

Kennon M. Sheldon
Curriculum Vita

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ACADEMIC POSITION: Curator's Professor, Psychological Sciences, University of Missouri, Columbia, Missouri.

Current Harzing's H (Google scholar): 72
Number of citations to my work: 28,000 +

EDUCATION AND EXPERIENCE

- 2015. Selected Curator's Professor of Psychological Sciences, University of Missouri System.
- 2007 - 2014. Professor, University of Missouri, Columbia, MO.
- 2002 - 2006. Associate Professor, University of Missouri, Columbia, MO.
- 1997 - 2002. Assistant Professor, University of Missouri, Columbia, MO.
- 1994 - 1997. Visiting Assistant Professor, University of Rochester, Rochester, N.Y.
- 1992 - 1994. Post-Doctoral Fellow supported by NIMH Training Grant, University of Rochester, Rochester, NY.
- 1986 - 1992. Ph.D. in Social/Personality Psychology. University of California, Davis, CA.
- 1983 - 1984. Seattle University, Seattle WA. Spent one year in a Masters program in existential-phenomenological psychotherapy.
- 1978 - 1981. B.S. in Psychology. Duke University, Durham, NC.

RESEARCH INTERESTS

- Investigating factors that promote the selection and attainment of appropriate personal goals, examining the effects of goal attainment upon mental health.
- Discovering the factors that inhibit and help people in becoming sustainably happier.
- Integrating cognitive-behavioral and organismic perspectives on personality, social behavior, and psychological development.
- Developing the science of positive psychology.
- Studying the relationship of creativity to motivational conflict and style.
- Exploring the nature of cooperative and competitive behavior in social dilemmas, from an evolutionary perspective.

AWARDS AND HONORS

Awarded, Ed & Carol Diener Mid-Career Award for Contributions to Personality Psychology. 2015. <http://www.spsp.org/general/custom.asp?page=DienerAwardP>

Elected Fellow, Society for Personality and Social Psychology. 2011.

Elected Fellow, APA Division 8. 2011.

Elected Member-at-Large, Association for Research in Personality Executive Committee. 2011.

Named one of 20 most cited social psychologists in the world (controlling for career stage), 2010. Nozek et al., *Personality & Social Psychology Bulletin*.

Named one of 20 most productive social psychologists in the world, 2008. *SPSP Dialogue*.

Winner, first prize for best academic paper in positive psychology, from Mindgym (UK): £5000. 2008.

Winner, Chancellor's Award for Outstanding Research Creativity in the Social Sciences, University of Missouri. \$2000. 2006.

Winner, best paper of 2006 award, made by the International Society for Quality of Life Studies, for a paper published in *Journal of Happiness Studies*. 2007.

Elected Member, Society for Experimental Social Psychology. 2005.

Winner, of a John Templeton Foundation "Positive Psychology" prize. \$30,000. 2002.

GRANT SUPPORT

Senior International Scientist, Russian Government grant: "Positive psychology, motivation, and personality in Russia." \$1,100,000. Am spending summers in Russia, as Director of International Research Laboratory. 2014-2016.

Co-Primary Investigator, Missouri Research Board grant, "Developing and testing a mindfulness-based intervention to ease stress, improve performance, and forestall negative mental health changes in first year law students." \$14,000. 2013-2014.

Co-leader, Mizzou Advantage Team, "Contemplative practice in research and education." \$50,000. 2012-2013.

Co-leader, Mizzou Advantage Team, "Creative Convergence Network: The role of new media in group creativity." \$50,000. 2012-2013.

Co-Primary investigator on an NIMH grant titled "Factors influencing sustainable increases in positive affect" (Sonya Lyubomirsky, co-P.I.). \$650,000. 2004-2008.

Primary investigator on an NIMH grant titled "Self-concordant goals, self-regulation, and personality integration." \$500,000. 2002-2006.

Co-Investigator on an NIAAA grant titled "Adolescent alcohol use and high risk sexual behavior" (Lynne Cooper, P.I.). \$2,490,000. 1999-2003.

Primary investigator on a grant from the MU Research Council, titled "Re-assessing freshman goals participants in their senior year." \$4200. 2002.

Primary investigator on a grant from the Templeton Foundation, titled "Factors influencing sustainable increases in happiness." \$10,000. 2001-2002.

Primary investigator on a grant from the Positive Psychology network, titled "Causes and consequences of materialistic ways of coping with negative emotions." \$2,000. 2001-2002.

Primary investigator on a grant from the Fetzer Institute, titled "Using response latencies to validate personal goal ratings." \$28,000. 2000-2001.

Primary investigator on a B/Start grant from NIMH titled "Self-infiltration and personal goals." \$25,000. 1999-2000.

Primary investigator on a Research Board Grant from the University of Missouri titled "Predicting adjustment in incoming freshmen." \$36,000. 1998-1999.

Primary investigator on a grant from the MU Alumni association to study personal goals in a community sample. \$900. 1998.

Primary investigator on a grant from Deutscher Akademischer Austauschdienst to collaborate for two months with Professor Julius Kuhl at the University of Osnabrueck in Germany. \$2,000. 1997.

Research Associate on a grant from NIMH titled "The Relation of Values and Goals to Mental Health" (Richard Ryan, P. I.). \$400,000. 1997-1998.

PUBLICATIONS

Books

Sheldon, K. M. & Lucas, R. L. (Eds) (2014). *Stability of happiness: Theories and evidence on whether happiness can change*. Elsevier: London.

Sheldon, K. M. (2013). *Positive Motivation Workbook*. CreateSpace Independent Publishing Platform.

Sheldon, K. M., Kashdan, T., & Steger, M. (Eds) (2011). *Designing the future of positive psychology: Taking stock and moving forward*. Oxford University Press.

Chirkov, V., Ryan, R. M., & Sheldon, K. M. (Eds) (2011). *Personal autonomy in cultural contexts: Global perspectives on the psychology of agency, freedom, and people's well-being*. Springer.

Sheldon, K. M. (Ed., 2009). *Current Directions in Psychological Science: Reader in Motivation and Emotion*. Pearson.

Sheldon, K. M. (2004). *Optimal human being: An integrated multi-level perspective*. New Jersey: Erlbaum.

Sheldon, K. M., Williams, G., & Joiner, T. (2003). *Self-Determination Theory in the Clinic: Motivating physical and mental health*. Yale University Press.

Schmuck, P. & Sheldon, K.M. (Eds) (2001). *Life goals and well-being: Towards a positive psychology of human striving*. Seattle, Toronto, Bern, Goettingen: Hogrefe & Huber Publishers.

Refereed Journal Articles

Sheldon, K.M., Weinland, A., Venhoeven, L.A., & Osin, E. (in press). Understanding the motivation of environmental activists: A comparison of Self-determination theory and Functional motives theory. *Ecopsychology*.

Cordeiro, P., Paixao, P., Lens, W., Lacante, M., & Sheldon, K. (2016). Factor structure and dimensionality of the balanced measure of basic psychological needs among Portuguese high school students: Relations to well-being and ill-being. *Learning and Individual Differences*, 47, 51-60.

Rasskazova, E., Ivanova, T., & Sheldon, K. M. (2016). Comparing the effects of low-level and high-level worker need-satisfaction: A synthesis of the self-determination and Maslow need theories. *Motivation and Emotion*, 4, 541-555.

Schuler, J., Sheldon, K.M., Prentice, M., & Halusic, M. (2016). Do some people need autonomy more than others? Implicit motive dispositions towards autonomy moderate the effects of felt autonomy on well-being. *Journal of Personality*, 84, 5-20.

Li, Y., Sheldon, K. M., & Liu, R. (2015). Dialectical thinking moderates the effect of extrinsic motivation on intrinsic motivation. *Learning and Individual Differences*, 39, 89-95.

Rudy, D., Sheldon, K., Li, Y., Khamble, S., Bi, X., & Palermo, F. (2015). Who chooses best? Explaining the interactive effect of culture and decision-maker on children's intrinsic motivation. *Journal of Cross-Cultural Psychology*, 46, 471-488.

Sheldon, K. M. (2015). Comment on Dunlop's "Contextualized personality, beyond personality traits." *European Journal of Personality*.

Sheldon, K. M., Prentice, M., Halusic, M., & Schuler, J. (2015). Matches between assigned goal-types and both implicit and explicit motive dispositions predict goal self-concordance. *Motivation and Emotion*, 39, 335-343.

Sheldon, K. M., Garton, B., Orr, R., & Smith, A. (2015). Good college advisors are available, knowledgeable, and autonomy supportive. *Journal of College Student Development*, 56, 261-273.

Sheldon, K. M., Prentice, M., & Halusic, M. (2015). The experiential incompatibility of mindfulness and flow-absorption. *Social Psychological and Personality Science*, 6, 276-283.

Sheldon, K. M. (2015). Kennon M. Sheldon: A pioneer in social indicators. *Applied Research in Quality of Life*, 10, 197-199.

Sheldon, K.M., Jose, P. E., Kashdan, T. B. & Jarden, A. (2015). Personality, effective goal-striving, and enhanced well-being: Comparing 10 candidate personality strengths. *Personality and Social Psychology Bulletin*, 4, 575-585.

Mike Prentice & Kennon M. Sheldon (2014): Priming effects on cooperative behavior in social dilemmas: Considering the prime and the person. *The Journal of Social Psychology*, DOI: 10.1080/00224545.2014.977763

Chen, B., Vansteenkiste, M., Beyers, W., Boone, L., Deci, E. L., Duriez, B. Lens, W., Matos, L., Mouratidis, A., Ryan, R. M., Sheldon, K. M., Soenens, B., Van Petegem, S., & Van der Kaap-Deeder, J., Verstuyf, J. (2014). Basic psychological need satisfaction, need frustration, and need strength across four cultures. *Motivation and Emotion*. doi:10.1007/s11031-014-9450-1

Sheldon, K. M. (2014). Becoming oneself: The central role of self-concordant goal selection. *Personality and Social Psychology Review*, 18, 349-365.

Sheldon, K. M. & Krieger, L. (2014). Walking the talk: Value importance, value enactment, and well-being. *Motivation & Emotion*, 38, 609-619. DOI 10.1007/s11031-014-9424-3

Prentice, M., Halusic, M., & Sheldon, K. M. (2014). Integrating theories of psychological needs-as-requirements and psychological needs-as-motives: A two process model. *Social and Personality Compass*, 8, 73-85.

Sheldon, K. M. & Krieger, L. (2014). Service job lawyers are happier than money job lawyers, despite their lower income. *Journal of Positive Psychology*, 9, 219-226.

White, M. & Sheldon, K. M. (2014). The contract year syndrome in the NBA and MLB: A classic undermining pattern. *Motivation and Emotion*, 2, 196-205.

Hinsch, C. & Sheldon, K. M. (2013). The impact of frequent social internet consumption: increased procrastination and lower life satisfaction. *Journal of Consumer Behavior*, 6, 496-505.

Sheldon, K. M., Zhaoyang, R., & Williams, M. (2013). Psychological need-satisfaction and basketball performance. *Psychology of Sport and Exercise*, 14, 675-681.

Schuler, J., Brandstatter, V., & Sheldon, K. M. (2013). Do implicit motives and basic psychological needs interact to predict well-being and flow? Testing a universal hypothesis and a matching hypothesis. *Motivation and Emotion*, 37(3), 480 - 495. doi 10.1007/s11031-012-9317-2

Ferguson, Y. & Sheldon, K. M. (2013). Trying to be happier really can work: Two experimental studies. *Journal of Positive Psychology*, 8, 23-33.

Sheldon, K. M. & Hilpert, J. C. (2012). The balanced measure of psychological needs (BMPN) scale: An alternative domain general measure of need satisfaction. *Motivation and Emotion*, 36, 439-451.

Sheldon, K. M. (2012). The self-determination theory perspective on positive mental health across cultures. *World Psychiatry*, 11, 101-102.

Sheldon, K. M. & Lyubomirsky, S. (2012). The challenge of staying happier: Testing the hedonic adaptation prevention (HAP) model. *Personality and Social Psychology Bulletin*, 38, 670-680.

Sheldon, K. M., Gunz, A., & Schachtman, T. (2012). What does it mean to be in touch with oneself? Testing a social character model of self-congruence. *Self and Identity*, 11, 51-70.

Sheldon, K. M. & Watson, A. (2011). Coach's autonomy support is especially important for varsity compared to club and recreational athletes. *International Journal of Sports Science and Coaching*, 6, 109-123.

Sheldon, K. M. (2011). Integrating behavioral-motive and experiential-requirement perspectives on psychological needs: A two process perspective. *Psychological Review*, 118(4), 552-569.

Sheldon, K. M. & Schuler, J. (2011). Needing, wanting, and having: Integrating motive disposition theory and self-determination theory. *Journal of Personality and Social Psychology*, 101, 1106-1123.

Cheng, C., Jose, P., Sheldon, K., Singelis, T., Cheung, M., Tiliouine, H., Alao, A., Chio, J., Chung, W., deZavala, A., Hakuzimana, A., Hertel, J., Jin-Tan, L., Onyewadume, M. & Sims, C. (2011). Socio-cultural differences in self-construal and subjective well-being: A test of four cultural models. *Journal of Cross Cultural Psychology*, 42(5), 832-855.

Sheldon, K. M., Nichols, C. P., & Kasser, T. (2011). Americans recommend smaller ecological footprints when reminded of traditional American values. *Ecopsychology*, 3, 97-104.

Boehm, J. K., Lyubomirsky, S., & Sheldon, K. M. (2011). A longitudinal experimental study comparing the effectiveness of happiness-enhancing strategies in Anglo Americans and Asian Americans. *Cognition and Emotion*, 25(7), 1263-1272.

Ciani, K.M., Sheldon, K. M., Hilpert, J. & Easter, M.A. (2011). Antecedents and trajectories of achievement goals: A self-determination theory perspectives. *British Journal of Educational Psychology*, 82, 223-243.

Lyubomirsky, S., Dickerhoof, R., Boehm, J. K. & Sheldon, K. M. (2011). Becoming happier takes both a will and a proper way: An experimental longitudinal intervention to boost well-being. *Emotion*, 11, 391-402.

Sheldon, K.M., Abad, N., & Hinsch, C. (2011). A two process view of Facebook use and relatedness need-satisfaction: Disconnectedness drives use and connectedness rewards it. *Journal of Personality and Social Psychology*, 100, 766-775.

Sheldon, K. M., Cheng, C., & Hilpert, J. (2011). Understanding well-being and optimal functioning: Applying the Multilevel Personality in Context (MPIC) model. *Psychological Inquiry*, 22, 1-16.

Sheldon, K. M. (2011). Consilience in the biopsychosocial system. *Psychological Inquiry*, 22, 52-65.

- Sheldon, K. M., Cummins, R., & Khamble, S. (2010). Life-balance and well-being: Testing a two-pronged conceptual and measurement approach. *Journal of Personality*, 78, 1093-1134.
- Sheldon, K. M., Gunz, A., Nichols, C., & Ferguson, Y. (2010). Extrinsic value orientation and affective forecasting: Over-estimating the rewards, under-estimating the costs. *Journal of Personality*, 78, 149-178.
- Sheldon, K.M., Abad, N., Ferguson, Y., Gunz, A., Houser-Marko, L., Nichols, C., & Lyubomirsky, S. (2010). Persistent pursuit of need-satisfying goals leads to increased happiness: A 6-month experimental longitudinal study. *Motivation and Emotion*, 34, 39-48.
- Ferguson, Y., & Sheldon, K.M. (2010). Should goal-strivers think about 'why' or 'how' to strive? It depends on their skill level. *Motivation and Emotion*, 34, 253-265.
- Ciani, K. D. & Sheldon, K. M. (2010). Evaluating the mastery-avoidance construct: A study of elite college baseball players. *Psychology of Sport and Exercise*, 11, 127-12.
- Shigaki, C., Kruse, R., Mehr, D., Sheldon, K.M., Bin G.E., Moore, C., & Lemaster, J. (2010). Motivation and diabetes self-management. *Chronic Illness*, 6, 202-214.
- Schuler, J., Sheldon, K.M., & Frohlich, S. (2010). Implicit need for achievement moderates the relationship between competence need-satisfaction and subsequent motivation. *Journal of Research in Personality*, 44, 1-12.
- Ciani, K. D., Middleton, M. J., Summers, J. J., & Sheldon, K. M. (2010). Buffering against performance classroom goal structures: The importance of autonomy support and classroom community. *Contemporary Educational Psychology*, 35, 88-99.
- Ciani, K. D., & Sheldon, K. M. (2010). A versus F: The effects of implicit letter priming on cognitive performance. *British Journal of Educational Psychology*, 80, 99-119.
- Sheldon, K. M. (2009). Providing the scientific background for positive psychology: A multi-level conception of human thriving. *Psychological Topics*, 18, 267-284.
- Sheldon, K. M. (2009). Personal goals and personality. *Revue québécoise de psychologie*, 30, 15-30.
- Sheldon, K. M., & Gunz, A. (2009). Psychological needs as basic motives, not just experiential requirements. *Journal of Personality*, 77, 1467-1492.
- Sheldon, K. M., Abad, N., & Omoile, J. (2009). Testing self-determination theory via Nigerian and Indian adolescents. *International Journal of Behavioral Development*, 33, 451-459.

- Cozzolino, P. J., Sheldon, K. M., Schachtman, T. R., & Meyers, L. S. (2009). Limited time perspective, values, and greed: Imagining a limited future reduces avarice in extrinsic people. *Journal of Research in Personality*, 43, 399-408.
- Kasser, T. & Sheldon, K. M. (2009). Material and time affluence as predictors of subjective well-being. *Journal of Business Ethics*, 84, 243-255.
- Sheldon, K. M. & Nichols, C. (2009). Comparing the values of Republicans and Democrats. *Journal of Applied Social Psychology*, 39, 589-623.
- Sheldon, K. M. & Filak, V. (2008). Manipulating autonomy, competence, and relatedness in a game-learning context: New evidence that all three needs matter. *British Journal of Social Psychology*, 47, 267-283.
- Filak, V. & Sheldon, K. M. (2008). Teacher support, student motivation, student need satisfaction, and college teacher course evaluations: Testing a sequential path model. *Educational Psychology*, 28, 711-724.
- Sheldon, K. M. & Kasser, T. (2008). Psychological threat and goal striving. *Motivation and Emotion*, 32, 37-45.
- Sheldon, K. M. & Cooper, M. L. (2008). Goal striving within agentic and communal roles: Functionally independent pathways to enhanced well-being. *Journal of Personality*, 76, 415-447.
- Sheldon, K. M. (2008). Assessing the sustainability of goal-based changes in well-being over a four-year period. *Journal of Research in Personality*, 42, 223-229.
- Houser-Marko, L., & Sheldon, K. M. (2008). Eyes on the prize or nose to the grindstone? The effects of level of evaluation on mood and motivation. *Personality and Social Psychology Bulletin*, 34, 1556-1569.
- Ransom, S., Sheldon, K. M., & Jacobsen, P. B. (2008). Actual change and inaccurate recall independently contribute to posttraumatic growth following radiotherapy. *Journal of Consulting and Clinical Psychology*, 76, 811-819.
- O’Gorman, R., Sheldon, K. M., & Sloan-Wilson, D. S. (2008). For the good of the group? Exploring group-level evolutionary adaptations using multilevel selection theory. *Group Dynamics*, 12, 17-26.
- Routledge, C., Arndt, J., Vess, M., & Sheldon, K. (2008). The life and death of creativity: The effects of self vs. other-oriented behavior on creative expression after mortality salience. *Motivation and Emotion*, 32, 331 - 338.

Ciani, K. D., Summers, J. J., Easter, M. A., & Sheldon, K. M. (2008). Collaborative learning and positive experience: Does letting students choose their own groups matter? *Educational Psychology*, 28, 627-641.

Abad, N. & Sheldon, K. M. (2008). Parental autonomy-support and ethnic culture identification among second-generation immigrants. *Journal of Family Psychology*, 22, 652-657.

Nichols, C., Sheldon, K.M., & Sheldon, M.S. (2008). Evolution and personality: What should a comprehensive theory address, and how? *Social and Personality Psychology Compass*, 2, 968-984.

Sheldon, K. M. (2007). Gender differences in preferences for singles ads that proclaim extrinsic versus intrinsic values. *Sex Roles*, 57, 119-129.

Sheldon, K. M. & Lyubomirsky, S. (2007). Is it possible to become happier? (And if so, how?) *Social and Personality Psychology Compass*, 1, 129-145.

Sheldon, K. M. & Tan, H. (2007). The multiple determination of well-being: Independent effects of positive needs, traits, goals, selves, social supports, and cultural contexts. *Journal of Happiness Studies*, 8, 565-592.

Sheldon, K. M., Sheldon, M. S., & Nichols, C. P. (2007). Reply to Nettles: Traits and trade-offs are insufficient for evolutionary personality psychology. *American Psychologist*, 62, 1073-1074.

Sheldon, K. M., King, L. A., Houser-Marko, L., Osbaldiston, R., & Gunz, A. (2007). Comparing IAT and TAT measures of power versus intimacy motivation. *European Journal of Personality*, 21, 236-280.

Sheldon, K. M. & Krieger, L. K. (2007). Understanding the negative effects of legal education on law students: A longitudinal test of self-determination theory. *Personality and Social Psychology Bulletin*, 33, 883-897.

Sheldon, K. M. & Schachtman, T. R. (2007). Obligations, motivational internalization, and excuse-making: Testing and extending the triangle model of responsibility. *Journal of Personality*, 75, 359-382.

Rudy, D., Sheldon, K. M., Awong, T., & Tan, H. (2007). Autonomy, culture, and well-being: The benefits of inclusive autonomy. *Journal of Research in Personality*, 41, 983-1007.

Turban, D., Tan, H., Brown, K., & Sheldon, K. M. (2007). Antecedents and outcomes of perceived locus of causality: An application of self-determination theory. *Journal of Applied Social Psychology*, 37, 2376-2404.

Sheldon, K. M., & Niemiec, C. (2006). Its not just the amount that counts: Balanced need-satisfaction also affects well-being. *Journal of Personality and Social Psychology*, 91, 331-341.

Sheldon, K. M. (2006). Catholic guilt? Comparing Catholics' and Protestants' religious motivations. *International Journal for the Psychology of Religion*, 16, 209-224.

Sheldon, K. M. & Lyubomirsky, S. (2006). Achieving sustainable happiness: Change your actions, not your circumstances. *Journal of Happiness Studies*, 7, 55-86.

Sheldon, K. M. & Lyubomirsky, S. (2006). How to increase and sustain positive emotion: The benefits of expressing gratitude and visualizing best possible selves. *Journal of Positive Psychology*, 1, 73-82.

Sheldon, K. M., Houser-Marko, L., & Kasser, T. (2006). Does autonomy increase with age? Comparing the motivation and well-being of college students and their parents. *Journal of Research in Personality*, 40, 168-178.

Vansteenkiste, M. & Sheldon, K. M. (2006). There is nothing so practical as a good theory: Integrating self-determination theory and motivational interviewing theory. *British Journal of Clinical Psychology*, 45, 63-82.

Houser-Marko, L., & Sheldon, K. M. (2006). Motivating behavioral persistence: The self-as-doer construct. *Personality and Social Psychology Bulletin*, 32, 1037-1049.

Sheldon, K. M., Kasser, T., Houser-Marko, L., Jones, T., & Turban, D. (2005). Doing one's duty: Chronological age, felt autonomy, and subjective well-being. *European Journal of Personality*, 19, 97-115.

Lyubomirsky, S., Sheldon, K., & Schkade, D. (2005). Pursuing happiness: The architecture of sustainable change. *Review of General Psychology*, 9, 111-131.

Sheldon, K. M. (2005). Positive value change during college: Normative trends and individual differences. *Journal of Research in Personality*, 39, 209-223.

Arndt, J., Routledge, C., Greenberg, J., & Sheldon, K. M. (2005). Illuminating the dark side of creative expression: Assimilation needs and the consequences of creative action following mortality salience. *Personality and Social Psychology Bulletin*, 31, 1327-1339.

Grouzet, F., Kasser, T., Ahuvia, A., Dols, J., Kim, Y., Lau, S., Ryan, R., Saunders, S., Schmuck, P., & Sheldon, K. M. (2005). The structure of goal contents across 15 cultures. *Journal of Personality & Social Psychology*, 89, 800-816.

Sheldon, K. M. (2004). The benefits of a sidelong approach to self-esteem need-satisfaction: A comment on Crocker and Park (2004). *Psychological Bulletin*, 130, 421-424.

- Sheldon, K. M. & Krieger, L. (2004). Does law school undermine law students? Examining changes in goals, values, and well-being. *Behavioral Sciences and the Law*, 22, 261-286.
- Sheldon, K. M., Ryan, R., Deci, E., & Kasser, T. (2004). The independent effects of goal contents and motives on well-being: It's both what you pursue and why you pursue it. *Personality and Social Psychology Bulletin*, 30, 475-486.
- Sheldon, K. M., Elliot, A. J., Ryan, R. M., Chirkov, V., Kim, Y., Wu, C., Demir, M., & Sun, Z. (2004). Self-concordance and subjective well-being in four cultures. *Journal of Cross-Cultural Psychology*, 35, 209-233.
- Vansteenkiste, M., Simons, J., Lens, W., Sheldon, K.M., & Deci, E. (2004). Motivating processing, performance, and persistence: The synergistic role of intrinsic goal content and autonomy-supportive context. *Journal of Personality and Social Psychology*, 87, 246-260.
- Arndt, J., Solomon, S., Kasser, T., & Sheldon, K. (2004). The urge to splurge: A terror management account of materialism and consumer behavior. *Journal of Consumer Psychology*, 14, 198-212.
- Arndt, J., Solomon, S., Kasser, T., & Sheldon, K. (2004). The urge to splurge revisited: Further reflections on applying terror management theory to materialism and consumer behavior. *Journal of Consumer Psychology*, 14, 225-229.
- Routledge, C., Arndt, J., & Sheldon, K. (2004). Task engagement after mortality salience: The effects of creativity, conformity and connectedness on worldview defense. *European Journal of Social Psychology*, 34, 477-487.
- Sheldon, K.M., Joiner, T., Pettit, J., & Williams, G. (2003). Reconciling humanistic ideals and scientific clinical practice. *Clinical Psychology: Science and practice*, 10, 302-315.
- Sheldon, K.M., Joiner, T., Pettit, J., & Williams, G. (2003). The integration of self-determination principles and scientifically-informed treatments is the next tier. *Clinical Psychology: Science and practice*, 10, 318-319.
- Sheldon, K.M., Arndt, J., & Houser-Marko, L. (2003). In search of the organismic valuing process: The human tendency to move towards beneficial goal choices. *Journal of Personality*, 71, 835-869.
- Osbaldiston, R. & Sheldon, K. M. (2003). Promoting internalized motivation for environmentally responsible behavior: A prospective study of environmental goals. *Journal of Environmental Psychology*, 23, 348-356.

Dechenesne, M., Psycysynski, T., Arndt, J., Sheldon, K., & Ransom, S. (2003). Literal and symbolic immortality: The effect of evidence of literal immortality on self-esteem striving in response to mortality salience. *Journal of Personality and Social Psychology*, 84, 722-737.

Lee, F. K., Sheldon, K. M., & Turban, D. B. (2003). Examining the relationship between personality and work outcomes: The influence of goal orientation and cognitive focus. *Journal of Applied Social Psychology*, 88, 256-265.

Filak, V. & Sheldon, K.M. (2003). Student psychological need-satisfaction and college teacher-course evaluations. *Educational Psychology*, 23, 235-247.

Rogers, S. & Sheldon, K.M. (2002). The Web Motivation Inventory. *Journal of Advertising Research*, 42, 85-94.

Kasser, T. & Sheldon, K. M. (2002). What makes for a Merry Christmas? *Journal of Happiness Studies*, 3, 313-329.

Sheldon, K.M. & Bettencourt, B. A. (2002). Psychological needs and subjective well-being in social groups. *British Journal of Social Psychology*, 41, 25-38.

Sheldon, K.M., Kasser, T., Smith, K., & Share, T. (2002). Personal goals and psychological growth: Testing an intervention to enhance goal-attainment and personality integration. *Journal of Personality*, 70, 5-31.

Elliot, A.J., Chirkov, V., Kim, Y., & Sheldon, K.M. (2001). A cross-cultural analysis of avoidance (relative to approach) personal goals. *Psychological Science*, 12, 505-510.

Sheldon, K.M. & Kasser, T. (2001). Getting older, getting better? Personal strivings and personality development across the life-course. *Developmental Psychology*, 37, 491-501.

Bettencourt, B. & Sheldon, K. M. (2001). Social roles as vehicles for psychological need satisfaction within groups. *Journal of Personality and Social Psychology*, 81, 1131-1143.

Sheldon, K.M. & King, L.K. (2001). Why positive psychology is necessary. *American Psychologist*, 56, 216-217.

Sheldon, K.M., Elliot, A.J., Kim, Y., & Kasser, T. (2001). What's satisfying about satisfying events? Comparing ten candidate psychological needs. *Journal of Personality and Social Psychology*, 80, 325-339.

Sheldon, K.M. & Houser-Marko, L. (2001). Self-concordance, goal-attainment, and the pursuit of happiness: Can there be an upward spiral? *Journal of Personality and Social Psychology*, 80, 152-165.

Sheldon, K. M. & Kasser, T. (2001). Goals, congruence, and positive well-being: New empirical validation for humanistic ideas. *Journal of Humanistic Psychology*, 41, 30-50.

Sheldon, K.M., Sheldon, M.S., & Osbaldiston, R. (2000). Prosocial values and group-assortation within an N-person prisoner's dilemma. *Human Nature*, 11, 387-404.

Sheldon, K.M., Schmuck, P., & Kasser, T. (2000). Is value-free science possible? (commentary). *American Psychologist*, 10, 1152-1153.

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Sheldon, K.M. & Elliot, A.J. (2000). Personal goals in social roles: Divergences and convergences across roles and levels of analysis. *Journal of Personality*, 68, 51-84.

Sheldon, K.M. (1999). Learning the lessons of tit-for-tat: Even competitors can get the message. *Journal of Personality and Social Psychology*, 77, 1245-1253.

Sheldon, K.M. & Elliot, A.J. (1999). Goal striving, need-satisfaction, and longitudinal well-being: The self-concordance model. *Journal of Personality and Social Psychology*, 76, 482-497.

Ryan, R.M., Chirkov, V., Little, T., Sheldon, K.M., Timoshina, E., & Deci, E. (1999). The American dream in Russia: Extrinsic aspirations in two cultures. *Personality and Social Psychology Bulletin*, 25, 1509-1524.

Sheldon, K.M. & Kasser, T. (1998). Pursuing personal goals: Skills enable progress, but not all progress is beneficial. *Personality and Social Psychology Bulletin*, 24, 1319-1331.

Sheldon, K.M. & Elliot, A.J. (1998). Not all personal goals are personal: Comparing autonomous and controlled reasons as predictors of effort and attainment. *Personality and Social Psychology Bulletin*, 24, 546-557.

Sheldon, K.M. & Biddle, B.J. (1998). Standards, accountability, and school reform: Perils and pitfalls. *Teachers College Record*, 100, 164-180.

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Ryan, R.M., Frederick, C. M, Lepes, D., Rubio, N., & Sheldon, K.M. (1997). Intrinsic motivation and exercise adherence. *International Journal of Sport Psychology*, 28, 335-354.

Sheldon, K.M., Ryan, R.M., & Reis, H.R. (1996). What makes for a good day? Competence and autonomy in the day and in the person. *Personality and Social Psychology Bulletin*, 22, 1270-1279.

Sheldon, K.M. (1996). The Social Awareness Inventory: Development and applications. *Personality and Social Psychology Bulletin*, 22, 620-634.

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Sheldon, K.M., & Kasser, T. (1995). Coherence and congruence: Two aspects of personality integration. *Journal of Personality and Social Psychology*, 68, 531-543.

Sheldon, K.M., & Emmons, R.A. (1995). Comparing differentiation and integration within personal goal systems. *Personality and Individual Differences*, 18, 39-46.

Sheldon, K.M. (1995). Creativity and goal conflict. *Creativity Research Journal*, 8, 299-306.

Sheldon, K.M. (1995). Creativity and self determination in personality. *Creativity Research Journal*, 8, 61-72.

Sheldon, K.M. (1994). Emotionality differences between artists and scientists. *Journal of Research in Personality*, 28, 481-491.

Sheldon, K.M., & Johnson, J.T. (1993). Forms of social awareness: Their frequency and correlates. *Personality and Social Psychology Bulletin*, 19, 320-330.

Book Chapters

Sheldon, K. M. (in press). Actualizing tendency. In S. Lopez (Ed.), *Encyclopedia of Positive Psychology*. Oxford UK: Wiley-Blackwell.

Sheldon, K. M. (in press). Authenticity. In S. Lopez (Ed.), *Encyclopedia of Positive Psychology*. Oxford UK: Wiley-Blackwell.

Sheldon, K. M. (in press). Putting eudaimonia in its place (on the predictor, not the outcome, side of the equation). In J. Vitterso (Ed.), *Handbook of Eudaimonic Well-being*.

Sheldon, K. M. (in press). Preserve the status quo, or move to Mexico: How can we tell when a radical leap is really warranted? In N. Baumann (Ed.), *Motivation and Volition: Why people do the things they do (Festschrift for Julius Kuhl)*. Hogrefe.

Sheldon, K. M. (in press). Happiness is not a warm puppy: Using the Eudaimonic activity model to sort out the well-being literature. In J. Forgas (Ed.), *The Social Psychology of the Good Life*. Psychology Press.

Halusic, M. & Sheldon, K. M. (in press). Self-Concordance Theory: Why choosing the right goals can make all the difference. In Paquet, P., Carbonneau, N., & Vallerand, R. J., *Self-Determination Theory: Theoretical and Applied Perspectives*. Montreal, Canada: De Boeck.

Prentice, M. & Sheldon, K. M. (2015). Evolutionary and social psychological perspectives on human cooperation. In V. Zeigler-Hill, L. Welling, & T. K. Shackelford (Eds), *Evolutionary perspectives on social psychology*. (p. 267-277). Springer.

Sheldon, K. M. & Lucas, R. L. (2014). Can well-being change? Considering the issues. In K. M. Sheldon and R. L. Lucas (Eds), *Can well-being change?* (pp. 1-8). Elsevier.

Armenta, C., Bao, K. J., Lyubomirsky, S., & Sheldon, K. M. (2014). Is lasting change possible? Lessons from the hedonic adaptation prevention model. In K. M. Sheldon and R. L. Lucas (Eds), *Can well-being change?* (pp. 57-74). Elsevier.

Sheldon, K. M. & Schueler, J. (2014). Agency and its discontents: A two process perspective on basic psychological needs and motives. In M. Mikulincer, P. Shaver, L. Cooper, & R. Larsen (Eds), *Handbook of personality processes and individual differences* (pp. 167-187). Washington, D.C., U.S.A: American Psychological Association.

Sheldon, K. M., Boehm, J., & Lyubomirsky, S. L. (2013). Variety is the spice of happiness: The hedonic adaptation prevention (HAP) model. In I. Boniwell & S. David (Eds), *Oxford Handbook of Happiness* (pp. 901-914). Oxford, UK: Oxford University Press.

Sheldon, K. M. (2013). Self-determination theory, person-centered approaches, and personal goals: Exploring the links. In M. Lux, R. J. Cornelius-White, R. Motschnig, & M. Lux (Eds), *Interdisciplinary handbook of the person-centered approach* (pp. 227-244). New York, NY: Springer.

Sheldon, K. M. (2013). Individual daimon, universal needs, and subjective well-being: Happiness as the natural consequence of a life well lived. In A. Waterman (Ed.), *The*

best within us: Positive psychology perspectives on eudaimonic functioning (pp. 119-137). Washington, D.C.: American Psychological Association.

Sheldon, K. M. (2013). Internalized motivation in the classroom. In J. Froh and A. Parks (Eds), *Activities handbook for the teaching of positive psychology* (pp. 155-160). Washington, DC: American Psychological Association.

Sheldon, K. M. (2013). The multiple determination of well-being: Independent effects of positive traits, needs, goals, selves, social supports, and cultural contexts. In A. Delle Fave (Ed.), *The exploration of happiness: Present and future perspectives* (pp. 141-160). New York, NY, US: Springer Science + Business Media.

Sheldon, K. M. (2012). Is it possible to become happier? The importance of changing one's actions, not one's circumstances. In E. J. Bauer & U. Tanzer (Eds.), *Auf der Suche nach Glück* (pp. 69-82). WBG, Salzburg, Austria.

Sheldon, K. M. (2011). Conformity and Creativity. In M. Runco & S. Pritzker (Eds.), *Encyclopedia of Creativity* (2nd ed), pp 341-346. San Diego: Academic Press.

Sheldon, K. M. & Ryan, R.M. (2011). Self-determination theory and positive psychology: A natural interface. In Chirkov, V., Ryan, R.M., & Sheldon, K.M. (Eds), *Personal autonomy in cultural contexts: Global perspectives on the psychology of agency, freedom, and people's well-being* (pp. 33-44). Springer.

Sheldon, K. M. (2011). What's positive about positive psychology? Reducing value-bias and enhancing integration within the field. In Sheldon, K.M., Kashdan, T., & Steger, M. (Eds.), *Designing the future of positive psychology: Taking stock and moving forward* (pp. 421-429). Oxford Press.

Chirkov, V., Ryan, R. M., & Sheldon, K. M. (2011). The struggle for happiness and autonomy in personal and cultural contexts: an overview. In Chirkov, V., Ryan, R.M., & Sheldon, K.M. (Eds), *Personal autonomy in cultural contexts: Global perspectives on the psychology of agency, freedom, and people's well-being*. (pp. 1-30). Springer.

Sheldon, K. M., & Lyubomirsky, S. (2009). Change your actions, not your circumstances: An experimental test of the Sustainable Happiness Model. In A. K. Dutt, & B. Radcliff (Eds.), *Happiness, economics, and politics: Toward a multi-disciplinary approach* (pp. 324-342). Cheltenham: Edward Elgar.

Sheldon, K. M. (2009). Defining and validating measures of life balance: Suggestions, a new measure, and some preliminary results. In Christiansen, C. & Matuska, K. (Eds), *Life Balance: Multidisciplinary theories and research* (pp. 61-72). Aota Press, Bethesda, Maryland USA.

Sheldon, K. M. (2009). Actualizing tendency. In S. Lopez (Ed.), *Encyclopedia of Positive Psychology* (Volume I, p. 7-8). Oxford UK: Wiley-Blackwell.

Sheldon, K. M. (2009). Authenticity. In S. Lopez (Ed.), *Encyclopedia of Positive Psychology* (Volume I, p. 75-78). Oxford UK: Wiley-Blackwell.

Sheldon, K. M. (2009). Goal-striving across the life-span: Do people learn to select more self-concordant goals as they age? In M.C. Smith & T.G. Reio (Eds.), *The handbook of research on adult development and learning* (pp. 553-569). New York: Routledge.

Sheldon, K.M. (2008). The interface of motivational science and personology: Self-concordance, quality motivation, and multi-level personality integration. In J. Shah and W. Gardner (Eds.), *Handbook of motivational science* (pp. 465-476). New York: Guilford.

Sheldon, K. M. (2007). Extrinsic motivation. In R. F. Baumeister and K. D. Vohs (Eds.), *Encyclopedia of Social Psychology*. Thousand Oaks, CA: Sage.

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Sheldon, K. M. (2007). Considering the optimality of personality: Goals, self-concordance, and multi-level personality integration. In B. Little, K. Salmelo-Aro, J. Nurmi, & S. Phillips (Eds.), *Personal projects pursuit: Goals, action and human flourishing* (pp. 355-374). Mahway, NJ: Lawrence Erlbaum & Associates.

Sheldon, K. M. (2007). Considering the nature of optimal motivation, with extensions to sports psychology. *Swedish Journal of Sports Psychology*.

Bettencourt, B. A., Molix, L., Talley, A. E., & Sheldon, K. M. (2006). Social roles within group memberships: Meeting needs for connectedness and authentic self-expression. In T. Postmes & J. Jetten (Eds.), *Individuality and the Group: Advances Social Identity* (pp. 196-214). Newbury Park, CA: Sage.

Sheldon, K. M. (2006). Getting older, getting better? Recent psychological evidence. In M. Csikszentmihalyi (Ed.), *A life worth living: Perspectives from positive psychology* (pp. 215-229). Washington, D.C.: Gallup.

Sheldon, K. M. & Vansteenkiste, M. (2005). Personal goals and time-travel: How are future places visited, and is it worth it? In A. Strathman & J. Joireman (Eds.), *Understanding behavior in the context of time: Theory, research, and application* (pp. 143-163). Mahwah, NJ, US: Lawrence Erlbaum.

Caporael, L., Wilson, D.S., Hemelrijk, C., Orbell, J., & Sheldon, K.M. (2005). Groups from an evolutionary perspective. In Poole, M. S. & Hollingshead, A. B. (Eds.), *Theories of Small Groups: Integrative Perspectives* (pp 369-396). Newbury Park, Sage.

Sheldon, K.M. (2004). Integrity/Honesty. In C. Peterson & M. Seligman (Eds.), *Character strengths and virtues* (pp 249-272). Oxford University Press.

Sheldon, K. M. & Lyubomirsky, S. (2004). Achieving sustainable new happiness: Prospects, practices, and prescriptions (pp 127-145). In A. Linley & A. Joseph (Eds.), *Positive psychology in practice*. John Wiley & Sons.

Kasser, T., Ryan, R. M., Couchman, C., & Sheldon, K. M. (2004). Materialistic values: Their causes and consequences. In T. Kasser & A. Kanner (Ed.), *Psychology and consumer culture: The struggle for a good life in a materialistic world* (pp. 11-28). Washington, DC, US: American Psychological Association.

Kasser, T. & Sheldon, K.M. (2004). Non-becoming, alienated becoming, and authentic becoming: A goal-based approach. In J. Greenberg, S. Koole, & T. Pyszczynski (Eds.), *Handbook of experimental existential psychology* (pp. 480-496). New York: Guilford.

Sheldon, K. M., Turban, D.V., Brown, K., Barrick, M., & Judge, T. (2003). Applying self-determination theory to organizational research (pp 357-394). *Research in Personnel and Human Resources Management*, Vol. 22. Amsterdam: Elsevier.

Sheldon, K.M. (2002). The self-concordance model of healthy goal-striving: When personal goals correctly represent the person. In E.L. Deci & R.M. Ryan (Eds.), *Handbook of self-determination research* (pp. 65-86). Rochester, NY: University of Rochester Press.

Osbaldeston, R. & Sheldon, K. M. (2002). Social dilemmas and sustainable development: Promoting the motivation to "cooperate with the future." In P. Schmuck & W. Schultz (Eds.), *The psychology of sustainability* (pp. 37-58). Boston: Kluwer.

Sheldon, K.M. (2001). The self-concordance model of healthy goal-striving: Implications for well-being and personality development. In P. Schmuck & K. Sheldon (Eds.), *Life goals and well-being: Towards a positive psychology of human striving* (pp 17-35). Seattle, Toronto, Bern, Goettingen: Hogrefe & Huber Publishers.

Sheldon, K.M. & Schmuck, P. (2001). Conclusion: Suggestions for healthy goal striving. In P. Schmuck & K. Sheldon (Eds.), *Life goals and well-being: Towards a positive psychology of human striving* (pp 213-226). Seattle, Toronto, Bern, Goettingen: Hogrefe & Huber Publishers.

Schmuck, P. & Sheldon, K.M. (2001). Introduction: The frontiers of life-goals research. In P. Schmuck & K. Sheldon (Eds.), *Life goals and well-being: Towards a positive psychology of human striving* (p. 1-16). Seattle, Toronto, Bern, Goettingen: Hogrefe & Huber Publishers.

Sheldon, K.M. (1999). Conformity and Creativity. In M. Runco & S. Pritzker (Eds.), *Encyclopedia of Creativity* (pp 341-346). Academic Press.

Ryan, R.M., Sheldon, K.M., Kasser, T., & Deci, E.L. (1996). All goals are not created equal: The relation of goal content and regulatory styles to mental health (pp 7-26). In J.A. Bargh & P.M. Gollwitzer (Eds.), *The psychology of action: Linking cognition and motivation to behavior*. New York: Guilford.

Emmons, R.A., King, L.A., & Sheldon, K.M. (1993). Goal conflict and the self regulation of action. In D.M. Wegner & J.M. Pennebaker (Eds.) *Handbook of mental control* (pp. 528-551). Prentice Hall: Englewood Cliffs, NJ.

Invited Book Reviews

Sheldon, Kennon M. (2006). Review of “The science of happiness and human Strengths” and “An introduction to positive psychology.” *Journal of Positive Psychology*, 1, 53-55.

Sheldon, K.M. (2002). Review of Deborah Meier's Will standards save public education? *Teacher College Record*, 104(1), 95-98.

Sheldon, K.M. & Deci, E.L. (2000). Book Review: Creativity in context. *The Journal of Creative Behavior*, 34, 285-290.

Sheldon, K. M. (1997). Book Review: Development of Person-Context Relations. *Contemporary Psychology: APA Review of Books*, 42, 554.

TALKS & PRESENTATIONS.

Invited talk, Higher School of Economics, Russia, “Helping people better know what to want.” Moscow, June 2016.

Keynote speaker, EU Conference on Social Transformation, “Agency is always in the person: An introduction to Self-determination theory.” Coruna, Spain; June, 2016.

Keynote speaker, International Self-determination theory conference, “Knowing what to want: Personal goals, self-concordance, and the organismic valuing process.” Victoria, B.C., Canada: May, 2016.

Invited talk, International Positive Psychology Conference. “Freedom and responsibility go together: Experimental evidence.” Orlando, Florida; June, 2015.

Symposium Organizer, International Positive Psychology Conference. “Freedom and responsibility in cultural context.” Orlando, Florida; June, 2015.

Invited talk, Higher School of Economics, Russia. “Happiness is NOT a warm puppy: Critiquing the concept of eudaimonic well-being.” Moscow, May 2015.

Symposium Organizer, Midwestern Psychological Association. "New frontiers in Materialism Research." Chicago, May 2014.

Invited talk, Midwestern Psychological Association. "Service job lawyers are happier than money job lawyers, despite their lower income." Chicago, May 2014.

Invited Seminar Series, Higher School of Economics, Russia. "Positive Psychology and Motivation: Recent Findings." 30 hours of presentation. Moscow, May-June 2014.

Invited Talk, Missouri Lawyers Assistance Program. "Threats to the mental health of lawyers." Kansas City, October 2014.

Invited Talk, to Dpt. of Psychology, University of Missouri-Kansas City. "Comparing the longitudinal effects of 10 candidate personality strengths." Kansas City, September 2014.

Invited Talk, to Psi Chi society, University of Missouri-Kansas City. "Understanding the Causes of Happiness." Kansas City, September 2014.

Invited Speaker, American Psychological Association conference, Honolulu, HI, August 2013; "A contrarian view of eudaimonia: Let's keep content on the predictor, not the outcome, side."

Keynote speaker, International Self-Determination theory conference, Rochester NY, June 2013; "The contract year syndrome in the NBA and MLB: A classic undermining pattern."

Invited Speaker, Motivation and the Brain conference, Seoul South Korea, May 2012; "Psychological needs as basic motives: The two process model."

Invited Talk, Society for Social and Personality Psychology conference, San Diego CA, January 2012; "Psychological needs as basic motives: The two process model."

Workshop Leader, Winnipeg Manitoba, Manitoba Psychological Society, November 2011; "Insights from positive psychology research."

Invited Speaker, University of Western Cape Department of Psychology, South Africa, May 2011. "Improving education in Africa: A Self-Determination Theory perspective."

Invited Speaker, Learning and the Brain Conference, Chicago, April 2011. "Mitigating the Undermining Effects of Grade Motivation: A Self-Determination Theory Perspective."

Invited Speaker. Psi Chi Conference, St. Louis University, April 2011. "Pursuing happiness: What works and why."

Invited Speaker. Griffiths conference on leadership, University of Missouri, November 2010. "Pursuing happiness: What works and why."

Invited Speaker. Tanner Symposium on Human Values, University of Michigan, October 2010. "Seligman's well-being theory: Considerations and caveats."

Invited Speaker. 7th Annual Corps of Discovery Lecture, University of Missouri, September 2010. "Pursuing happiness: What works and why."

Invited talk. Fourth Annual Self-determination theory conference. Ghent, Belgium, May 2010. "Needs, motives, and Facebook: Loneliness drives usage and connectedness rewards it."

Invited talk, Society for Social and Personality Psychology conference, Las Vegas, Nevada, January 29, 2010. "Psychological needs as basic motives, not just experiential requirements."

Invited Speaker. University of Salzburg, 2009-2010 Lecture Series on Happiness. January 15, 2010. "Are permanent gains in happiness possible?"

Invited talk. APA conference on work, stress, and health, Puerto Rico. November 2009. "Conceptualizing and measuring life-balance: A novel two pronged approach."

Invited talk. Association of Research in Personality conference, Evanston, IL. July 2009. "A multi-level perspective upon personality."

Invited talk. Washington University, Psychology lecture series, St. Louis, MO. April 2009. "The optimality of personality."

Invited talk. Society for Personality and Social Psychology conference, Tampa FL, February 2009. "Eye on the prize or nose to the grindstone? The impact of failure feedback and goal-framing level on subsequent mood and motivation."

International Keynote Address. Israeli positive psychology conference in honor of Victor Florian, Tel Aviv Israel, January 2009. "A multi-level perspective upon human thriving."

Invited talk, Israeli positive psychology class (Tal Ben Shahar, instructor), Tel Aviv Israel, January 2009. "Sustainable gains in happiness."

Invited talk. Calphalon cookware "purposing" conference, Atlanta GA, November 2008. "Psychological needs and customer satisfaction."

Invited talk. University of California-Riverside colloquium, Riverside CA, October 2008. "Considering the optimality of personality: An integrated multi-level perspective."

Invited talk. Fourth International Positive Psychology Conference, Opatija Croatia, July 2008. "A multi-level perspective on optimal functioning: The importance of basic need satisfaction."

Invited talk. Midwestern Psychological Association conference, Chicago, May 2008. "Understanding the negative effects of law school upon law students: A test of self-determination theory."

International Keynote Address. First Australian Positive Psychology conference, Sydney, Australia, April 2008. "Is it possible to become happier, and stay that way?"

Invited talk. Humanizing legal education conference, Washburn University law school, Topeka, October 2007. "Understanding the negative effects of law school upon law students: A test of self-determination theory."

Invited talk. Society for Experimental Social Psychology conference, Chicago, October 2007. "Is it possible to become happier, and stay that way?"

Invited talk. Third Annual International Self-determination Theory Conference, Toronto, May 2007. "Understanding the negative effects of law school upon law students: A test of self-determination theory."

Invited talk. International Life Balance Conference, Kinston, Ontario, April 2007. "What does life-balance mean?"

International Keynote address. Swedish Sports Psychology Conference, Stockholm, February 2007. "Self-concordance and optimal performance."

Invited talk. Society for Personality and Social Personality Conference, Memphis, Tennessee, January, 2007. "What are we being true to when we are being true to ourselves?"

Invited talk. Optimal Functioning Conference, Athens, Georgia, November, 2006. "Considering the optimality of personality: An integrated multi-level perspective."

Invited talk. Third Annual European Conference in Positive Psychology, Braga, Portugal, July, 2006. "Optimal human being: An integrated multi-level perspective."

Invited talk. University of Kansas, Lawrence, KS, February, 2006. "Self-concordance and optimal motivation: Implications for performance, satisfaction, and well-being."

Invited talk. SPSP conference, Palm Springs CA, January, 2006. "Comparing the values of Republicans and Democrats."

Invited talk. Self pre-conference, SPSP, New Orleans, October, 2005. "Embracing the homunculus concept: The self as both fictional and functional."

Invited talk. APA Convention, Honolulu, July, 2004. "The organism knows, even if the self doesn't: New evidence for the organismic valuing process."

Invited talk. Self-determination theory conference, University of Ottawa, Ottawa, May, 2004. "The organism knows, even if the self doesn't: Methodologies for assessing implicit ambivalence."

Invited talk. University of Amsterdam, Amsterdam, March, 2004. Self-concordance and optimal motivation: Implications for performance, satisfaction, and well-being.

Invited talk. University of British Columbia, Vancouver, February, 2003. "Autonomy as a universal need."

Invited talk. Self pre-conference at SESP, Boston, October, 2003. "Motivating sustained behavior: The self-as-doer construct."

Invited talk. Social Psychology Winter Conference, Park City, Utah, January, 2003. "In search of the organismic valuing process: Cognitive evidence."

Invited talk. First International Positive Psychology Summit, Washington, D.C., October, 2002. "Getting older, getting better? Psychological evidence."

Invited talk. Society for Personality and Social Psychology Conference, Savannah, Ga., January, 2002. "Is autonomy a universal need? Recent cross-cultural evidence."

Invited talk. University of Illinois at Urbana-Champaign, September, 2001. "Autonomy as a universal need: Recent cross-cultural evidence."

Invited talk. International Conference on Social Dilemmas, Chicago, July, 2001. "Prosocial values, group assortment, and individual performance in an N-PDG."

Invited talk. Fetzer Institute conference on self-report processes, Kalamazoo, MI, October, 2000. "Using response latencies to validate personal goal ratings."

Invited talk. Society for Personality and Social Psychology conference, Nashville TN, January, 2000. "What is true about the true self?"

Invited talk. Positive Psychology conference, Akumal, Mexico, January, 2000. "The nature of integrity."

Invited talk. Claremont positive psychology conference on alternatives to materialism. Claremont, CA, November, 1999. "Materialism and the tragedy of the commons."

Invited talk. Self-determination conference, Rochester NY, May, 1999. "The self-concordance model of healthy goal-striving: When personal goals correctly represent the person."

Invited talk. SPAM conference, Memphis, 1999. "Learning the lessons of tit-for-tat: Even competitors can get the message."

Invited talk. Positive Psychology conference, Akumal Mexico, 1999. "The organismic perspective as a philosophical basis for positive psychology."

Symposium contribution. APS convention, Washington, D.C, 1998. "The Self-Concordance model of conation."

Invited talk. Midwestern Psychological Association Convention, 1998. "Extrinsic value orientation and the tragedy of the commons."

Invited talk. University of Osnabrueck, Osnabrueck, Germany, 1997. "An organismic perspective on motivation and self-regulation."

Poster. SESP, Sturbridge, MA, 1996. "Cross-role variation in the Big Five traits and its relationship to psychological authenticity."

Invited talk. Personal Projects Conference, Carleton U., Ottawa, 1996. "Not all personal goals are personal: Comparing autonomous and controlled reasons for goals as predictors of effort and attainment."

Invited talk. Empire State Social Psychology conference, Minnowbrook, NY, 1996. "Pursuing personal goals: Skills enable progress, but not all progress is beneficial."

Invited talk. Institute of Personality and Social Research, Berkeley, CA, 1992. "Creativity, conflict, and emotionality in artists, physicists, and ecologists."

Poster. APA Convention, San Francisco, CA, 1991. "Forms of awareness in a social dyad."

EDITORIAL AND REVIEWING ACTIVITIES

Current

Serving as a Consulting Editor for *Journal of Personality and Social Psychology*.

Serving as a Consulting Editor for *Motivation and Emotion*.

Past

Served as Guest Editor for *The Counseling Psychologist* for a special issue on positive psychology.

Served as Associate Editor for *Journal of Personality*.

Served as Book Review Editor for the *Journal of Positive Psychology*, 2006-2009.

Served as an Associate Editor for *Motivation and Emotion*, 2003-2005.

Served as an Associate Editor for *Journal of Research in Personality*, 2005-2009.

Served as editor of a special section on positive psychology for *American Psychologist* (March 2001 issue; with Laura King).

Courses taught

Introductory Psychology

Social Psychology

Theories of Creativity

Research Methods

Developmental Psychology

Personality Development

Social and Emotional Development

Motivation and Emotion

Experimental Methods in Social Psych

Positive Psychology

Positive Motivation

Other Professional Experience

1984-1985. Counselor, Cascade Hall, Seattle, WA. Worked with a diverse population of psychologically disordered adults.

1982-1984. Counselor, Kitsap Peninsula Housing and Transportation Association, Port Orchard, WA. Worked in group homes with developmentally disabled children and adults.