

Julian A. Scheffer, Ph.D.

Assistant Professor
Department of Psychology
University of Western Ontario

Contact Information

University of Western Ontario
Department of Psychology
Social Science Centre Rm 7418
London, ON, N6A 5C2

E-mail: jscheff3@uwo.ca
Lab Website: <https://julianscheffer.com/misc.html>
Google Scholar: [JulianAScheffer](https://scholar.google.com/citations?user=JulianAScheffer&hl=en)

Academic Appointments

2025 **University of California Berkeley, Berkeley, CA, USA**
-present Research Associate (Non-Employee Affiliate), Institute of Personality and Social Research (IPSR)

2024 **University of Western Ontario, London, ON, CAN**
-present Assistant Professor, Department of Psychology

2021 – 2024 **University of California Berkeley, Berkeley, CA, USA**
 Postdoctoral Research Fellow, Institute of Personality and Social Research (IPSR)

Education History

2016 – 2021 **The Pennsylvania State University, University Park, PA, USA**
 Ph.D. in (Social) Psychology
 Specialization in Cognitive and Affective Neuroscience (SCAN)
 *[Alumni Association Dissertation Award](#) from The Graduate School

2014 – 2016 **University of Iowa, Iowa City, IA, USA**
 M.A. in (Social) Psychology
 Trainee in the T32 Behavioral-Biomedical Interface, Iowa Neurology

2008 – 2013 **University of Toronto, Scarborough, ON, CAN**
 H.B.Sc. in Neuroscience and Psychology

Research

Grants

2024-2026 **Faculty Research Development Fund**
 Faculty of Social Science Internal Grant
 The Other Side of Empathy: Elevating Marginalized Groups' Perspectives
 Role: Principal Investigator
 \$10,000.00
 Status: Awarded

Publications

(*equal authorship; †mentored student)

14. **Scheffer, J.A.***, Reber, J.*., Cameron, C.D., Feinstein, J.S., & Tranel, D. (accepted). Empathy motivation is preserved following amygdala lesions. *Brain*.
13. Wells, J.L., **Scheffer, J.A.**, Shdo, S., Yee, C.I., Merrilees, J.J., Bernstein Sideman, A., Miller, B., Possin, K., & Levenson, R.W. (accepted). Caregivers' positive emotional language predicts their depression trajectories after dementia caregiving ends. *Journals of Gerontology Series B: Psychological Sciences*.
12. Chen, K.H., **Scheffer, J.A.**, Wells, J., Chen, E., Yee, C.I., Wells, J.L., Lwi, S., Grimm, K.J., Merrilees, J.J., & Levenson, R.W. (2025). Preparatory physiological responses in people with dementia: Associations with Diminished caregiver health and relationship quality. *Journal of Gerontology Series B*, gbaf187, <https://doi.org/10.1093/geronb/gbaf187>
Data and syntax code: <https://osf.io/h9rz3/>
11. **Scheffer, J.A.**, Wells, J.L., Yee, C.I., Merrilees, J.J., & Levenson, R.W. (2025) Lower income level is associated with less favorable health trajectories in caregivers of people with neurodegenerative disease after caregiving ends. *Aging and Mental Health*, 1-11.
<https://doi.org/10.1080/13607863.2025.2522374>
Data and syntax code: <https://osf.io/h9rz3/>
10. **Scheffer, J.A.**, †Levan, D.T., Wells, J.L., Gallagher-Thompson, D., Grimm, K.J., Chen, K-H., Brown, C.L., †Bullard, B., Yee, C.I., Newton, S., †Chen, E., Merrilees, J.J., Moss, D., Wang, G., & Levenson, R.W. (2025). In-home assistive technology may help protect dementia caregivers from worsening sleep efficiency: A randomized control trial. *Clinical Gerontologist*, 1-14,
<https://doi.org/10.1080/07317115.2025.2499812>
Data and syntax code: <https://osf.io/csruy/>
9. †Bullard, B.M., Brown, C.L., **Scheffer, J.A.**, Toledo, A.B., & Levenson. R.W. (2024). Emotion regulation strategies and mental health in dementia caregivers: The moderating role of gender. *Dementia and Geriatric Cognitive Disorders*, 53(3), 128-134. <https://doi.org/10.1159/000538398>
8. Azevedo, F., Pavlović, T., do Rêgo, G. G., Ay, F. C., Gjoneska, B., Etienne, T. W., ... & Hudecek, M. F. (2023). Social and moral psychology of COVID-19 across 69 countries. *Scientific Data*, 10(1), 272.
7. Cameron, C.D., **Scheffer, J.A.**, Hadjiaandreou, E., & Anderson, S. (2022). Motivated empathic choices. *Advances in Experimental Social Psychology*, 66, 191-279.
<https://doi.org/10.1016/bs.aesp.2022.04.005>
6. **Scheffer, J.A.**, Cameron, C.D., & Inzlicht, M. (2022). Caring is costly: People avoid the cognitive work of compassion. *Journal of Experimental Psychology: General*, 151(1), 172-196.
<https://doi.org/10.1037/xge0001073>
Data, syntax code, and study materials: <https://osf.io/k25yr/>
Pre-registration (Study 8): <https://aspredicted.org/4da6z.pdf>
Press release: [Penn State News](https://pennstate.edu/news/2022/07/caring-costly-people-avoid-cognitive-work-compassion)

5. **Scheffer, J.A.**, Cameron, C.D., McKee, S., [†]Hadjandreou, E., & Scherer, A.M. (2022). Stereotypes about compassion across the political spectrum. *Emotion*, 22(3), 466-478.
<https://psycnet.apa.org/doi/10.1037/emo0000820>
 Press release: [PsyPost](#)

4. Van Bavel, J.J., Cichocka, A., Capraro, V., Sjåstad, 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., ..., Boggio, P. (2022). National identity predicts public health support during a global pandemic. *Nature Communications*, 13, 517.
<https://doi.org/10.1038/s41467-021-27668-9>

3. Cameron, C.D., Conway, P., & **Scheffer, J.A.** (2021). Empathy regulation, prosociality, and moral judgment. *Current Opinion in Psychology*, 44, 188-195.
<https://doi.org/10.1016/j.copsyc.2021.09.011>

2. 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>
 Data, syntax code, and study materials: <https://osf.io/j8dws/>
 Press release: [Penn State News](#); [American Psychological Association](#)
 Roy C. Buck Award for Best Annual Paper in Social Sciences awarded to C. Daryl Cameron (2020)

1. 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>
 Press release: [Penn State News](#)

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 Under Review

(*equal authorship; [†]mentored student)

Scheffer, J.A., Reber, J., Cameron, C.D., & Tranel, D. Is damage to the ventromedial prefrontal cortex associated with impaired empathy? A neuropsychological study using an empathy motivation task.

Scheffer, J.A., Chen, K.H., Yee, C.I., Wells, J.L., Lwi, S.J., [†]Chen, E.Y., [†]Heath, D.M., [†]Levan, D.T., Merrilees, J., & Levenson, R.W. Diminished preparatory responses in people with neurodegenerative disease predicts greater mental health recovery in caregivers after caregiving ends. *Manuscript under review*.

Brown, C.L., Chen, E.Y., Chen, K-H., Wells, J.L., **Scheffer, J.A.**, Sturm, V., & Levenson, R.W. Interpersonal emotion regulation in dementia: Diagnostic differences and associations with caregiver mental health. Invited resubmission at *Emotion*.

Select Manuscripts in Preparation

(*equal authorship; [†]mentored student)

Scheffer, J.A. Social emotions demand mental labor.

Scheffer, J.A., †Biala, A., †Budge, J., & †Dzhunushaliev, E. (in preparation). Motivation, personality, and the willingness to experience empathy and compassion. In E.D. Glauser (Eds.), *Handbook on Personality and Emotion*. Edward Elgar Publishing.

Conference Abstracts Accepted as Talks

(†mentored student)

Scheffer, J.A., Brown, C.L., Chen, K-H., Wells, J.L., Bullard, B., Merrilees, J.J., & Levenson, R.W. (2026, February 26-28). *Empathy and emotions during conflict resolution in dementia caregiving dyads*. In M. Poulin & C.M. Hasse (Chairs) “Emotional responses to others’ suffering: How (much) should I feel?” Society for Personality and Social Psychology Annual Convention, Chicago, IL, USA.

Scheffer, J.A., Chen, K-H., Yee, C.I., Wells, J.L., Lwi, S.J., Chen, E., Merrilees, J.J., & Levenson, R.W. (2025, November 12-15). *Reduced preparatory responses in people with dementia predict caregiver mental health improvements after care ends*. Gerontological Society of America Annual Convention, Boston, MA, USA.

Scheffer, J.A., Womick, J., Cameron, C.D., & Gray, K. (2025, February 20-22). *Empathy’s other side: Consequences of sharing personal experiences with injustice*. In J. Soto & B. Koopmann-Holm (Chairs) “Facing discrimination: The importance of emotion regulation and emotional goals”. Society for Personality and Social Psychology Annual Convention, Denver, CO, USA.

Scheffer, J.A., †Levan, D.T., Wells, J.L., Gallagher-Thompson, D.G., Grimm, K., Chen, K-H., Wang, G., & Levenson, R.W. (2024, November 13-16). *In-home assistive technology protects dementia caregivers from worsening sleep efficiency*. Gerontological Society of America Annual Convention, Seattle, WA, USA.

Scheffer, J.A., Womick, J., Cameron, C.D., & Gray, K. (2024, February 8-10). *The other side of allyship: Sacrificing authenticity in sharing personal experiences with potential allies* [Data Blitz]. Society for Personality and Social Psychology Authenticity (virtual) Preconference, San Diego, CA, USA.

Chen, K.H., Chen, E., †Levan, D.T., Paul, D., Newton, S., Yee, C.I., Merrilees, J.J., **Scheffer, J.A.**, Chen, S., & Levenson, R.W. (2023, July 16-20). *Wearable-based measures of proximity and movement are associated with activities of daily living in people with dementia and perceived burden in family caregivers*. Alzheimer’s Association International Annual Convention, Amsterdam, NL.

Scheffer, J.A., Yee, C.I., Wells, J.L., †Chen, E., †Heath, D., †Levan, D.T., Merrilees, J., & Levenson, R. (2023, November 8-12). *Lower income in caregivers of people with neurodegenerative diseases is associated with less improvement in emotional well-being after caregiving is over*. In J.K. Monin (Chair) “Marital transitions in mid and late life”. Gerontological Society of America Annual Convention, Tampa, FL, USA.

Brown, C., Chen, E., Chen, K.H., **Scheffer, J.A.**, & Levenson, R.W. (2023, March 30-April 1). *Modulation of informal dementia caregivers’ emotion during conflict and depressive symptoms*. Society for Affective Science Annual Convention, Long Beach, CA, USA.

Chen, K.H., [†]Chen, E., [†]Levan, D.T., Yee, C.I., Merrilees, J., **Scheffer, J.A.**, Chen, S., & Levenson, R.W. (2023, March 8-11). *Remotely measured in-home co-location of dementia caregivers and care recipients is associated with changes in caregivers' depressive symptoms*. American Psychosomatic Society Annual Convention, San Juan, Puerto Rico.

Chen, K.H., [†]Chen, E., [†]Levan, D.T., Yee, C.I., Merrilees, J., **Scheffer, J.A.**, Chen, S., & Levenson, R.W. (2022, Nov. 2-6). *Remotely measured in-home distance from care recipient predicts dementia caregivers' loneliness*. Gerontological Society of American Annual Convention, Indianapolis, IN, USA.

Scheffer, J.A., Chen, K.H., Yee, C.I., [†]Chen, E., [†]Heath, D.M., [†]Levan, D.T., Grimm, K., Merrilees, J., & Levenson, R.W. (2022, March 30-April 2). *Heart rate changes in anticipation of emotional events in people with neurodegenerative disease predicts improvement in caregiver emotional well-being after caregiving has ended*. Society for Affective Science Annual Convention, Virtual meeting.

Chen, K.H., **Scheffer, J.A.**, Wells, J., Yee, C., Merrilees, J., & Levenson, R.W. (2022, March 30-April 2). *Relationship quality buffers the association between emotional reactivity abnormality in persons with neurodegenerative diseases and lower well-being in family caregivers*. Society for Affective Science Annual Convention Virtual Convention.

Hadjandreou, E., Cameron, C.D., Anderson, S., & **Scheffer, J.A.** (2021, April 13-16). *Political empathy bias during the 2020 US Presidential Election*. Society for Affective Science Positive Emotions Preconference, Virtual Convention

Cameron, C.D., **Scheffer, J.A.**, & Inzlicht, M. (2018, April 26-28). *Caring is costly: People avoid the effort of compassion*. Society for Affective Science Positive Emotions Preconference, Los Angeles, CA, USA.

Ferguson, A.M, Cameron, C.D., Hutcherson, C., **Scheffer, J.A.**, & Inzlicht, M. (2018, April 4-5). *Empathy is a choice: People spontaneously avoid empathy*. Consortium for European Research on Emotion, University of Glasgow, Glasgow, UK.

Scheffer, J.A., Cameron, C.D., Scherer, A.M., McKee, S., & Hadjiandreou, E. (2018, March 1-3). *Bleeding or cold hearts? Examining ideological stereotypes about compassion [Data Blitz]*. Society for Personality and Social Psychology Emotions Preconference, Atlanta, GA, USA.

Cameron. C.D, **Scheffer, J.A.**, & Inzlicht, M. (2018, March 1-3). *Caring is costly: People avoid the efforts of compassion*. In M. McCullough & W. McAuliffe (Chairs) "Challenging common assumptions about empathy with novel measures and theories". Society for Personality and Social Psychology Annual Convention, Atlanta, GA, USA.

Scheffer, J.A., Cameron, C.D., & Inzlicht, M. (2017, April 20-22). *Feeling with or Caring for? Comparing empathy and compassion avoidance*. Midwestern Psychological Association Annual Convention, Chicago, IL, USA.

Cameron, C.D., Hutcherson, C., Ferguson, A., **Scheffer, J.A.**, & Inzlicht, M. (2017, April 20-2). *Empathy is a choice: People spontaneously avoid empathy*. In C. Reyna (Chair) "New directions in moral psychology". Midwestern Psychological Association Annual Convention, Chicago, IL, USA.

Scheffer, J.A., Cameron, C.D., Payne, B.K., Sinnott-Armstrong, W., & Inzlicht, M. (2015, April 30-May 2). *Implicit moral cognition: A process dissociation approach*. Midwestern Psychological Association Annual Convention, Chicago, IL, USA.

Scheffer, J.A., & Page-Gould, E. (2012, April). *Succes in academics: Implicit theories of intelligence with intrinsic and extrinsic motivators*. York University Undergraduate Thesis Conference, Toronto, ON, CAN.

Conference Abstracts Accepted as Posters

(†mentored student)

Scheffer, J.A., Womick, J., Cameron, C.D., & Gray, K. (2024, February 8-10). *The other side of empathy: Consequences of sharing personal experiences with injustice to generate concern from potential allies*. Society for Personality and Social Psychology Social Cognition Preconference, San Diego, CA, USA.

Scheffer, J.A., Yee, C.I., Wells, J.L., †Chen, E., †Heath, D., †Levan, D.T., Merrilees, J., & Levenson, R. (2023, March 30-April 1). *Lower income in caregivers of people with neurodegenerative disease is associated with less improvement in emotional well-being after caregiving is over*. Society for Affective Science Annual Convention, Long Beach, CA, USA.

Chen, E., Brown, B., †Cozad, H., **Scheffer, J.A.**, Chen, K.H., & Levenson, R. W. (2023, March 30-April 1). *Modulation of caregiver emotional valence during interaction: The role of emotion recognition in persons with dementia*. Society for Affective Science Annual Convention, Long Beach, CA, USA.

†Cozad, H., **Scheffer, J.A.**, Brown, C.L., & Levenson, R.W. (2023, March 30-April 1). *Relationship satisfaction in people with dementia and their caregivers: Caregivers for people with frontotemporal dementia experience lower satisfaction within their relationships*. Society for Affective Science Annual Convention, Long Beach, CA, USA.

†Cozad, H.O., †Chen, E., Brown, C.L., **Scheffer, J.A.**, Chen, K. H., & Levenson, R.W. (2022, November 2-6). *Emotional functioning in people with dementia and caregiver affect during dyadic interactions*. Gerontological Society of America Annual Convention, Indianapolis, IN, USA.

Scheffer, J.A., Reber, J., Cameron, C.D., & Tranel, D. (2022, March 30-April 2). *Empathic propensities in amygdala and vmPFC lesion patients: Investigating neural contributions for motivation to experience empathy*. Society for Affective Science Positive Emotions (Virtual) Preconference.

Scheffer, J.A., Chen, K.H., Yee, C.I., †Chen, E., †Heath, D.M., †Levan, D.T., Grimm, K., Merrilees, J., & Levenson, R.W. (2022, February 2-4). *Heart rate changes in anticipation of emotional events in people with neurodegenerative disease predicts improvement in caregiver emotional well-being after caregiving has ended*. Society for Personality and Social Psychology Health (Virtual) Preconference, San Francisco, CA, USA.

[†]Levan, D.T., [†]Chen, E., [†]Heath, D.M., Bullard, B.M., **Scheffer, J.A.**, Chen, K.H., Yee, C.I., & Levenson, R.W. (2022, February 2-4). In-home assistive technology prevents declines in sleep quality in caregivers for people with dementia. Society for Personality and Social Psychology Intervention Science (Virtual) Preconference, San Francisco, CA, USA.

Scheffer, J.A., Reber, J., Cameron, C.D., & Tranel, D. (2022, February 2-4). *Empathic propensities in amygdala and vmPFC lesion patients: Investigating neural contributions for motivation to experience empathy*. Society for Personality and Social Psychology Emotion (Virtual) Preconference, San Francisco, CA, USA.

Lewis, K.A., **Scheffer, J.A.**, & Vescio, T.K. (2022, February 2-4). *Empathy and Feminist Standpoint Theory: Impact of shared identity and understanding on empathic targets' feelings and perceptions of empathizers*. Society for Personality and Social Psychology Annual Convention, San Francisco, CA, USA.

Scheffer, J.A., & Cameron, C.D. (2021, February 9-14). *Moral emotions demand mental labor*. Society for Personality and Social Psychology Virtual Meeting.

Scheffer, J.A., Cameron, C.D., & Packer, D.J. (2020, February 27-29). *Intergroup morality: Strategic moralization for "Us" and "Them" and "Motivated moral construal: Examining intergroup preferences to moralize transgressions*. Society for Personality and Social Psychology Justice and Morality Preconference, New Orleans, LA, USA.

Hadjandreou, E., Cameron, C.D., **Scheffer, J.A.**, & Inzlicht, M. (2019, February 7-9). *Social norms shape empathic choices*. Society for Personality and Social Psychology Annual Convention, Portland, OR, USA.

Reber, J., **Scheffer, J.A.**, Cameron, C.D., & Tranel, T. (2019, February 7-9). *Who's really driving the trolley? Decomposing moral dilemma judgments by individuals with vmPFC lesions using process dissociation*. Society for Personality and Social Psychology Annual Convention, Portland, OR, USA.

Scheffer, J.A., Cameron, C.D., & Inzlicht, M. (2019, February 7-9). *Parochial compassion: People choose compassion more for loved ones compared to strangers*. Society for Personality and Social Psychology Emotion Preconference, Portland, OR, USA.

Scheffer, J.A., Cameron, C.D., & Inzlicht, M. (2017, January 19-21). *Feeling with or Caring for?: Comparing empathy and compassion avoidance*. Society for Personality and Social Psychology Annual Convention, San Antonio, TX, USA

Ferguson, A.M., Cameron, C.D., Hutcherson, C.A., **Scheffer, J.A.**, Hadjiandreou, E., & Inzlicht, M. *Choosing empathy: Validating a measure of empathy behavior*. Society for Personality and Social Psychology Annual Convention, San Antonio, TX, USA.

Scheffer, J.A., Cameron, C.D., Payne, B.K., Sinnott-Armstrong, W., & Inzlicht, M. (2015, February 26-28). *Implicit Moral cognition: A process dissociation approach*. Society for Personality and Social Psychology Annual Convention, Long Beach, CA, USA.

Scheffer, J.A., & Page-Gould, E. (2014, February 13-15). *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.* Society for Personality and Social Psychology Annual Convention, Austin, TX, USA.

Scheffer, J.A., & Page-Gould, E. (2013, May 23-26). *Success in academics: Implicit theories of intelligence with intrinsic and extrinsic motivators.* Association for Psychological Science Annual Convention, Washington, DC, USA.

Invited Lectures and Presentations

Scheffer, J.A. (April 2025). *Is empathy too difficult? Exploring the challenges of taking on others' experiences.* Keynote at the Psychology Discovery Conference, University of Waterloo.

Scheffer, J.A. (March 2025). *The other side of empathy: How it feels to share our experiences.* Social-Personality Brownbag, University of Waterloo.

Scheffer, J.A. (May 2024). *The other side of empathy: How it feels to share our experiences.* Department of Psychology, Santa Clara University.

Scheffer, J.A. (October 2023). *The other side of empathy: How it feels to share our experiences.* Social-Personality Brownbag, University of California Davis.

Scheffer, J.A. (December 2022). *Social emotions and mental labor: Using effort and neurological models to examine decisions to experience empathy and compassion.* Department of Psychology, University of Massachusetts Amherst.

Scheffer, J.A. (November 2022). *Social emotions and mental labor: Using effort and neurological models to examine decisions to experience empathy and compassion.* Department of Psychology, University of Western Ontario.

Scheffer, J.A. (May 2021). *Moral emotions demand mental labor.* Berkeley Psychophysiology Lab, University of California Berkeley.

Scheffer, J.A. (April, 2021). *Moral emotions demand mental labor.* Stigma and Motivation Lab, University of Toronto.

Scheffer, J.A. (March 2021). *Moral emotions demand mental labor.* Department of Psychology, University of New Mexico.

Scheffer, J.A. (September 2020). *Moral emotions demand mental labor.* FeldmanHall Lab, Brown University.

Scheffer, J.A. (October 2017). *Feeling with or caring for?: Examining compassion and empathy avoidance.* Moral Psychology Research Group Meeting at The Pennsylvania State University.

Graduate Fellowships

2016 – 2017 Predoctoral T32 Fellowship, *University of Iowa* (declined, \$18,600)

2015 – 2016 Predoctoral T32 Fellowship, *University of Iowa* (\$18,600)

Honors & Awards

2021 Alumni Association Dissertation Award, *Penn State University Graduate School* (\$5000)
 Bruce V. Moore Graduate Research Award, *Penn State University Psychology* (\$650)

2020 Diversity Registration Award, *Society for Personality and Social Psychology* (\$80)
 Registration Award, *Society for Personality and Social Psychology* (declined, \$80)
 Superior Teaching and Research Award (STAR), *Penn State University College of Liberal Arts* (\$2000)
 Bruce V. Moore Travel Award, *Penn State University Psychology* (\$650)

2019 Doctoral Award Honorable Mention, *Social Sciences and Humanities Research Council of Canada*
 BRIDGE Diversity Impact Award, *Penn State University Psychology* (\$250)
 Travel Award, *Penn State University Psychology* (\$550)

2018 Doctoral Award Honorable Mention, *Social Sciences and Humanities Research Council of Canada*
 Research Grant Honorable Mention, *Summer Seminar in Neuroscience and Philosophy*
 Travel Award, *Penn State University Psychology* (\$450)

2017 Herman Goffberg Memorial Travel Award, *Penn State University Psychology* (\$500)
 Diversity Travel Award, *Midwestern Psychological Association* (\$200)
 Travel Award, *Penn State University Psychology* (\$450)

2016 Predoctoral T32 Summer Fund (EEG Methods), *University of Iowa Neurology* (\$5100)

2015 Predoctoral T32 Summer Fund (Lesion Comparison Methods), *University of Iowa Neurology* (\$5100)
 Travel Award, *University of Iowa Graduate & Professional Student Government* (\$400)
 Travel Award, *University of Iowa Graduate Student Senate* (\$300)

2014 Master's Award Honorable Mention (CGS-M), *Social Sciences and Humanities Research Council of Canada*
 *Consideration withdrawn due to attending a U.S. Ph.D. program

2013 Honors List for Academic Achievement, *University of Toronto*
 Letter Award for Leadership at the University, *University of Toronto*

2012 Honors List for Academic Achievement, *University of Toronto*

Teaching

Instructor of Record

University of Western Ontario

Theories in Social, Personality, and Developmental Psychology (PSYCH9701; Winter, 2026)

N~5 students

The Psychology of Prosocial and Antisocial Behaviour (PSYCH3720; Winter, 2026)
N~60 students

The Psychology of Prosocial and Antisocial Behaviour (PSYCH3720; Winter, 2025)
N~60 students

The Pennsylvania State University World Campus

Research Methods in Psychology
Fall 2018; Spring 2019; Fall 2020; Spring 2021
Administered in the online environment using CANVAS for 20-25 students per semester

Teaching Assistant

The Pennsylvania State University

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)

Guest Lectures

The Pennsylvania State University

The Somatic Marker Hypothesis (Course: Human Emotions; Instructor: Dr. Reginald Adams; Fall 2019)
Empathy's Costs (Course: Positive Psychology; Instructor: Dr. Reginald Adams; Fall 2019)
Empathy and Morality (Course: Positive Psychology; Instructor: Troy Steiner; Fall 2018)

University of Iowa

Introduction to Neuroscience (Course: Intro to Psychology; Instructor: Ji Xia; Summer 2015)

Selected Student Ratings of Teaching Effectiveness

Research Methods; Spring 2021, The Pennsylvania State University World Campus

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.”

Research Methods; Spring, 2019, The Pennsylvania State University World Campus

Average rating: 5.54/7.00; Instructor quality rating: 5.80/7.00

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”

Service

Consulting Editor

Emotion

External Reviewer

Austrian Science Fund (FWF; x2)

National Science Foundation (NSF)

Social Sciences and Humanities Research Council (SSHRC; x2)

Ad Hoc Review Experience

Biological Psychology

BioPsychoSocial Medicine

British Journal of Social Psychology

Cognition

Emotion (x5)

European Journal of Social Psychology

Frontiers in Psychology

Journal of Experimental Psychology: General

Motivation and Emotion

Nature

Nature Reviews Psychology

Personality and Social Psychology Bulletin (x5)

Psychological Science

Scientific Reports

Social Cognitive and Affective Neuroscience

Social Neuroscience

Social Psychological and Personality Science

Social Science Research

Mentorship & Supervision

University of Western Ontario

Graduate supervision: Emil Dzhunushaliev (2024-present; SPDP), Aashna Biala (2025-present; SPDP), Joshua Budge (2025-present; CSP)

Undergraduates (N=5): Mehak Bhatia, Shagun Chander, Jack Cordingley, Amal Elbuluk (USRI, Honours Thesis), Kitty Gao

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

Undergraduates (N=16): Miranda Calacsan, Enna Chen, Hannah Cozad, Tingyue Cui, Aiko De Arth, Turner Griffin, Ariana Guenther, Joyce Hong, Kathryn Li, Shobhan Mangla, Enoch Min, Sophia Rougraft, Kellan Sanchez, Dhivya Srinivasan, Elaine Tang, Vincent Wang

Description: Supervising students' data collection using peripheral psychophysiology measures and eye-tracking, scoring psychophysiology data from stationary and ambulatory data collection methods

Select student outcomes: PhD Students (Arizona State University, Stanford University, UC Davis), MD Student (UC Davis)

Penn State University, Psychology Department

Graduate student peer mentees (N=3): Myles Arrington, Eliana Hadjiandreou, Amanda Moeller

Description: Scheduled regular meetings with students to provide advice on guidance on approaching their Ph.D. program at Penn State University.

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

Undergraduates (N=18): 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: Mentored 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 (N=16): 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: Mentored 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 (N=50): 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 Fayed, 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: As a lab manager, supervised 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 ($N=41$): 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: As a lab manager, supervised 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).

Committee and Volunteer Work

University of Western Ontario

2025- Clinical Training Committee
Appointments Committee
Honours Thesis Evaluator

2024-2025 Graduate Selection Committee
SSHRC CGS-D Reviewer
SSHRC CGS-M Reviewer
Department of Psychology
School of Graduate & Postdoctoral Studies

2022 – 2023 Society for Affective Science
Postdoctoral Fellow Member-at-Large

2020 – 2021 Society for Personality and Social Psychology
Graduate Student Member-at-Large
(Chair) Professional Development Symposium: [Approaching the Academic Job Market](#)

The Pennsylvania State University

[Graduate Alliance for Diversity and Inclusion \(GADI\)](#), College of Liberal Arts

2018 – 2019 Steering Committee Member, start-up consultant
Initiatives: University allyship network task force
[BRIDGE Diversity Alliance](#), Department of Psychology

2017 – 2019 Steering Committee Member
 2016 – 2017 Media and Outreach Committee Member

2016 – 2019 Department Climate Reviewer – student well-being and equity perceptions
 Initiatives: Psi Chi grad school application panel, department mentoring coordinator
Recipient of the BRIDGE Diversity Impact Award (2019)

Social Psychology Training Area, Department of Psychology
 2017 – 2019 Student Representative

Neuroscience Students Association (AXONS), Department of Psychology
 2017 – 2018 Vice-President
 2016 – 2017 Secretary

University of Iowa
 2014 – 2015 Undergraduate Research Fair Judge

Professional Affiliations

Association for Psychological Science (APS)
 Gerontological Society of America (GSA)
 Midwestern Psychological Association (MPA)
 Moral Psychology Research Group (MPRG)
 Society for Affective Science (SAS)
 Society for Personality and Social Psychology (SPSP)

Professional Trainings

Feb 2024 Flourish Retreat, *SPSP*
 Feb 2022 Beyond Performativity: How to be an Effective Anti-racist, *A Better Force*
 July 2019 Summer Institute at New York University, *Society for Personality and Social Psychology*
 Aug 2018 Essentials of Online Teaching, *Penn State University Schreyer's Institute*
 July 2018 Transgender 101, *Penn State University Center for Sexual and Gender Diversity*
 Apr 2018 Safer People Safer Places, *Penn State University Center for Sexual and Gender Diversity*
 July 2015 Entering Mentoring, *University of Iowa Graduate College*

Media & Outreach

2024 [Your Mind on Compassion](#)
 Minds Matter Podcast

[Approaching the Academic Job Market](#)
 The Hidden Curriculum in Psychology (HICCUP)

2021 [This is Why We Avoid Difficult Conversations](#)
 Psychology Today

[Tackling the Dissertation](#)
 Society for Personality and Social Psychology

2020 [Moral emotions during COVID-19: Examining the role of motivation and choice](#)
 Penn State Social Science Research Institute

References

References available upon request.