, 2016.
11. *Goal pursuit and self-regulation: The science of enhancing goal attainment for ourselves and others*. Webinar presented for members of the Neuroleadership Institute. June 1, 2017.
12. *Supporting goal pursuit*. Talk presented as part of training session for peer mentors at Carleton University's Centre for Initiatives in Education. September 16, 2016.
13. *Goal Pursuit and Attainment*. Seminar presented as part of Carleton University's Healthy Workplace lunchtime series. April 5, 2016.

TEACHING

Courses taught

Department of Psychology, Carleton University

- Motivation and Emotion (PSYC3405, undergraduate) **Fall 2022, 2023, 2024, 2025; Winter 2024**
- Honours seminar in personality psychology (PSYC3600A, undergraduate year-long course) **2024-2025**
- Clinical Psychology Seminar (PSYC4333, undergraduate) **Winter 2021, 2023**
- Special topics: Clinical Psychology (PSYC4001, undergraduate) **Winter 2020**
- Honours seminar in social psychology (PSYC3100A, undergraduate year-long course) **2018-2020**
- Special topics: Goal pursuit and self-regulation (PSYC4800; undergraduate) **Winter 2018, 2019, 2023, 2024**
- Special topics: Goal pursuit and self-regulation (PSYC5800; graduate) **Fall 2016, Winter 2019, 2023**
- Special topics: Behaviour Change (PSYC5800; graduate) **Fall 2023**
- Introduction to Health Psychology (PSYC2301; undergraduate) **Fall 2015, 2017; Winter 2016, 2017**
- Research Methods in Psychology (PSYC2001; undergraduate) **Fall 2015, Fall 2020, Winter 2021, Summer 2021**

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**

Supervision of student research

Graduate students (13 MA students, 4 PhD students)

Current

Michael Sullivan-Royston (2025-present). PhD Thesis, Carleton University.

Nick Esselink (2024-present). Masters Thesis, Carleton University.

Hannah Leistle (2024-present). Masters Thesis, Carleton University.

Tyler Thorne (2024-present). PhD Thesis, Carleton University.

Completed

Michael Sullivan-Royston (2023-2025). *Personality-Goal Fit: Benefits and Consequences of Aligning Personality Traits and Personal Goals*. Masters Thesis, Carleton University.

Brittany Gunpat (2023-2025). *Psychological Need Satisfaction and Engagement in Leisure and Work Domains*. Masters Thesis, Carleton University.

Tyler Thorne (2022-2024). *Does Emotion Regulation Help Us Pursue Our Goals? Adaptive and Maladaptive Strategy Use and Everyday Goal Progress*. Masters Thesis, Carleton University.

Anamarie Gennara (2021-2023). *Understanding and Measuring Perceived Productivity*. Masters Thesis, Carleton University.

Isabelle Leduc-Cummings (2017-2023). *Associations Between Depressive Symptoms, Goal Characteristics, and Goal Progress*. PhD Thesis, McGill University (primary supervisor).

Aidan Smyth (2018-2020). *Investigating the Effects of Mindfulness Meditation on Motivation*. Masters Thesis, Carleton University.

Jessica Cohen (2018-2021). *Perfectionism, Goal Pursuit, and Work-Related Outcomes: A Self-Determination Theory Perspective*. Masters Thesis, Carleton University.

Kelly Wang (2017-2020). *Exploring Self-Care and Its Associations with Burnout, Vitality, and Academic Goal Achievement in University Students*. Masters Thesis, Carleton University.

Kaitlyn Werner (2015-2019). *The determinants of successful goal pursuit*. PhD Thesis, Carleton University.

Shelby Levine (2016-2018). *The Differential Influence of Personal Standards and Self-critical Perfectionism on Mental Health in Students Transitioning to University: A Longitudinal Analysis with Latent Growth Curve Trajectories*. Masters Thesis, Carleton University.

Isabelle Leduc-Cummings (2015-2017). *Goal motivation and the subjective perception of past and future obstacles*. Masters Thesis, McGill University (primary supervisor).

Leyla Bagheri (2015-2017). *Psychological Need Satisfaction and the Importance of Variety-Novelty*. Masters Thesis, Carleton University.

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).

Post-doctoral fellows

Gail McMillan (2019-2021).

Visiting Students

Ryan Svoboda, PhD, Northwestern University School of Education and Social Policy (2017).

Undergraduate students

Primary supervisor: 31 honours students, 2 independent study students (Carleton University)

Co-supervisor: 3 honours students (Carleton University); 13 honours students, 5 independent study students (McGill University)

PROFESSIONAL SERVICE

Society for the Science of Motivation (SSM) Member-at-Large 2017-2019; 2025- present

Social Sciences and Humanities Research Council of Canada (SSHRC) Partnership Engage Grant 2025
Review Committee Member

Social Sciences and Humanities Research Council of Canada (SSHRC) Insight Grant
Review Committee Member 2017, 2024

Co-Instructor; Summer Institute in Social and Personality Psychology 2-week intensive graduate course on self-regulation and goal pursuit	July 2023
Professional Development Committee Member Society of Personality and Social Psychology (SPSP)	2019-2023
Motivation Science Pre-Conference Co-Chair Society of Personality and Social Psychology (SPSP)	2018-2019; 2025
Self-regulation Pre-Conference Co-Chair Society of Personality and Social Psychology (SPSP)	2016, 2017
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 Social Psychology Network (SPN) - Represent student interests on SPN Advisory Board	2012-2013
Graduate Student Committee Past President Society of Personality and Social Psychology (SPSP)	2012-2013
SPSP Pre-Conference on Innovative Methods Co-Chair	2012
Graduate Student Committee President Society of Personality and Social Psychology (SPSP)	2011-2012
Graduate Student Committee Member-at-Large Society of Personality and Social Psychology (SPSP)	2009-2010

Editorial and review

Editorial Board, <i>Journal of Personality and Social Psychology: Personality Processes and Individual Differences</i>	2021-present
Section Editor, Emotion & Motivation Section, <i>Social and Personality Psychology Compass</i>	2019-2024
Editorial Board, <i>Motivation Science</i>	2019-present
Journal peer reviewer : Collabra:Psychology; European Journal of Health Psychology; European Journal of Personality; Journal of Experimental Psychology: General; Journal of Experimental Social Psychology; Journal of Personality; Journal of Personality and Social Psychology; Journal of Research in Personality; Journal of Happiness; Motivation and Emotion; Motivation Science; Nature Reviews Psychology; Personality and Social Psychology Bulletin; Psychological Bulletin; Psychological Science; Social Psychology.	
Grant Peer reviewer: Social Sciences and Humanities Research Council of Canada; National Science Center, Poland; Swiss National Science Foundation; Israel Science Foundation; National Science Foundation (USA); Templeton.	
External PhD Examiner: Université de Grenoble Alpes (x2); Dalhousie; University of Ottawa; University of Toronto.	

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