



Timothy J. Valshtein
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EMPLOYMENT

- Yeshiva University, Stern College for Women**, New York, NY August 2023 to Present
Assistant Professor, Department of Psychology
- Harvard University**, Cambridge, MA August 2021 to July 2023
College Fellow, Department of Psychology
- Facebook**, New York, NY May 2019 to August 2019
UX Research Intern, Enterprise Engineering

EDUCATION

- New York University**, New York, NY August 2016 to May 2021
PhD, Psychology, Certificate in Quantitative Methods
Advisors: Gabriele Oettingen and Peter M. Gollwitzer
- Wake Forest University**, Winston-Salem, NC August 2014 to May 2016
Master of Arts, Psychology, Gordon A. Melson Outstanding Masters Student
Advisor: Catherine E. Seta
- Temple University**, Philadelphia, PA August 2010 to May 2014
Bachelor of Arts, Psychology (Honors), distinction in major, *Summa Cum Laude*
Minors: Jewish Studies and Hebrew

RESEARCH

Peer-Reviewed Publications

(⁺ student-author, & shared first authorship)

- Valshtein, T.J.**, Oettingen, G. & Gollwitzer, P.M. (*Under Review*). If You Love Her, Let Her Go: Understanding Disengagement in Romantic Relationship Pursuit. <https://doi.org/10.31234/osf.io/b5mj9>
- Valshtein, T.J.** &, DiGiovanni, A.M. &, Harris, A.E. ⁺, Zoppolat, G., Balzarini, R., & Slatcher, R. (*Under Review*). Investigating Social Benefits of Long-Distance Romantic Relationships During the COVID-19 Pandemic. <https://doi.org/10.31234/osf.io/8x6sa>
- Kosakowska-Berezecka, N., Bosson, J. K., Jurek, P., Besta, T., Olech, M., Vandello, J. A., ... **Valshtein, T.**, ... & van der Noll, J. (2022). Gendered self-views across 62 countries: A test of competing models. *Social Psychological and Personality Science*, 19485506221129687.
- Shrout, P. E., Mogami, M., Xu, Q., Ghodse-Elahi, Y., Mutter, E., **Valshtein, T.J.**, ... & Goudarzi, S. (2022). Measuring Openness to Political Pluralism. *Journal of Social and Political Psychology*, 10(2), 624-642.

- Valshtein, T.J.**, Mutter, E., Gollwitzer, P.M. & Oettingen, G. (2022). I've Been Thinkin' Bout You: The Role of Negative Fantasies in Socially Distant Relationship Pursuit. *Current Psychology*, <https://doi.org/10.1007/s12144-022-03555-4>.
- Valshtein, T. J.**, Gollwitzer, P. M., & Oettingen, G. (2022). The gray areas of romance: A measure of presumptuous romantic intentions. *Psychological assessment*, 34(8), 763–776. <https://doi.org/10.1037/pas0001145>
- Puzio A.R., & **Valshtein, T.J.** (2022). The Gender Transformation of STEM Careers Will Require the Desegregation of Culturally Feminized Work. *Psychology of Men & Masculinities* 23(3), 271–284. <https://doi.org/10.1037/men0000397>.
- Bosson, J. K., Vandello, J. A., Jurek, P., Kosakowska-Berezecka, N., Olech, M., ... **Valshtein, T.J.**... & Žukauskienė, R. (2021). Precarious Manhood Beliefs in 62 Nations. *Journal of Cross Cultural Psychology*, 52(3), 231-258.
- Becker, A., Ford, J.V., & **Valshtein, T.J.** (2021). Where Romance Meets Stalking: Examining the Acceptability and Labeling (Cyber)Stalking. *Sex Roles*, 85, 73–87.
- Kosakowska-Berezecka, N., Besta, T., Bosson, J. K., Jurek, P., Vandello, J. A., Best, D. L., ... **Valshtein, T.J.**... & Žukauskienė, R. (2020). Country-level and Individual-level Predictors of Men's Support for Gender Equality in 42 Countries. *European Journal of Social Psychology*, 50(6), 1276-1291.
- Valshtein, T. J.**, Oettingen, G., & Gollwitzer, P. M. (2020). Using mental contrasting with implementation intentions to reduce bedtime procrastination: two randomised trials. *Psychology & Health*, 35(3), 275-301.
- Valshtein, T.J.**, Mutter, E., Oettingen, G., & Gollwitzer, P.M. (2020). Relatedness Needs and Negative Fantasies as the Origins of Obsessive Thinking in Romantic Relationships. *Motivation & Emotion*, 44, 226-243.
- Tay, I. Q., **Valshtein, T. J.**, Krott, N. R., & Oettingen, G. (2019). Mental contrasting in DanceSport: The Champion's mindset. *Psychology of Sport and Exercise*. 45, 101511.
- Valshtein, T.J.** & Seta, C.E. (2019). Behavior-Goal Consistency and the Role of Anticipated and Retrospective Regret in Self-Regulation. *Motivation Science*, 5(1), 35 - 51.

Popular Press Publications

- Valshtein, T. J.** (2020, January 1). Considering Life on the "Other Side". Retrieved from <https://www.psychologicalscience.org/observer/considering-life-on-the-other-side>.

Symposia and Invited Talks

- Valshtein, T.J.** (October, 2023). U Lessons Learned from a Semester of Empowering Students to Use Data for Justice; Society for Teaching of Psychology's Annual Conference on Teaching; Portland, OR.
- Valshtein, T.J.**, Gollwitzer, P.M., & Oettingen, G. (July, 2022). The gray areas of romance: A measure of

presumptuous romantic intentions; International Association for Relationships Research Annual Conference, Virtual.

Taliafar, S., & Valshtein, T.J. (June, 2021). When it comes to industry jobs, can I dip a toe or do I have to dive? Free-Form Fridays at Society for Personality and Social Psychology.

Valshtein, T.J., Gollwitzer, P.M., & Oettingen, G. (June, 2021). *Considering Other Fish in the Sea: Romantic Alternatives Predict Disengagement*; International Association for Relationships Research Annual Conference, Virtual.

Valshtein, T.J., Oettingen, G., & Gollwitzer, P.M. (May, 2021). Studying Presumptuous Romantic Intentions During Socially Distant Relationship Pursuit; Six College Conference, Virtual Conference.

Valshtein, T.J., Gollwitzer, P.M., & Oettingen, G. (June, 2021). I've Been Thinkin' Bout You: When Socially Distant Relationship Pursuit Goes Wrong; Association for Psychological Science, Virtual Conference.

Burrows, B., Lee, M.M., Mercado, E., Reiner, D., **Valshtein, T.J.**, & Wu, D. (February, 2021). Implementing Positive Structural Changes for Graduate Students in Psychology. Society for Personality and Social Psychology; Virtual Conference.

Valshtein, T.J. (November, 2020). Invited Speaker. *Careers and Internships in Psychology Panel*; Brooklyn College, Brooklyn, NY.

Valshtein, T.J. (May, 2020, *cancelled*). Panel Organizer, APS Student Caucus, *The Naked Truth: You're Working Where?*; Association for Psychological Science, Chicago, IL.

Valshtein, T.J., Gollwitzer, P.M., & Oettingen G. (April, 2019). Developing a New Paradigm to Measure Disengagement in Romantic Pursuit; Five College Conference (5CC), New York, NY.

Valshtein, T.J. (June, 2018). Stalking in a Romantic Context: An Odyssey into Interdisciplinary Research; presented at New York University, Research Assistant Brown Bag Summer Series.

Valshtein, T.J. (May, 2018). Invited panel speaker, APS Student Caucus, *The Naked Truth: Getting into Graduate School*; Association for Psychological Science, San Francisco, CA.

Seta, C.E. & **Valshtein, T.J.** (February, 2018). Regret and Self-Regulation. Paper presented at Wake Forest University, Seminar in Self-Regulation; Winston-Salem, NC.

Valshtein, T.J., Oettingen, G., & Gollwitzer, P.M. (June, 2017). Bedtime Procrastination and Mental Contrasting with Implementation Intentions; Datablitz presented at New York University.

Valshtein, T.J., Oettingen, G., & Gollwitzer, P.M. (June, 2017). Obsessive Thinking and Romantic Courtship; Invited Talk at Universität Hamburg.

Valshtein, T.J., Gollwitzer, P.M., & Oettingen, G. (June, 2017). Bedtime Procrastination, MCII, and Goal Conflict; Invited Talk at Universität Konstanz.

Valshtein, T.J. & Seta, C.E. (March, 2017). New Perspectives on the Functionality of Regret. Paper presented at Eastern Psychological Association; Boston, MA.

Valshtein, T.J., Foley, J., Sorhagen, N., Stull, J., & Weinraub, M. (April, 2014). What a Nightmare! Not All Sleep Disturbances are Created Equal. Paper presented at Temple Undergraduate Research Forum – Creative Works Symposium; Philadelphia, PA.

Poster Presentations

Valshtein, T.J. [&], DiGiovanni, A.M. [&], Harris, A.E. ⁺, Zoppolat, G., Balzarini, R., & Slatcher, R. (February, 2023). Investigating Social Benefits of Long-Distance Romantic Relationships During the COVID-19 Pandemic. Society for Personality and Social Psychology; Atlanta, GA.

Valshtein, T.J. (October, 2022). Using an Elimination-Style Tournament to Facilitate Integration across Primary Scientific Literature; Society for Teaching of Psychology's Annual Conference on Teaching; Pittsburgh, PA. <https://osf.io/yu6ps/>

Valshtein, T.J., Oettingen, G., & Gollwitzer, P.M (February, 2021). I Just Know She Loves Me: Paradoxical Knowing in Relationship Pursuit; Society for Personality and Social Psychology; Virtual Conference.

Valshtein, T.J., Gollwitzer, P.M., & Oettingen, G. (February, 2022). The Quandary of Love: Disengagement from Romantic Pursuit; Society for Personality and Social Psychology; Virtual Conference.

Valshtein, T.J., & Berg J.J. (May, 2020, *virtual*). Bigger Data, Better Sleep: A Machine Learning Approach to Predicting Sleep Outcomes in Older Adults; Annual Convention for Association for Psychological Science; Chicago, IL.

Zhou, Y. ⁺, Tullis, S. ⁺, & **Valshtein, T.J.** (May, 2020, *deferred, COVID-19*). Exploring the Self-Protective Role of Ambivalence in the Romantic Context; Annual Convention for Association for Psychological Science; Chicago, IL.

Schumm, K. ⁺, & **Valshtein, T.J.** (May, 2020, *deferred, COVID-19*). Things Get Complicated When I'm Unsure: Ambivalence Under Romantic Outcome Uncertainty; Annual Convention for Association for Psychological Science; Chicago, IL.

Jacobson, R. ⁺, & **Valshtein, T.J.** (May, 2020, *deferred, COVID-19*). Never Gonna Give You up...or Should I? Understanding Reasons for Disengaging from Romantic Pursuit; Annual Convention for Association for Psychological Science; Chicago, IL.

Barman, N. ⁺, & **Valshtein, T.J.** (May, 2020, *deferred, COVID-19*). Patterns of Persistence in Romantic Pursuit Among Narcissists; Annual Convention for Association for Psychological Science; Chicago, IL.

Valshtein, T.J., Gollwitzer, P.M., & Oettingen, G. (March, 2020). Considering Other Fish in the Sea: Romantic Alternatives Predict Disengagement; Society for Personality and Social Psychology; New Orleans, LA.

Tekgurler, S. ⁺, Zhou, Y. ⁺, & **Valshtein, T.J.** (May, 2019). Ambivalence as a Self-Protective Mechanism in Romantic Relationships; Annual Convention for Association for Psychological Science; Washington DC.

Valshtein, T.J., Oettingen G., & Gollwitzer, P.M. (May, 2019). Understanding Romantic Disengagement Processes; Annual Convention for Association for Psychological Science; Washington DC.

- Valshtein, T.J.**, Gollwitzer, P.M., & Oettingen, G. (February, 2019). Proximity-Seeking Behavior at the Nexus of Romance and Stalking; Society for Personality and Social Psychology; Portland, OR.
- Valshtein, T.J.**, Mutter, E., Oettingen, G., & Gollwitzer, P.M. (May, 2018). Needs and Fantasies as the Origins of Obsessive Thinking; Association for Psychological Science; San Francisco, CA.
- **Awarded Honorable Mention**, Student Research Award
- Valshtein, T.J.**, Oettingen, G., & Gollwitzer, P.M. (March, 2018). I Will Go Wherever You Will Go: Obsessive Thinking, Positive Fantasies, and Stalking Intentions; Society for Personality and Social Psychology; Atlanta, GA.
- Valshtein, T.J.**, Gollwitzer, P.M., Oettingen, G. (May, 2017). Using Mental Contrasting with Implementation Intentions (MCII) to Reduce Bedtime Procrastination; Annual Meeting of the Association for Psychological Science; Boston, MA.
- Tay, I. ⁺, **Valshtein, T.J.**, & Oettingen, G. (April, 2017). Active Goal Pursuit in DanceSport: The Champion's Mindset. Presented at Undergraduate Research Conference; New York, NY.
- Valshtein, T.J.** & Seta, C.E. (January, 2017). Regret as a Modulatory System: How Imagined Futures Become Real Pasts. Society for Personality and Social Psychology; San Antonio, TX.
- Valshtein, T.J.** & Seta, C.E. Regret for some, regret for all: consistency, outcome severity, and feelings of regret. Presented at:
- (April, 2015) NC Psychology Graduate/Undergraduate Poster Session; Chapel Hill, NC.
 - (October, 2015) Southeastern Society for Social Psychologists Meeting; Winston-Salem, NC.
- Valshtein, T.J.**, Foley, J., Sorhagen, N., Stull, J., & Weinraub, M. (2014). What a Nightmare! Not All Sleep Disturbances are Created Equal. Presented at:
- (March 2014) Eastern Psychological Association Regional Conference; Boston, MA.
 - **Awarded 3rd Place** in graduate student poster competition
 - (April 2014) Philadelphia School District's Research to Policy Conference; Philadelphia, PA.

TEACHING, ADVISING, AND PEDAGOGY

Teaching and Instructional Experience

Yeshiva University, New York, NY

- Personality Psychology
- Forensic Psychology

Harvard University, Cambridge, MA

- Methods of Behavioral Research
- Is Persistence a Panacea? Contextualizing Human Motivation
- Power and Society in Romantic Relationships
- Using Data for Justice

Lehman College, Bronx, NY

- Adjunct Instructor: Experimental Psychology (Writing Intensive)
- Guest Lecturer: Sociological Imagination

New York University, New York, NY

Instructor of Record: Personality Psychology

Teaching Assistant:

- Introduction to Psychology
- Developmental Psychology
- Undergraduate Statistics for the Behavioral Sciences
- Behavioral Statistics for Psychology (MA)
- Multiple Regression for Psychology (PhD)

Wake Forest University, Winston-Salem, NC

Graduate Teaching Assistant:

- Research Methods and Statistics II

Students Mentored and Advised (1 = Undergraduate; 2 = Masters)

- Phil Jauregui², MA Thesis Advised
- Rudy Richa², MA Thesis Advised
- Nicole Barman², Stan Gao², Yijun Lin², Inshil Paik², Cara Reschke²
- Doris Chen¹, Shannan Chen¹, Agrima Dutt¹, Alexis Geneve¹, Rachel Jacobson¹, Jason Kemp¹, Elizabeth Letsou¹, Nicolette Karim¹, Anshita Singh¹, Xiuzhu Song¹, Selin Tekgurler¹, Schyler Tullis¹, Ece Yuceland¹, Ying Zhou¹, Firas Zohas¹ Ajay Sarma¹, Katrina Luo¹, Keanneyi Xelhua¹
- Ellen Wang¹
 - Spring 2018 Dean's Undergraduate Research Fellowship recipient, \$1,000.00
- Kira Schumm¹
 - Spring 2020 Dean's Undergraduate Research Fellowship recipient, \$1,000.00
- Isabelle Tay¹, Honors Thesis Advised
 - Fall 2016 Dean's Undergraduate Research Fellowship recipient, \$1,000.00
 - Recipient of Doris Aaronson Outstanding Research in Psychology Award

*Pedagogical Training and Service***Inclusive Practice Fellow, Dept. of Teaching & Learning, Harvard University, 2022 - 2023**

- Engaged in a community of practice by sharing teaching practices in monthly meetings
- Facilitated a teaching workshop emphasizing inclusive teaching practices

Harvard Initiative for Learning and Teaching Annual Teaching Conference, Attendee

- 2022, Teamwork: Facilitating Group Dynamics and Encouraging Student Collaboration
- 2021, Tackling Global Challenges from the Harvard Classroom and Beyond

New York Academy of Sciences, *Scientists Teaching Sciences Certificate Course*, Summer 2020

- *Instructor:* Barbara Houtz
- Asynchronous online 8-week course on how to develop active-learning, course objectives assessment, and curriculum design specifically for the social and natural sciences

NYU Preparing Future Faculty, Teaching Certificate Program

- The Art and Craft of Teaching (Pt I), Fall 2018
- Achieving Success Through Communication (Pt II), Spring 2019

NYU Center for the Advancement of Teaching Workshops

- Syllabus Design and Course Creation, 10/12/18
- Teaching with Powerpoint, 10/26/18
- An Explanation on Explanation, 11/2/18
- Making Learning Stick, 9/27/19
- Problem Solving and Problem Posing, 10/4/19

NYU Graduate School of Arts & Sciences

- (We)Search Workshop Series, Foundations of Inclusive Teaching, 9/15/20
- Teaching Innovation Conference, 9/30/20

The Graduate Center at City University of New York, Pedagogy Day 2020

- Activism in Pedagogy Conference and Workshop, 10/16/20

APS 2019 Teaching Workshop: Teaching the New Statistics, 5/26/2019

- *Instructors:* Drs. Tamarah Smith and Robert Calin-Jageman
- Provided hands-on training in teaching the “new statistics,” an approach that emphasizes effect sizes, quantification of uncertainty, and meta-analysis.

OTHER PROFESSIONAL SERVICE AND TRAINING

Professional Service

Association for Psychological Science Student Caucus

Student Board Member

- RISE Coordinator, 5/2018 – 5/2019
- Undergraduate Advocate, 5/2019 – 5/2021
- Organized professional development panels and programming for APS student members
- Evaluated and selected annual RISE award winners using a rigorous review process
- Managed and expanded an international database of student mentor-mentee matches

Editorial Board Member

- Journal of Social Psychology (2021 – present)

Ad-Hoc Journal Reviewing

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| • International Journal of Behavioral Medicine | • Current Psychology |
| • Journal of Interpersonal Violence | • Motivation Science |
| • PLoS One | • Motivation and Emotion |
| • Journal of Sleep Medicine | • Journal of Personality and Social Psychology |
| • Journal of Social Psychology | • Personality and Social Psychology Bulletin |

Professional Training

- **Science Policy Institute Spring Bootcamp**, MIT, Spring 2020
- **Konstanz International School for Motivation Science (KIS|MOS)**, Uni Konstanz, Summer 2019
- **Science Communication Workshop**, NYU, Spring 2019

FELLOWSHIPS, HONORS, & AWARDS

Spring 2023	Harvard University, Certificate of Teaching Excellence
Fall 2022	Harvard University, Certificate of Teaching Excellence
Spring 2022	Harvard University, Certificate of Teaching Excellence
Fall 2021	Harvard University, Certificate of Teaching Excellence
2021	Department of Psychology Nominee, GSAS Graduate Teaching Excellence Award
2016 – 2021	NYU Henry M. MacCracken Fellowship (Stipend, Tuition Remission, etc.)
2019	KIS MOS Travel Grant Award, €1400.00
2018	NYU Dean’s Travel Grant Award, \$500.00
2017	Society for Personality and Social Psychology Travel Grant, \$500.00
2017	Psi Chi Eastern Psychological Association Travel Grant, \$338.00
2017	NYU Graduate Student Senate Council Travel Award, \$625.00
2015	Wake Forest University Graduate Student Alumni Travel Award, \$300.00
2015 – 2016	Wake Forest University GSAS Graduate Teaching Assistantship
2015	Wake Forest University Summer Research Support, \$1,000.00
2014 – 2015	Wake Forest University GSAS Graduate Teaching Assistantship and Fellowship
2014	Temple University Diamond Award Recipient
2014	Psychology and Social Justice College of Liberal Arts Departmental Award Recipient
2014	Samuel and Esther Goldin Award in Jewish Studies
2014	Temple University Creative Arts Research and Scholarship Travel Grant, \$500.00

MEMBERSHIPS AND AFFILIATIONS

2021 -	Society for the Teaching of Psychology
2021 -	Society for the Psychological Study of Social Issues
2016 -	Association for Psychological Science
2016 - 2021	New York Academy of the Sciences
2016 -	Society for the Study of Motivation
2015 -	Society for Personality and Social Psychology
2013 -	Eastern Psychological Society
2013	Phi Beta Kappa Honors Society
2012	LGBT Safe Zone Certified
2011	Psi Chi Honors Society