

Julian A. Scheffer, Ph.D.

Postdoctoral Research Fellow
 Institute of Personality and Social Research (IPSR)
 University of California, Berkeley

Contact Information

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Academic Appointments

2021 – present **University of California Berkeley, Berkeley, CA, USA**
 Postdoctoral Research Fellow, Institute of Personality and Social Research (IPSR)
 Sponsor: Dr. Robert Levenson

Education History

- 2016 – 2021 **The Pennsylvania State University, University Park, PA, USA**
 Ph.D. in (Social) Psychology
 Specialization in Cognitive and Affective Neuroscience (SCAN)
Dissertation Committee: Dr. C. Daryl Cameron (Chair), Dr. Karen Gasper, Dr. Jose Soto, & Dr. Peter Hatemi
Dissertation Title: Intergroup morality: Strategic moralization for “Us” and “Them”
 *[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
Thesis Committee: Dr. C. Daryl Cameron (Chair), Dr. Rebecca Neel, & Dr. Daniel Tranel
Thesis Title: Moving the moral muscle: The link between self-control and moral behavior depends on motivation
 *Lab transitioned to the Pennsylvania State University
- 2008 – 2013 **University of Toronto, Scarborough, ON, CAN**
 H.B.Sc. in Neuroscience and Psychology
Advisors: Dr. Elizabeth Page-Gould (thesis mentor), Dr. Michael Inzlicht
Honors Thesis Title: Success in academics: Implicit theories of intelligence with intrinsic and extrinsic motivators

Research

My research broadly examines the effectiveness of socioemotional processes such as empathy and compassion. I test how perceptions of mental effort, neural damage, and neurodegeneration affect people’s propensity and capacity to want to understand other people’s perspectives and foster concern for their well-being. Further, I examine how empathy and compassion wax and wane across challenging interpersonal and intergroup contexts, such as with political rivals, caregivers of those with neurodegenerative diseases, and in shaping allyship for social disparities. Finally, I spotlight the perspectives of people often targeted with empathy (e.g., marginalized group members), and whether non-marginalized perceivers’ goals of allyship—e.g., to understand the experiences of marginalized minorities—place burdens on the people with whom they hope to support.

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*

Peer-Reviewed Manuscripts

Cameron, C.D., **Scheffer, J.A.**, Hadjiandreou, E., & Anderson, S. (in press). Motivated empathic choices. *Advances in Experimental Social Psychology*. <https://doi.org/10.1016/bs.aesp.2022.04.005>

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 and study materials: <https://osf.io/k25yr/>
 Pre-registration (Study 8): <https://aspredicted.org/4da6z.pdf>
 Press release: [Penn State News](#)

Scheffer, J.A., Cameron, C.D., McKee, S., Hadjiandreou, 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](#)

Van Bavel, J.J., Cichocka, A., Capraro, V., Sjästad, 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>

*Provided feedback on survey design; contributed to writing and editing of the manuscript.

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>

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 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)

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

Azevedo, F., Pavlović, T., do Rêgo, G. G., Ay, F. C., Gjoneska, B., Etienne, T. W., ... & Hudecek, M. F. (revise and resubmit). Social and moral psychology of COVID-19 across 69 countries. *Scientific Data*.

Select Manuscripts in Preparation (*equal author contributions)

Scheffer, J.A.*, Reber, J.*, Cameron, C.D., & Tranel, D. Empathic propensities in amygdala and vmPFC lesion patients: Damage to social decision-making neural regions does not impede empathic motivation.

- Empirical paper: *Data analyzed, manuscript drafted, preparing for submission.*

Scheffer, J.A., & Cameron, C.D. Social emotions demand mental labor.

- Theoretical/perspective paper: *Manuscript drafted, preparing for submission. (Ph.D. comprehensive exam)*

Scheffer, J.A., Cameron, C.D., & Packer, D.J. Intergroup morality: Strategic moralization for “Us” and “Them”.

- Empirical paper: *Data analyzed, manuscript drafted, preparing for submission. (Ph.D. dissertation research)*

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.

- Empirical paper: *Data analyzed, writing in progress.*

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.

- Empirical paper: *Data analysis and writing in progress.*

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.

- Empirical paper: *Data analyzed, manuscript drafted, preparing for submission.*

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

- Empirical paper: *Data analyzed, manuscript drafted, preparing for submission.*

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.

- Empirical paper: *Data analysis and writing in progress.*

Invited Talks & Lectures, Conference Presentations, and Posters (†postgraduate mentee)

“Heart rate changes in anticipation of emotional events in people with neurodegenerative disease predicts improvement in caregiver emotional well-being after caregiving has ended.” **Scheffer, J.A.**, Chen, K.H., Yee, C.I.,

†Chen, Y., †Heath, D.M., †Levan, D.T., Grimm, K., Merrilees, J., & Levenson, R.W.

Invited Talk: Society for Affective Science, Mar. 2022.

Poster: Society for Personality and Social Psychology Health Preconference, Feb. 2022.

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

Invited Talk: Society for Affective Science, Mar. 2022 (by Kuan-Hua Chen).

“In-home assistive technology prevents declines in sleep quality in caregivers for people with dementia.” †Levan, D.T., †Chen, Y., †Heath, D.M., Bullard, B.M., **Scheffer, J.A.**, †Chen, K.H., Yee, C.I., & Levenson, R.W.

Poster: Society for Personality and Social Psychology Intervention Science Preconference, Feb. 2022 (by

†Darius Levan).

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

Poster: Society for Affective Science Positive Emotions Preconference, Mar. 2022.

Poster: Society for Personality and Social Psychology Emotion Preconference, Feb. 2022.

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

Poster: Society for Personality and Social Psychology, Feb. 2022 (by Kathrine Lewis).

“Social Emotions Demand Mental Labor” **Scheffer, J.A.**, & Cameron, C.D.

Poster: Mental Effort Workshop, Sept. 2021.

Invited Talk: Berkeley Psychophysiology Lab at the University of California Berkeley, May 2021.

Invited Talk: Stigma and Motivation Lab at the University of Toronto, Apr. 2021.

Invited Talk: University of New Mexico Psychology Department, Mar. 2021.

Poster: Society for Personality and Social Psychology, Feb. 2021.

Invited Talk: FeldmanHall Lab at Brown University, Sept. 2020.

Poster: Society for Personality and Social Psychology, Feb. 2020.

“Political empathy bias during the 2020 US Presidential Election.” Hadjiandreou, E., Cameron, C.D., Anderson, S., & **Scheffer, J.A.**

Invited Talk: Society for Affective Science Positive Emotions Preconference, Apr. 2021 (by Eliana Hadjiandreou).

“Intergroup morality: Strategic moralization for “Us” and “Them”.” and “Motivated moral construal: Examining intergroup preferences to moralize transgressions.” **Scheffer, J.A.**, Cameron, C.D., & Packer, D.J.

Poster: Society for Personality and Social Psychology Justice and Morality Preconference, Feb. 2020, New Orleans, LA.

- “Social norms shape empathic choices” Hadjiandreou, E., Cameron, C.D., **Scheffer, J.A.**, & Inzlicht, M.
Poster. Society for Personality and Social Psychology, Feb. 2019, Portland, OR (by Eliana Hadjiandreou).
- “Who’s really driving the trolley? Decomposing moral dilemma judgments by individuals with vmPFC lesions using process dissociation” Reber, J., **Scheffer, J.A.**, Cameron, C.D., & Tranel, T.
Poster. Society for Personality and Social Psychology, Feb. 2019, Portland, OR (by Justin Reber).
- “Caring is costly: People avoid the cognitive effort of compassion” **Scheffer, J.A.**, Cameron, C.D., & Inzlicht, M.
Poster: Society for Personality and Social Psychology Emotion Preconference, Feb. 2019, Portland, OR.
Invited Talk: Society for Affective Science Positive Emotions Preconference, Apr. 2018, Los Angeles, CA (by Daryl Cameron).
Invited Talk: Society for Personality and Social Psychology, Mar. 2017, Atlanta, GA (by Daryl Cameron).
Invited Talk: Moral Psychology Research Group, Oct. 2017, State College, PA.
Poster. Society for Personality and Social Psychology, Jan. 2017, San Antonio, TX.
Invited Talk: Midwestern Psychological Association, May 2015, Chicago, IL.
- “Stereotypes about compassion across the political spectrum” and “Bleeding or cold hearts? Examining ideological stereotypes about compassion.” **Scheffer, J.A.**, Cameron, C.D., Scherer, A.M., McKee, S., & Hadjiandreou, E.
Invited Talk: Society for Personality and Social Psychology Emotion Preconference, Mar. 2018, Atlanta, GA.
- “Empathy is hard work: People avoid empathy because of its cognitive costs” Cameron, C.D., Hutcherson, C.A., Ferguson, A.M., **Scheffer, J.A.**, Hadjiandreou, E., & Inzlicht, M.
Invited Talk: Consortium for European Research on Emotion (CERE), Apr. 2018, University of Glasgow, Glasgow, UK (by Amanda Ferguson).
Invited Talk: Association for Psychological Science, May 2017, Boston, MA (by Daryl Cameron).
Invited Talk: Society for Personality and Social Psychology, Jan. 2017, San Antonio, TX (by Michael Inzlicht).
Poster. Society for Personality and Social Psychology, Jan. 2017, San Antonio, TX (by Amanda Ferguson).
- “Implicit moral evaluations: A multinomial modeling approach” Cameron, C.D., Payne, B.K., Sinnott-Armstrong, W., **Scheffer, J.A.**, & Inzlicht, M.
Invited Talk: Midwestern Psychological Association, May 2015, Chicago, IL, USA.
Poster. Society for Personality and Social Psychology, Feb. 2015, Long Beach, CA.
- “Success in academics: Implicit theories of intelligence with intrinsic and extrinsic motivators” **Scheffer, J.A.**, & Page-Gould, E.
Poster. Society for Personality and Social Psychology, Feb. 2014, Austin, TX.
Poster. Association for Psychological Science, May 2013, Washington, DC.
Invited Talk: York University Undergraduate Thesis Conference, Apr. 2012, Toronto, ON, CAN.

Teaching

Instructor of Record

Research Methods in Psychology, The Pennsylvania State University World Campus

Fall 2018; Spring 2019; Fall 2020; Spring 2021

Administered in the online environment using CANVAS for 20-25 students per semester

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)

Guest Lectures

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)

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

Ad Hoc Review Experience

British Journal of Social Psychology

Cognition

Emotion

European Journal of Social Psychology

Frontiers in Psychology

Personality and Social Psychology Bulletin

Psychological Science
 Scientific Reports
 Social Cognitive and Affective Neuroscience
 Social Science Research

Mentorship

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

Undergraduates ($N=16$): Yuxuan Chen, Hannah Cozad, Tingyue Cui, Aiko De Arth, Turner Griffin, Ariana Guenther, Joyce Hong, Kathryn Li, Shobhan Mangla, Cat Melton, Enoch Min, Sophia Rougraff, 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: Ph.D. Student (Stanford University).

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 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 Marrayshow, 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 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: 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

- 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: The Academic Job Market, *SPSP 2021*
- 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)
- 2017 – 2019 Social Psychology Training Area, Department of Psychology
 Student Representative
- 2017 – 2019 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)
Midwestern Psychological Association (MPA)
Moral Psychology Research Group (MPRG)
Society for Affective Science (SAS)
Society for Personality and Social Psychology (SPSP)

Professional Trainings

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 LGBTQA Resource Center*
 Apr 2018 Safer People Safer Places, *Penn State University LGBTQA Resource Center*
 July 2015 Entering Mentoring, *University of Iowa Graduate College*

Research Experience

Postdoctoral Research Fellow

Sept 2021 – Present [Berkeley Psychophysiology Lab](#) (PI: Robert Levenson)

Graduate Student Researcher

Aug 2016 – July 2021 [Empathy and Moral Psychology Lab](#) (PI: C. Daryl Cameron)

Aug 2014 – July 2016 Iowa Morality Lab (PI: C. Daryl Cameron)

Behavioral Biomedical Interface Training Rotations

May 2016 – July 2016 [Cognitive Neurology Lab](#) (PI: Jan Wessel)

Aug 2014 – July 2016 [Tranel Research Lab](#) (PI: Daniel Tranel)

Undergraduate Student Researcher

May 2013 – Aug 2014 Social Ecology Lab (PI: Marc Fournier)

Lab Manager & Undergraduate Student Researcher

Aug 2012 – Aug 2014 [Work and Play Lab](#) (PI: Michael Inzlicht)

Formerly known as the Toronto Laboratory for Social Neuroscience

Sept 2010 – Aug 2014 [SPQRL](#) (PI: Elizabeth Page-Gould)

Formerly known as the Embodied Social Cognition Lab

Hardware and Software Systems

Biological Data Collection: BIOPAC, MindWare, Empatica E4 Watch, QRSTool, Tobii Eye-Tracking, ANT Neuro, Brain Vision, SPM, AFNI

Behavioral Data Collection: E-Prime, DirectRT, Inquisit, MediaLab

Survey Data Collection: Amazon MTurk, Qualtrics, SurveyMonkey, Wufoo

Statistical Approaches: Analysis of Variance (ANOVA), Missing Data Analysis, Mixed-Effects Modeling, Multilevel Modeling, Natural Language Processing (NLP), Regression

Statistical Software: MATLAB, R, SPSS

*In Development: Longitudinal Growth Modeling (LGM), Structural Equation Modeling (SEM), Structured Query Language (SQL)

Popular Press

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