

Julian A. Scheffer

Postdoctoral Research Fellow

Contact Information

University of California Berkeley
 Department of Psychology
 2121 Berkeley Way, Room 3302
 Berkeley, CA, 94704

E-mail: scheffer@berkeley.edu
 Website: <https://julianscheffer.com/>
 Google Scholar: [JulianAScheffer](#)

Research Interests

Compassion, Empathy, Morality, Political Psychology, Psychophysiology, Social Neuroscience

Academic Positions and Appointments

2021-present	University of California, Berkeley, Berkeley, CA, USA Postdoctoral Research Fellow Sponsor: Dr. Robert Levenson
--------------	--

Education

2016-2021	The Pennsylvania State University, University Park, PA, USA PhD in Psychology Specialization in Cognitive and Affective Neuroscience (SCAN)
2014-2016	University of Iowa, Iowa City, IA, USA MA in Psychology Trainee in the T32 Behavioral-Biomedical Interface, Iowa Neurology
2008-2013	University of Toronto, Scarborough, ON, CAN BSc in Neuroscience and Psychology

Research Fellowships

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

Honors & Awards

2021	Alumni Dissertation Award, <i>Penn State University</i> Bruce V. Moore Graduate Research Award, <i>Penn State Psychology</i>
2020	Diversity Graduate Registration Award, <i>SPSP</i> Graduate Registration Award (declined), <i>SPSP</i> Superior Teaching and Research Award (STAR), <i>PSU Liberal Arts</i> Bruce V. Moore Travel Award, <i>Penn State Psychology</i>
2019	Summer Institute in Social and Personality Psychology Attendee, <i>SPSP</i> SSHRC Doctoral Award Honorable Mention, <i>Government of Canada</i> BRIDGE Diversity Impact Award, <i>Penn State Psychology</i>

- Travel Award, *Penn State Psychology*
- 2018 SSHRC Doctoral Award Honorable Mention, *Government of Canada*
SSNaP Award Honorable Mention
Travel Award, *Penn State Psychology*
- 2017 Herman Goffberg Memorial Travel Award, *Penn State Psychology*
Diversity Travel Award, *Midwestern Psychological Association*
Travel Award, *Penn State Psychology*
- 2016 Biomedical T32 Summer Grant (EEG), *University of Iowa Neurology*
- 2015 Biomedical T32 Summer Grant (Lesion Method), *University of Iowa Neurology*
Travel Award, *University of Iowa Graduate & Professional Student Government*
Travel Award, *University of Iowa Graduate Student Senate*
- 2014 SSHRC CGS-M Award Honorable Mention, *Government of Canada*
- 2013 Honors List, *University of Toronto*
Letter Award for Leadership, *University of Toronto*
- 2012 Honors List, *University of Toronto*

Peer-Reviewed Manuscripts

- Cameron, C.D., Conway, P., & **Scheffer, J.A.** (accepted) [Effortful empathy regulation and moral decision-making](#). *Current Opinion in Psychology*.
- Van Bavel, J.J., Cichocka, A., Capraro, V., Sjøstad, H., Nezlek, J.B., Pavlović T., Alfano A., Gelfand, M.J., Azevedo, F., Birtel M.D., Cislak, A., Lockwood, P., Ross, R. M., Stoyanova, K.K., Abts, K., Amodio, D.M., Apps, M. A.J., Aruta, J.J.B.R., Besharati, S., ..., ***Scheffer, J.A.**, ..., Boggio, P. (in press). [National identity predicts public health support during a global pandemic: Results from 67 nations](#). *Nature Communications*.
*Provided feedback on survey design; contributed to writing and editing of the manuscript.
- Scheffer, J.A.**, Cameron, C.D., & Inzlicht, M. (2021). [Caring is costly: People avoid the cognitive work of compassion](#). *Journal of Experimental Psychology: General*.
<https://doi.org/10.1037/xge0001073>
- Scheffer, J.A.**, Cameron, C.D., McKee, S., Hadjiandreou, E., & Scherer, A.M. (2020). [Stereotypes about compassion across the political spectrum](#). *Emotion*.
<https://psycnet.apa.org/doi/10.1037/emo0000820>
- Cameron, C.D., Hutcherson, C.A., Ferguson, A.M., **Scheffer, J.A.**, Hadjiandreou, E., & Inzlicht, M. (2019). [Empathy is hard work: People choose to avoid empathy because of its cognitive costs](#). *Journal of Experimental Psychology: General*, 148, 962-976.
<https://doi.org/10.1037/xge0000595>
- 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.
<https://doi.org/10.1016/j.cognition.2016.10.013>

Manuscripts Under Review or Revision

Cameron, C. D., **Scheffer, J.A.**, Hadjiandreou, E., & Anderson, S. (invited submission under revision). *Motivated empathic choices*. Invited chapter for *Advances in Experimental Social Psychology*.

Book Chapters

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 in Preparation (*equal author contributions)

Scheffer, J.A.*, Reber, J.*, Cameron, C.D., & Tranel, D. Empathic propensities in amygdala and vmPFC lesion patients: Investigating neural contributions for motivation to experience empathy.

Scheffer, J.A., Chen, K.H., Yee, C., Grimm, K., Merrilees, J., & Levenson, R.W. Cardiovascular changes in anticipation of emotional events in people with neurodegenerative diseases predicts improvements in caregiver emotional well-being after caregiving has ended.

Chen, K.H., **Scheffer, J.A.**, Wells, J., Yee, C., Merrilees, J., & Levenson, R.W. Relationship quality buffers the association between emotional reactivity abnormality in persons with neurodegenerative diseases and lower well-being in family caregivers.

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.

Lewis, K.A., **Scheffer, J.A.**, & Vescio, T.K. Empathy and Feminist Standpoint Theory: Impact of shared identity and understanding on empathic targets' feelings and perceptions of empathizers.

Hadjiandreou, E., Cameron, C.D., **Scheffer, J.A.**, & Inzlicht, M. Social norms shape empathic choice.

Conference Papers (first author denotes presenting author)

Scheffer, J.A., Chen, K.H., Yee, C.I., Chen, Y., Heath, D.M., Levan, D.T., Grimm, K., Merrilees, J., & Levenson, R.W. (April, 2022). *Heart rate changes in anticipation of emotional events in people with neurodegenerative disease predicts improvement in caregiver emotional well-being after caregiving has ended*. To be presented at the annual meeting of the Society for Affective Science, virtual conference.

Chen, K.H., **Scheffer, J.A.**, Wells, J., Yee, C., Merrilees, J., & Levenson, R.W. (April, 2022) Relationship quality buffers the association between emotional reactivity abnormality in persons with neurodegenerative diseases and lower well-being in family caregivers. To be presented at the annual meeting of the Society for Affective Science, virtual conference.

Hadjiandreou, E., Cameron, C.D., Anderson, S., & **Scheffer, J.A.** (April, 2021). *Political empathy bias during the 2020 US Presidential Election*. Presented at The Role of Emotions in Intergroup Conflict Preconference at the annual meeting of the Society for Affective Science, virtual conference.

Cameron, C.D., **Scheffer, J.A.**, & Inzlicht, M. (April, 2018). *Caring is costly: People avoid the effort of compassion*. Presented at the Positive Emotions Preconference at the annual meeting of the Society for Affective Science, Los Angeles, CA, USA.

- Ferguson, A.M., Cameron, C.D., Hutcherson, C., **Scheffer, J.A.**, Hadjiandreou, E., & Inzlicht, M. (April, 2018). *Empathy is hard work: Insights from the Empathy Selection Task*. Talk presented at the Consortium for European Research on Emotion (CERE), University of Glasgow, Glasgow, UK.
- 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.
- Cameron, C.D., **Scheffer, J.A.**, & Inzlicht, M. (March, 2018). *Caring is costly: People avoid the effort of compassion*. Given in the symposium (W. McAuliffe & M. McCullough, Chairs) in the Positive Emotions Preconference at the annual meeting of the Society of 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.
- Cameron, C.D., Hutcherson, C., Ferguson, A., **Scheffer, J.A.**, & Inzlicht, M. (May, 2017). *Empathy is a choice: People are empathy misers because they are cognitive misers*. Presentation given in symposium (D. DeSteno & D. Lim, Chairs) at the annual meeting of the Association for Psychological Science, Boston, MA, USA
- Scheffer, J.A.**, Cameron, C.D., & Inzlicht, M. (April, 2017). *Feeling with or caring for? Comparing empathy and compassion avoidance*. Presented at the 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 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 annual York University Undergraduate Thesis Conference, Toronto, ON, CAN.

Conference Posters (first author denotes presenting author)

- Scheffer, J.A.**, Chen, K.H., Yee, C.I., Chen, Y., Heath, D.M., Levan, D.T., Grimm, K., Merrilees, J., & Levenson, R.W. (February, 2022). *Heart rate changes in anticipation of emotional events in people with neurodegenerative disease predicts improvement in caregiver emotional well-being after caregiving has ended*. To be presented at the Health Preconference at the annual meeting of the Society for Personality and Social Psychology, San Francisco, CA, USA (virtual format).
- Scheffer, J.A.**, Reber, J., Cameron, C.D., & Tranel, D. (February, 2022) *Empathic propensities in amygdala and vmPFC lesion patients: Investigating neural contributions for regulating empathy*. To be presented at the Emotion Preconference at the annual meeting of the Society for Personality and Social Psychology, San Francisco, CA, USA (virtual format).

- Lewis, K.A., **Scheffer, J.A.**, & Vescio, T.K. (February, 2022). *Empathy and Feminist Standpoint Theory: Impact of shared identity and understanding on empathic targets' feelings and perceptions of empathizers*. To be presented at the annual meeting of the Society for Personality and Social Psychology, San Francisco, CA, USA.
- Levan, D.T., Chen, Y., Heath, D.M., Bullard, B.M., **Scheffer, J.A.**, Chen, K.H., Yee, C.I., & Levenson, R.W. (February, 2022). *In-home assistive technology prevents declines in sleep quality in caregivers for people with dementia*. To be presented at the Intervention Science Preconference at the annual meeting of the Society for Personality and Social Psychology, virtual conference format.
- Scheffer, J.A.**, & Cameron, C.D., (September, 2021). *Moral emotions demand mental labor*. Presented at the 2nd annual Mental Effort Workshop, virtual meeting.
- Scheffer, J.A.**, & Cameron, C.D., (February, 2021). *Moral emotions demand mental labor*. Presented at the annual meeting of the Society for Personality and Social Psychology, virtual conference.
- Scheffer, J.A.**, Cameron, C.D., Packer, D.J., & Van Bavel, J.J. (February, 2020). *Motivated moral construal: Examining intergroup preferences to moralize transgressions*. 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.
- Reber, J., **Scheffer, J.A.**, Cameron, C.D., & Tranel, T. (February, 2019). *Who's really driving the trolley? Decomposing moral dilemma judgments by individuals with vmPFC lesions using process dissociation*. Presented at the Justice and Morality Preconference at the annual meeting of the Society for Personality and Social Psychology, Portland, OR, USA.
- Hadjiandreou, E., Cameron, C.D., **Scheffer, J.A.**, & Inzlicht, M. (February, 2019). *Social norms shape empathic choices*. 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 18th 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 16th 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 15th 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 25th annual meeting of the Association for Psychological Science, Washington, DC, USA.

Teaching

Penn State University, World Campus Online Instructor

Research Methods in Psychology (Fall, 2018; Spring, 2019; Fall, 2020; Spring 2021)

Penn State University, Guest Lecturer

Somatic Marker Hypothesis (Human Emotions, Instructor: Dr. Reginald Adams; Fall, 2019)

Empathy's Costs (Positive Psychology, Instructor: Dr. Reginald Adams; Fall, 2019)

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

Penn State University, Teaching Assistant

Social Psychology and Evaluation (Instructor: Dr. Melvin Mark; Spring, 2020)

Social and Personality Development (Instructor: Dr. Nhi Thai; Spring, 2020)

Research Methods in Psychology (Instructor: Dr. Nicholas Pearson; Spring, 2018)

Research Methods in Psychology (Instructor: Dr. Greg Lovisky; Fall, 2017)

University of Iowa, Guest Lecturer

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

Selected Student Ratings of Teaching Effectiveness and Feedback

Penn State University, World Campus Online (Research Methods; Spring, 2021)

Instructor average rating: 5.73/7.00

What aspects of this course helped you learn?

"... Julian did a great job with his feedback on all assignments. For the most extensive assignments, Julian's feedback was incredible in helping me become a more concise, technical writer. His feedback was always constructive and he communicated his ideas well. One aspect that truly helped me was Julian's willingness to help me through email. I was able to bounce ideas off him and while he never gave the answer, he was able to provide excellent guidance and suggestions to help me decide which direction to move forward..."

"Professor Scheffer was amazing and helped me so much throughout this course. He always promptly answered my questions and e-mails thoroughly which was super helpful..."

"The professor is very intelligent and seems well informed. I appreciate his up to date academic references. His input throughout the course helped shape the final project in constructive and creative ways."

Penn State University, World Campus Online (Research Methods; Spring, 2019)

Quality of instructor: 5.80/7.00,

Instructor average rating: 5.54/7.00

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"

Penn State University, Teaching Assistant Lab Instructor (Research Methods; Spring, 2018)

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”

Mentorship (primary mentors were the principal investigators in research labs)

University of California, Berkeley Psychophysiology Lab (PI: Dr. Robert Levenson)

Undergraduates: Tingyue, Cui, Ariana Guenther, Enoch Min

Description: Working students on scoring psychophysiology data from stationary and ambulatory data collection methods.

Penn State University, Psychology Department

Graduate student peer mentees: Myles Arrington, Eliana Hadjiandreou, Amanda Moeller

Penn State University, Empathy and Moral Psychology Lab (PI: Dr. C. Daryl Cameron)

Undergraduates: Julia Arsenis, Nico Buentello, Shenyun Chen, Marco Ciappetta, Mackenzie Flanders, Kriss-Ann Gayle, Olivia George, Isabella González Giraldo, Peter Huber, Zineb Kobi, Cassie Sieradzky, Sarah Stevenson-Peck, Alyssa Sweeney, Bayla Thompson, Rachel Usatch, Matthew Welsh, Kayleigh White, Ruiqi Zhang

Description: Worked with 4-8 students per semester on research with human subjects and on how to conduct empirical research in social psychology.

Select student outcomes: PsyD Student (Widener University), Lab Coordinator (Penn State University).

University of Iowa, Iowa Morality Lab (PI: Dr. C. Daryl Cameron)

Undergraduates: Brandon Anderson, Jordon Bell, Weiwen Chen, Gabrielle Dillman, Mengzhu Fu, Yu Han, Xiaotian He, Devon Henderson, Megan Hopkins, Sawyer Kieffer, Chance Lacina, Lijing Ma, Astrid Montuclard, Amira Nash, Matthew Neuberger, Vincent Peiffer

Description: Worked with 4-8 students per semester on research with human subjects and on how to conduct empirical research in social psychology.

University of Toronto, Embodied Social Cognition Lab (PI: Dr. Elizabeth Page-Gould)

Undergraduates: Nischal Arora, Michelle Atsu, Tahmina Aziz, Veerpal Bambram, Mark Berridge, Rachel Burnette, Ifrah Butt, Jairo Caceres, Udai Chauhan, Adrian Dizon, Vicki (Mengxi) Dong, Jennifer D'Souza, Hend Al Fayez, Amanda Gamache Amanda Gonsalves, Chad Groulx, Abdul Hour, Ryan Nicholas Howes, Brigitte Kadiata, Dinat Farhana Khan, Daniela Kutleva, Ling Lam, Vivian Liang, Christine Liu, Angela Mahendiran, Tacie Marryshow, Amanda Mejia, Satmeen Nagra, Harrish Nithianandan, Amanda Nonis, Josiah Osagie, Sabrina Page, Sukanya Pathmarasa, Jenna Pirmohamed, Daniel John Potter, Matthew Quitasol, Denise May Santos, Jermaine Sargeant, Zaini Sarwar, Ramish Shahab, Ashif Shahid, Parco Sin, Sanvir Singh, Filip Stojic, Lily Thai, Jannell Thompson, Christina Tran, Maria Alessandra Tuccitto, Matthew Wilmot, Michael Xie

Description: Lab manager, worked with 20-25 students per semester on research with human subjects, how to collect data using peripheral psychophysiology measures (e.g., electrocardiography, impedance cardiography), and how to code data collected from psychophysiology measures.

Select student outcomes: Clinical Psychology PhD Students (University of Toronto, York University), Social/Personality Psychology PhD Student (University of Toronto), Industrial/Organizational PhD Student (University of Guelph), Healthcare workers and technicians (University Health Network).

University of Toronto, Toronto Lab for Social Neuroscience (PI: Dr. Michael Inzlicht)

Undergraduates: Hiba Ahmed, Lubna Ahmed, Rukaiya Alidina, Neelabh Datta Choudary, Jane Yating Ding, Fatima Farooq, Alita Fernandez, Carl Francis, Madina Ghafari, Chris Harabas, Frank He, Antu Hossain, Mahfuz Hossain, Abdul Hour, Jalini Jeyaraman, Jithan Karalasingam, Muhammad Basit Khurram, Jaeger Lam, Amy Law, Ethan Hao Li, Vivian Liang, Jananie Manoharan, Maxine Mills, Jenkin Mok, Sara Mossad, Kinjal Patel, Lesley-Anne Phu, Jason Pinto, Tayyab Pirzada, Hassan Shafique, Buvani Sivagnanasunderam, Seyon Sivagurunathan, Sanjay Sothilingam, Jennifer Struth, Tyler Tabobondung, Tharshika Thangarasa, Belinda Williams, Matthew Wilmot, Clark Xie, Li Nan Xu, Lucia You

Description: Lab manager, worked with 20-25 students per semester on research with human subjects and on data collection with peripheral psychophysiology measures and electroencephalography (EEG).

Select student outcomes: PhD Student in Cognitive Psychology (University of Toronto), PhD Students in Clinical Neuropsychology (York University), ND in Naturopathic Medicine (Nova Health Integrative Medicine), MD Students (McMaster University, University of Ottawa), Healthcare workers and technicians (University Health Network).

Service

Service to the Field

Ad Hoc Reviewer

British Journal of Social Psychology

Cognition
 European Journal of Social Psychology
 Frontiers
 Personality and Social Psychology Bulletin
 Psychological Science
 Social Cognitive and Affective Neuroscience
 Social Science Research

Graduate Student Member-at-Large

Society for Personality and Social Psychology (2020-2021)
 Professional Development Symposium: The Academic Job Market, *SPSP 2021*

Service to Penn State University

Steering Committee Member

Graduate Alliance in Diversity and Inclusion, College of Liberal Arts
 BRIDGE Diversity Alliance, Department of Psychology
 Incoming Graduate Student Mentoring Program, Department of Psychology

Vice-President and Secretary

Neuroscience Students Association (AXONS), Department of Psychology

Reviewer

Climate Survey for Diversity and Inclusion, Department of Psychology

Area Representative

Social Psychology Area, Department of Psychology

Service to University of Iowa

Undergraduate Research Fair Judge

Professional Trainings

Essentials of Online Teaching, Penn State University Schreyer's Institute for Teaching Excellence

Transgender 101, Penn State University LGBTQA Resource Center

Safer People Safer Places, Penn State University LGBTQA Resource Center

Entering Mentoring, University of Iowa Graduate College

Skills & Experience

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

Media Coverage & Blogposts

2021 [People often avoid feeling compassion for others, feel it's a lot of effort](#)
Penn State News; Medical Xpress

[Study uncovers a political stereotype that Democrats are more compassionate than Republicans](#)

PsyPost

2020

[Moral emotions during COVID-19: Examining the role of motivation and choice](#)

Penn State Social Science Research institute

2019

[The empathy option: The science of how and why we choose to be empathetic](#)

Penn State News

2017

[Tests can help quantify automatic empathy and moral intuitions](#)

Penn State News