

**Julian A. Scheffer**  
PhD Candidate, Psychology

**Contact Information**

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**Research Interests**

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Morality, Empathy, Decision-Making, Social Neuroscience, Cognitive Neuroscience

**Education**

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2016-Present      **Pennsylvania State University, University Park, PA, USA**  
PhD, Social Psychology  
Specialization, Cognitive and Affective Neuroscience (SCAN)  
PhD Advisor: Dr. Daryl Cameron  
SCAN Advisor: Dr. Charles Geier

2014-2016      **University of Iowa, Iowa City, IA, USA**  
MA, Social Psychology  
Trainee, T32 Behavioral-Biomedical Interface  
MA Advisor: Dr. Daryl Cameron  
T32 Advisors: Dr. Daniel Tranel, Dr. Jan Wessel

2008-2013      **University of Toronto, Scarborough, ON, CAN**  
BSc, Majors in Neuroscience and Psychology  
BSc Advisors: Dr. Elizabeth Page-Gould, Dr. Michael Inzlicht

**Research Fellowships**

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2016-2017	NIH T32 Fellowship, <i>University of Iowa</i> (declined)	\$18,600 (approx.)
2015-2016	NIH T32 Fellowship, <i>University of Iowa</i>	\$18,600 (approx.)

**Peer-Reviewed Manuscripts**

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Cameron, C.D., Hutcherson, C.A., Ferguson, A.M., **Scheffer, J.A.**, Hadjiandreou, E., & Inzlicht, M. (2019). [Empathy is hard work: People avoid empathy due to its cognitive costs](#). *Journal of Experimental Psychology: General*, *148*, 9962-976.

Cameron, C.D., Payne, B.K., Sinnott-Armstrong, W., **Scheffer, J.A.**, & Inzlicht, M. (2017). [Implicit moral evaluations: A multinomial modeling approach](#). *Cognition*, *158*, 224-241.

Cameron, C. D., **Scheffer, J.A.**, & Spring, V.L. (2018). Implicit moral cognition. In J. Graham & K. Gray (Eds.), *Atlas of Moral Psychology*. Guilford Press.

**Manuscripts Under Review or Revision**

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**Scheffer, J.A.**, Cameron, C. D., McKee, S., Hadjiandreou, E., & Scherer, A.M. *Stereotypes about compassion across the political spectrum*. Revision under review.

**Scheffer, J.A.**, Cameron, C.D., & Inzlicht, M. *Caring is costly: People avoid the cognitive work of compassion*. Revise and resubmit.

## Manuscripts in Preparation

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- Scheffer, J.A.**, Wessel, J.\* , & Cameron, C.D.\* *Can't stop the feeling: Empathy's cognitive costs delay motor inhibition.*
- Scheffer, J.A.**, Cameron, C.D., Packer, D.J., & Van Bavel, J. *Motivated moral construal: Intergroup preferences to make moral judgments.*
- Scheffer, J.A.\***, Reber, J.\* , Cameron, C.D., & Tranel, D. *Approaching the cognitive costs of empathy: Do amygdala lesions increase empathy choice?*
- Reber, J.\* , **Scheffer, J.A.\***, Cameron, C.D., & Tranel, D. *Who's really driving the trolleys?: Decomposing moral dilemma judgments by individuals with vmPFC lesions using process dissociation.*
- (\*equal author contributions)**

## Conference Papers

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- Scheffer, J.A.**, Cameron, C.D., Scherer, A.M., McKee, S., & Hadjiandreou, E. (March, 2018). *Bleeding or cold hearts? Examining ideological stereotypes about compassion.* Presented at the Emotion Preconference at the annual meeting of the Society for Personality and Social Psychology, Atlanta, GA, USA.
- Scheffer, J.A.**, Cameron, C.D., & Inzlicht, M. (October, 2017). *Caring is costly: People avoid the cognitive effort of compassion.* Presented at the meeting of the Moral Psychology Research Group, State College, PA, USA.
- Scheffer, J.A.**, Cameron, C.D., & Inzlicht, M. (April, 2017). *Feeling with or caring for? Comparing empathy and compassion avoidance.* Presented at the 89<sup>th</sup> annual meeting of the Midwestern Psychological Association, Chicago, IL, USA.
- Scheffer, J.A.**, Cameron, C.D., Payne, B.K., Sinnott-Armstrong, W., & Inzlicht, M. (May, 2015). *Implicit moral cognition: A process dissociation approach.* Presented at the 87<sup>th</sup> annual meeting of the Midwestern Psychological Association, Chicago, IL, USA.
- Scheffer, J.A.**, & Page-Gould, E. (April, 2012). *Success in academics: Implicit theories of intelligence with intrinsic and extrinsic motivators.* Presented at the 42<sup>nd</sup> annual York University Undergraduate Thesis Conference, Toronto, ON, CAN.

## Conference Posters

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- Scheffer, J.A.**, Cameron, C.D., Packer, D.J., & Van Bavel, J.J. (February, 2020). *Motivated moral construal: Examining intergroup preferences to moralize transgressions.* To be presented at the Justice and Morality Preconference at the annual meeting of the Society for Personality and Social Psychology, New Orleans, LA, USA.
- Scheffer, J.A.**, Cameron, C.D., & Inzlicht, M. (February, 2019). *Parochial compassion: People choose compassion more for loved ones compared to strangers.* Presented at the Emotion Preconference at the annual meeting of the Society for Personality and Social Psychology, Portland, OR, USA.
- Scheffer, J.A.**, Cameron, C.D., & Inzlicht, M. (January, 2017). *Feeling with or caring for? Comparing empathy and compassion avoidance.* Presented at the 18<sup>th</sup> annual meeting of the Society for Personality and Social Psychology, San Antonio, TX, USA.
- Scheffer, J.A.**, Cameron, C.D., Payne, B.K., Sinnott-Armstrong, W., & Inzlicht, M. (February, 2015). *Implicit moral cognition: A process dissociation perspective.* Presented at the 16<sup>th</sup> annual meeting of the Society for Personality and Social Psychology, Long Beach, CA, USA.
- Scheffer, J.A.**, & Page-Gould, E. (February, 2014). *The parent-student dyad: Research suggests that students' perceptions of their mother's goals for their desire to develop academic ability is more beneficial for academic achievement than perceptions of their father's goals.* Presented at the 15<sup>th</sup> annual meeting of the Society for Personality and Social Psychology, Austin, TX, USA.

**Scheffer, J.A., & Page-Gould, E. (May, 2013).** *Success in academics: Implicit theories of intelligence with intrinsic and extrinsic motivators.* Presented at the 25<sup>th</sup> annual meeting of the Association for Psychological Science, Washington, DC, USA.

## Teaching

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Penn State University

Guest Lecture on Somatic Marker Hypothesis (Human Emotions, Instructor: Reginald Adams; Fall 2019)

Guest Lecture on Empathy's Costs (Positive Psychology, Instructor: Reginald Adams; Fall, 2019)

Research Methods in Psychology, World Campus Instructor (Fall 2018; Spring 2019)

Guest Lecture on Empathy and Morality (Positive Psychology, Instructor: Troy Steiner; Fall, 2018)

Research Methods in Psychology, Lab Instructor (Spring, 2018; Fall, 2017)

University of Iowa

Guest Lecture on Neuroscience (Intro to Psychology, Instructor: Ji Xia; Summer, 2015)

## Notable SRTes

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Research Methods, Spring, 2019 (Online Instructor, 2<sup>nd</sup> term: 52.6% response rate)

Quality of instructor: 5.80/7.00, Instructor average rating: 5.54/7.00, Misc. average rating: 6.13/7.00

*What helped you learn in this course?*

"The instructor's detailed feedback in regards to writing and assignments was extremely helpful."

"I thought that the professor requesting that we respond to each announcement post was very effective. This way I felt more pressed to read the announcements carefully instead of putting it off as something I would do later. And considering how these announcements were filled with crucial information concerning our assignments, I was sure to read and re-read everything."

*Which elements of this course contributed most effectively to your learning?*

"My instructor, who was understanding and cooperative regarding deadlines in response some ... mayhem I encountered, however not flexible regarding grading. This forced me to get a grip and take requirements seriously. Which I appreciate."

"Detailed feedback"

Research Methods, Spring 2018 (Lab Instructor, 2<sup>nd</sup> term: 54.5% response rate)

Quality of instructor: 5.25/7.00, Instructor average rating: 5.78/7.00

*What helped you learn in this course?*

"Julian was the best aide in the class"

"How willing Julian was to help us"

*What did you like best about this course?*

"... openness of TA answering questions"

"Julian, by far the best TA I've ever had"

## Service

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Service to the Profession

*Reviewer*

Psychological Science

*Ad Hoc Reviewer*

Personality and Social Psychology Bulletin

*Graduate Student Member-at-Large*

Society for Personality and Social Psychology (2020)

Service to Penn State University

*College of Liberal Arts & Sciences*

Graduate Alliance in Diversity and Inclusion (GADI; Steering & Social Rep, 2017-2018)

*Departmental Service*

Incoming Graduate Student Mentoring Program Coordinator (2019-2020)

Social Psychology Area Student Rep (2017-2019)

BRIDGE Diversity Committee (Steering Rep 2017-2019; Media Rep 2016-2017)

AXONS Advisory Board (Vice-President, 2017-2018; Secretary, 2016-2017)

Department Climate Reviewer (Fall 2017, Spring 2019)

Service to University of Iowa

*University Service*

Undergraduate Research Fair Judge (2014-2016)

**Professional Development**

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Essentials of Online Teaching, Penn State University World Campus

SafeZone 101 & Transgender 101 Training, Penn State University LGBTQA Resource Center

Entering Mentoring, University of Iowa Graduate College

**Honors & Awards**

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Selected achievements: Acceptance to SISPP, Honorable Mention SSHRC Doctoral and CGS-M Awards

(3/6 Applications waitlisted)

2019 Summer Institute in Social and Personality Psychology, *SPSP*; SSHRC Doctoral Award Honorable Mention, *Government of Canada*; BRIDGE Diversity Impact, *Penn State Psychology Department*

2018 SSHRC Doctoral Award Honorable Mention, *Government of Canada*; SSNaP Award Honorable Mention

2017 Herman Goffberg Memorial Travel Award, *PSU*; Diversity Travel Award, *MPA*; Travel Award, *PSU*

2016 BBIP T32 Summer Training Grant, *University of Iowa*

2015 BBIP T32 Summer Training Grant, *University of Iowa*; GPSG Travel Grant, *University of Iowa*; GSS Travel Grant, *University of Iowa*

2014 SSHRC CGS-M Award Honorable Mention, *Government of Canada*

2013 Honors List, *University of Toronto*; Letter Award, *University of Toronto*

2012 Honors List, *University of Toronto*

**Skills & Experience**

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Methods	High-Density EEG, fMRI, Peripheral Physiology, Electromyography
Hardware	BIOPAC, MindWare, BrainVision, ANT Lab
Software	Matlab, SPM, AFNI, E-Prime, DirectRT, MediaLab
Statistical Analyses	SPSS, R