

## **CURRICULUM VITAE**

### **Prof. Dr. Marie Hennecke**

#### **PERSONAL INFORMATION**

Work address: University of Siegen  
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#### **RESEARCH INTERESTS**

Self-Regulation, Goal Pursuit, Motivation, Personality Development, Health, Wellbeing

#### **POSITIONS AND RESEARCH STAYS**

Since 02/2019	Professor (with tenure) at the University of Siegen, Germany
02/2013 – 12/2018	Oberassistentin (equivalent to Assistant Professor, non-tenure track), Department of Psychology, University of Zurich, Switzerland
03/2012 – 01/2013	Post-Doc, Department of Psychology and Frank Batten School of Leadership and Public Policy, University of Virginia, Charlottesville, VA
03/2012	Research stay at the Division of Psychology and Language Sciences, University College, London, UK
03/2011 – 02/2012	Post-Doc, Department of Psychology, University of Zurich, Switzerland
09/2010 – 02/2011	Research stay at the Department of Psychology, University of Virginia, Charlottesville, VA
09/2007 – 08/2010	PhD student at the Department of Psychology, University of Zurich, Switzerland
02/2007 – 08/2007	Teaching assistant, Department of Psychology, University of Zurich, Switzerland

**EDUCATION**

- 03/2011 Dr. phil. in Psychology (*summa cum laude*), University of Zurich, Switzerland  
(Advisor and first referee: Prof. Dr. Alexandra M. Freund; second referee: Prof. Dr. Jaap J. A. Denissen)
- 2008 – 2011 Graduate student in the International Max Planck Research School *The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE)*
- 2007 Diploma in Psychology (equivalent to M.Sc. degree, *with distinction*), Ruhr-University Bochum, Germany

**RESEARCH FUNDING**

- |             |  |             |
|-------------|--|-------------|
| 2018 – 2021 | Research grant for the project “ <i>The complexity of self-regulation in daily life: Investigating three types of self-control conflict and the self-regulatory strategies people use to deal with them</i> ” awarded by the Swiss National Science Foundation, PI | CHF 375 857 |
| 2018        | Seed corn grant for the project “ <i>Beliefs about the malleability of well-being and their effects</i> ” awarded by the European Association of Social Psychology, PI   | € 1 990     |
| 2015 – 2018 | Research grant for the project “ <i>If goal pursuit is no fun – then what? Thinking of one’s goal as a self-regulatory strategy</i> ” awarded by the Swiss National Science Foundation, PI, Co-PI: Veronika Brandstätter   | CHF 273 167 |
| 2013 – 2015 | Research grant for the project “ <i>Does a magic dwell in each beginning? How new beginnings affect motivation</i> ” awarded by the Foundation Suzanne and Hans Bäsch for the Advancement of Applied Psychology, PI  | CHF 17 000  |
| 2009        | Research grant for the project “ <i>Attributing success and failure during the pursuit of an exercise goal: Wrong means or wrong goal?</i> ” awarded by the Foundation Suzanne and Hans Bäsch for the Advancement of Applied Psychology, PI                        | CHF 50 000  |
| 2007        | Research grant for the project “ <i>Bringing and keeping your weight down: the role of goal focus for engaging in and maintaining a weight-loss program</i> ” awarded by the Foundation Suzanne and Hans Bäsch for the Advancement of Applied Psychology, PI       | CHF 20 000  |

## OTHER FUNDING: TEACHING, MOBILITY AND SCIENTIFIC NETWORKS

2020	Internal teaching grant to foster social connection of students during online teaching, University of Siegen	€ 1 805
2018	Travel Grant awarded by the Graduate Campus, University of Zurich for a research stay at Humboldt University, Berlin	CHF 1 400
2016	Mobility Grant for National and International Young Faculty awarded by the University of Cologne	€ 1 700
2012	Mobility grant for a research stay at the Division of Psychology and Language Sciences, University College, London, UK, awarded by the Office for Gender Equality, University of Zurich	CHF 1 125
2009	Peer mentoring grant for <i>Methods and Statistics</i> , awarded by the Office for Gender Equality, University of Zurich, PIs: Marie Hennecke, Daniel Zimprich	CHF 7 000

## AWARDS AND SCHOLARSHIPS

2019	Outstanding Alumni Award, International Max Planck Research School on the Life Course (LIFE)	
2012 – 2013	Post-Doctoral scholarship by the Swiss National Science Foundation for an 18-month research stay at the University of Virginia (cancelled after 11 months to accept a job offer from the University of Zurich, Switzerland)	CHF 64 300
2010	Pre-Doctoral scholarship by the Swiss National Science Foundation for a 6-month research stay at the University of Virginia	CHF 21 350
2004 – 2006	Scholarship of the Studienstiftung des deutschen Volkes [German national academic foundation]	

## OTHER

Since 12/2018	Member of the <i>Personality Change Consortium</i> (PCC), see <a href="http://personalitychange.ucdavis.edu">http://personalitychange.ucdavis.edu</a>	
09/2016 – 08/2018	Fellow of the <i>Global Future Council</i> on the <i>Future of Behavioral Science</i> of the World Economic Forum (WEF)	
2012 – 2015	Member of the scientific network <i>Personality development: From an integrative model to new research perspectives</i> , funded by the German Research Foundation (awarded to Jule Specht)	

## ARTICLES IN PEER-REVIEWED JOURNALS (\*DENOTES STUDENT)

- Bürgler, S. \*, Hoyle, R., & Hennecke, M. (in press). Flexibility in using self-regulatory strategies to manage self-control conflicts: The role of metacognitive knowledge, strategy repertoire, and feedback monitoring. *European Journal of Personality*.
- Hennecke, M., Schumann, P., & Specht, J. (in press). Age-related differences in actual-ideal personality trait level discrepancies. *Psychology and Aging*.
- Kaiser, T., Hennecke, M., & Luhmann, M. (in press). The interplay of domain- and life-satisfaction in predicting life events. *PLOS one*. <https://doi.org/10.1371/journal.pone.0238992>
- Bleidorn, W., Hill, P. W., Back, M. D., Denissen, J. J. A., Hennecke, M., Hopwood, C., Jokela, M., Kandler, C., Lucas, R. E., Luhmann, M., Orth, U., Wagner, J., Wrzus, C., Zimmermann, J., & Roberts, B. (in press). Why stop at two opinions? – A reply to McCrae (2020). *American Psychologist*. <https://doi.org/10.1037/amp0000676>
- Bleidorn, W., Hopwood, C., Back, M., Denissen, J. J. A., Hennecke, M., Jokela, M., Kandler, C., Lucas, R. E., Luhmann, M., Orth, U., Roberts, B. W., Wagner, J., Wrzus, C., & Zimmermann, J. (2020). Longitudinal experience-wide association studies (LEWAS) – A framework for studying personality change. *European Journal of Personality*. <https://doi.org/10.1002/per.2247>
- Hennecke, M., & Bürgler, S\*. (2020). Many roads lead to Rome: Self-regulatory strategies and their effect on self-control. *Social and Personality Psychology Compass*, e12530. <https://doi.org/10.1111/spc3.12530>
- Kreibich, A. \*, Hennecke, M., & Brandstätter, V. (2020). The effect of self-awareness on the identification of goal-related obstacles. *European Journal of Personality*, 34, 215-233. <https://doi.org/10.1002/per.2234>
- Schönbrodt, F. D., Hagemeyer, B., Brandstätter, V., Czikmantori, T. \*, Gröpel, P., Hennecke, M., Israel, L. S. F., Janson, K., Kemper, N., Köllner, M., Kopp, P. M., Mojzisch, A., Müller-Hotop, R., Prüfer, J., Quirin, M., Scheidemann, B., Schiestel, L., Schulz-Hardt, S., Sust, L., Zygar-Hoffmann, C., & Schultheiss, O. C. (2020). Measuring implicit motives with the Picture Story Exercise (PSE): Databases of expert-coded German stories, pictures, and updated picture norms. *Journal of Personality Assessment*. <https://doi.org/10.1080/00223891.2020.1726936>
- Bleidorn, W., Hill, P. W., Back, M. D., Denissen, J. J. A., Hennecke, M., Hopwood, C., Jokela, M., Kandler, C., Lucas, R. E., Luhmann, M., Orth, U., Wagner, J., Wrzus, C., Zimmermann, J., & Roberts, B. (2019). The policy relevance of personality traits. *American Psychologist*, 74, 1056-1067. <https://doi.org/10.1037/amp0000503>
- Hu, C.-P., Yin, J.-X., Lindenberg, S., Dalgard, I., Weissgerber, S., ..., Hennecke, M., ... & IJzerman, H. (2019). Data from the Human Penguin Project, a cross-national dataset testing social thermoregulation principles. *Nature Scientific Data*, 6, 32. <https://doi.org/10.1038/s41597-019-0029-2>
- Converse, B. A., Juarez, L., & Hennecke, M. (2019). Self-control and the reasons behind our goals. *Journal of Personality and Social Psychology*, 116, 860-883. <https://doi.org/10.1037/pspp0000188>

- Hennecke, M.** (2019). What doesn't kill you, ...: Means for avoidance goal pursuit are less enjoyable than means for approach goal pursuit. *Motivation Science*, 5, 1-13.  
<https://doi.org/10.1037/mot0000104>
- Hennecke, M.**, Czikmantor, T. \*, & Brandstätter, V. (2019). Doing despite disliking: Self-regulatory strategies in everyday aversive activities. *European Journal of Personality*, 33, 104-128.  
<https://doi.org/10.1002/per.2182>
- Ijzerman, H., Lindenberg, S., Dalgar, I., Weissgerber, S. C., Vergara, R. C., Cairo, A.H., ...**Hennecke, M.**, ... & Zickfeld, J. H. (2018) The Human Penguin Project: Social integration protects against cold climates. *Collabra: Psychology*, 4, 37. <https://doi.org/10.1525/collabra.165>
- Denissen, J. J. A., Bleidorn, W., **Hennecke, M.**, Luhmann, M., Orth, U., Specht, J., & Zimmermann, J. (2018). Uncovering the power of personality to shape income. *Psychological Science*, 29, 3-13.  
<https://doi.org/10.1177/0956797617724435>
- Ijzerman, H., Colic, M., **Hennecke, M.**, ..., & Lindenberg, S. (2017). Does distance from the equator predict self-control? Lessons from the Human Penguin Project (Invited commentary). *Behavioral and Brain Sciences*, 40. <https://doi.org/10.1017/S0140525X16001035>
- Hennecke, M.**, & Converse, B. A. (2017). Next week, next month, next year: How perceived temporal boundaries affect initiation expectations. *Social Psychological and Personality Science*, 9, 918-926.  
<https://doi.org/10.1177/1948550617691099>
- Luhmann, M., & **Hennecke, M.** (2017). The motivational consequences of life satisfaction. *Motivation Science*, 3, 51-75. <https://doi.org/10.1037/mot000048>
- Hennecke, M.**, & Freund, A. M. (2016). Age, action orientation, and self-regulation during the pursuit of a dieting goal. *Applied Psychology: Health and Well-being*, 8, 19-43.  
<https://doi.org/10.1111/aphw.12060>
- Freund, A. M., & **Hennecke, M.** (2015). On means and ends: The role of goal focus in successful goal pursuit. *Current Directions in Psychological Science*, 24, 149-153.  
<https://doi.org/10/1177/0963721414559774>
- Hennecke, M.**, Bleidorn, W., Denissen, J. J. A., & Wood, D. (2014). A three-part framework for self-regulated personality development across adulthood. *European Journal of Personality*, 28, 216-230. <https://doi.org/10.1002/per.1945>
- Hennecke, M.**, & Freund, A. M. (2014). Identifying success on the process level reduces negative effects of prior weight loss on subsequent weight loss. *Applied Psychology: Health and Well-Being*, 6, 48-66. <https://doi.org/10.1111/aphw.12021>
- Hutteman, R., **Hennecke, M.**, Orth, U., Reitz, A. K., & Specht, J. (2014). Developmental tasks as a framework to study personality development in adulthood and old age. *European Journal of Personality*, 28, 267-278. <https://doi.org/10.1002/per.1959>
- Specht, J., Bleidorn, W., Denissen, J. J. A., **Hennecke, M.**, Hutteman, R., Kandler, C., Luhmann, M., Orth, U., Reitz, A. K., & Zimmermann, J. (2014). What drives personality development? A comparison of theoretical perspectives and empirical evidence. *European Journal of Personality*, 28, 289-299.  
<https://doi.org/10.1002/per.1966>

- Hennecke, M.,** & Freund, A. M. (2013). Competing goals draw attention to effort which then enters cost-benefit computations as input (Invited commentary). *Behavioral and Brain Sciences*, 36, 690-691. <https://doi.org/10.1017/S0140525X13001027>
- Freund, A. M., & **Hennecke, M.** (2012). Changing eating behaviour vs. losing weight: The role of goal focus for weight loss in overweight women. *Psychology and Health*, 7, 25-42. <https://doi.org/10.1080/08870446.2011.570867>
- Freund, A. M., **Hennecke, M.,** & Riediger, M. (2010). Age-related differences in outcome and process goal focus. *European Journal of Developmental Psychology*, 7, 198-222. <https://doi.org/10.1080/17405620801969585>
- Hennecke, M.,** & Freund, A. M. (2010). Staying on and getting back on the wagon: Age-related improvement in self-regulation during a low-calorie diet. *Psychology and Aging*, 25, 876-885. <https://doi.org/10.1037/a0019935>
- Thoma, P., **Hennecke, M.,** Mandok, T., Bruene, M., Juckel, G., & Daum, I. (2009). Proverb comprehension impairments in schizophrenia are related to executive dysfunction. *Psychiatry Research*, 170, 132-139. <https://doi.org/10.1016/j.psychres.2009.01.026>
- Thoma, P., **Hennecke, M.,** Mandok, T., Bruene, M., Juckel, G., & Daum, I. (2008). The specificity of proverb comprehension impairment and its relationship to executive control functions and psychopathology in schizophrenia. *Schizophrenia Research*, 102, 147-148. [https://doi.org/10.1016/S0920-9964\(08\)70448-1](https://doi.org/10.1016/S0920-9964(08)70448-1)

## BOOK CHAPTERS

- Hennecke, M.** (in press). Goal setting. In D. Gu & M. E. Dupre (Eds.), *Encyclopedia of Gerontology and Population Aging*. New York, NY: Springer.
- Freund, A. M., **Hennecke, M.,** & Mustafic, M. (2019). On gains and losses, means and ends: Goal orientation and goal focus across adulthood. In R. Ryan (Ed.), *Oxford Handbook of Motivation* (2<sup>nd</sup> Ed., pp. 285-303). Oxford, UK: Oxford University Press.
- Brandstätter, V. & **Hennecke, M.** (2018). Goals. In J. Heckhausen & H. Heckhausen (Eds.), *Motivation and Action*. New York, NY: Springer.
- Brandstätter, V., & **Hennecke, M.** (2018). Ziele [Goals]. In J. Heckhausen & H. Heckhausen (Eds.), *Motivation und Handeln [Motivation and Action]*. Berlin, Germany: Springer.
- Hennecke, M.,** & Brandstätter, V. (2017). Means, ends, and happiness: The role of goals for subjective well-being. In M. Robinson, & M. Eid (Eds.), *The happy mind: Cognitive contributions to well-being* (pp. 235-251). New York, NY: Springer.
- Hennecke, M.,** & Freund, A. M. (2017). The development of goals and motivation. In J. Specht (Ed.), *Personality development across the life-span* (pp. 257-273). Oxford, UK: Elsevier.
- Hennecke, M.** (2017). Zielsystemtheorie [Goal systems theory]. In M. A. Wirtz (Ed.), *Dorsch – Lexikon der Psychologie*. <https://portal.hogrefe.com/dorsch/de/startseite/stichwort-detailseite/desktop/1/keyword/zielsystemtheorie/>

- Hennecke, M., & Brandstätter, V.** (2016). Gefühle und Anreize als Auslöser und Regulativ von Handlungen: Beiträge der Allgemeinen Psychologie – Emotion und Motivation [Feelings and incentives as triggers and regulators of action: Contributions of the psychology of emotion and motivation]. In K. Sonntag (Ed.), *Personalentwicklung in Organisationen [Human resource development in organizations]* (pp. 83-124). Göttingen, Germany: Hogrefe.
- Hennecke, M., & Brandstätter, V.** (2016). Intrinsische Motivation [Intrinsic motivation]. In D. Frey, & H. W. Bierhoff (Eds.), *Enzyklopädie der Psychologie: Sozialpsychologie. [Encyclopedia of psychology: Social psychology]* (pp. 1-29). Göttingen, Germany: Hogrefe.
- Freund, A. M., & **Hennecke, M.** (2015). Self-regulation across adulthood. In J. D. Wright (Ed.), *International Encyclopedia of the Social and Behavioral Sciences, 2<sup>nd</sup> edition, Vol. 21* (pp. 557-562). Oxford, UK: Elsevier.
- Hennecke, M., & Freund, A. M.** (2014). Zielfokus, Prozessfokus und Ergebnisfokus [Goal focus, process and outcome focus]. In M. A. Wirtz (Ed.), *Dorsch – Lexikon der Psychologie* (pp. 1825). Bern, Switzerland: Hogrefe Verlag. <https://portal.hogrefe.com/dorsch/zielfokus-prozessfokus-und-ergebnisfokus/>
- Freund, A. M., & **Hennecke, M.** (2012). Lebensgestaltung im höheren Alter [Shaping one's life in old age]. In H.-W. Wahl, C. Tesch-Römer, & J. P. Ziegelmann (Eds.), *Angewandte Gerontologie: Interventionen für ein gutes Altern in 100 Schlüsselbegriffen [Applied Gerontology: Interventions for a good aging in 100 keywords]* (pp. 212-217). Stuttgart, Germany: Kohlhammer.
- Freund, A. M., **Hennecke, M., & Mustafic, M.** (2012). On gains and losses, means and ends: Goal orientation and goal focus across adulthood. In R. Ryan (Ed.), *Oxford Handbook of Motivation* (pp. 280-300). Oxford, UK: Oxford University Press.

## BOOK

- Nikitin, J. & **Hennecke, M.** (Eds., 2015). *Warum wir hinterher glauben, es vorher besser gewusst zu haben. 100 psychologische Denkfallen [Why later we believe that we knew it all along: 100 psychological thinking traps]*. Weinheim, Germany: Beltz.

## TEACHING

Current teaching load: 9 courses per year

- |                              |  |
|------------------------------|--|
| Winter Semester<br>2020/2021 | <i>Selbstregulation und Selbstkontrolle [Self-regulation and self-control]</i><br>Undergraduate level seminar (2 groups), Psychology, University of Siegen, Germany<br><i>Allgemeine Psychologie II: Lernen, Motivation, Emotion</i><br><i>[General Psychology II: Learning, motivation, emotion]</i><br>Undergraduate lecture, Psychology, University of Siegen, Germany<br><i>Ziele: Wie wir erreichen, was wir wollen</i><br><i>[Goals: How we achieve, what we desire]</i> |
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- Graduate seminar, Psychology, University of Siegen, Germany*
- Summer Semester 2020 *Pädagogische Psychologie [Educational Psychology]*  
Undergraduate lecture, Pedagogy, University of Siegen, Germany  
*Ursachen und Wirkung des akademischen Selbstkonzepts [Causes and effects of the academic self-concept]*  
Undergraduate level seminar (3 groups), Psychology, University of Siegen, Germany  
*Experimentalpsychologisches Praktikum II [Experimental research methods II]*  
Undergraduate level seminar, Psychology, University of Siegen, Germany
- Winter Semester 2019/2020 *Selbstregulation und Selbstkontrolle [Self-regulation and self-control]*  
Undergraduate level seminar (2 groups), Psychology, University of Siegen, Germany  
*Allgemeine Psychologie II: Lernen, Motivation, Emotion [General Psychology II: Learning, motivation, emotion]*  
Undergraduate lecture, Psychology, University of Siegen, Germany  
*Experimentalpsychologisches Praktikum I [Experimental research methods I]*  
Undergraduate level seminar, Psychology, University of Siegen, Germany
- Summer Semester 2019 *Allgemeine Psychologie II: Lernen, Motivation, Emotion [General Psychology II: Learning, motivation, emotion]*  
Undergraduate lecture, Psychology, University of Siegen, Germany  
*Pädagogische Psychologie [Educational Psychology]*  
Undergraduate lecture, Pedagogy, University of Siegen, Germany  
*Selbstregulation und Selbstkontrolle [Self-regulation and self-control]*  
Undergraduate level seminar (3 groups), Psychology, University of Siegen, Germany
- Fall Semester 2018 *Selbstregulation und Selbstkontrolle: Vom Marshmallow-Test zu aktuellen Perspektiven [Self-regulation and self-control: From the Marshmallow test to current perspectives]*  
Graduate level seminar, Psychology, University of Zurich, Switzerland
- Summer 2018 *Work motivation: Motives, needs, and goals*  
MAS European and Chinese Business Administration, University of Zurich, Switzerland
- Spring Semester 2018 *Motivationspsychologie [Motivation psychology]*  
Undergraduate lecture, Psychology, University of Zurich, Switzerland
- Fall Semester 2017 *Ziele und Wohlbefinden [Goals and wellbeing]*  
Graduate level seminar, Psychology, University of Zurich, Switzerland
- Fall Semester 2013 – Summer Semester 2018 *Projektgruppe Allgemeine Psychologie: Motivation [Project group Motivation]*  
Graduate level seminar, Psychology, University of Zurich, Switzerland



Summer Semester 2017, Summer Semester 2018	<i>Personalmotivation [Work motivation]</i> Master of Advanced Studies program in Business Psychology, University of Applied Sciences Nordwestschweiz, Olten, Switzerland
Summer Semester 2017	<i>Self-regulation and self-control</i> Guest lecture at Michigan State University's Undergraduate Study Abroad Program "Personality and History", Psychologische Hochschule, Berlin, Germany.
Spring Semester 2017, Spring Semester 2016	<i>Nudges and wise interventions: Policy informed by Psychology</i> Graduate level seminar, Psychology, University of Zurich, Switzerland
Fall Semester 2016, Fall Semester 2015, Fall Semester 2014	<i>Wie wir erreichen, was wir wollen: Kognitive, affektive und behaviorale Konsequenzen von Zielen [How we get, what we want: Cognitive, affective, and behavioral consequences of goals]</i> Graduate level seminar, Psychology, University of Zurich, Switzerland
Spring Semester 2016	<i>Forschungskolloquium [Research colloquium]</i> Graduate level seminar, Psychology, University of Zurich, Switzerland
Spring Semester 2015	<i>Work motivation: From basic research to application?</i> Graduate level seminar, Psychology, University of Zurich, Switzerland
Spring 2014, Spring 2013, Spring Semester 2010, Spring Semester 2009	<i>Experimentalpsychologisches Praktikum [Experimental research methods]</i> Undergraduate level seminar, Psychology, University of Zurich, Switzerland
Fall Semester 2013	<i>Motivation und Emotion: Aktuelle Themen der Motivations-, Volitions- und Emotionspsychologie [Motivation and Emotion: Current topics in Motivation, Volition, and Emotion psychology]</i> Graduate level seminar, Psychology, University of Zurich, Switzerland
Fall Semester 2011	<i>Soziale Kognitionsforschung [Social cognition]</i> Graduate level seminar, Psychology, University of Zurich, Switzerland
Fall Semester 2009	<i>Kommunikation und Gesprächsführung [Communication]</i> Graduate level seminar, Psychology, University of Zurich, Switzerland
Spring Semester 2007	<i>Geschwisterbeziehungen; Religiosität und Spiritualität [Sibling relationships; Religiosity and spirituality]</i> Graduate level guest lectures, Psychology, University of Zurich, Switzerland

## ADVISING OF STUDENTS

Since 2019                      Korbinian Kiendl (Doctorate: University of Siegen)

Since 2018	Sebastian Bürgler (Doctorate; University of Siegen)
Since 2018	Raphael Müller-Hotop (Doctorate; Technical University of Munich, Germany)
2020	Antonia Kreibich (Doctorate; University of Zurich)
2018	Thomas Czikmantori (Doctorate; University of Zurich)
2017	Johana Gebrehgziabher (Master's thesis; University of Zurich)
2017	Ashly Pius (Master's thesis; University of Zurich)
2017	Andrea Binswanger (Master's thesis; University of Zurich)
2017	Priska Furrer (Master's thesis; University of Zurich)
2016	Valentina Basciani (Master's thesis; University of Zurich)
2016	Alina Rüegg (Master's thesis; University of Zurich)
2016	David Langnas (Master's thesis; University of Zurich)
2016	Simone Hochstrasser (Master's thesis; University of Zurich)
2016	Georg Rahn (Master's thesis; University of Zurich)
2015	Salome Iten (Master's thesis; University of Zurich)
2015	Vivian Frick (Master's thesis; University of Zurich)
2015	Melanie Friderich (Master's thesis; University of Zurich)
2014	Bettina Erne (Master's thesis; University of Zurich)
2018	Coletti Scotoni (Bachelor's thesis; University of Zurich)
2017	Paul Göldi (Bachelor's thesis; University of Zurich)
2017	Sajiv Kuzhippallil (Bachelor's thesis; University of Zurich)
2016	Eveline Frey (Bachelor's thesis; University of Zurich)
2016	Justina Maria Zajac (Bachelor's thesis; University of Zurich)
2016	Celine Härri (Bachelor's thesis; University of Zurich)
2015	Zoe Jonassen (Bachelor's thesis; University of Zurich)
2015	Corinne Kamm (Bachelor's thesis; University of Zurich)
2015	Anna Tobler (Bachelor's thesis; University of Zurich)
2015	Julia Zeidler (Bachelor's thesis; University of Zurich)
2015	Kevin Schärer (Bachelor's thesis; University of Zurich)
2013	Sarah Müller (Bachelor's thesis; University of Zurich)
2013	Wanda Sivoiella (Bachelor's thesis; University of Zurich)
2013	Fatima Pigat (Bachelor's thesis; University of Zurich)
2013	Charlotte Grimmel (Bachelor's thesis; University of Zurich)
2011	Marc Binkert (Bachelor's thesis; University of Zurich)
2010	Jakob Hein (Bachelor's thesis; University of Zurich)
2010	Charlotte Holzer (Bachelor's thesis; University of Zurich)
2009	Rohangi Wieser (Bachelor's thesis; University of Zurich)

## INVITED RESEARCH TALKS

**Hennecke, M.** (cancelled due to Covid-19). *Selbstkontrolle im Alltag: Die Rolle von Selbstregulationsstrategien*. Departmental colloquium, Universität Mainz, Germany.

- Hennecke, M.** (2019, October). *Self-regulation during goal pursuit in daily life*. Developmental Psychology Colloquium, Tilburg University, The Netherlands.
- Hennecke, M.** (2019, March). *Vom Wünschen, Wollen und Umsetzen: Motivation und Selbstregulation für Umweltverhalten. [Wishing, wanting, and implementing: Motivation and self-regulation for environmental behavior]*. Kongress der Initiative Psychologie im Umweltschutz. Zurich, Switzerland.
- Hennecke, M.** (2018, September). *Selbstregulationsprozesse als Schlüssel zur Neuorientierung [Self-regulatory processes as a key to reorientation]*. University of Fribourg, Switzerland.
- Hennecke, M.** (2018, July). *Self-regulatory strategies in daily life*. Humboldt-University Berlin, Germany.
- Hennecke, M.** (2018, March). *Self-regulatory strategies in everyday life*. Institute for Work and Organizational Psychology. University of Neuchâtel, Switzerland.
- Hennecke, M.** (2013, March). *Self-regulation across adulthood: What we know and what we wish we knew*. Meeting of the scientific network "Personality development across the lifespan," Department of Psychology, Free University of Berlin, Germany.
- Hennecke, M.** (2013, January). *What doesn't kill you...: Intrinsic enjoyment impacts the subjective instrumentality of means of goal pursuit*. Department of Psychology, University of North Carolina at Chapel Hill, NC, USA.
- Hennecke, M.** (2012, November). *What doesn't kill you...: Intrinsic enjoyment and extrinsic instrumentality during goal pursuit*. Department of Psychology, University of Virginia, Charlottesville, VA, USA.
- Hennecke, M.** (2012, May). *No pain, no gain? How pleasure and pain impact the evaluation of means*. Alumna talk at the evaluation of the LIFE program, Max-Planck-Institute for Human Development, Berlin, Germany.
- Hennecke, M.** (2012, March). *How or why? The effects of focusing on the process vs the outcomes of goals on their pursuit*. Division of Psychology and Language Sciences, University College London, UK.
- Hennecke, M.** (2010, October). *The path or the goal? The effects of process and outcome goal focus on self-regulation*. Department of Psychology, University of Virginia, Charlottesville, VA, USA.
- Hennecke, M. & Freund, A. M.** (2010, March). *Je älter, desto besser? Alterskorrelierte Verbesserungen der Selbstregulation am Beispiel des Diäthaltens [The older, the better? Age-related improvement of self-regulation in the sample case of dieting]*. Department of Psychology, University of Zurich, Switzerland.

## **CHAired RESEARCH SYMPOSIA**

- How goals and individual differences shape motivational processes* (2018, September). Symposium at the 51<sup>st</sup> Congress of the German Psychological Association (DGPs), Frankfurt, Germany.
- Self-regulation: Individual differences, contributing processes, and change* (2018, July). Symposium at the 19<sup>th</sup> European Conference on Personality (ECP), Zadar, Croatia.

*Taking self-regulation outside of the lab: Individual differences and processes* (2018, May). Symposium at the 11<sup>th</sup> meeting of the Society for the Science of Motivation (SSM), San Francisco, CA, USA.

*Self-regulation and self-control: Hot topics* (2017, July). Symposium at the 18<sup>th</sup> General Meeting of the European Association of Social Psychology (EASP), Granada, Spain.

*Current perspectives on intrinsic motivation* (2017, May). Symposium accepted for the 10<sup>th</sup> anniversary meeting of the Society for the Science of Motivation (SSM), Boston, MA, USA.

*Self-regulation and self-control: Hot topics* (2016, September). Symposium at the 50<sup>th</sup> Congress of the German Psychological Association (DGPs), Leipzig, Germany.

*The Alpha and Omega of goal pursuit: From optimistic fresh starts to processes of goal disengagement* (2015, May). Symposium at the 27<sup>th</sup> Annual Convention of the Association for Psychological Science, New York, NY, USA.

### **CONFERENCE TALKS (\*ADVISED STUDENT)**

Back, M., **Hennecke, M.**, & Wrzus, C. (2019, September). *Personality development processes: A transtheoretical perspective*. 15<sup>th</sup> DPPD conference, Dresden, Germany.

Kreibich, A. \*, **Hennecke, M.**, & Brandstätter, V. (2019, September). *Hurdles over hurdles: The effect of self-awareness on the identification of goal-related obstacles*. Talk at the 17<sup>th</sup> conference of the Social Psychology Section (FGSP), Köln, Germany.

Kreibich, A. \*, **Hennecke, M.**, & Brandstätter, V. (2019, September). *Choosing the best: Self-awareness leads to a better choice of goal means via problem solving*. Talk at the 16<sup>th</sup> meeting of the Swiss Psychological Society Conference (SPS), Bern, Switzerland.

Kreibich, A. \*, **Hennecke, M.**, & Brandstätter, V. (2019, May). *Hurdles over hurdles: The effect of self-awareness on the identification of goal-related obstacles*. Talk at the 12<sup>th</sup> meeting of the Society for the Science of Motivation (SSM), Washington D.C., USA.

Kreibich, A. \*, **Hennecke, M.**, & Brandstätter, V. (2018, October). *Hurdles over hurdles: The effect of self-awareness on the identification of goal-related obstacles*. Paper presented at the 38<sup>th</sup> Colloquium on Motivational Psychology (MPK), Konstanz, Germany.

**Hennecke, M.** (2018, October). *No fun: Means for avoidance goals pursuit are less enjoyable than means for approach goal pursuit*. Talk at the 51<sup>st</sup> Congress of the German Psychological Association (DGPs), Frankfurt, Germany.

Czikmanti, T. \*, **Hennecke, M.**, & Brandstätter (2018, October). *In every job that must be done, there is an element of fun – but who experiences it?* Talk at the 51<sup>st</sup> Congress of the German Psychological Association (DGPs), Frankfurt, Germany.

**Hennecke, M.**, Czikmanti, T., & Brandstätter, V. (2018, July). *Doing despite disliking: Self-regulatory traits predict the deployment of effective self-regulatory strategies in daily life*. Talk at the 19<sup>th</sup> European Conference on Personality (ECP), Zadar, Croatia.

- Hennecke, M.**, Czikmantor, T., & Brandstätter, V. (2018, May). *Doing despite disliking: Self-regulatory traits predict the deployment of effective self-regulatory strategies in daily life*. Talk at the 11<sup>th</sup> meeting of the Society for the Science of Motivation (SSM), San Francisco, CA, USA.
- Hennecke, M.**, Czikmantor, T., & Brandstätter, V. (2018, March). *Who and how? Self-regulatory traits and strategies predict persistence during aversive goal pursuit in everyday life*. Talk at the 19<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology (SPSP), Atlanta, GA, USA.
- Czikmantor, T. \*, **Hennecke, M.**, & Brandstätter, V. (2017, September). *Enjoy what you (have to) do! Dispositional taking pleasure predicts intrinsic enjoyment and persistence during goal pursuit*. Talk at the 15<sup>th</sup> Congress of the Swiss Psychological Society, Lausanne, Switzerland.
- Hennecke, M.**, Czikmantor, T., & Brandstätter, V. (2017, September). *Doing despite disliking: Self-regulatory traits and strategies predict self-regulatory success during everyday aversive activities*. Talk at the 15<sup>th</sup> Congress of the Swiss Psychological Society, Lausanne, Switzerland.
- Hennecke, M.** & Converse, B. A. (2017, July). *Next week, next month, next year: How perceived temporal boundaries affect initiation expectations*. Talk at the 18<sup>th</sup> General Meeting of the European Association of Social Psychology (EASP), Granada, Spain.
- Czikmantor, T. \*, **Hennecke, M.**, & Brandstätter, V. (2017, May). *The journey is its own reward: Dispositional taking pleasure predicts intrinsic experience and persistence during goal pursuit*. Talk at the 10<sup>th</sup> Anniversary Meeting of the Society for the Science of Motivation (SSM), Boston, MA, USA.
- Hennecke, M.**, Czikmantor, T., & Brandstätter, V. (2017, January). *Self-regulation from the bottom-up: An integration of trait and strategy approaches*. Talk at the 18<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology (SPSP), San Antonio, TX, USA.
- Czikmantor, T. \*, **Hennecke, M.**, & Brandstätter, V. (2016, October). *Der Weg ist das Ziel: Freudvollere Zielverfolgung durch die Fähigkeit, Tätigkeiten etwas abzugewinnen. [The journey is its own reward: More enjoyable goal pursuit due to the ability to take pleasure in activities.]* Talk at the 36<sup>th</sup> Motivation psychology colloquium, Erlangen-Nürnberg, Germany.
- Hennecke, M.**, & Converse, B. A. (2016, September). *Next week, next month, next year: The role of perceived temporal boundaries in the initiation of self-regulatory behavior*. Talk at the 50<sup>th</sup> Congress of the German Psychological Association (DGPs), Leipzig, Germany.
- Hennecke, M.**, Czikmantor, T., & Brandstätter, V. (2016, July). *Self-regulatory strategies from the goal pursuers' perspective*. Talk at the 18<sup>th</sup> European Congress of Personality, Timisoara, Romania.
- Hennecke, M.**, & Converse, B. A. (2016, April). *Next week, next month, next year: The role of perceived temporal boundaries in resolving the dilemma of initiation*. Talk at the 12<sup>th</sup> European Spring Conference on Social Psychology, St. Anton, Austria.
- Hennecke, M.**, & Converse, B. A. (2015, September). *“Ab dem 1. ernähre ich mich gesund”: Kalendarische Anfänge und Selbstregulation*. Talk at the 15<sup>th</sup> Conference on Social Psychology (FGSP) of the German Psychological Society, Potsdam, Germany.

- Hennecke, M., & Converse, B. A.** (2015, May). *Seeking fresh starts: People delay the initiation of goal pursuit until an arbitrary "beginning."* Talk at the 27<sup>th</sup> Annual Convention of the Association for Psychological Science, New York, NY, USA.
- Hennecke, M., & Converse, B. A.** (2014, September). *Jedem Anfang wohnt ein Zauber inne: Effekte symbolischer Neuanfänge auf die Motivation. [A magic dwells in each beginning: Effects of symbolic fresh starts on motivation].* Talk at the 49<sup>th</sup> Congress of the German Psychological Association (DGPs), Bochum, Germany.
- Hennecke, M., & Freund, A. M.** (2014, July). *Aging and the motivation to move forward in the health domain: Older adults are more action-oriented.* Talk at the 17<sup>th</sup> European Congress of Personality, Lausanne, Switzerland.
- Hennecke, M., & Converse, B. A.** (2013, September). *Getting a fresh start: The effect of new beginnings on motivation.* Talk at the 13<sup>th</sup> Congress of the Swiss Psychological Society, Basel, Switzerland.
- Hennecke, M., Freund, A. M., & Clore, G. L.** (2013, August). *No pain, no gain? How positive and negative affect impact the evaluation of means of goal pursuit.* Talk at the 15<sup>th</sup> European Social Cognition Network (ESCON) Transfer of Knowledge Conference, Vilnius, Lithuania.
- Hennecke, M., & Clore, G. L.** (2011, July). *Positive affect validates accessible cognitive inclinations.* Talk at the 16<sup>th</sup> General Meeting of the European Association of Social Psychology, Stockholm, Sweden.
- Hennecke, M., & Freund, A. M.** (2010, September). *Die Kunst des Scheiterns - Zielfokusabhängige Konsequenzen von Misserfolg [The art of failure - Goal-focus-dependent consequences of failure].* Talk at the 47<sup>th</sup> Conference of the German Psychological Association (DGPs), Bremen, Germany.
- Hennecke, M., & Freund, A. M.** (2010, May). *Staying on and getting back on the wagon: Age-related improvement of self-regulation during a low-calorie diet.* Talk at the 16<sup>th</sup> LIFE Research School spring academy, Charlottesville, VA, USA.
- Hennecke, M., & Freund, A. M.** (2009, September). *Selbstregulation nach Misserfolgen im Erwachsenenalter: Je älter, desto besser? [Self-regulation after failure during adulthood: The older, the better?].* Talk at the 19<sup>th</sup> Conference on Developmental Psychology by the German Psychological Association, Hildesheim, Germany.
- Hennecke, M., & Freund, A. M.** (2009, August). *Failure to diet or failure to reduce weight? How a goal focus on means versus outcomes is related to reactions to failure in a low-caloric diet.* Talk at the 11<sup>th</sup> Congress of the Swiss Psychological Society, Neuchâtel, Switzerland.
- Hennecke, M., & Freund, A. M.** (2008, October) *Is it the wrong means or the wrong ends? How goal focus might affect cognitive, behavioral and affective reactions to failure.* Talk at the 13<sup>th</sup> LIFE Research School fall academy, Berlin, Germany.

### **CONFERENCE POSTERS (\*ADVISED STUDENT)**

- Bürgler, S. \*, & **Hennecke, M.** (2019, October). *Success in daily self-control conflicts: The importance of self-observation and self-knowledge.* Poster presented at the Motivation Psychology Colloquium (MPK), Berlin, Germany

- Kreibich, A. \*, **Hennecke, M.**, & Brandstätter, V. (2019, May). *Choosing the best: Self-awareness leads to a better choice of goal means via problem solving*. Poster presented at the 31<sup>st</sup> Annual Convention of the Association for Psychological Science (APS), Washington D.C., USA.
- Czikmantor, T. \*, **Hennecke, M.**, & Brandstätter, V. (2017, January). *The journey is its own reward: Increased enjoyment during goal pursuit due to the ability to take pleasure in various activities*. Poster presented at the 18<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, San Antonio, TX.
- Czikmantor, T. \*, **Hennecke, M.**, & Brandstätter, V. (2016, May). *Taking pleasure: Identifying task incentives during extrinsically motivated goal pursuit*. Poster presented at the MaDoKo, University of Zurich, Switzerland.
- Award winner (3<sup>rd</sup>) in the category “doctoral students”
- Czikmantor, T. \*, **Hennecke, M.**, & Brandstätter, V. (2016, January). *Taking pleasure: Identifying task incentives during extrinsically motivated goal pursuit*. Poster presented at the Self-Regulation Preconference of the 17<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA, USA.
- Hennecke, M.**, & Converse, B. A. (2016, January). *On the first, I'll be better: Delaying goal pursuit until a fresh start*. Poster presented at the 17<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA, USA.
- Hennecke, M.**, & Freund, A. M. (2014, July). *Identifying success on the process level reduces negative effects of dieting success on subsequent weight loss*. Poster presented at the 17<sup>th</sup> General Meeting of the European Association of Social Psychology, Amsterdam, Netherlands.
- Hennecke, M.**, & Converse, B. A. (2014, May). *Getting a fresh start: The effect of new beginnings on prediction and performance*. Poster presented at the 26<sup>th</sup> Annual Convention of the Association for Psychological Science, San Francisco, CA, USA.
- Hennecke, M.**, Bleidorn, W., Denissen, J. J. A., & Wood, D. (2014, January). *Getting over yourself: A self-regulation framework for personality development across adulthood*. Poster presented at the 15<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, Austin, TX, USA.
- Hennecke, M.**, & Freund, A. M. (2013, January). *Identifying success on the process level reduces “coasting” during a low-calorie diet*. Poster presented at the “Self-Regulation” preconference of the 14<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA, USA.
- Hennecke, M.**, Freund, A. M., & Clore, G. L. (2013, January). *No pain, no gain? How positive and negative affect impact the evaluation of means of goal pursuit*. Poster presented at the 14<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA, USA.
- Hennecke, M.**, & Clore, G. L. (2011, July). *Priming a concrete mindset eliminates the effect of mood on level of action identification*. Poster presented at the 16<sup>th</sup> General Meeting of the European Association of Social Psychology, Stockholm, Sweden.

- Hennecke, M.,** Clore, G. L., & Freund, A. M. (2011, May). *No pain, no gain? Positive affect decreases and negative affect increases goal commitment in a process focus.* Poster presented at the 15<sup>th</sup> LIFE Research School spring academy, Ann Arbor, MI, USA.
- Hennecke, M.,** & Freund, A. M. (2010, February). *Failure and success during a low-caloric diet: How goal focus affects coping.* Poster presented at the “International conference on stress and coping in close relationships: New theoretical and empirical insights,” University of Zurich, Switzerland.
- Hennecke, M.,** & Freund, A. M. (2009, October). *Failure in pursuing the goal or failure to attain it? How a focus on the process vs. outcome of goal pursuit affects behavioral and affective reactions to failure.* Poster presented at the 14<sup>th</sup> LIFE Research School fall academy and the Meeting of the Society for the Study of Human Development, Ann Arbor, MI, USA.
- Hennecke, M.,** & Freund, A. M. (2009, August). *Liegt es am Weg oder am Ziel? Einfluss mittel- und zielbezogener Attributionen auf das Diätverhalten [Is it the path or the goal? Influence of means- vs. goal-related attributions on dieting behavior].* Poster presented at the Colloquium for Motivational Psychology, Zurich, Switzerland.
- Hennecke, M.,** & Freund, A. M. (2009, August). *Getting back on the wagon: Age-related differences in self-regulation after lapses during a low-caloric diet.* Poster presented at the 9<sup>th</sup> Congress on Health Psychology by the German Psychological Association (DGPs), Zurich, Switzerland.
- Hennecke, M.,** & Freund, A. M. (2009, May) *Am I dieting or losing weight? Consequences of attributing failure and success to the processes vs. the outcomes of a low-caloric diet.* Poster presented at the 8<sup>th</sup> LIFE Research School spring academy, Boldern, Switzerland.
- Hennecke, M.,** & Freund, A. M. (2008, September). *The role of goal focus for success in dieting.* Poster presented at the 6<sup>th</sup> Congress of Master’s Degree and Doctoral Students (LiDoKo), University of Zurich, Switzerland.
- Hennecke, M.,** & Freund, A. M. (2008, July). *The role of goal focus for success in dieting.* Poster presented at the 29<sup>th</sup> International Congress of Psychology, Berlin, Germany.
- Hennecke, M.,** Thoma, P., Bruene, M., Juckel, G., & Daum, I. (2007, September). *Interpretation of metaphorical proverbs and executive functioning in schizophrenia.* Poster presented at the 10<sup>th</sup> Congress of the Swiss Psychological Society, Zurich, Switzerland.
- Award winner (3<sup>rd</sup>) in the category “Master’s students”

## **INVITED TALKS FOR PRACTITIONERS AND NON-ACADEMIC AUDIENCES**

- Hennecke, M.** (2017, June). *Was treibt uns an? Motivation im Arbeitskontext. [What drives us? Motivation at the work place].* Talk at the leadership retreat of the City of Kloten, Switzerland.
- Hennecke, M.** (2016, November). *Was tun gegen den inneren Schweinehund? Motivation und Umweltgestaltung für gesundes Verhalten. [Motivation and environmental design for healthy behavior.]* Talk at Fachschule Viventa, Zurich, Switzerland.
- Hennecke, M.** (2015, April). *Was uns antreibt: Grundlagen der Motivation und Volition. [What drives us: The basics of motivation and volition.]* Talk at the advanced teacher training of the Kantonsschule Ausserschwyz, Murten, Switzerland.



**Hennecke, M.** (2014, December). *Was wir wollen und wie wir es erreichen: Grundlagen der Motivation und Selbstregulation.* [What we want and how we get there: The basics of motivation and self-regulation.] Talk at the annual conference of the Kebab+ project by Migros Kulturprozent, Zurich, Switzerland.

**Hennecke, M.** (2012, July). *The path or the goal? How the way we think about our goals changes as we age.* Talk at Branchlands Senior living community, Charlottesville, VA, USA.

## **INVITED SEMINARS AND WORKSHOPS FOR PRACTITIONERS**

**Hennecke, M.** (2017, September). *Arbeitsmotivation.* [Work motivation.] Seminar in the Master of Advanced Studies program "Business Psychology." Fachhochschule Nordwestschweiz [University of Applied Sciences]. Olten, Switzerland.

**Hennecke, M.** (2016, November). *Nudging: Mit sanften Anstupsern das Verhalten steuern.* [Nudging: Influencing behavior through soft nudges.] Workshop at the National Forum for the prevention of accidents and occupational disease, Ittigen bei Bern, Switzerland.

**Hennecke, M.** (2015, April). *Was uns antreibt II: Motivation und Volition fördern.* [What drives us II: How to foster motivation and volition.] Workshop at the advanced teacher training of the Kantonsschule Ausserschwyz, Murten, Switzerland.

**Hennecke, M.** (2014, December). *Was bewegt uns? Intrinsische Motivation fördern und Ziele setzen.* [What moves us? Fostering intrinsic motivation and setting goals] Workshop at the annual conference of the Kebab+ project by Migros Kulturprozent, Zurich, Switzerland.

## **EDITORIAL SERVICE**

### **Associate editorship**

Starting in 01/2021: Journal of Personality and Social Psychology: Personality Processes and Individual Differences

### **Editorial board membership**

European Journal of Personality

Journal of Personality and Social Psychology: Personality Processes and Individual Differences

Social Psychological and Personality Science

Frontiers in Psychology: Personality and Social Psychology (2018-2020)

## **AD-HOC REVIEWER FOR JOURNALS**

American Journal of Clinical Nutrition, Applied Psychology: Health and Well-Being, Basic and Applied Social Psychology, Collabra: Psychology, European Journal of Personality, European Psychologist, Frontiers in Educational Psychology, Frontiers in Emotion Science, Frontiers in Human Neuroscience, Gerontology, Health Psychology Review, Journal of Experimental Psychology: General, Journals of Gerontology: Psychological Sciences, Journal of Health Psychology, Journal of Individual Differences,

Journal of Personality, Journal of Personality and Social Psychology, Journal of Research in Personality, Motivation and Emotion, Motivation Science, Proceedings of the National Academy of Sciences, Psychological Reports, Psychological Science, Psychology and Aging, Psychology and Health, Self and Identity, Social and Personality Psychology Science, Social Psychology

## **OTHER AD-HOC REVIEWING**

Deutsche Forschungsgemeinschaft, GESIS-Panel, John Templeton Foundation, National Science Foundation

## **SELECTED PROFESSIONAL SERVICE**

- Since 10/2020      Department speaker, Department of Psychology, University of Siegen
- 9/2020              Scientific organizer of the 2<sup>nd</sup> Velux-foundation-sponsored Workshop “Motivation and Healthy Ageing” (2 days) together with V. Brandstätter, Alexandra M. Freund and M. Martin, Collegium Helveticum, Zurich
- Since 4/2020      Mentor for the mentorship program Proviae for female early career researchers of the Leuphana University of Lüneburg (Mentee: Eve Müller)
- Since 2019        Member of the board of examiners (“Prüfungsausschuss”) in Psychology, University of Siegen
- 12/2019          Scientific organizer of the 2<sup>nd</sup> Velux-foundation-sponsored Workshop “Motivation and Healthy Ageing” (3 days) together with V. Brandstätter, Alexandra M. Freund and M. Martin, Collegium Helveticum, Zurich
- 2019              External member of the faculty search committee for an assistant professor (W1) in “Developmental Psychology”, University of Vechta
- 2018              Founder and speaker of the Open Science Initiative at the Department of Psychology, University of Zurich
- 2015-2018        Organization of multiple doctoral workshops and seminars to promote Open Science at the Department of Psychology, University of Zurich (taught by Hans IJzerman, June 2015; Felix Schönbrodt, June 2017; and Daniel Lakens, July 2017)
- 6/2018            Scientific organizer of the 1<sup>st</sup> Velux-foundation-sponsored Workshop “Motivation and Healthy Ageing” (3 days), together with V. Brandstätter and M. Martin, University of Zurich
- 2015              Member of faculty search committee for an assistant professor in “Differential Health Psychology of Aging”, University of Zurich
- 2015              Member of faculty search committee for an assistant professor in “Longitudinal Aging Research”, University of Zurich
- 2009 – 2011     Elected fellow speaker of the International Max Planck Research School *The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE)*, University of Zurich

## MEMBERSHIPS

American Psychological Society (APS)  
Deutsche Gesellschaft für Psychologie (DGPs)  
European Association for Social Psychology (EASP)  
Society for Personality and Social Psychology (SPSP)  
Society for the Study of Motivation (SSM)

## SELECTED MEDIA COVERAGE

2020/8: Magazine *Freundin: Zeit für einen Neustart* [Time for a fresh start]  
2020/03/20: Psychology Today: Between Cultures Blog, Research coverage:  
<https://www.psychologytoday.com/intl/blog/between-cultures/202003/4-strategies-persevering-through-difficult-tasks>  
1/25/2019: Magazine *Wirtschaftswoche*, Research coverage  
1/14/2019: *British Psychological Society Reader's Digest*, Research coverage,  
<https://digest.bps.org.uk/2019/01/14/study-identifies-the-most-effective-mental-strategies-that-people-use-to-get-through-aversive-challenges/>  
8/1/2019: Frankfurter Allgemeine Zeitung (FAZ) online interview on podcast,  
<https://blogs.faz.net/gesundheit/2019/01/08/so-halten-sie-ihre-guten-vorsaetze-ein-17/>  
05/2017: Magazine *Schweizer Monat*, Interview  
12/29/2016: Guest blog *Scientific American Mind*, <https://blogs.scientificamerican.com/mind-guest-blog/why-we-think-we-can-keep-those-new-years-resolutions/>  
12/27/2016: *Migros Magazin*, Interview  
5/12/2016: Radio SRF1 *Zambo*, Interview  
2/8/2016: Radio Ö1 *Radiodoktor – das Ö1 Gesundheitsmagazin*, Talk show guest  
Vol. 12/2015: Magazine *Gesundheitstipp*, Interview  
10/25/2015: Daily newspaper *The New York Times*, Research coverage  
7/23/2015: Radio SRF 1 *Treffpunkt*, Interview  
05/2015: Magazine *Elixier*, Interview  
Vol. 12/2012: Magazine *Freundin Donna*, Interview  
Vol. 19/2012: Magazine *Brigitte*, Interview  
Vol. 09/2012: Magazine *Brigitte*, Interview  
12/6/2011: Daily newspaper *St. Galler Tagblatt*, Interview