

## Julian A. Scheffer

### PhD Candidate, Psychology

#### Contact Information

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The Pennsylvania State University  
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#### Research Interests

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Compassion, Empathy, Morality, Political Psychology, Social Neuroscience

#### Education

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2016-2021 (expected)	<b>The Pennsylvania State University, University Park, PA, USA</b> PhD in Psychology PhD Advisor: Dr. C. Daryl Cameron Specialization in Cognitive and Affective Neuroscience (SCAN) SCAN Advisor: Dr. Charles Geier (fMRI)
2014-2016	<b>University of Iowa, Iowa City, IA, USA</b> MA in Psychology MA Advisor: Dr. C. Daryl Cameron Trainee in the T32 Behavioral-Biomedical Interface, Iowa Neurology T32 Advisors: Dr. Daniel Tranel (Lesion Method), Dr. Jan Wessel (EEG)
2008-2013	<b>University of Toronto, Scarborough, ON, CAN</b> BSc in Neuroscience and Psychology Honors Thesis Advisor: Dr. Elizabeth Page-Gould BSc Advisors: Dr. Elizabeth Page-Gould, Dr. Michael Inzlicht

#### Research Fellowships

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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

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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, *Penn State Psychology*  
 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

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- Scheffer, J.A.**, Cameron, C.D., & Inzlicht, M. (accepted). [Caring is costly: People avoid the cognitive work of compassion](https://doi.org/10.1037/xge0001073). *Journal of Experimental Psychology: General*.  
<https://doi.org/10.1037/xge0001073>
- Scheffer, J.A.**, Cameron, C.D., McKee, S., Hadjiandreou, E., & Scherer, A.M. (in press). [Stereotypes about compassion across the political spectrum](https://psycnet.apa.org/doi/10.1037/emo0000820). *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](https://doi.org/10.1037/xge0000595). *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](https://doi.org/10.1016/j.cognition.2016.10.013). *Cognition*, *158*, 224-241.  
<https://doi.org/10.1016/j.cognition.2016.10.013>

### Manuscripts Under Review or Revision

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- 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. (2020). [National identity predicts public health support during a global pandemic](#). Under review at *Nature Communications*.  
 \*Provided feedback on survey design; contributed to writing and editing of the manuscript.

**Book Chapters**

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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)**

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**Scheffer, J.A.\***, Reber, J.\*, Cameron, C.D., & Tranel, D. Empathy regulation in amygdala and vmPFC lesion patients: Neural contributions for assessing empathy's mental demands.

**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. Moral emotions demand mental labor.

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.

Cameron, C.D., Conway, P., & **Scheffer, J.A.** (invited) Effortful empathy regulation and moral decision-making. *Current Opinion in Psychology*.

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

Cameron, C.D., Lim, D., Swim, J., **Scheffer, J.A.**, & Williamson, J., & Hadjiandreou, E. Motivated empathy and social distancing during COVID-19.

**Conference Papers (first author denotes presenting author)**

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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)**

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**Scheffer, J.A.**, & Cameron, C.D., (February, 2021). *Moral emotions demand mental labor*. To be 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.

Hadjandreou, 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 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, 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*

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

Quality of instructor: 5.80/7.00,

Instructor average rating: 5.54/7.00

Select Student Feedback

*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

#### Select Student Feedback

*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)**

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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, 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 Bambrah, 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 Ghafori, 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

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### Service to the Field

#### *Ad Hoc Reviewer*

European Journal of Social Psychology  
Frontiers  
Personality and Social Psychology Bulletin  
Psychological Science  
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**

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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**

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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 SPSS, R

### **Media Coverage & Blogposts**

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2021 [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*