

Erin C. Westgate

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Department of Psychology, University of Virginia
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Education

Ph.D. University of Virginia

Social Psychology, 2018 (expected)

Dissertation: *Why Boredom is Interesting*

Committee: Timothy Wilson (Chair), Gerald Clore, Shigehiro Oishi, Kieran O'Connor

University of Virginia

Social Psychology, 2016

M.A. Thesis: *Choice vs Chance: Intentional Reverie is Real but Rare*

Committee: Timothy Wilson (Chair) and Gerald Clore

B.A. Reed College

Psychology, 2010

Thesis: *A Rocky Issue: The Effects of Humor on Learning and Interest in an Educational Context*

Advisor: Jennifer Henderlong Corpus and Kathryn C. Oleson

Ludwig-Maximilians-Universität, Munich, Germany

Psychology, September 2007 – August 2008

Honors and Awards

- 2017 NSF Training Extension for Research Exchange at Univ. of Zurich (\$10,000)
- 2017 Dean's Dissertation Fellowship, University of Virginia
- 2017 Summer Institute in Social and Personality Psychology at USC
Course: Behavior Change (with Wendy Wood and Kathleen Vohs)
- 2016 Heritage Dissertation Research Award, Society for Personality and Social Psychology
- 2015 Student Choice Colloquium Speaker, University of Virginia
- 2014 Fellow, International Max Planck Institute Research School on the Life Course (LIFE)
- 2013 Graduate Student Travel Award, Society for Personality and Social Psychology
- 2010 Phi Beta Kappa
- 2010 Commendation for Academic Excellence, Reed College Division of Philosophy, Religion, Psychology & Linguistics
- 2009 Commendation for Academic Excellence, Reed College Division of Philosophy, Religion, Psychology & Linguistics
- 2007 Commendation for Academic Excellence, Reed College Administration

- 2006 Committee
Commendation for Academic Excellence, Reed College Administration
Committee
- 2005 National Merit Finalist

Publications

- Westgate, E. C., Wilson, T. D., & Gilbert, D. T. (2017). With a little help for our thoughts: Making it easier to think for pleasure. *Emotion*.
- Westgate, E. C., Wormington, S. V., Oleson, K. C. & Lindgren, K. P. (2017). Productive procrastination: Academic procrastination style predicts academic and alcohol outcomes. *Journal of Applied Social Psychology*, 47, 124-135.
- Inbar, Y., Westgate, E. C., Nosek, B. A., & Pizarro, D. (2016). Can a naturally-occurring pathogen threat change social attitudes? Evaluations of gay men and lesbians during the 2014 Ebola epidemic. *Social Psychological and Personality Science*, 7, 420-427.
- Westgate, E. C. & Holliday, J. (2016). Identity, influence, and intervention: The roles of social media in alcohol use. *Current Opinion in Psychology*, 9, 27-32.
- Westgate, E. C., Riskind, R. G., & Nosek, B. (2015). Implicit preferences for straight people over lesbian and gay people decreased from 2006-2013. *Collabra*, 1, Art. 1.
- Lindgren, K. P. Weirs, R., Teachman, B., Gasser, M., Westgate, E. C., Cousijn, J., Enkema, M., & Neighbors, C. (2015). Attempted training of alcohol approach and drinking identity associations in US undergraduate drinkers: Null results from two studies. *PLOS ONE*, 10.
- Oishi, S., Westgate, E., Tucker, J., & Komiya, A. (2015). *Desire and happiness: Aristotelian, Puritan, and Buddhist Approaches*. In W. Hofmann & L. Nordgren (Ed.), *The Psychology of Desire*.
- Wilson, T. D., Reinhard, D., Westgate, E. C., Gilbert, D., Ellerbeck, N., Hahn, C., Brown, C., & Shaked, A. (2014). Just think: The challenges of the disengaged mind. *Science*, 345, 75-77.
- Wilson, T. D., Gilbert, D., Reinhard, D., Westgate, E. C., & Brown, C. (2014). Would you fund this movie? A reply to Fox et al. (2014). *Frontiers in Psychology*, 5.
- Westgate, E. C., Neighbors, C., Heppner, H., Jahn, S., & Lindgren, K. P. (2014). "I'll take a shot for every 'Like' I get on this status": Posting alcohol-related Facebook content predicts drinking outcomes. *Journal of Studies on Alcohol and Drugs*, 75, 390-398.
- Lindgren, K. P., Neighbors, C., Westgate, E. C., & Salemink, E. (2014) Self-control and implicit drinking identity as predictors of alcohol consumption, problems, and

cravings. *Journal of Studies on Alcohol and Drugs*, 75, 290-298.

Lindgren, K. P., Foster, D. W., Westgate, E. C., & Neighbors, C. (2013). Implicit drinking identity: Drinker + Me associations predict college student drinking consistently. *Addictive Behaviors*.

Lindgren, K. P., Westgate, E., Kilmer, J., Kaysen, D., & Teachman, B. A. (2012). Pick your poison: Stimuli selection in implicit measures. *Addictive Behaviors*, 37, 990-993.

Lindgren, K. P., Neighbors, C., Teachman, B., Wiers, R., Westgate, E., & Greenwald, A. G. (2012). I drink, therefore I am: Validating alcohol-related Implicit Association Tests. *Psychology of Addictive Behaviors*. 75.

Lindgren, K. P., Jacques-Tiura, A. J., & Westgate, E. (2012). Sexual intent perceptions: A primer on methods, theories, and applications. In M. Paludi (Ed.), *The Psychology of Love*. Santa Barbara, CA: ABC-CLIO.

Lindgren, K. P., Neighbors, C., Kaysen, D., Zvorsky, I., & Westgate, E. (2011). Experimental and cross-sectional examinations of the relations among implicit alcohol cognitions, stress, and drinking. *Alcohol*, 45, 276.

Manuscripts under Review

Westgate, E. C., & Wilson, T. D. (In revision). Boring thoughts and bored minds: The MAC model of boredom and cognitive engagement. Manuscript under revision at *Psychological Review*.

Alahmadi, S., Buttrick, N., Gilbert, D. T., Hardin, A., Westgate, E. C., & Wilson, T. D*. (In revision). You can do it if you really try: The effects of motivation on thinking for pleasure. Manuscript under revision at *Motivation and Emotion*. *All authors in alphabetical order

Saeki, M., Oishi, S., Maeno, T., & Westgate, E. (Under review). A happiness intervention increased daily satisfaction: A 3-week intervention study in Japan. Manuscript under review.

Manuscripts in Preparation

Conway, J., Axt, J., Westgate, E.C., & Ratliff, K. (in preparation). A measure of implicit attitudes towards transgender people. Manuscript in preparation.

Wilson, T. D., Westgate, E. C., Buttrick, N. R., & Gilbert, D. T. (in preparation). Taking a thinking break: Pros and cons of thinking during spare moments. Manuscript in preparation.

Other Publications

Westgate, E.C., & Riskind, R. (August 2015). Implicit Anti-Gay Bias Has Decreased – and the Change is Accelerating. *Society of Personality and Social Psychology Blog*.

Presentations

Westgate, E.C. (2015). *Why Enjoyable Thought Is Surprisingly Hard*. Colloquium presented at the University of Virginia Psychology Colloquium Series, Charlottesville, Virginia.

Westgate, E.C. & Wilson, T.D. (2015). *Alone With Your Thoughts: Intentional Reverie Requires Mental Control*. Paper presented at the Fall 2015 Academy of the International Max Planck Research School on the Life Course, Schloss Marbach, Germany.

Westgate, E.C. & Wilson, T.D. (2015). *Choosing Reverie: Do People Like To Think?* Paper presented at the Mental Simulation Preconference Data Blitz of the 2015 Annual Meeting of the Society for Personality and Social Psychology, Long Beach, California.

Lindgren, K.P., Westgate, E. C., Gasser, M., Teachman, B., & Neighbors, C. (2013). *Drinker + Me: Implicit Drinking Identity as a Predictor of Drinking Outcomes and Intervention Target*. In Rosenzweig . E. and Ferguson , M. (Chairs) Emerging Evidence for Implicit Identity: Predictors, Moderators, and Consequences. Symposium presented at the Annual Meeting of the Society for Personality and Social Psychology, New Orleans, LA.

Westgate, J. & Westgate, E. (2012). *Tooth Shapes and Diets of Living and Extinct Animals*. Workshop presented at the 1st Children’s Summit on Hands On Science and Environmental Education, Antalya, Turkey.

Lindgren, K. P., Neighbors, C., Kaysen, D., Zvorsky, I., & Westgate, E. (2011). *The Effects of Distress on Automatic Alcohol-related Cognitions*. Paper presented at the International Meeting on Alcoholism and Stress: A Framework for Future Treatment Strategies, Volterra, Italy.

Posters

Westgate, E. C. & Wilson, T.D. (2017). *What is boredom? The Motivational and Attentional Components (MAC) model*. Poster presented at the 2017 Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas.

Taggart, J., Westgate, E.C., & Lillard, A. (2017). *When there’s a will and a way: Children’s enjoyment of “just thinking” depends on contextual framing and executive function*. Poster presented at the 2017 Annual Meeting of the Society for Research on Child Development.

- Westgate, E. C. & Wilson, T.D. (2016). *Intentional enjoyable thought requires mental control*. Poster presented at the 2016 Annual Meeting of the Society for Personality and Social Psychology, San Diego, California.
- Westgate, E.C., Wilson, T.D., Taggart, J., Lillard, A., & Buttrick, N. (2015). *Alone with your thoughts: Lifespan differences in enjoyment of intentional reverie*. Poster presented at the Spring 2015 Academy of the International Max Planck Research School on the Life Course, Ann Arbor, Michigan.
- Lindgren, K. P., Wiers, R. W., Teachman, B.A., Gasser, M. L., Westgate, E. C., Enkema, M., & Neighbors, C. (2015). *Training implicit alcohol associations: Null results from two sets of studies*. Poster presented at the Annual Meeting of the Research Society on Alcoholism, San Antonio, Texas.
- Westgate, E.C. & Wilson, T.D. (2015). *Do people enjoy thinking? Intentional enjoyable thought is real but rare*. Poster presented at the 2015 Annual Meeting of the Society for Personality and Social Psychology, Long Beach, California.
- Westgate, E.C., Reinhard, D., Brown, C.L., & Wilson, T.D. (2014). *The pain of doing nothing: Preferring negative stimulation to boredom*. Poster presented at the 2014 Annual Meeting of the Society for Personality and Social Psychology, Austin, Texas.
- Wormington, S.V., Westgate, E.C., & Oleson, K.C. (2014). *Academically productive procrastination: Links to unique motivations and academic consequences*. Poster presented at the 2014 Annual Meeting of the Society for Personality and Social Psychology, Austin, Texas.
- Westgate, E.C., Wormington, S.V., Oleson, K.C., & Lindgren, K.P. (2013). *Better late than never? The relationship between adaptive and maladaptive procrastination styles, alcohol use, and academic performance*. Poster presented at the 2013 Annual Meeting of the Society for Personality and Social Psychology, New Orleans, Louisiana.
- Wormington, S.V., Westgate, E. C., & Oleson, K.C. (2013). *How do college students approach difficult academic tasks? A qualitative investigation*. Poster presented at the 2013 Annual Meeting of the Society for Personality and Social Psychology, New Orleans, Louisiana.
- Westgate, E. (2012). *Science is a joke! Conceptual humor as a tool for increasing student engagement and interest in science*. Poster presented at the 9th International Conference on Hands on Science, Antalya, Turkey.
- Lindgren, K.P., Saleminck, E., & Westgate, E. (2012). *Implicit alcohol associations, trait self-control, and efforts to control drinking predict self-reported drinking refusal self-efficacy*. Poster presented at the annual meeting of the Association for Behavioral

and Cognitive Therapies, Baltimore, Maryland.

Westgate, E., Lindgren, K.P., Neighbors, C., & Robinson, C. (2012). *Implicit and explicit drinking identity predict perceptions of and conformity to drinking norms*. Poster presented at the 2012 Annual Meeting of the Society for Personality and Social Psychology, San Diego, California.

Lindgren, K.P., Westgate, E., Neighbors, C., Teachman, B., Wiers, R., & Greenwald, A.G. (2012). *Drinker + me: Validating alcohol-related IATs in a US sample*. Poster presented at the 2012 Annual Meeting of the Society for Personality and Social Psychology, San Diego, California.

Wormington, S., Westgate, E., Call, A., Harati, A., Moshontz, H. & Oleson, K. (2011). *A person-centered investigation of academically-productive procrastination: Relations to self-doubt, concern with performance, and mastery-approach goals*. Poster presented at the 11th Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas.

Moshontz, H., Call, A., Harati, A., Westgate, E., Wormington, S. & Oleson, K. (2011). *Predicting the desire to seek out one's grades when grade knowledge is optional*. Poster presented at the 11th Annual Meeting of the Society for Personality and Social Psychology, San Antonio, Texas.

Teaching and Mentorship

Graduate Teaching Assistant, University of Virginia

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|--------------------|---|
| 2017 – Fall | Empirical and Scientific Engagement <ul style="list-style-type: none">○ Discussion leader for two bi-weekly discussion sections○ Grader for two courses, “Thinking Like A Scientist” |
| 2017 – Spring | Introduction to Social Psychology <ul style="list-style-type: none">○ Instructor for separately graded weekly discussion section |
| 2016 – Fall | Introduction to Social Psychology <ul style="list-style-type: none">○ Head TA○ Instructor for separately graded weekly discussion section |
| 2016 – Spring | Research Methods and Data Analysis II <ul style="list-style-type: none">○ Lab instructor for 2 weekly lab sections of 12-14 students |
| 2015 – Fall | Introduction to Social Psychology <ul style="list-style-type: none">○ Head TA○ Instructor for separately graded weekly discussion section |
| 2014 – Spring/Fall | Introduction to Social Psychology <ul style="list-style-type: none">○ Head TA – Fall 2014○ Instructor for separately graded weekly discussion section○ Guest lecture: <i>Social Psychology and Health</i> (with David Reinhard) |
| 2013 - Fall | Research Methods and Data Analysis I |

- 2013 - Spring ○ Lab instructor for 2 weekly lab sections of 12-14 students
Educational Psychology
- 2012 - Fall Introduction to Psychology

Graduate Teacher Training Program, University of Virginia

- 2015 – Fall “Curriculum Development & Instructor-of-Record”
- 2014 - Fall “Teaching Discussion Sections”
- 2012 - Fall “Lecture/Review TAsHips”

Graduate Student Advisor, Undergraduate Honor’s Theses, University of Virginia

- 2016-2017 Shannon Chen
- 2015-2016 Sarah Alahmadi
- 2014-2015 Amber Hardin
- Mengran Xu
- 2013-2014 Samantha Toet

Research Study Coordinator, University of Washington School of Medicine, Center for the Study of Health & Risk Behaviors

- 2010-2012 Research mentor for undergraduate students
 - Hannes Heppner
 - Undergraduate Research Symposium Poster
 - Paper co-author
 - Susanna Jahn
 - Undergraduate Research Symposium Poster
 - Paper co-author
 - Carson Robinson
 - Poster co-author
- 2010-Fall Guest lecture for the Fall 2010 CSHRB Undergraduate Research Assistants Seminar: *Automatic cognitions related to sex and alcohol: Methods and implications for etiology and prevention*

Teaching Assistant, Reed College

- 2010 - Spring Research Design and Data Analysis
 - Guest lecture: *General Linear Model* (with Stephanie Wormington).
 - Guest lecture: *Non-Normal Distributions* (with Stephanie Wormington).

Academic Tutor, Reed College

- 2009-2010 Drop-in German Language Lab Tutoring
Readings in Contemporary German Literature
- 2008-2010 First-year German: A Foundation
Second-year German: Cultural and Literary Perspectives
Advanced German: Berlin Strolls
City, Space, Memory (German Literature)
German Romanticism

2007-2010 Introduction to Psychology
Social Psychology
2006-2010 Introduction to Humanities: Ancient Greece & Rome

Freelance German Tutor, Portland, Oregon, 2009-2010

Portland Elementary School Biology Outreach Teacher, Reed College, 2008-2009

Selected Media Coverage

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|------------------------------------|--|--------------|
| The New York Times | No Time To Think | 2014 |
| NPR Science Friday | Interview: “What's So Bad About Being Alone With Your Thoughts?” | 2014 |
| The Atlantic | People Prefer Electric Shocks to Being Alone With Their Thoughts | 2014 |
| TIME | You Would Rather Endure Electric Shocks Than Sit Alone With Your Thoughts | 2014 |
| BBC Radio | Interview: “The Descent of Man” | 2014 |
| Discover Magazine | Top 100 Stories of 2014: A Jolt for Dull Thoughts Top 100 Stories of 2015 | 2014 2015 |
| Austrian Public Radio (ORF) | Lieber Elektroschocks als Nichtstun | 2014 |
| New York Magazine | People Are More Homophobic Than They Say | 2015 |
| The New York Times | Bias Against Gay People is Even Decreasing on an Unconscious Level | 2015 |
| Das Magazin | Interview; “Schöne Unterbrechung” | 2016 |

Undergraduate and Post-graduate Research Experience

| | |
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| 2017 | Data Consultant , Bethany Teachman <i>University of Virginia</i> <ul style="list-style-type: none"> Data cleaning, scoring, and validation of mental health IATs |
| 2010-2012 | Research Study Coordinator , Project RAD (Retraining Associations about Drinking; PI Kristen Lindgren) <i>University of Washington School of Medicine, Center for the Study of Health & Risk Behaviors</i> <ul style="list-style-type: none"> Malleability of implicit attitudes in alcohol use |
| 2009-2010 | Research Assistant , Dr. Kathryn Oleson, <i>Reed College Psychology</i> |

Department

- Self-worth and self-doubt in academic settings

Summer 2009

Self and Intergroup Relations Laboratory (SIRL) Summer Research

Intern, Dr. Brenda Major, University of California Santa Barbara,

- Psychophysiology of group affirmation and stereotype threat

Professional Activities and Service

Ad hoc reviewer

Addiction

Alcohol and Alcoholism

Assessment

British Journal of Social Psychology

Journal of Adolescent Health

Journal of Experimental Social Psychology

Journal of Studies on Alcohol and Drugs

Social Psychological and Personality Science

Substance Use and Misuse

Co reviewer

Psychology of Addictive Behaviors

Psychiatry Research

National service

Open Science Collaboration. (2015). Estimating the reproducibility of psychological science. *Science*, 349. 943.

2012-present

Social Psychology Area Representative, University of Virginia

Psychology Graduate Student Council

2015-2016

Fellow Speaker, University of Virginia, International Max Planck Institute Research School on the Life Course (LIFE)

2016

Graduate Student Poster Award (SPA) reviewer, SPSP 2017

2015

Invited Panel, "Navigating The Institutional Review Board", Political Science Graduate Student Conference, University of Virginia

2013-2014

Graduate Student Coordinator, UVa Social Psychology Brownbag Lunch Speaker Series

2012, 2013

Invited Panel, "Applying to Graduate School," Psychology Distinguished Majors Seminar, University of Virginia

2010

Invited Panel, "What Do You Do With A Psych Degree," CSHRB

2009

Undergraduate Research Assistants Meeting, University of Washington, Invited Panel for Prospective Students, International Opportunities, Reed College

2006, 2007, 2009

Invited Panel for Prospective Students, Division of Philosophy, Religion, Psychology, and Linguistics, Reed College

Professional Affiliations

Association for Psychological Science

Society of Personality and Social Psychology

References

- Timothy D. Wilson, Ph.D. Sherrell J. Aston Professor of Psychology, University of Virginia
Email: tdw.virginia@gmail.com
- Brian Nosek, Ph.D. Professor of Psychology, University of Virginia
Email: nosek@virginia.edu
- Gerald Clore, Ph.D. Commonwealth Professor of Psychology, University of Virginia
Email: gc4q@virginia.edu
- Shigehiro Oishi, Ph.D. Professor of Psychology, University of Virginia
Email: soishi@virginia.edu
- Kristen P. Lindgren, Ph.D. Associate Professor of Psychiatry, University of Washington
Email: kpl9716@u.washington.edu
- Kathryn Oleson, Ph.D. Professor of Psychology, Reed College
Email: koleson@reed.edu