

**Katharina Bernecker**

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**Education**

- 2011–2015 **PhD** in Psychology (Dr. phil.) at University of Zurich, Department of Psychology, Switzerland
- 2009–2011 **Master** of Science in Psychology at University of Erfurt, Department of Psychology, Germany
- 2005–2008 **Bachelor** of Arts in Psychology (major) / Educational Sciences (minor) at University of Erfurt, Department of Psychology, Germany

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**Research Experience**

- 2017–today **Postdoc researcher** at the IWM
- 2015–2017 **Postdoc researcher** at University of Zurich, Department of Psychology
- 2011–2015 **PhD student** at University of Zurich, Department of Psychology
- 2010–2010 **Visiting researcher** at Northumbria University, Department of Psychology
- 2009–2009 **Visiting researcher** at Stanford University, Department of Psychology
- 2009–2011 **Student assistant** at University of Erfurt, Department of Psychology

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**Academic Functions**

Reviewer for Motivation and Emotion, Journal Basic and Applied Social Psychology, Journal of Personality Assessment, Journal of Psychology, Appetite

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**Third-Party Funding (last 5 years)**

- 2015 **Travel grant** (\$350) for presenting at the Self-Regulation Pre-Conference, 17th SPSP Annual Convention, San Diego, CA, US
- 2013 **Research grant** (CHF 45.500) from the Stiftung Suzanne und Hans Biäsch zur Förderung der Angewandten Psychologie
- 2008 **Travel grant** (€ 50.000) from the German National Academic Foundation (Studienstiftung des deutschen Volkes, e.V.) for a 10-month stay as visiting researcher at Stanford University, US
- 2007–2011 **Student scholarship** from the German National Academic Foundation (Studienstiftung des deutschen Volkes, e.V.)

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**10 Most Relevant Publications**

- Bernecker, K.,** Herrmann, M., Brandstätter, V., & Job, V. (2017). Implicit theories about willpower predict subjective well-being. *Journal of Personality, 85*(2), 136–150. <https://doi.org/10.1111/jopy.12225>.
- Bernecker, K.,** & Job, V. (2015). Beliefs about willpower are related to therapy adherence and psychological adjustment in patients with type 2 diabetes. *Basic and Applied Social Psychology, 37*(3), 188–195. <http://doi.org/10.1080/01973533.2015.1049348>.

- Bernecker, K.,** & Job, V. (2015). Beliefs about willpower moderate the effect of previous day demands on next day's expectations and effective goal striving. *Frontiers in Psychology*, 6(1496), 1–10. <http://doi.org/10.3389/fpsyg.2015.01496>.
- Bernecker, K.,** & Job, V. (2011). Assessing implicit motives with an online version of the picture story exercise. *Motivation and Emotion*, 35(3), 251–266. doi: 10.1007/s11031-010-9175-8.
- Job, V., **Bernecker, K.,** Miketta, S., & Friese, M. (2015). Implicit theories about willpower predict the activation of a rest goal following self-control exertion. *Journal of Personality and Social Psychology*, 109, 694–706. <http://doi.org/10.1037/pspp0000042>.
- Job, V., Friese, M., & **Bernecker, K.** (2015). Effects of Practicing Self-Control on Academic Performance. *Motivation Science*, 1, 219–232. <http://dx.doi.org/10.1037/mot0000024>.
- Job, V., **Bernecker, K.** & Dweck, C.S. (2012). Are implicit motives the need to feel certain affect? Motive–affect congruence predicts relationship satisfaction. *Personality and Social Psychology Bulletin*, 38(12), 1552–1565. doi: 10.1177/0146167212454920.
- Job, V., Walton, G. M., **Bernecker, K.,** & Dweck, C. S. (2013). Beliefs about willpower determine the impact of glucose on self-control. *Proceedings of the National Academy of Sciences of the United States of America*, 110(37), 14837–42. doi:10.1073/pnas.1313475110.
- Job, V., Walton, G. M., **Bernecker, K.,** & Dweck, C. S. (2015). Implicit theories about willpower predict self-regulation and grades in everyday life. *Journal of Personality and Social Psychology*, 108(4), 637–647. <http://doi.org/http://dx.doi.org/10.1037/pspp0000014>.
- Kuster, M., **Bernecker, K.,** Backes, S., Brandstätter, V., Bradbury, T. N., Martin, M., Sutter-Stickel, D., & Bodenmann, G. (2015). Avoidance orientation and the escalation of negative communication in intimate relationships. *Journal of Personality and Social Psychology*, 109(2), 262–275. <http://dx.doi.org/10.1037/pspi0000025>.

## **Teaching / Supervisor Experience**

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*Teaching at University of Zurich, Department of Psychology*

“Experimentalpsychologisches Praktikum” (B.Sc. seminar, FS 2014),

“Forschungs-, Diagnostik- & Interventionsmethoden 1 / Befragung” (M.Sc. seminar HS 2012)

“Facebook Psychology” – Sozialpsychologische Forschung in den sozialen Medien” (M.Sc. seminar, HS 2015, HS 2016)

“Arbeitsmotivation: Von Grundlagenforschung zur Anwendung von Forschung” (M.Sc. seminar, FS 2016)

*Supervision of M.Sc. thesis at University of Zurich, Department of Psychology*

Vanda Sieber (2013), Petra (2013), Thomas Antosiewicz (2013), Sophie Stassen (2014), Beatrice Hongler (2014), Veronika Nölle (2017), Enes Yilmaz (2017), Victoria Wiesniewski (2017)

*Supervision of B.A. thesis at University of Zurich, Department of Psychology*

Karin Zeder (2011), Rebekka Schneider (2011), Larissa Käppeli (2013), Valentina Basciani (2013) Fabienne Bezemer (2014), Merit Anschwanden (2016), Myvienne Nguyen (2016)