

**CURRICULUM VITAE****Timothy A. Psychyl**

Director, Centre for Initiatives in Education

Associate Professor, Psychology

Psychology 100%

School of Applied Linguistics and Language Studies 0%

**EDUCATION**

1995	Ph.D., Psychology	Carleton University
1991	Bachelor of Education	University of Ottawa
1986	Master of Arts, Psychology	Carleton University
1984	Certificate to Teach English	Carleton University
1979	Bachelor of Science (Honours)	McMaster University

**EMPLOYMENT HISTORY**

July 1, 2012 to present	<i>Director, Centre for Initiatives in Education</i> Carleton University (Sabbatical, 2015-2016)
July 1, 2000	<i>Associate Professor</i> , Department of Psychology Carleton University
August 15, 1999 – August 15, 2000	<i>Associate Dean of Students</i> Carleton University
July 1, 1995 – June 30, 2000	<i>Assistant Professor</i> , Department of Psychology Carleton University
July 1, 1994 - June 30, 1995	<i>Lecturer</i> , Department of Psychology Carleton University
September 1993 - June 1994	<i>Sessional Lecturer</i> , Department of Psychology Carleton University
January 1990 - May 1991	<i>Instructor</i> , Centre for Applied Language Studies Carleton University
May 1992 - April 1994	<i>Sessional Lecturer</i> , Faculty of Education University of Ottawa
Summers 1984 & 1985	<i>Assistant Teacher</i> , Second Language Institute University of Ottawa
September 1991 - August 1992	<i>Teacher</i> , Summit Alternative School (Grade 7) Ottawa Board of Education

## PROFESSIONAL HONOURS

- 2012 Faculty Graduate Mentoring Award
- 2006 University Medal for Distinguished Teaching
- 2005 Faculty of Arts and Social Sciences - Teaching Award
- 2002 Teaching Achievement Award – Carleton University
- 2000 Fellow of the Salzburg Seminar - Universities Project 2000
- 1999 3M National Teaching Fellowship
- 1998 Ontario Confederation of Faculty Associations - Teaching Award
- 1996-98 Teaching and Learning Scholar, Carleton University
- 1996 CUSA Teaching Excellence Award, Carleton University
- 1995 Individual Award of Excellence, Ottawa-Carleton Partnerships
- 1995 Senate Medal - Ph.D., Carleton University
- 1986-90 SSHRC Doctoral Fellowship
- 1986 University Medal in Graduate Studies - M.A., Carleton University

## CURRENT RESEARCH INTERESTS

My students and I investigate the breakdown in volitional action and goal pursuit commonly known as procrastination. We investigate it as a self-regulation failure related to short-term mood repair associated with emotion-focused coping.

## PUBLICATIONS

### *Books*

Pychyl, T.A. (2013). *Solving the Procrastination Puzzle: A Concise Guide to Strategies for Change*. Tarcher/Penguin: New York.

### *Edited Books & Special Issues of Journals*

Sirois, F.M., & Pychyl, T.A. (in press). *Procrastination, Health & Well-Being*. New York: Elsevier.

Pychyl, T.A., & Flett, G.L. (2012). Procrastination and self-regulatory failure. *Journal of Rational-Emotive and Cognitive-Behavior Therapy, Volume 30, Issue 4*.

Schouwenburg, H.C., Lay, C., Pychyl, T.A., & Ferrari, J.R. (2004). *Counseling the procrastinator in academic contexts*. American Psychological Association: Washington, D.C.

Ferrari, J.R., & **Pychyl, T.A.** (Eds.) (2000). *Procrastination: Current Issues and New Directions*. Special Issue of the *Journal of Social Behavior and Personality*, 15(5).

### **Chapters in Edited Books**

Blouin-Hudon, E-M., Sirois, F.M., & **Pychyl, T.A.** (in press). Temporal views of Procrastination, Health and Well-Being. In F.M. Sirois & T.A. Pychyl (Eds.), *Procrastination, Health & Well-Being*, New York: Elsevier.

Hagbhin, M., & **Pychyl, T.A.** (in press). Health-related Procrastination Measure: Development and Validation of Exercise and Healthy Diet Procrastination Scales. In F.M. Sirois & T.A. Pychyl (Eds.), *Procrastination, Health & Well-Being*, New York: Elsevier.

**Pychyl, T.A.** & Sirois, F.M. (in press). Procrastination, emotion regulation & well-being. In F.M. Sirois & T.A. Pychyl (Eds.), *Procrastination, Health & Well-Being*, New York: Elsevier.

Sirois, F.M. & **Pychyl, T.A.** (in press). The future of procrastination, health and well-being research. In F.M. Sirois & T.A. Pychyl (Eds.), *Procrastination, Health & Well-Being*, New York: Elsevier.

Sirois, F., & **Pychyl, T.A.** (2016). *Procrastination*. In H. Friedman (Ed.), *Encyclopedia of Mental Health*, New York: Elsevier.

Renon, F., **Pychyl, T.A.**, & Motz, C. (2008). Integrating information literacy into a large-class research assignment: A case study of “Team Personality”. In T.P. Mackey & T.E. Jacobson (Eds.), *Using technology to teach information literacy*, New York: Neal Schuman.

**Pychyl, T.A.**, & Binder, K. (2004). A project-analytic perspective on academic procrastination and intervention. In H.C. Schouwenburg, C. Lay, T.A. Pychyl, & J.R. Ferrari (Eds.), *Counseling the procrastinator in academic contexts*. American Psychological Association: Washington, D.C.

Fox, J., Pychyl, T.A., & Zumbo, B. (1997). An investigation of background knowledge in the assessment of language proficiency. In V. Kohonen, A. Huhta, S. Luoma & L. Kurki-Suonio (Eds.), *New Contexts, Goals, and Alternatives in Language Assessment*. Tampere, Finland: University of Tampere Press. pp. 367-384.

### **Articles in refereed journals**

Gagnon, J., Dionne, F., & **Pychyl, T.A.** (in press). Committed Action: An initial study on its role in the prediction of academic procrastination. *Journal of Contextual Behavioral Science*.

- Flett, A., Haghbin, M., & **Pychyl, T.A.** (2016). Procrastination and depression from a cognitive perspective: An exploration of the associations among procrastinatory automatic thoughts, rumination, and mindfulness. *Journal of Rational-Emotive and Cognitive-Behavioural Therapy*, 1-18 DOI 10.1007/s10942-016-0235-1
- Blais, J., Motz, C., & **Pychyl, T.A.** (2016). Mentored teaching or how I learned to stop worrying and love teaching. *College Teaching*, 64, 1-9. DOI: 10.1080/87567555.2015.1062741  
<http://www.tandfonline.com/doi/full/10.1080/87567555.2015.1062741>
- Blouin-Hudon, E-M., C., & **Pychyl, T.A.** (2015). Experiencing the temporally extended self: Initial support for the role of affective states, vivid mental imagery, and future self-continuity in the prediction of academic procrastination. *Personality and Individual Differences*. doi:10.1016/j.paid.2015.06.003
- Sirois, F. & **Pychyl, T.A.** (2013). Procrastination and the priority of short-term mood regulation: Consequences for future self. *Social and Personality Psychology Compass*, 7, 115-127.
- Pychyl, T.A.**, & Flett, G.L. (2012). Procrastination and self-regulatory failure: An introduction to the special issue. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*. DOI: 10.1007/s10942-012-0149-5
- Haghbin, M., McCaffrey, A., & **Pychyl, T.A.** (2012). The complexity of the relation between fear of failure and procrastination. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*. DOI: 10.1007/s10942-012-0153-9
- Ferrari, J.R., & **Pychyl, T.A.** (2012). "If I wait, my partner will do it:" The role of conscientiousness as a mediator in the relation of academic procrastination and perceived social loafing. *North American Journal of Psychology*, 14 (1), 13-24.
- Pychyl, T.A.** (2010). Review of The Procrastinator's Guide to Getting Things Done. *Cognitive Behavioral Therapy*, 39(3), 238.
- Duvall Antonacopoulos, N. M. & **Pychyl, T. A.** (2010). The possible role of companion-animal anthropomorphism and social support in the physical and psychological health of dog guardians. *Society and Animals: Journal of Human-Animal Studies*, 18, 379-395.
- Duvall Antonacopoulos, N. M. & **Pychyl, T. A.** (2010). An examination of the potential role of pet ownership, human social support and pet attachment in the psychological health of individuals living alone. *Anthrozoös*, 23, 37-54.

- Wohl, M.J.A., **Pychyl, T.A.**, & Bennett, S.H. (2010). I forgive myself, now I can study: How self-forgiveness for procrastinating can reduce future procrastination. *Personality and Individual Differences*, *48*, 803-808.
- Simpson, W.K., & **Pychyl, T.A.** (2009). In search of the arousal procrastinator: Investigating the relation between procrastination, arousal-based personality traits and beliefs about procrastination motivations. *Personality and Individual Differences*, *47*, 906-911.
- Pychyl, T.A. (2009). Savouring the Flavours of Delay. *English Studies in Canada*. *34*(2-3), 25-29.
- Duvall Antonacopoulos, N. M. & **Pychyl, T. A.** (2008). An examination of the relations between social support, anthropomorphism and stress among dog owners. *Anthrozoös*, *21*, 138-152.
- Shanahan, M., & **Pychyl, T.A.** (2007). An ego identity perspective on volitional action: Identity status, agency, and procrastination. *Personality and Individual Differences*, *43*, 901-911.
- Ferrari, J.R., & **Pychyl, T.A.** (2007). Regulating speed, accuracy and judgments by Indecisives: Effects of frequent choices on self-regulation depletion. *Personality and Individual Differences*, *42*, 777-787.
- Blunt, A., & **Pychyl, T.A.** (2005). Project systems of procrastinators: A personal project analytic and action control perspective. *Personality and Individual Differences*, *38*, 1771-1780.
- Sirois, F.M., *Melia-Gordon, M.L.*, & **Pychyl, T.A.** (2003). "I'll look after my health later": An investigation of procrastination and health. *Personality and Individual Differences*, *35* 1167-1184.
- Pychyl, T.A.**, Coplan, R.J., & *Reid, P.A.* (2002). Parenting and Procrastination: Gender differences in the relations between procrastination, parenting style and self-worth in early adolescence. *Personality and Individual Differences*, *33*(2), 271-285.
- Lavoie, J., & **Pychyl, T.A.** (2001). Cyber-slacking and the Procrastination Super Highway: A Web-based Survey of On-line Procrastination, Attitudes and Emotion. *Social Science Computer Review*, *19*, 431-444.
- Makinen, J.* & **Pychyl, T.A.** (2001). The differential effects of project stress on life satisfaction. *Social Indicators Research*, *53*, 1-16.

- Pychyl, T.A., Lee, J., Thibodeau, R., & Blunt, A.** (2000). Five Days of Emotion: An experience-sampling study of undergraduate student procrastination. *Journal of Social Behavior and Personality, 15*(5), 239-254.
- Pychyl, T.A., Morin, R.W., & Salmon, B.R.** (2000). Procrastination and the Planning Fallacy: An examination of the study habits of university students. *Journal of Social Behavior and Personality, 15*(5), 135-150.
- Blunt, A., & Pychyl, T.A.** (2000). Task aversiveness and procrastination: A multi-dimensional approach to task aversiveness across stages of personal projects. *Personality and Individual Differences, 28*, 153-167.
- Pychyl, T.A., Clarke, D., & Abarbanel, T.** (1999). Computer-Mediated Group Projects: Facilitating Collaborative Learning with the World Wide Web. *Teaching of Psychology, 29*. 138-141.
- Pychyl, T.A., & Little, B.R.** (1998). Dimensional specificity in the prediction of subjective well-being: Personal Projects in pursuit of the Ph.D. *Social Indicators Research, 45*, 423-473.
- Blunt, A., & Pychyl, T.A.** (1998). Volitional action and inaction in the lives of undergraduate students: State orientation, boredom and procrastination. *Personality and Individual Differences, 24*(6), 837-846.
- Articles in non-refereed journals**
- Pychyl, T.A. (October, 2010). Getting to your goals: When the goaling gets tough, try these simple tips to keep your motivation high. *Diplomat and International Canada, Fall*, 58-59.
- Pychyl, T.A. (2004). Expanding communities of practice: facultydevelopment.ca and the Institute for the Advancement of Teaching in Higher Education. *Teaching and Learning in Higher Education, 37*, 4-6.
- Pychyl, T.A., & Fox, J. (1994). Inter-Ethnic stereotypes and teacher development: Foreign exchange. *Carleton Papers in Applied Language Studies, 11*, 43-53.
- Fox, J., Pychyl, T.A., & Zumbo, B. (1993). Psychometric Properties of the CAEL Assessment I: Overview of development, format, and scoring procedures. *Carleton Papers in Applied Language Studies, 10*, 1-12.
- Zumbo, B., Pychyl, T.A., & Fox, J. (1993). Psychometric Properties of the CAEL Assessment II: Dependability/Reliability of Placement Decisions. *Carleton Papers in Applied Language Studies, 10*, 13-27.

**Papers Presented****Refereed Paper and Poster Presentations to Learned Societies**

- Flett, G.L., Nepon, T., Flett, A.L., Hewitt, P.L., & Pychyl, T.A. (June, 2016). Are procrastinating perfectionists “too cool for school” or do they just seem that way? An extended analysis of the procrastination-perfectionism link. Poster to be presented at the annual conference of the Canadian Psychological Association.
- Hagbin, M., & Pychyl, T.A. (July 9, 2015). *Measuring prototypes of delay using a vignette approach: Development and validation of the delay questionnaire*. Paper presented at the 9th Biennial Procrastination Research Conference, Bielefeld, Germany.
- Demetriou, K., & Pychyl, T.A. (July 9, 2015). *Is cleaning the house more desirable? A project-analytic perspective on project appraisal dimensions comparing avoided tasks and the adopted alternative tasks*. Poster presented at the 9th Biennial Procrastination Research Conference, Bielefeld, Germany.
- Gagnon, J., Paquette, L.A., Dionne, F., & Pychyl, T.A. (July 9, 2015). *A preliminary investigation of the role of committed action in procrastination among university students*. Poster presented at the 9th Biennial Procrastination Research Conference, Bielefeld, Germany.
- Blouin-Hudon, E-M., C., & Pychyl, T.A. (July 9, 2015). *Experiencing the temporally extended self: Initial support for the role of affective states, vivid mental imagery, and future self-continuity in the prediction of academic procrastination*. Poster presented at the 9th Biennial Procrastination Research Conference, Bielefeld, Germany.
- Blouin-Hudon, E-M., C., & Pychyl, T.A. (July 10, 2015). *Nurturing the temporally extended self: Mental imagery as an intervention tool to increase future self-continuity and reduce procrastination*. Paper presented at the 9th Biennial Procrastination Research Conference, Bielefeld, Germany.
- Little, D., & Pychyl, T.A. (July 10, 2015). *Procrastination and dissonance-reduction strategies*. Poster presented at the 9th Biennial Procrastination Research Conference, Bielefeld, Germany.
- Sirois, F.M., Campbell, M., Chowdhury, S., Blouin-Hudon, E.M., Pychyl, T.A. (June 5, 2015). *Embracing the future self: An investigation of procrastination and empathy*. Poster presented at the Canadian Psychological Association annual conference, Ottawa, Ontario.
- Flett, A., & Pychyl, T.A. (June, 2014). *Procrastination, rumination and distress in students: An analysis of the roles of self-compassion and mindfulness*. Poster presented at the annual conference of the Canadian Psychological Association, Vancouver, B.C.

- Haghbin, M., & Pychyl, T.A. (July 19, 2013). *Development and Psychometric Properties of the Health-related Procrastination Scale*. Paper presented at the 8th Biennial Procrastination Research Conference. Bishop's University, Sherbrooke, Quebec.
- Khazraei, N., & Pychyl T.A. (July 19, 2013). *The central role of self-regulation failure in the relation between depression and procrastination*. Paper presented at the 8th Biennial Procrastination Research Conference. Bishop's University, Sherbrooke, Quebec.
- Rooen, A., & Pychyl, T.A. (July 19, 2013). *How maladaptive thinking is related to procrastination*. Poster presented at the 8th Biennial Procrastination Research Conference. Bishop's University, Sherbrooke, Quebec.
- Brewer, R., & Pychyl, T.A. (July 19, 2013). *The relations of purpose, transcendence and existential vacuum with procrastination*. Poster presented at the 8th Biennial Procrastination Research Conference. Bishop's University, Sherbrooke, Quebec.
- Haghbin, M., & Pychyl, T.A. (July 19 2013). *Procrastination and health: The negative effects of various types of procrastination*. Poster presented at the 8th Biennial Procrastination Research Conference. Bishop's University, Sherbrooke, Quebec.
- Maisonneuve, A., & Pychyl, T.A. (July 20, 2013). *An examination of academic procrastination from first-year undergraduate to graduate study*. Poster presented at the 8th Biennial Procrastination Research Conference. Bishop's University, Sherbrooke, Quebec.
- Pychyl, T.A., Rooen, A., & Haghbin, M. (September 19-21, 2013). *The relation of maladaptive automatic thoughts to procrastination, socially-prescribed perfectionism and obsessive-compulsive tendencies*. Annual Conference for the Institute for Challenging Disorganization, Denver, Colorado.
- Rahimi, S., Hall, N. C., Pychyl, T., A., & Sverdlik, A. (June 2013). *Blameworthiness and Moral Responsibility in Students that Procrastinate versus Delay*. Poster presented at the Canadian Psychological Association, Quebec City, QC.
- Rahimi, S., Hall, N. C., & Pychyl, T.A. (2013, April). *Attributions of Moral Responsibility and Blameworthiness in Relation to Procrastination versus Delay*. Poster to be presented at the annual conference of the American Educational Research Association, San Francisco, CA.
- Sirois, F. & Pychyl, T.A. (September 7, 2012). *Procrastination and perceptions of time: Implications for theory and practice*. Symposium organized for the 1st International Conference on Time Perspective, Coimbra, Portugal.



- Pychyl, T.A. (March 25, 2012). *Why don't we just do it? How research is helping to solve the procrastination puzzle*. Invited keynote address for La Société Québécoise pour la Recherche en Psychologie, Sherbrooke, Quebec.
- Pychyl, T.A. (July 22, 2011). *Agency, responsibility and autonomy: An existential perspective on procrastination as self-regulation failure*. Paper presented at the 7<sup>th</sup> biennial conference of Counseling the Procrastinator in the Academic Context, Amsterdam, The Netherlands.
- Heward, E., & Pychyl, T.A. (June 4, 2011). *Trait emotional intelligence and its relations to general, academic, and Internet procrastination: The Importance of Self-Control in Understanding Self-Regulatory Failure*. Paper presented at the annual meeting of the Canadian Psychological Association, Toronto.
- McCaffrey, A.J., Haghbin, M., & Pychyl, T.A. (June 4, 2010). *SEM analysis of the relations between self-determination theory and procrastination*. Poster session presented at the 71<sup>st</sup> annual Canadian Psychological Association convention, Winnipeg, Manitoba.
- Pychyl, T.A., & Dann, M. (April 9, 2010). *Approach and Avoidance goals: A Project-Analytic Perspective on Procrastination*. Paper presented at the annual conference of the Society for Industrial and Organizational Psychology, Atlanta, Georgia.
- Heward, E., & Pychyl, T.A. (August 5, 2009). *Emotional intelligence, self-control and procrastination*. Paper presented at the 6th biennial conference on Counseling the Procrastinator in Academic Settings, Toronto, Ontario.
- Haghbin, M., McCaffrey, A., & Pychyl, T.A. (August 5, 2009). *Structural Equation Modelling of the relation between fear of failure and procrastination*. Paper presented at the 6th biennial conference on Counseling the Procrastinator in Academic Settings, Toronto, Ontario.
- Sirois, F., Voth, J., & Pychyl, T.A. (August 4, 2009). *"I'll look after my health later": A prospective study of the linkages of procrastination to health and well-being in undergraduate students*. Paper presented at the 6th biennial conference on Counseling the Procrastinator in Academic Settings, Toronto, Ontario.
- Duvall Antonacopoulos, N., & Pychyl, T. A. (June 2009). *The effects of pet ownership on the psychological health of individuals living alone*. Poster presented at the Canadian Psychological Association meeting, Montreal, Quebec.
- Pychyl, T.A. (May 23, 2009). *Savouring the Flavours of Delay*. Paper presented as part of a symposium at the annual Congress of the Humanities and Social Sciences, Carleton University, Ottawa.

- McGrath, A., Taylor, A., & Pychyl, T.A. (February 5, 2009). *Creating Useful Written Feedback: The effects of feedback on student performance and perceptions*. Paper presented at the annual meeting of the Society for Personality and Social Psychology Teaching Pre-conference, Tampa, Florida.
- Haghbin, M., & Pychyl, T.A. (March 14, 2008). *Self-control in relation to parental independence and procrastination*. Paper presented at the Eastern Psychological Association conference, Boston.
- Bennett, S., Pychyl, T.A., Wohl, M.J.A., & Kovaltchouk, Z. (March 14, 2008). *Self-forgiveness for task-specific procrastination*. Paper presented at the Eastern Psychological Association conference, Boston.
- Haghbin, M., & Pychyl, T.A. (July 24, 2007). *Psychological attachment and its relation to procrastination*. Paper presented at the biannual conference, Counseling the Procrastinator in Academic Settings, Catholic University of Peru, Lima, Peru.
- Pychyl, T.A. & Rotblatt, A. (July 25, 2007). *Mindfulness meditation as an intervention for academic procrastination*. Paper presented at the biannual conference, Counseling the Procrastinator in Academic Settings, Catholic University of Peru, Lima, Peru.
- Haghbin, M., & Pychyl, T.A. (June 7, 2007). *Attachment styles and psychological separation in relation to procrastination: A Psychodynamic perspective on the breakdown in volitional action*. Poster presentation at the annual conference of the Canadian Psychological Association, Ottawa.
- Bennett, S., & Pychyl, T.A. (June, 2006) *Experiences of Shame and Guilt in Relation to Procrastination*. Poster presented at the annual conference for the Canadian Psychological Association, Calgary.
- Duvall-Antonacopoulos, N., & Pychyl, T.A. (June, 2006). *An Examination of the Relationship between Social Support, Anthropomorphism and Stress among Canine Owners*. Poster presented at the annual conference for the Canadian Psychological Association, Calgary.
- Wolfson, M., & Pychyl, T.A. (June, 2006). *Quantum Change in the Academic Lives of Undergraduate Students*. Poster presented at the annual conference for the Canadian Psychological Association, Calgary.
- Potvin, L., & Pychyl, T.A. (June, 2006). *A Volitional Intervention: The Effects Of Implementation Intentions On Sustaining An Environmentally Responsible Behavior*. Poster presented at the annual conference for the Canadian Psychological Association, Calgary.

- Perkins, K., & Pychyl, T.A. (June, 2006). *Personality And Procrastination: Examination Of Source Traits Using The IPIP-Hexaco*. Paper presented at the annual conference for the Canadian Psychological Association, Calgary.
- Morrison, T., & Pychyl, T.A. (June, 2006). *Personality Similarity As A Predictor Of Human-Canine Relationship Satisfaction*. Poster presented at the annual conference for the Canadian Psychological Association, Calgary.
- Edmondson, J., Sirois, F., & Pychyl, T.A. (June, 2006). *Exploring The Mediation Roles Of Coping And Negative Emotions In The Procrastination-Health Relationship*. Paper presented at the annual conference for the Canadian Psychological Association, Calgary.
- Shannahan, M., & Pychyl, T.A. (June, 2005). *The Relation of Ego Identity to Self-Reported Procrastination among Undergraduate Students*. Poster presented at the annual conference for the Canadian Psychological Association, Montreal.
- Niu, J., & Pychyl, T.A. (June, 2004). *Threatened Self-efficacy and Academic Procrastination*. Poster presented at the annual conference for the Canadian Psychological Association, Montreal.
- Hughes, B., **Pychyl, T.A.**, Daniels, T., Gullason, L, Issac, A., MacNeil, C., Tulloch, J., Sherwood, T., Nimijean, R., & Watzlawik-Li, P. (June 18, 2004). *Our Faculty Learning Community: 11 teachers bring diversity and individuality to student assessment*. Session presented at the annual meeting of the Society for Teaching and Learning in Higher Education, University of Ottawa.
- Pychyl, T.A.**, & Motz, C. (June 19, 2004). *Using Internet Technology to provide small-class learning activities in a large class*. Paper presented at the annual meeting of the Society for Teaching and Learning in Higher Education, University of Ottawa.
- McCance, N., & Pychyl, T.A. (August 4, 2003). *From Task Avoidance to Action: An Experience Sampling Study of Undergraduate Students' Thoughts, Feelings and Coping Strategies in Relation to Academic Procrastination*. Paper presented at the 3<sup>rd</sup> Annual conference for Counseling Procrastinators in the Academic Context, University of Ohio, Columbus, Ohio.
- Niu, J., Pychyl, T.A., & Daniels, T. (June 14, 2003). *Internal factors related to relational aggression in childhood and adolescence*. Poster presented at the 64<sup>th</sup> Annual Convention of the Canadian Psychological Association, Hamilton, Ontario.
- Pychyl, T.A., & Germain-Rutherford, A. (June 13, 2003). *Facultydevelopment.ca: Our next steps together*. Presentation at the annual conference of the Society

*for Teaching and Learning in Higher Education*, University of British Columbia, Vancouver.

Lemieux, J.M. & Pychyl, T.A. (May, 2002). *The breakdown in intentional action: A study of self-change personal projects and the implications for parolee success*. Poster presented at the 63<sup>rd</sup> Annual Convention of the Canadian Psychological Association, Vancouver, B.C.

Melia-Gordon, M.L., Sirois, F. M., Pychyl, T. A. (August, 2001). Big-Five Personality Factors and coping styles: The Importance of 'Fit'. Poster presented at the 109<sup>th</sup> Annual American Psychological Association Convention, San Francisco, California.

Pychyl, T.A., & Binder, K. (July 6, 2001). *Exploring the effects of academic procrastination intervention through Personal Projects Analysis and measures of subjective well-being*. Paper presented at the 2nd biannual International Conference "Counseling the Procrastinator in Academic Settings", University of Groningen, Groningen, The Netherlands.

Pychyl, T.A., Coplan, R.J., & Reid, P.A.M. (July 8, 2001). *Gender differences in the relations between procrastination, parenting style and self-worth in early adolescence*. Paper presented at the annual conference of the International Society for the Study of Individual Differences, Edinburgh, Scotland.

**Melia-Gordon, M. L., Sirois, F. M., & Pychyl, T. A.** (June, 2001). Student procrastination: Coping with the stress of academic life. In L. A. Goodine (chair) *The health and well-being of university students: Coping, personality, and performance*. Symposium presentation at the *Canadian Psychological Association's 62nd Annual Convention*, Ste. Foy, Quebec.

**Sirois, F. M., Melia-Gordon, M.L., & Pychyl, T. A.** (June, 2001). First-year university students' health, well-being, and academic performance: The role of coping. In L. A. Goodine (chair) *The health and well-being of university students: Coping, personality, and performance*. Symposium to be presented at the *Canadian Psychological Association's 62nd Annual Convention*, Ste. Foy, Quebec.

**Melia-Gordon, M.L., Sirois, F. M., & Pychyl, T. A.** (June, 2001). *Procrastinators' coping styles: Restraint in the face of demand*. Poster presented at the *13th Annual American Psychological Society's Convention*, Toronto, Ontario.

**Sirois, F. M., Melia-Gordon, M.L., & Pychyl, T. A.** (June, 2001). "I'll look after my health later": *An investigation of procrastination and health*. Poster presented at the *13th Annual American Psychological Society's Convention*, Toronto, Ontario.

- Pychyl, T.A.**, Adam, C., Daniels, T., Huberman-Arnold, D., Hughhs, B., & MacNeil, C. (June 15, 2001). *Moving from curricular goals to classroom practice: Strategies that enhance student learning in first-year seminars*. Presented at the annual meeting of the Society for Teaching and Learning in Higher Education, St. John's, Newfoundland.
- Pychyl, T.A. (July 1, 2000). *Strategies for enhancing the first-year experience in Psychology*. Workshop presented at the annual convention of the Canadian Psychological Association, Ottawa.
- Vestervelt, C.** Pychyl, T.A., & Blunt, A. (June 30, 2000). *Confirmatory factor analyses of four current measures of procrastination*. Poster presented at the annual convention of the Canadian Psychological Association, Ottawa.
- Zamanpour, H.**, & Pychyl, T.A. (June 30, 2000). *The cognitive-affective antecedents of avoidance achievement motivation and academic procrastination*. Poster presented at the annual convention of the Canadian Psychological Association, Ottawa.
- Pychyl, T.A.**, Lay, C., Senecal, C., & Ferrari, J.R. (June 29, 2000). *Motivation, personality, self-presentation and emotion: Perspectives on procrastination*. Symposium presented at the annual convention of the Canadian Psychological Association, Ottawa.
- Dunn, G.**, & Pychyl, T.A. (June 29, 2000). *Exploring stress, coping and academic procrastination through a measure of salivary cortisol*. Poster presented at the annual convention of the Canadian Psychological Association, Ottawa.
- Dence, C.E., Clarke-Okah, A., Adam, C., & **Pychyl, T.A.** (June 16, 2000). *New models for first year courses: Teaching for student success*. Panel presented at the annual meeting of the Society for Teaching and Learning in Higher Education, St. Catharines, Ontario.
- Reynolds, R., & **Pychyl, T.A.** (June 16, 2000). *Computers as learning technologies: The student perspective*. Paper presented at the annual meeting of the Society for Teaching and Learning in Higher Education, St. Catharines, Ontario.
- Hunt, R.**, & Pychyl, T.A. (June 15, 2000). *Helping students learn through public online writing*. Paper presented at the annual meeting of the Society for Teaching and Learning in Higher Education, St. Catharines, Ontario.
- Pychyl, T.A.**, & Zamanpour, H. (May 13, 2000). *The cognitive-affective antecedents of avoidance achievement motivation and academic procrastination*. Paper presented at the Seventh Workshop on Achievement

and Task Motivation: An International Conference on Motivation, Leuven, Belgium.

Ferrari, J.R., Hammer, C.A., Gunderson, P.R., Blunt, A., & **Pychyl, T.A.** (March 23, 2000). *The personal strivings of chronic procrastinators: Past, present and future*. Poster presented at the annual meeting of the Eastern Psychological Association, Baltimore, Maryland.

**Corace, K.**, & Pychyl, T.A. (June 17, 1999). *Procrastination as a coping style: An empirical analysis*. Poster presented at the annual meeting of the Canadian Psychological Association.

**Binder, K.**, & Pychyl, T.A. (June 16, 1999). *The effects of intervention on student procrastination and well-being*. Poster presented at the annual meeting of the Canadian Psychological Association.

**Pychyl, T.A.** & Morin, R. (April 16, 1999). *Procrastination and the planning fallacy: An examination of the study habits of university students*. Paper presented at the annual meeting of the Eastern Psychological Association, Providence, RI.

Pychyl, T.A. (June 27, 1998). *Bringing the students' voice to course Web sites: Strategies for enhancing student involvement in course Web sites and news groups*. Paper presented at the 18th annual meeting of the Society for Teaching and Learning in Higher Education, Mount Allison University, Sackville, New Brunswick.

Pychyl, T.A. with Ottawa Participatory Researchers in Education (OPRIE) (May 28, 1998). *Evolution of a school-university partnership: Critical reflections*. Panel session presented at the annual meeting of the Congress of the Social Sciences and Humanities, University of Ottawa.

Pychyl, T.A. (February 27, 1998). *Time, aversiveness, self-discipline and stress: Exploring aspects of procrastination*. Research symposium presented at the annual meeting of the Eastern Psychological Association, Boston, Mass.

Pychyl, T.A. (June 13, 1997). *Student connectedness - Educational partnership through participatory research*. Paper presented at the 17th annual meeting of the Society for Teaching and Learning in Higher Education, University of Regina, Regina, Saskatchewan.

Barton, B., Middleton, A., **Pychyl, T.A.**, Streat, B., Thorpe, E., & Varnhagen, C. (June 13, 1997). *Let's not rush into this: Developing a dialogue on using instructional technology*. Panel discussion presented at the 17th annual meeting of the Society for Teaching and Learning in Higher Education, University of Regina, Regina, Saskatchewan.

- Adam, C., Fox, J., & Pychyl, T.A.** (August, 1996). *Teaching writing, evaluating writing: Disciplinary and contextual effects*. Paper presented at the annual conference for the International Association of Applied Linguistics (AILA), Jyväskylä, Finland.
- Fox, J., Zumbo, B., & Pychyl, T.A.** (August, 1996). *An investigation of background knowledge in the assessment of language proficiency*. Paper presented at the annual meeting of the Language Testing Research Colloquium, Tampere, Finland.
- Pychyl, T.A., & Neil, D.R.** (June, 1996). *Teaching and learning with technology: Restructuring assignments and evaluation*. Paper presented at the 16th annual meeting of the Society for Teaching and Learning in Higher Education, University of Ottawa, Ottawa.
- Pychyl, T.A., & Squire, S.J.** (June, 1996). *Curricular Innovation: Interdisciplinary study in first year social science*. Paper presented at the 16th annual meeting of the Society for Teaching and Learning in Higher Education, University of Ottawa, Ottawa.
- Pychyl, T.A., & Ramisch, S.** (June, 1996). *Hearing the students' voice in first-year experience research*. Poster presented at the 16th annual meeting of the Society for Teaching and Learning in Higher Education, University of Ottawa, Ottawa.
- Smith, S., Gillett, B., Moore, M., **Pychyl, T.**, Robertson, H., & Wilson, B. (June, 1996). *Weeded out or pushed out? Academic problems facing first year students*. Panel discussion, 16th annual meeting of the Society for Teaching and Learning in Higher Education, University of Ottawa, Ottawa.
- Squire, S.J., & **Pychyl, T.A.** (October, 1996). *"Fruits, Salads, Smoothies" and first year Social Science: Creating a new space for interdisciplinarity at Carleton University*. Paper presented at the annual conference of the Association for Integrative Studies, Eastern Michigan University, Michigan.
- Dence, C., & **Pychyl, T.A.** (June, 1995). *Using electronic communication for teaching and learning*. Paper presented at the 15th annual meeting of the Society for Teaching and Learning in Higher Education, University of Western Ontario, London.
- Pychyl, T.A., & Fox, J.** (March, 1995). *Facilitating success: Language testing and the first-year experience*. Work-in-progress session presented at the Language Testing and Research Colloquium, Los Angeles, California.

- Magahay, W.,** Fox, J., & Pychyl, T.A. (June, 1994). *Carpe diem: Teachers as policy makers*. Paper presented at the International Conference on Immigration, Language Acquisition and patterns of Social Integration, Hebrew University of Jerusalem, Jerusalem, Israel.
- Zumbo, B.,** Pychyl, T.A., & Fox, J. (March, 1994). *Independence: A lurking assumption of the statistical models used in language testing*. Paper and experimental workshop session presented at the Language Testing Research Colloquium, Washington, D.C.
- Pychyl, T.A.,** & Fox, J. (August, 1993). *Training teachers for the multicultural classroom: The role of intergroup contact in attitude change and ethnic relations*. Poster presented at the annual conference for the International Association of Applied Linguistics (AILA), Amsterdam.
- Fox, J.,** Zumbo, B., & Pychyl, T.A. (March, 1992). *Psychometric Properties of the CAEL: Reliability/Dependability of Placement Decisions*. Paper presented at the Language Testing Research Colloquium, University of British Columbia, B.C.
- Fox, J.,** & Pychyl, T.A. (March, 1991). *The Carleton Assessment of English Language: Linking testing and learning*. Poster presented at the Language Testing Research Colloquium, Educational Testing Service, Princeton, N.J.
- Pychyl, T.A.** & Cherry, F. (June, 1989). *The rhetoric of change: The emergence of experimental social psychology*. Paper presented at the Canadian Psychological Association convention, Halifax.
- Pychyl, T.A.,** & Heney, J. (June, 1989). *The content of self-disclosures in the initiation of pen pal relationships*. Poster presented at the Canadian Psychological Association convention, Halifax.
- Pychyl, T.A.,** Hoge, R., & Little, B.R. (1987, June). *Context, appraisal, and coping: Situational determinants of the coping response*. Poster presented at the Canadian Psychological Association convention, Vancouver.
- Pychyl, T.A.,** & Little, B.R. (1986, June). *Psychological hardiness and mental health*. Paper presented at the Canadian Psychological Association convention, Toronto.
- McIntyre, N., & **Pychyl, T.A.** (1986, June). *Personal projects systems of the elderly and personal schemata*. Paper presented at the Canadian Psychological Association convention, Toronto.



**Little, B.R., Pychyl, T.A., & Gordon, C.C.** (1986, April). *What's a place like this doing in a project like me?* Paper presented at the Eastern Psychological Association convention, New York.

***Papers presented to Other Academic Bodies***

Pychyl, T.A. (February 18, 2016). *Procrastination*. Invited webinar for the Canadian Positive Psychology Association.

Pychyl, T.A. (July 8, 2015). *Procrastination as “voluntary needless delay” – Implications for understanding chronic procrastination, prepotent responses and volition*. Presented a short paper for a workshop hosted at Utrecht University (Utrecht, Netherlands).

Pychyl, T.A. (February 18, 2015). *Why don't we just do it? How research is helping to solve the procrastination puzzle*. Invited presentation for the National Capital Region Chapter of the Canadian Counselling Association, St. Paul's University, Ottawa.

Pychyl, T.A. (June 2, 2014). *Seven Habits of Effective Teachers: Reflections on Nourishing the Self Who Teaches*. Invited keynote for the College Educator Development Program, Fanshawe College, London, Ontario.

Pychyl, T.A. (August 27, 2013). *Seven Habits of Effective Teachers: Reflections on Nourishing the Self Who Teaches*. Invited keynote for Faculty Orientation Program, St. Clair College, Windsor, Ontario.

Pychyl, T.A. (October 19, 2012). Keynote presentation on Goals and Learning for the Canadian Coalition of Self-Directed Learning, Toronto, Ontario.

Pychyl, T.A. (October 19, 2012). Workshop presentation - *Why don't they just do it? - Research that is helping to solve the procrastination puzzle*. Canadian Coalition of Self-Directed Learning, Toronto, Ontario.

Pychyl, T.A. (June 5, 2012). *Seven Habits of Effective Teachers: Reflections on Nourishing the Self Who Teaches*. Invited keynote address for College Educator Development Program, Phase 3, Lampton College, Sarnia, Ontario.

Pychyl, T.A. (June 5, 2012). *Keeping one step ahead of procrastination: Let's just get started*. Invited workshop for College Educator Development Program, Phase 3, Lampton College, Sarnia, Ontario.

**Pychyl, T.A. & Thibodeau, R.** (April 27, 2012). *The psychology of student self-regulation and engagement: Strategies for lighting the fire of learning*. Invited workshop for the teachers and guidance counselors of the Ottawa Catholic School Board, Ottawa.

- Pychyl, T.A. (September 15, 2011). *Unnecessary illusions and the truth about procrastination*. Invited talk for the students and faculty of Fanshawe College, London, Ontario.
- Pychyl, T.A. (September 15, 2011). *The psychology of student self-regulation and engagement: Strategies for lighting the fire of learning*. Invited keynote address made to the faculty and staff of Fanshawe College.
- Pychyl, T.A. (August 31, 2011). *The psychology of student self-regulation and engagement: Strategies for lighting the fire of learning*. Invited keynote address made to the faculty and staff of Wilfrid Laurier University.
- Pychyl, T.A. (May 31, 2011). *Seven Habits of Effective Teachers: Reflections on Nourishing the Self Who Teaches*. Invited keynote address for College Educator Development Program, Phase 3, Niagara College, Niagara on the Lake.
- Pychyl, T.A. (May 31, 2011). *Keeping one step ahead of procrastination: Let's just get started*. Invited workshop for College Educator Development Program, Phase 3, Niagara College, Niagara on the Lake.
- Pychyl, T.A. (May 16, 2011). *The psychology of student self-regulation and engagement: Strategies for lighting the fire of learning*. Invited keynote address made to the faculty, staff and students of the University of Western Ontario.
- Pychyl, T.A. (May 16, 2011). *Why don't we just do it? Solving the procrastination puzzle of graduate study*. Invited workshop given to graduate students and graduate supervisors of the University of Western Ontario.
- Pychyl, T.A. (May 10, 2011). *The psychology of student self-regulation and engagement: Strategies for lighting the fire of learning*. Invited keynote address for the McGraw-Hill Ryerson Student Success conference held at Memorial University, Nfld.
- Pychyl, T.A. (May 8, 2011). Invited pre-conference workshop on academic procrastination presented at Memorial University, Nfld.
- Pychyl, T.A. (August 30, 2010). *Seven habits of highly effective teachers: Reflections on the self who teaches*. Invited keynote address for the faculty orientation and welcome at St. Clair College, Windsor.
- Pychyl, T.A. (2010, June 1). *Seven habits of highly effective teachers: Thoughts on nourishing the self who teaches*. Invited keynote presentation for Phase 3 of the College Educator Program, Niagara College, Niagara-on-the-Lake.
- Pychyl, T.A. (2010, June 1). *Keeping one step ahead of procrastination: Let's just get started*. Invited presentation for Phase 3 of the College Educator Program,

Niagara College, Niagara-on-the-Lake.

- Pychyl, T.A. (2010, May 6). *Four issues in the implementation of technology for teaching and learning*. Invited keynote presentation for the Eastern Ontario eLearning Symposium, Ontario Ministry of Education, Algonquin College, Ottawa.
- Pychyl, T.A. (June 22, 2009). *The Psychology of Student Engagement: Skill, Will and Lighting the Fire of Student Learning*. Invited presentation for George Brown College, Toronto, Ontario.
- Pychyl, T.A. (June 2, 2009). *The seven habits of highly effective teachers: Reflections on the self who teaches*. Invited keynote address delivered at Fanshawe College (London, Ontario) as part of their faculty development program, Level III.
- Pychyl, T.A. (June 2, 2009). *Why don't we just do it? Understanding academic procrastination*. Workshop presented at Fanshawe College (London, Ontario) as part of their faculty development program, Level III.
- Pychyl, T.A. (April 23, 2009). *In pursuit of excellence and well-being*. Keynote presentation made to the Toronto District Principals' Association, Toronto.
- Pychyl, T.A. (February 24, 2009). *Deep learning in a digital age: The promise and peril of teaching the Facebook generation*. Invited panelist and workshop presenter for the Festival of Learning held at George Brown College, Toronto.
- Pychyl, T.A. (January 8, 2009). *Making a vision of the possible a reality for learning: Four Issues for the implementation of Course Management System technologies for teaching & learning*. Invited keynote address for the Ontario eLearning Consortium (Ontario Public School Superintendents), Kingston, Ontario.
- Pychyl, T.A. (October 21, 2008). *The benefits of outcome-based teaching and learning in higher education*. Invited presenter for a debate hosted at George Brown College, Toronto.
- Pychyl, T.A. (June 3, 2008). *The seven habits of effective teachers: Reflections on nourishing the self who teaches*. Keynote address given as part of the College Educator Development Program – Phase 3. Fanshawe College, London.
- Pychyl, T.A. (June 3, 2008). *Keeping on step ahead of procrastination: Let's just get started*. Workshop presentation for the College Educator Development Program – Phase 3. Fanshawe College, London.

- Pychyl, T.A. (May 15, 2008). *Making a vision of the possible a reality for learning: Four Issues for the implementation of Course Management System technologies for teaching & learning*. Invited keynote address and workshop presented to the faculty and staff of Algoma College University, Sault Ste. Marie, Ontario.
- Pychyl, T.A. (May 13, 2008). *Teaching the Facebook generation: Strategies for the implementation of instructional technology and enhancing student self-regulation*. Invited keynote address and workshop presented to the faculty and staff of Cambrian College, Sudbury, Ontario.
- Pychyl, T.A. (April 29, 2008). *The psychology of student self-regulation and engagement: Strategies for lighting the fire for learning*. Invited keynote and workshop presentations for Fleming College, Lindsay, Ontario.
- Pychyl, T.A. (February 26, 2008). *Lighting the fire for student learning: Strategies to enhance student engagement*. Invited talk and workshop at George Brown College, Toronto.
- Pychyl, T.A.,** Neathery, B., & Wakefield, J. (February 20, 2008). *Providing flexible access to class-based learning through podcasting and videostreaming*. Pre-conference workshop presented for the first annual “First-year in Focus at Canadian Colleges and Universities” conference, Carleton University.
- The value of communities: A conversation around the development of a faculty educational and resource community for introductory psychology*. (June 9, 2007). Facilitator for Conversation session at the annual conference for the Canadian Psychological Association, Ottawa.  
(Participating instructors included: Matthew Sorley, Christopher Motz, Matthew Holahan, Anne Bowker, Anne Trinneer & Bruce Tsuji.
- Pychyl, T.A. (June 25, 2007). *The importance of faculty development*. Invited keynote address to the sixth International Institute for New Faculty Developers offered by the *Professional and Organizational Development Network in Higher Education and the Institute for the Advancement of Teaching in Higher Education*, University of Ottawa.
- Pychyl, T.A. (June 5, 2007). *Teaching across the rhythms and changes in our professional lives: Reflections on effective teaching*. Invited faculty retreat plenary for George Brown College, Orillia, Ontario.
- Pychyl, T.A. (May 28, 2007). *The effective and authentic teacher in the age of on-line students, laptop U's and “wired” professors*. Invited conference keynote for the Western Region Colleges Educator Development Program; Phase 4, Ridgetown College, Ridgetown, Ontario.

- Pychyl, T.A. (April 21, 2007). *Making a vision of the possible a reality for learning: Four issues for the implementation of technology for teaching and learning*. Keynote presentation for the Small High School Summit Conference, Cornwall, Ontario.
- Pychyl, T.A. (April 20, 2007). *Academic Procrastination*. Workshop presented for the Small High School Summit Conference, Cornwall, Ontario.
- Pychyl, T.A. (February 27, 2007). *Making a vision of the possible a reality for learning: Four Issues for the implementation of technology for teaching & learning*. Invited plenary address to faculty at Sir Sandford Fleming College, Peterborough and Lindsay campuses.
- Pychyl, T.A. (May 11, 2006). *Making a vision of the possible a reality for learning: Four issues for the implementation of technology for teaching and learning*. Invited keynote address for the Interface 2006 Conference sponsored by the Alberta Distance Education and Training Association, University of Lethbridge. Alberta.
- Pychyl, T.A., Motz, C., & Renon, F. (April 19, 2006). *An educational community in the classroom: Using layers of technology and an integrated team approach to enhance student communication and engagement in a large class*. Invited presentation by Richard Pinet, Manager eLearning, University of Ottawa.
- 24/7 and "Just-in-time" Learning: Students' communication needs and expectations regarding faculty-student email*. (February 22, 2006). Panel presentation organized and chaired for the EOSET and McGraw-Hill Ryerson Teaching, Learning and Technology Conference 2006, Carleton University, Ottawa. (Panel participants were members of my third-year honours seminar)
- Lyons, P., & **Pychyl, T.A.** (February 21, 2006). *"Professors in the palm of your hand": Using podcasts for teaching and learning*. Presentation for the EOSET and McGraw-Hill Ryerson Teaching, Learning and Technology Conference 2006, Carleton University, Ottawa.
- Pychyl, T.A.**, Motz, C., & Renon, F. (February 21, 2006). *An educational community in the classroom: Using layers of technology and an integrated team approach to enhance student communication and engagement in a large class*. Presentation for the EOSET and McGraw-Hill Ryerson Teaching, Learning and Technology Conference 2006, Carleton University, Ottawa.
- Pychyl, T.A.**, Neathery, B., & Burton, K. (February 20, 2006). *Exploring*

*Streaming Video as a tool for Teaching and Learning.* Pre-conference workshop presented at the EOSET and McGraw-Hill Ryerson Teaching, Learning and Technology Conference 2006, Carleton University, Ottawa.

**Pychyl, T.A.,** Motz, C., & Renon, F. (February 4, 2006). *An Educational Community in the Classroom: Using Layers of Technology and an Integrated Team Approach to Engage Learners in and out of the Classroom.* Presentation for the 2006 Ontario Library Association Superconference, Toronto, Ontario.

Pychyl, T.A. (November 4, 2005). *When large classes feel like seminars: Students tell me it's true!* Workshop presented at the "From Research into Practice" Conference on Learning Disabilities, Toronto.

Pychyl, T.A. (September 14, 2005). Panel presentation on best practices in E-Learning for the OCRI conference, "Transitions in Advanced Learning", Congress Centre, Ottawa

Pychyl, T.A. (October 1, 2004). *Integrating Technology into Teaching Large Classes: Success Factors for a Hybrid Learning Environment.* Invited presentation for the Distinguished Educator Series, sponsored by the Learning and Teaching Office and the Dean of Arts, Ryerson University, Toronto.

Pychyl, T.A. (June 4, 2004). *I'll look after my health later": Procrastination, well-being and why "I just don't do it!* Paper presentation at the annual conference of the Canadian Association for University Continuing Education, Niagara-on-the-Lake, Ontario.

**Pychyl, T.A.,** & Day, R. (May 12, 2004). *Web Tools and Strategies for Supporting Student Learning in Larger Classes.* Pre-conference workshop for the Blending Classroom & eLearning Practice Conference, Simon Fraser University. B.C.

Pychyl, T.A. (May 13, 2004). *Integrating Technology into Teaching and Learning: Success Factors for a Hybrid Learning Environment.* Keynote address for the Blending Classroom & eLearning Practice Conference, Simon Fraser University. B.C.

**Pychyl, T.A.,** & Pinet, R. (May 14, 2004). *Facultydevelopment.ca,* Presentation made at the Blending Classroom & eLearning Practice Conference, Simon Fraser University. B.C.

Pychyl, T.A. (April 30, 2004). *Student Engagement and Web-based Learning.* Presentation made at the Teaching and Learning Seminar, Dawson College, Montreal.

- Pychyl, T.A. (April 28, 2004). *Facultydevelopment.ca: An overview and invitation to participate*. Presentation made at the Teaching and Learning Seminar, Queen's University, Kingston.
- Germain-Rutherford, A., & **Pychyl, T.A.** (April 16, 2004). *Engaging and Reflecting on Active Learning*. Invited workshop delivered at Queen's University, Kingston.
- Pychyl, T.A. (April 8, 2004). *Teaching Large Classes: Strategies and Success Factors for the new Hybrid Learning Environment*. Invited presentation made at the Teaching and Learning Seminar, University of Ontario Institute of Technology, Oshawa.
- Pychyl, T.A. (March 19, 2004). *Student Engagement and Web-based Learning*. Invited presentation made at the Teaching and Learning Seminar, University of Guelph-Humber, Toronto.
- Pychyl, T.A.**, & Motz, C. (February 27, 2004). *Using Internet-technologies to provide small-class learning activities in large classes*. Presentation made at the Teaching, Learning and Technology Conference, University of Ottawa, Ottawa.
- Pychyl, T.A.**, & Germain-Rutherford, A. (February 26, 2004). *Facultydevelopment.ca: An invitation to a Pan-Canadian collaborative project*. Presentation made at the Teaching, Learning and Technology Conference, University of Ottawa, Ottawa.
- Pychyl, T.A. (February 17, 2004). *What's in IT for my students makes all the difference*. Invited presentation at the University of Victoria, Information Technology Week, Victoria.
- Pychyl, T.A.**, & Motz, C. (December 2, 2003). *An online survey tool to facilitate social-scientific reasoning*. Presentation made for the 1st Annual Eastern Ontario Symposium on Educational Technology (EOSET): Sharing Best Practices - Challenges and Opportunities in Learning Technology, Queen's University, Kingston.
- Pychyl, T.A.**, Mitterer, J., Zywno, G., & Germain-Rutherford, A. (November 23, 2003). *Strategies to address the challenges of Learning in Large Classes*. A pre-conference workshop presented as part of the Teaching, Learning and Technology Conference, Ryerson University, Toronto.
- Pychyl, T.A. (August 27, 2003). *Comments from the classroom: Student feedback to guide teaching practice*. Invited presentation to new faculty at Wilfrid Laurier University, Waterloo.

- Pychyl, T.A. (August 13, 2003). *Learning technology at the institutional level: Issues and trends*. Invited address for the Annual Summer Institute of the Office for Partnerships and Advanced Skills, Toronto Ontario.
- Pychyl, T.A. (June 9, 2003). *Facultydevelopment.ca: An invitation to a Pan-Canadian collaborative project*. Presentation made at the Teaching, Learning and Technology Conference, University of Victoria, Victoria, B.C.
- Pychyl, T.A. (May 8, 2003). *Facultydevelopment.ca: An invitation to a Pan-Canadian collaborative project*. Presentation made at the Teaching, Learning and Technology Conference, University of Toronto, Toronto.
- Pychyl, T.A. (February 23, 2002). *Teaching excellence and the "wired professor."* Closing keynote address delivered for the 2002 Educational Technology Conference Series - "Student Success: Learning with Technology" held at the University of Guelph, Guelph, Ontario.
- Pychyl, T.A. (December 6, 2001). *The economics of attention in the age of networked intelligence: Teaching excellence and the "wired professor."* Opening keynote address delivered for the Learning Technology Symposium, Centre for Leadership in Learning, McMaster University, Hamilton, Ontario.
- Pychyl, T.A. (October 19, 2001). *Seven habits of highly successful teachers*. Keynote address delivered for the 2001 Educational Technology Conference Series held at Ryerson University, Toronto, Ontario.
- Pychyl, T.A. (June 4, 2001). *Teaching and learning in the age of networked intelligence*. Presentation for the Educational Technology Conference, York University, Toronto.
- Pychyl, T.A. (November 21, 2000). *Teaching and learning in the age of networked intelligence*. Invited plenary talk presented at the Educational Technology Conference, Concordia University, Montreal.
- Pychyl, T.A. (August 17, 1999). *In pursuit of the Ph.D.: What personal project interviews reveal about academic procrastination*. Paper presented at the international conference on Counseling the Procrastinator in Academic Settings, York University, Toronto.
- Krauthaker, L., & **Pychyl, T.A.** (April 30, 1998). Voices of partners in education. Panel presentation at the meeting of the *Eastern Ontario Staff Development Network* held at the University of Ottawa.
- Pychyl, T.A.** with Ottawa Participatory Researchers in Education (OPRIE) (January, 1997). Teachers are Researchers Too: Participatory Research in



Schools. Panel presentation at the *National Consultation on Career Development Conference*, University of Ottawa, Ottawa.

Pychyl, T.A. & **Fox, J.** (March, 1996). Alternative Assessment: Integrated skills tests. Panel participant for the pre-conference institute on alternative assessment, *Teaching of English to Speaker of Other Languages Conference*, Chicago.

**Pychyl, T.A.**, Coyle, A., & Krauthaker, L. (November 3, 1994). Bridging the gap between partners: From resource to learning. Paper presented at the *Ontario School Counsellors' Association Conference*, Ottawa.

**Pychyl, T.A.**, & Fox, J. (June, 1993). The diploma course in English language and teaching methods for international teachers as a foreign language: A summary of some of the issues affecting teacher education. Paper presented at the pre-conference meeting of *The Among Teachers Community*, Ottawa, Ontario.

**Fox, J.**, Pychyl, T.A., Axler, M. & Wood, D. (November, 1992). The diploma course in English language and teaching methods for international teachers as a foreign language. Paper presented at the annual *Teachers of English to Speakers of Other Languages (TESOL) Conference*, Toronto, Ontario.

Pychyl, T.A. (November, 1989). The emergence of experimental methods in social psychology, 1890 - 1920. Paper presented at the eleventh annual *History and Theory of Psychology Colloquium*, University of New Hampshire.

### ***Non-academic Talks***

Barrie Central Collegiate High School, *Why Don't We Just Do It? Solving the Procrastination Puzzle*. Skype presentation, March 11, 2016.

Huntley Centennial Public School. *Why don't they just do it? Understanding our children's procrastination*. Presentation for the H.C.P.S. Parent Council, January 28, 2016.

Senator O'Connor College Secondary School, Toronto. Two presentations about *Solving the Procrastination Puzzle* for all of their grade 11 and grade 10 students. October 5, 2015.

Department of Engineering, ECOR1010 classes, as part of their orientation to their studies. Three presentations for all incoming students on *Academic Procrastination*. September 11, 2015 (10:35 a.m. – 2:25 p.m.).

Smith College Executive Education Webinar, August 20, 2015. *Procrastination*.

*Productivity and Procrastination: How research is helping to solve the procrastination puzzle*. (February 18, 2015). Invited presentation for the

Healthy Environments and Consumer Safety Branch at Health Canada, Ottawa  
Public Library, Ottawa.

*Why don't we just do it? How research is helping to solve the procrastination puzzle.* (July 8, 2014). Invited talk to the Reading Club of the Carp Library, Carp, Ontario.

*Counseling the procrastinator.* (May 22, 2014). Procrastination workshop for the psychologists of the DELTA group, Ottawa, Ontario.

*Seven common myths about procrastination: What they have to teach us about more successful goal pursuit.* (May 7, 2014). Inaugural invited address for the Faculty of Arts and Social Science's CU in the City Program, Toronto, Ontario.

*Unnecessary illusions and the truth about procrastination: What research reveals about the procrastination puzzle.* (April 30, 2010). Invited address to the Masons of Ottawa, Masonic Lodge, Ottawa.

*Why don't we just do it? How research is helping to solve the procrastination puzzle.* (March 19, 2012). Talk given for the first annual FASS Café, Glebe Community Centre, Ottawa.

*Invited speaker* for Canada 3.0 conference (May 4, 2011). This is a technology-focused conference billed as "Canada's premier digital media conference where decision makers and policy shakers across Industry, Government and Academia converge to spark creativity, foster innovation and drive productivity." In a session organized by Dr. Ken Coates (Dean of Arts, Waterloo), I debated a colleague from the University of Waterloo, Dr. Aimeé Morrison (English) about the perils of digital media for our students.

*Getting around to putting it off, or Why I finally cleaned out my fridge* (January 14, 1997). Invited presentation about procrastination made to *Health Canada*, Ottawa, Ontario.

### **Other Important Forms of Scholarly Productivity**

I write a blog about procrastination for *Psychology Today*, "Don't Delay" (<http://www.psychologytoday.com/blog/dont-delay>). These are short essays (2-5 pages) 2-4 times monthly summarizing key research articles for the lay reader. This is also an excellent resource for students and scholars outside of the area. To date, my blog has had nearly 4.9 million readers.

I produce a weekly podcast listed on iTunes as *iProcrastinate Podcasts* (see <http://iprocrastinate.libsyn.com/>). My podcasts receive very positive feedback from listeners, and they are consistently rated in the top 50 podcasts on iTunes for the Health/Self-Help category (and at times they have been in the #1 spot),

with over 1.8 million downloads to date. I'm proud of this work, as it has become a venue for sharing my research and learning with the public (along with my blog on *Psychology Today*).

### ***Invited Talks***

*Why don't they just do it? - Research that is helping to solve the procrastination puzzle.* (February 5, 2013). Workshop presentation given to graduate students at the University of Ottawa, Symthe Road Campus.

*Psychyl on Procrastination.* Workshops offered to students in the Enriched Support Program of the CIE, January 22 & 24, 2008.

*Procrastination, well-being and why "I just don't do it!"* (March 4, 2005). Invited plenary address, annual Undergraduate Thesis Conference, University of Ottawa.

*I'll look after my health later: Procrastination, well-being and why 'I just don't do it!'* (October 12, 2005). Invited presentation to the Canadian Federation of University Women, Kanata.

*Integrating technology into teaching and learning: Success factors for a hybrid learning environment.* (March 5, 2004). Invited presentation to the Ottawa Centre for Innovation and Research (OCRI), Chateau Laurier Hotel, Ottawa.

*What is our vision of teaching? Addressing systemic barriers to information literacy skill instruction.* (March 18, 2001). Invited keynote address to the 30<sup>th</sup> annual Workshop in Library Instruction (WILU), Carleton University, Ottawa.

*Volitional action and Procrastination: Why don't I just do it?* (May 11, 2001). Closing keynote CUE Program, Carleton University.

*Getting Personal and Using Technology: Developing and Using Technology as a Strategic Asset for Student Affairs.* (April 13, 2000). Invited lecture for the Ontario Committee on Student Affairs, Toronto.

*Time Management.* (September 20<sup>th</sup> & February 16<sup>th</sup>, 1999). A study skills workshop presented with Alia Alzand for *Student Life Services*, Carleton University.

*What is your personality?* (February 25, 1999). Workshop presented to visiting high school students as part of the annual *High School Partners' Conference*, Carleton University.

*Presentation on CHAT.* (January 26, 1999). Presentation made to representatives from Bell Canada and ScotiaBank to demonstrate the impact of support received by both donors and what it has meant to current students and faculty.

*Why don't you just do it?: Getting inside the head of a procrastinator.* (May 16, 1998). Keynote closing address for the annual Carleton University Experience Program.

*Cliques, crowds and friendships in adolescence: Welcome to developmental psychology.* (May 15, 1998). Lecture delivered to visiting high school students as part of the annual Carleton University Experience Program.

*Making Effective Presentations.* (November 12, 1997). Lecture and workshop provided for Senior Scientists at *Health Canada, Pesticides Division*, Ottawa.

*Time Conflict, Time Urgency, Time Adequacy . . . Coping with daily hassles and stress!* (February 21, 1997). Workshop presented for the *Ottawa and Carleton Boards of Education Professional Development Day*.

*The message is the medium: Who is influencing who?* (November 26, 1996). Panel/Salon hosted with Mr. Max Keeping (Vice-President of News and Public Affairs - CJOH-TV, Ottawa) for the *National Conference Canada's Children . . . Canada's Future*, co-sponsored by the Child Welfare League of Canada and the Ontario Association of Children's Aid Societies.

*Getting around to putting it off: Volitional Action and Procrastination, or why I finally cleaned out my fridge.* (May, 1996). Paper presentation at the annual faculty *Spring Conference* for Carleton University, Opinicon Lodge, Chaffey's Locks.

### ***Faculty/Teaching Assistant Training***

*Why don't they just do it? What can we do about academic procrastination?* Workshop presented at the Educational Development Centre for the Teaching Assistant Training Program, November 13, 2012.

*Teaching with our mouths shut: Active learning in the FYS classroom* – Invited plenary presentation for the First-Year Seminar Instructors' workshop, Faculty of Arts and Social Sciences, Carleton University, August 9, 2007.

*TA mentors: Power relations and "The courage to teach"* – Invited workshop presentation for the Learning Support Services TA Mentors Program, August 28, 2007.

CUASA Fall Teaching Workshops (October 15, October 29 and November 19, 2004) *Teaching Evaluations: How to make them work for you.* Co-presented with Michael Wohl (Psychology) and Devon Woods (SLALS).

*Teaching Dossier Workshop* (May 4, 2004). Invited presentation for the Centre for Initiatives in Education instructional staff.

*Teaching Dossier Workshop* (May 5, 2004). Invited presentation for CUASA, Carleton University.

*Moving from curricular goals to classroom practice: Strategies that enhance student learning in first-year seminars.* (August 22, 2001). Workshop presented to FYS instructors, Carleton University. (With Adam, C., Daniels, T., Huberman-Arnold, D., Hughhs, B., & MacNeil, C.)

*Three Components of the Good Lecture.* (September 2000, 1999, 1998). Workshop presented to Teaching Assistants as part of the fall orientation program organized by the Teaching and Learning Resource Centre, Carleton University.

*Critical Incidents.* (September, 2000, 1999, 1998). Workshop presented to Teaching Assistants as part of the fall orientation program organized by the Teaching and Learning Resource Centre, Carleton University.

*Affect, Behaviour and Cognition.* (August, 1999 & April 29, 1998). Workshop presented to first-year instructors as part of the First-Year Seminars: Instructor's Network Spring Retreat.

*Let's give them something to talk about!* (August 28, 1997). Presentation on effective group work given to Sessional Lecturers as part of their orientation, Carleton University.

*Three Components of the Effective Lecture.* (September 6, 1997). Presentation to Teaching Assistants as part of their general orientation, Carleton University.

*Effective Lecturing* (April 4, 1997). Presentation made to the doctoral students and faculty in the School of Business, Carleton University.

*Research on Effective Teachers* (January 24, 1997). Presentation made to the doctoral students and faculty in the School of Business, Carleton University.

*Three Components of the "Good" Lecture.* (September 6, 1996). Workshop for Teaching Assistants presented for the Teaching and Learning Resource Centre, Carleton University.

*Classroom Discussion Techniques* (March 5, 1996). Faculty development workshop presented for the Teaching and Learning Resource Centre, Carleton University.

*Teaching Assistant "Brown-Bag" Seminars* (September 1995 - December 1996).

Series of workshops presented for teaching assistants as part of their on-going professional development, Teaching and Learning Resource Centre, Carleton University.

*You and Your "TA": Preparing your Teaching Assistant for Success* (September 7, 1995). Faculty development workshop presented for the Teaching and Learning Resource Centre, Carleton University.

*Coping with graduate school* (September 5, 1995 & 1996). Graduate-student workshop presented to new graduate students for Counselling and Student Life Services, Carleton University.

### ***Educational Partnership***

*Bridging the Gap: Principles for facilitating university transition* (May 28, 1997). Invited presentation and discussion for library personnel, MacOdrum Library, Carleton University.

*Getting around to putting it off or why that homework just doesn't seem to get done* (February 25, 1997). Keynote address delivered at the annual Partnership Conference, Carleton University.

*Adolescence: What's all this fuss about puberty anyway?* (February 23, 1995). Workshop presented for local High School partners at Carleton University.

*A Synectic Model of Partnership* (December 9, 1994). Workshop presented at the PARTNERS Fall Workshop, Ottawa-Carleton Association of Partners-in-Education, Ottawa.

### ***Technology and Teaching***

*Email and Newsgroups that Work*. (April 30, 1998). Workshop co-presented with R. de Pourbaix to first-year instructors as part of the First-Year Seminars: Instructor's Network Spring Retreat.

*Field of Dreams* (March 17, 1997). Faculty workshop presented on strategies to enhance computer mediated discussion groups. Carleton University, Teaching Expo.

*CHAT: Strategies for Success with Instructional Technology*. (August 29 & September 4 & 6, 1996). Workshop presented to Sessional Lecturers, Faculty and Teaching Assistants for the Teaching and Learning Resource Centre, Carleton University.

*Teaching with CHAT* (May 11, 1995). Faculty development workshop about teaching with electronic mail and the internet presented for the Teaching and Learning Resource Centre, Carleton University.

*CHAT Workshop* (August 30, September 7 & 9, 1994). A series of workshops presented to sessional lecturers, faculty and teaching assistants (respectively) at Carleton University on how to use Carleton's Hotline for Administration and Teaching (i.e., email) as a teaching and learning resource in class.

***Curriculum Design***

*The Challenge of Choice: Integrating the Curriculum at the level of the individual student.* (June 22, 1993) Invited workshop, Seventh Annual Excellence Conference - Change and Challenge In Transitions. Ottawa Board of Education.

*The Challenge of Choice: Negotiating the curriculum through self-directed study.* Guest lecture for PED 2264 -Curriculum Design for ESL - February 16, 1993, University of Ottawa.

*The Family Unit.* (October, 1992) Professional Development Day workshop presented for the Ottawa Board of Education, Ottawa.

## EXTERNAL RESEARCH GRANTS

Funding Agency: Ontario Ministry of Training, Colleges, and Universities  
Project: *Promoting Successful Integration of New Immigrant University Professors into Ontario Post Secondary Institutions*

Total funding awarded: \$549,911 over 3 years (with matching funds for a total of \$946,525)

(Note: This research grant is part of my work with the *Institute for the Advancement of Teaching in Higher Education*. During 2004, I was the founding Executive Director of the Institute who is a partner in this grant.)

CANARIE (Industry Canada) - \$500,000 for the research and development of **facultydevelopment.ca**. **Facultydevelopment.ca** is a broadband-intensive learning resource designed to enable new and existing faculty in Canadian universities to enhance teaching and learning. By providing flexible access to interactive learning materials and a collaborative virtual environment, it addresses barriers that faculty face in their pursuit of lifelong learning – access and time. This project draws on a unique partnership amongst key Canadian organizations in higher education, including 3M Teaching Fellows, the Society for Teaching and Learning in Higher Education (STLHE), Instructional Development Offices from across Canada, and a leading publisher in higher education, McGraw-Hill Ryerson. In addition to building a community of users of broadband networks, this project is innovative in the development of instructional frameworks that will allow non-technical faculty to assemble and integrate learning object repository (LOR) materials into a pedagogically sound instructional interface. In doing this, **facultydevelopment.ca** serves as a catalyst for faculty to use broadband networks to transform how education is delivered.

## INTERNAL RESEARCH GRANTS

GR-6 research grant for “Adolescent Procrastination” (\$4600.00) This grant supported data collection from middle-adolescent aged children from the local school boards. This research was part of the preparation for the major research grant application noted above.

Research grant from the Vice President (Academic) to support the development of a teaching certificate program for graduate students (\$5,000/year for each of two years, 1996-1998). This work was completed as part of my Teaching Scholar position at the Teaching and Learning Resource Centre, Carleton University.

GR-6 grant (1995-1997) for the "Psychology of Procrastination" project and to support the work of my research group on procrastination (\$5,000.00 over two years). For a summary of these activities, see the world wide web site, URL: <http://www.carleton.ca/~tpychyl>



**ACADEMIC RESPONSIBILITIES (2007 to present)**

Year	Undergraduate	Graduate
2007	PSYC2600, Introduction to the Study of Personality, 1.0	
2008	PSYC2600, Introduction to the Study of Personality, 1.0	PSYC6401, Seminar in University Teaching, 0.5  PSYC5601, Seminar in Personality, 0.5
2009-10	SABBATICAL	
2010-11	PSYC2600, Introduction to the Study of Personality, 0.5  01.138 First-Year Seminar, Motivating Humans, 1.0	PSYC6401, Seminar in University Teaching, 0.5
2011-12*	PSYC2600, Introduction to the Study of Personality, 1.0	PSYC6104 Seminar in University Teaching, 0.5
2012-13		PSYC6104 Seminar in University Teaching, 0.5
2013-14		PSYC6104 Seminar in University Teaching, 0.5
2014-15	FYSM1308A, Motivating Humans, 1.0	
2015-2016	Sabbatical	

\* Note: Beginning in 2011, I moved to a 80% reduced time appointment which reduced my teaching load by 0.5 credits annually, and in 2012, I became the Director of the Centre for Initiatives in Education, which further reduced my teaching by 1.0 credits.

**RESEARCH SUPERVISION**

## 1) Life-time summary

	COMPLETED	IN PROGRESS
MASTER'S THESIS	12	1
DOCTORAL	4*	0

\*One student co-supervised.

## 2) Details of Summary

## i. Supervision – Ph.D.

<i>Year of First Registration</i>	<i>Year of Completion</i>	<i>Student Name</i>	<i>Thesis Title</i>
1997 Fall	2006 Fall	Larry Grandmaison	<i>Assessing Direct Leadership in the Canadian Force Using Two Measures of the Big Five Personality Factors</i>
2000 Winter	2010 Fall	Rachelle Thibodeau	<i>Collective Identity and the prediction of academic success</i>
2006 Fall	2015 Fall	Mohsen Haghbin	<i>The development of a multi-dimensional measure of procrastination</i>
2009 Winter	2016 Winter	Nikolina Duvall Antonacopoulos	<i>A study of the effects of dog ownership on walking</i>

## ii. Supervision – M.A.

<i>Year of First Registration</i>	<i>Year of Completion</i>	<i>Student Name</i>	<i>Thesis Title</i>
2014	Expect 2016	Shamarukh Chowdhury	<i>Active Procrastination as a form of purposeful delay</i>
2013	2015 Summer	Eve-Marie Hudon-Blouin	<i>Self-Continuity, Imagery and Procrastination</i>
2008 Fall	2012 Fall	Fatima Kozoun	<i>Academic Entitlement and Grade Negotiation</i>
2008 Fall	2010 Summer	Eric Heward	<i>An Examination of the Relations between Emotional Intelligence and Procrastination</i>
2007 Fall	2009 Fall	Matthew Dann	<i>Approach and avoidance goals in procrastination: A project-analytic perspective</i>
2006 Fall	2008 Summer	William Kyle Simpson	<i>In search of the arousal procrastinator: An investigation of</i>

			<i>arousal- based personality traits in relation to procrastination</i>
2004 Fall	2007 Summer	Jennine Edmonson	<i>A Study of Procrastination from the Perspective of the Cognitive-Affective Personality System: Identifying the Psychological Features of Nominal Situations in the Academic Context</i>
2004 Fall	2006 Summer	Mohsen Haghbin	<i>Attachment styles and psychological separation in relation to procrastination: A psychodynamic perspective on the breakdown in volitional action</i>
1995 Fall	1997 Fall	Allan Blunt	<i>Task aversiveness and procrastination: A multi-dimensional approach to task aversiveness across stages of personal projects</i>
1997 Fall	1999 Fall	Jonathon Lee	<i>A comparison of the Personal Constructs of students scoring , medium and low on a measure of academic procrastination.</i>
1997 Fall	1999 Fall	Christine Simard	<i>An examination of the content and construct validity of four measures of procrastination</i>
1996 Fall	2000 Summer	Haleh Zamanpour	<i>The mediational roles of performance-avoidance goals pursuit and procrastination in the hierarchical model of achievement motivation</i>
1996 Fall	2000 Winter	Kelly Binder	<i>The Effects of an Academic Procrastination Treatment on Student Procrastination and Subjective Well-being</i>
1999 Fall	2001 Winter	Anita Heavenor	<i>The influence of implementation intentions on goal pursuit and procrastination</i>

*Theses examined for other departments at Carleton or externally*  
 November, 2015. Doctoral dissertation external examiner for Department of Psychology, Macquarie University, Australia. Candidate: Gina Chatellier Dissertation title: *Procrastination: Appraisal and the Individual Differences that Influence Delay*

September 14, 2015. M.A. thesis external examiner School of Applied Linguistics and Discourse Studies, Carleton University. Candidate: Tahmina Anwar. Thesis Title: *The Bangladeshi Perspective: The Case of Married Academic Women Pursuing Foreign Degrees.*

December, 2014. External examiner for Ms. Bianca Petrie of the University of Sydney, Australia. Dissertation title: *The role of self-concept content, certainty and stability in academic procrastination.*

October 25, 2012. External examiner School of Linguistics and Applied Language Studies for Ms. Zinat Goodarzi. M.A. Thesis entitled: *From the outside In: A case study of changing roles in an undergraduate first year discourse community*

April 12, 2012. External examiner School of Linguistics and Applied Language Studies for Ms. Melissa McLeod. Thesis entitled: *Looking for an ounce of prevention: The potential for diagnostic assessment in academic acculturation*

September 13, 2011. External examiner School of Linguistics and Applied Language Studies for Ms. Celia Posner. Thesis entitled: *Is the Grass Really Greener: Deaf Identity and Group Membership.*

June, 9, 2011. External examiner School of Linguistics and Applied Language Studies for Ms. Nwara Abdulhamid. Thesis entitled: *What is the impact of the Libyan Study Abroad Scholarship Programme on returning university-level English teachers?*

January, 2011, University of Alberta, Ph.D. Dissertation by Ms. Wanwisa Hannok entitled, *Procrastination and Motivation Beliefs of Adolescents: A Cross-Cultural Study.*

September 24, 2010, Acadia University, M.A. thesis by Vanessa McColl entitled *An Examination of the Associations of Self-Determination and Self-Regulation Variables with Psychological Well-Being.*

July 12, 2010, University of Waterloo, Ph.D. Dissertation by Jeffrey Paulitzki, entitled *Procrastination as Self-Regulatory Failure? Habitual Avoidance and Inhibitory Control Moderate the Intention-Behaviour Relation for Unpleasant Tasks.*

Ms. Shelley Fahlman, York University, Doctoral examination external examiner (December 10, 2008). *Development and validation of the multidimensional state boredom scale.*

School of Linguistics and Applied Language Studies, May 4, 2006, Candidate: Ms. Zakiya Al Naddabi

School of Linguistics and Applied Language Studies, August 17, 2004

Candidate: Ms. Elana Aminkova

*Test-Takers' perceptions: Behind the Construct of a Test*

School of Linguistics and Applied Language Studies, February 3, 2004

Candidate: Ms. Ritsuko

*Focus on form activities in the communicative approach to language teaching*

Memorial University, Department of Education, December 12, 2001.

Candidate: Michael Barber

*The uses and values of Internet discussion groups in a post secondary environment*

School of Linguistics and Applied Language Studies, May 28, 2001

Candidate: Joong-ha Lee

*Exploring dynamic perspectives on L2 motivation: A qualitative inquiry of three adult Korean ESL learners in Canada*

University of Ottawa, Department of Psychology, March 15, 2000

Candidate: Lawrence Miller

*Psychological Well-Being Among University Students: Problem Solving, Career-Decision-Making Attitudes, and Program Commitment*

School of Linguistics and Applied Language Studies, January 12, 2001

Candidate: Edina Torlakovic (M.A. thesis)

*Computer Assisted Instruction for Second Language Acquisition*

School of Business, January 16, 2001

Candidate: Brian Russell

*An examination of the mentoring construct using the act frequency approach*

School of Journalism and Mass Communication, August 11, 2000

Candidate: Bev Wake (M.A. thesis)

*Wired classrooms: Why computers should be a cautious addition to teachers' toolkits*

Department of Sociology and Anthropology, May 23, 2000

Candidate: Marc Tyrrell (Doctoral Dissertation)

*Rites of Passage in the Out-Placement Industry*

School of Linguistics and Applied Language Studies, January 14, 1999

Candidate: Hyeran Choi (M.A. Candidate)

*Interactive use of reading strategies: Seven cases in second language reading*

Department of Sociology and Anthropology, April 28, 1998.

Candidate: Jessie-Lynn MacDonald (M.A. Candidate)

*Parental Abduction: The Nature, Patterns and Consequences for Canadian Society*

School of Business, July 16, 1997.

Candidate: Julie Ferrari

*The Effects of Anonymity on Individuals using Group Decision Support Systems*  
*Theses examined for other departments at Carleton (continued)*

School of Business, June 10, 1997.

Candidate: Andre T. Lyn

*Training End-Users: The Application of Cognitive Theory to Learning a Database*  
*Software Package*

*Departmental Graduate Examining Committees*

<u>Candidate</u>	<u>Date</u>	<u>Degree and Exam</u>
Lisa Menard	December 3, 2014	Ph.D. Dissertation
Colin Capaldi	August 18, 2014	M.A. Thesis
Amy Epstein	September 7, 2012	M.A. Thesis
Amy Epstein	December 20, 2011	M.A. Prospectus
April McGrath	June 28, 2011	Ph.D. Dissertation
Ersin Asliturk	April 9, 2009	Ph.D. Dissertation
Nikolina D Antonacopoulos	January 15, 2009	M.A Thesis
Erin Hill	November 28, 2008	M.A. Prospectus
Deanna Whelan	August 18, 2008	M.A. Thesis
Maya Santoro	June 19, 2008	M.A. Prospectus
Sheila Narashimhan	June 6, 2008	Ph.D. Prospectus
Maria Rasouli	February 14, 2008	Ph.D. Prospectus
Lorena Ruci	July 26, 2007	Ph.D. Comprehensive
Sheila Narasimhan	June 18, 2007	Ph.D. Prospectus
Leanna Closson	May 29, 2006	M.A. Thesis
Amanda Nolan	January 23, 2006	M.A. Prospectus
Ersin Asliturk	January/April 2006	Ph.D. Prospectus
Robin Westmacott	January 13, 2006	M.A. Thesis
Annie Yessine	December 20, 2005	Ph.D. Comprehensive
David Jenkins	December 2005	M.A. Thesis
Leanna Closson	October 21, 2005	M.A. Prospectus
Tanya Rugge	September 8, 2005	Ph.D. Prospectus
Christopher Motz	September 7, 2005	M.A. Thesis
Lisa Nisbett	September 1, 2005	M.A. Thesis
Lorena Ruci	July 18, 2005	M.A. Thesis
David Jenkins	May 24, 2005	M.A. Prospectus
Lorena Ruci	January 28, 2004	M.A. Prospectus
Robin Westmacott	November 18, 2004	M.A. Prospectus
Craig Dowden	September 17, 2004	Ph.D. Dissertation
Ersin Asliturk	September 15, 2004	Ph.D. Comprehensive
Lisa Nisbett	August 26, 2004	M.A. Prospectus

Judy Brown	July 15, 2004	Ph.D. Comprehensive
Rachelle Thibodeau	April 30, 2004	Ph.D. Comprehensive
Ruth Sullivan	October 28, 2003	M.A. Prospectus
Cecilia Taiana	September 20, 2002	Ph.D. Dissertation
Michelle Melia-Gordon	August 19, 2002	Ph.D. Dissertation
Craig Dowden	December 13, 2001	Ph.D. Prospectus
Juliana Pulford	June 11, 2001	M.A. Thesis exam
Fuschia Sirois	May 23, 2001	Ph.D. Prospectus
Ann Marie Churchill	May 11, 2001	Ph.D. Comprehensive
Faramarz Assefi	January 16, 2001	PhD Prospectus
Barabara Cole	September 22, 2000	M.A. Thesis Exam
Isabel MacKay	September 12, 2000	M.A. Thesis Exam
Michelle Gordon	June 5, 2000	PhD Prospectus
Nancy Sinclair	April 26, 2000 M.A.	Thesis Exam
Les Buckley	April 19, 2000 PhD	Comprehensive
Craig Dowden	April 12, 2000 PhD	Comprehensive
Kendra Delveaux	February 23, 2000	PhD Comprehensive
Audrey Wexler	January 17, 2000	M.A. Thesis Exam
Ravi Ramkissoonsingh	September 13, 1999	M.A. Thesis Exam
Cecilia Taiana	September 9, 1999	Ph.D. Prospectus
Brenda Smith	June 30, 1999	Ph.D Comp Exam
Isabel Mackay	May 12, 1999	M.A. Prospectus
Johanna Segerstrom	May 11, 1999	M.A. Thesis Exam
Juliana Pulford	April 23, 1999	M.A. Prospectus
Maria-Antionietta Francini	April 9, 1999	Ph.D. Thesis Exam
Chantal Langevin	April 7, 1999	M.A. Thesis Exam
Monique Bussiere	March 15, 1999	Ph.D. Comprehensive
Stephanie Robertson	February 5, 1999	M.A. Thesis Exam
Jennifer van de Ven	September 21, 1998	M.A. Thesis Exam
Rachelle Thibodeau	September 14, 1998	M.A. Thesis Exam
Karen Lacey	August 19, 1998	M.A. Thesis Exam
James McIntyre	August 31, 1998	M.Sc. Thesis Exam
Martha MCDougall	May 14, 1998	M.A. Thesis Exam
Craig Manley	May 7, 1998	M.A. Thesis Exam
Debbie Stewart	January 12, 1998	M.A. Thesis Exam
Daniel Antonowicz	February 17, 1997	Ph.D. Comprehensive
Barbara Virley-O'Connor	September 12, 1996	M.A. Thesis Exam
Gary Goldfield	May 22, 1996	Ph.D. Comprehensive

**Administrative Responsibilities at Carleton** (Sabbatical 2001-02, Unpaid leave of absence September 1, 2006 – April 30, 2007, Sabbatical 2009-2010, Reduced-time appointment September 1, 2011 – June 30, 2015, Sabbatical 2015-2016)

a) *Department*

Teaching Mentor	2010-2015
Graduate Chair	2008-2009
Graduate Chair	2004-2006
Undergraduate Committee	2002-2004, 2007-2008, 2010-2012
Promotions and Tenure Committee	2002-2004
Retention Committee	2002-2003
Recruitment Committee (Chair)	1997-2001
Planning Committee	1997-1999
Ethics Committee	1997-1999
TLRC Departmental Contact	1998-2001
Undergraduate Chair (Pro tem)	June - August, 1997

b) *Faculty*

Director, Centre for Initiatives in Education	2012-present
First-year seminar committee	2002-2003
B.A. Council - Library Curriculum Subcommittee	2002-03
Teaching Advisor to Dean of FASS	2000-2001
Prep Week Committee	1997-1999

c) *University*

President's Roundtable on Teaching and Learning (Chair)	2006
Associate Marshal for Convocation	1998-2006
Spring Conference Committee (Chair)	1998-2001
Associate Dean of Students	1999-2000
CUASA JCAA Committee on Electronic Teaching	1998-1999
Teaching in the Electronic World Working Group	1997-1998
Spring Conference Committee	1997-1998
University Partnership Coordinator	1994-2004
Beadle for Convocation	1995-1997
University Recruitment	
Toronto University Recruitment Fair	1997, 1998, 1999
Carleton University Experience	1997-2001 (keynote speaker)
Career and Education Day	1996
University/Community Day	1997-2001
March Break Program	2000-2003



**Service to the Profession**

*a) Offices in learned societies*

Institute for the Advancement of Teaching in Higher Education – Executive Director (2004), Member of the Board, 2004-2008, Acting Chair of the Board, 2008-September, 2010.

Social and Personality Section, Canadian Psychological Association. 1999-2000

Member - Canadian Psychological Association, 1997-2008.

Member - Eastern Psychological Association, 1997-2000, 2008.

*b) Scholarly assessments*

Manuscript review for:

*British Journal of Educational Psychology*

*Canadian Journal of Behavioural Science*

*PLOS ONE*

*Psychological Reports*

*Journal of Experimental Psychology: General*

*Social Cognition*

*Journal of Rational-Emotive Cognitive Behavioral Therapy*

*Personality and Individual Differences*

*Learning and Individual Differences*

*Journal of Positive Psychology*

*Journal of Experimental Social Psychology*

*Psychological Science*

*Social Indicators Research*

*Journal of Research in Personality*

*Journal of Social Behavior and Personality*

*European Journal of Social Psychology*

*European Journal of Cognitive Psychology*

*European Journal of Psychological Assessment*

*Psychological Bulletin*

*Social Behavior and Personality: An international journal*

*Journal of Research on Adolescence*

*Basic and Applied Social Psychology*

*Journal of Cross-Cultural Psychology*

*European Psychologist*

*The Spanish Journal of Psychology*

*Teaching of Psychology*

*The International Journal for Academic Development*

*Positive Pedagogy*

*Teaching Options Pédagogiques*

*c) Grant Reviews*

External review for CFI, University of Calgary (2010)

External Review for NSERC (2004)

External Reviewer for Social Sciences and Humanities Research Council (2000, 2001)

Reviewer for CUNY Collaborative Incentive Research Program (2001)

d) *Non-university committee service*

Council of Ontario Universities (COU) - Task Force on Learning Technologies (1999-2000)

CANARIE Learning Program - Senior Steering Committee (1999-2004)

**Consultancies and Contract Research (note any unpublished reports resulting from this work)**

*National Judicial Institute* – Consulted for their learning and development program for judges and participated in delivering a 4-day workshop for judges in Vancouver, B.C. (February 28 – March 3, 2015).

*AMEX Canada* – Consulted on survey research design with Angus-Reid for research on Canadians' goal pursuit and participated in media interviews about this survey research (Fall 2010, early winter 2011).

*Nelligan, O'Brian, Payne Law Office* - Invited address and workshop *Procrastination: Why don't we just do it?* Montebello, Quebec. (January 23, 2009).

*Ministry of Youth and Children Services* - Keynote presentation *In pursuit of excellence and well-being*, Toronto (June 24, 2008).

*GCTraining/Prevost Associates* - Presentation made as part of the event, *Finding joy in life: Living each day to its fullest* (with Dr. Patch Adams and Dr. Lauren Woodhouse) *In pursuit of excellence and well-being*, Ottawa (June 16, 2008).

*McGraw-Hill Higher Education* – Delivered managers training for effective feedback, coaching and active learning, St. Louis (May 22-23, 2007).

*McGraw-Hill Higher Education* – Consulted for their National Sales Meeting, Boca Raton, Florida (July 30 – August 4, 2007). Formal report submitted on my observations and recommendations.

*McGraw-Hill Higher Education* – Consulted for their National Sale Meeting, Pheonix, Arizona (January 3-8, 2008). Formal report submitted on my observations

and recommendations.

*Department of Justice, Canada* – Keynote presentation for their biannual national conference entitled “*Effective Teamwork: What makes a “good” team player?*” (April 30, 2007).

*McGraw-Hill Higher Education* - Consulted for the Humanities, Social Science and Languages division for their winter National Sales Meeting to facilitate an active-learning approach for this meeting, New Orleans (January 4 – 10, 2007).

*McGraw-Hill Ryerson* – Facilitated focus groups consisting of faculty from across Canada to discuss issues of teaching introductory psychology, Toronto and Vancouver (October 19, 2006 and November 1, 2006, respectively)

*Metso Minerals* – Delivered workshop for managers on effective project management (October 17, 2006).

*McGraw-Hill Higher Education* – Consulted for the Humanities, Social Science and Languages division for their summer National Sales Meeting to facilitate an active-learning approach for this meeting, Boca Raton, Florida (August 1 – 5, 2006).

*McGraw-Hill Higher Education* - Prepared and delivered a workshop on active learning and effective coaching for their Mid-Years Manager Meeting, Chicago (June 5-8, 2006).

*McGraw-Hill Ryerson & Apple (Canada)* – iPod Pilot project for 30 instructors of Marketing from colleges and universities across Canada. Held in Toronto, March 2 & April 13, 2006. I served as the meeting facilitator and instructional-design consultant.

*Human Resources and Skills Development Canada* – Contract (\$3500) to organize a discussion about the quality of teaching in higher education. Meeting held February 25, 2004, University of Ottawa. Unpublished report submitted to HRSD, May 19, 2004 - “Discussion Paper on the Quality of Teaching and Learning in Canadian Post-Secondary Institutions”.

*McGraw-Hill Ryerson, Canada* – Higher education sales personnel training and consulting: Toronto (July 9, 2003), Boca Raton, Florida (Augusts 6-8, 2003) and San Francisco (January 2-3, 2004).

*McGraw-Hill Ryerson, Canada* – Higher education sales personnel training and consulting: Toronto (July 3, 2002), Boca Raton, Florida (Augusts 7-9, 2002) and Talisman Resort (August 16-18, 2002).