

## Curriculum Vitae

Prof. Dr. Marie Hennecke

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School of Life Sciences  
Department of Psychology

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### Research Interests

Self-regulation, self-control, goal pursuit, motivation, personality development, health, wellbeing

### Positions and International Research Stays

since 02/2019	Professor (with tenure) at the University of Siegen, Germany
02/2013 – 12/2018	Oberassistentin (equivalent to Assistant Professor, non-tenure track), Department of Psychology, University of Zurich, Switzerland
03/2012 – 01/2013	Postdoctoral fellow, Department of Psychology and Frank Batten School of Leadership and Public Policy, University of Virginia, Charlottesville, VA
03/2012	Research stay at the Division of Psychology and Language Sciences, University College, London, UK
03/2011 – 02/2012	Postdoctoral fellow, Department of Psychology, University of Zurich, Switzerland
09/2010 – 02/2011	Visiting PhD student, Department of Psychology, University of Virginia, Charlottesville, VA
09/2007 – 08/2010	PhD student at the Department of Psychology, University of Zurich, Switzerland
02/2007 – 08/2007	Teaching assistant, Department of Psychology, University of Zurich, Switzerland

### Education

03/2011	Dr. phil. in Psychology ( <i>summa cum laude</i> ), University of Zurich, Switzerland (Advisor and first referee: Prof. Dr. Alexandra M. Freund; second referee: Prof. Dr. Jaap J. A. Denissen)
2008 – 2011	Graduate student in the International Max Planck Research School <i>The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE)</i>
2007	Diploma in Psychology (equivalent to M.Sc. degree, <i>with distinction</i> ), Ruhr- University Bochum

### Position Offers and Listings for Professorships

2021	Primo loco: Professorship for General Psychology, Department of Psychology, University of Innsbruck, Austria; declined
2019	Secundo loco: Professorship in Motivational Psychology, Department of Psychology, University of Vienna, Austria
2018	Primo loco: Professorship in General and Educational Psychology, Department of Psychology, University of Siegen, accepted

### Third Party Funding: Research Projects

2022 – 2024	Research grant for the project “ <i>Approach and avoidance goal states in daily life: Antecedents of consequences of</i> ”	€ 296 897 (own share)
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2018 – 2021	<i>intraindividual variation and variability</i> ” awarded by the German Research Foundation (Co-PI: Veronika Brandstätter) Research grant for the project “ <i>The complexity of self-regulation in daily life: Investigating three types of self-control conflict and the self-regulatory strategies people use to deal with them</i> ” awarded by the Swiss National Science Foundation, PI	CHF 375 857
2018	Seed corn grant for the project “ <i>Beliefs about the malleability of well-being and their effects</i> ” awarded by the European Association of Social Psychology, PI	€ 1 990
2015 – 2018	Research grant for the project “ <i>If goal pursuit is no fun – then what? Thinking of one’s goal as a self-regulatory strategy</i> ” awarded by the Swiss National Science Foundation, PI, Co-PI: Veronika Brandstätter	CHF 273 167
2013 – 2015	Research grant for the project “ <i>Does a magic dwell in each beginning? How new beginnings affect motivation</i> ” awarded by the Foundation Suzanne and Hans Biäsch for the Advancement of Applied Psychology, PI	CHF 17 000
2009	Research grant for the project “ <i>Attributing success and failure during the pursuit of an exercise goal: Wrong means or wrong goal?</i> ” awarded by the Foundation Suzanne and Hans Biäsch for the Advancement of Applied Psychology, PI	CHF 50 000
2007	Research grant for the project “ <i>Bringing and keeping your weight down: the role of goal focus for engaging in and maintaining a weight-loss program</i> ” awarded by the Foundation Suzanne and Hans Biäsch for the Advancement of Applied Psychology, PI	CHF 20 000
<b>Internal Funding: Teaching, Mobility, and Scientific Networks</b>		
2020	Internal teaching grant to foster social connection of students during online teaching, University of Siegen	€ 1 805
2018	Travel grant awarded by the Graduate Campus, University of Zurich for a research stay at Humboldt University, Berlin	CHF 1 400
2016	Mobility grant for National and International Young Faculty awarded by the University of Cologne	€ 1 700
2012	Mobility grant for a research stay at the Division of Psychology and Language Sciences, University College, London, UK, awarded by the Office for Gender Equality, University of Zurich	CHF 1 125
2009	Peer mentoring grant for <i>Methods and Statistics</i> , awarded by the Office for Gender Equality, University of Zurich, PIs: Marie Hennecke, Daniel Zimprich	CHF 7 000
<b>Awards and Scholarships</b>		
2022	Teaching award, Department of Psychology, University of Siegen	
2019	Outstanding Alumni award, International Max Planck Research School on the Life Course (LIFE)	
2012 – 2013	Post-Doctoral scholarship by the Swiss National Science Foundation for an 18-month research stay at the University of Virginia (cancelled after 11 months to accept a job offer from the University of Zurich, Switzerland)	CHF 64 300

- 2010 Pre-Doctoral scholarship by the Swiss National Science Foundation for a 6-month research stay at the University of Virginia CHF 21 350
- 2004 – 2006 Scholarship of the Studienstiftung des deutschen Volkes [German national academic foundation]

### Other Honors

- since 12/2018 Member of the *Personality Change Consortium* (PCC), see <http://personalitychange.ucdavis.edu>
- 09/2016 – 08/2018 Fellow of the *Global Future Council* on the *Future of Behavioral Science* of the World Economic Forum (WEF)
- 2012 – 2015 Member of the scientific network *Personality development: From an integrative model to new research perspectives*, funded by the German Research Foundation (awarded to Jule Specht)

### Articles in Peer-Reviewed Journals

- Hennecke, M.\*, & Bürgler, S. (in press)\*. Metacognition and self-control: An integrative framework. *Psychological Review*. Preprint at <https://psyarxiv.com/9dq7> \*both authors contributed equally
- Bürgler, S., & Hennecke, M. (in press). The Metacognition in Self-Control Scale (MISCS): An adaptation of the Metacognitive Awareness Inventory. *Personality and Individual Differences*. <https://doi.org/10.1016/j.paid.2022.111841>
- Wenzel, M., Rowland, Z., Bürgler, S., Friese, M., Hofmann, W., & Hennecke, M. (in press). Person × domain interactions in resisting desires in daily life. *European Journal of Personality*. <https://doi.org/10.1177/08902070221098912>
- Kiendl, K., & Hennecke, M. (2022). The measurement of goal dimensions: A critical review. *Motivation Science*, 8(3), 215-229. <http://dx.doi.org/10.1037/mot0000268>
- Bleidorn, W., Hopwood, C. J., Back, M. D., Denissen, J. J. A., Hennecke, M., Hill, P. L., Jokela, M., Kandler, C., Lucas, R. E., Luhmann, M., Orth, U., Roberts, B. W., Wagner, J., Wrzus, C., & Zimmermann, J. (2021). Personality trait stability and change. *Personality Science*, 2, 1-20. <https://doi.org/10.5964/ps.6009>
- Bürgler, S., Hoyle, R., & Hennecke, M. (2021). Flexibility in using self-regulatory strategies to manage self-control conflicts: The role of metacognitive knowledge, strategy repertoire, and feedback monitoring. *European Journal of Personality*, 35(6), 861-880. <https://doi.org/10.1177/0890207021992907>
- Czikmanti, T., Hennecke, M., & Brandstätter, V. (2021). Task enjoyment as an individual difference construct. *Journal of Personality Assessment*, 103(6), 818-832. <https://doi.org/10.1080/00223891.2021.1882473>
- Freund, A. M., Hennecke, M., Brandstätter, V., Martin, M., Boker, S. M., Charles, S. T., Fishbach, A., Gow, A. J., Heckhausen, K., Hess, T. M., Isaacowitz, D. M., Klusmann, V., Lachman, M. E., Mayr, U., Oettingen, G., Robert, P., Roediger, C., Rothermund, K., Scholz, U., Tobler, P. N., Zacher, H., & Zadeh, R. S. (2021). Motivation and healthy aging: A heuristic model. *Journals of Gerontology, Series B: Psychological Sciences*, 76 (Supplement), S97-S104. <https://doi.org/10.1093/geronb/gbab128>
- Hennecke, M., Brandstätter, V., & Oettingen, G. (2021). The self-regulation of healthy aging: Goal-related processes in three domains. *Journals of Gerontology, Series B: Psychological Sciences*, 76 (Supplement), S125-S134. <https://doi.org/10.1093/geronb/gbab011>
- Kaiser, T., Hennecke, M., & Luhmann, M. (2021). The interplay of domain- and life-satisfaction in predicting life events. *PLOS one*, 14, e0238992. <https://doi.org/10.1371/journal.pone.0238992>

- Kreibich, A., Hennecke, M., & Brandstätter, V. (2021). The role of self-awareness and problem-solving orientation for the instrumentality of goal-related means. *Journal of Individual Differences*, 43(2), 57–69. <https://doi.org/10.1027/1614-0001/a000355>
- Wenzel, M., Bürgler, S., Rowland, Z., & Hennecke, M. (2021). Self-control dynamics in daily life: The importance of variability between self-regulatory strategies and strategy differentiation. *European Journal of Personality*, 35(5), 1-24. <https://doi.org/10.1177/08902070211043023>
- Hennecke, M., Schumann, P., & Specht, J. (2020). Age-related differences in actual-ideal personality trait level discrepancies. *Psychology and Aging*, 35, 1000-1015. <https://doi.org/10.1037/pag0000573>
- Bleidorn, W., Hill, P. W., Back, M. D., Denissen, J. J. A., Hennecke, M., Hopwood, C., Jokela, M., Kandler, C., Lucas, R. E., Luhmann, M., Orth, U., Wagner, J., Wrzus, C., Zimmermann, J., & Roberts, B. (2020). Why stop at two opinions? – A reply to McCrae (2020), 75(5), 731–732. *American Psychologist*. <https://doi.org/10.1037/amp0000676>
- Bleidorn, W., Hopwood, C., Back, M., Denissen, J. J. A., Hennecke, M., Jokela, M., Kandler, C., Lucas, R. E., Luhmann, M., Orth, U., Roberts, B. W., Wagner, J., Wrzus, C., & Zimmermann, J. (2020). Longitudinal experience-wide association studies (LEWAS) – A framework for studying personality change. *European Journal of Personality*, 34(3), 285-300. <https://doi.org/10.1002/per.2247>
- Hennecke, M., & Bürgler, S. (2020). Many roads lead to Rome: Self-regulatory strategies and their effect on self-control. *Social and Personality Psychology Compass*, e12530. <https://doi.org/10.1111/spc3.12530>
- Kreibich, A., Hennecke, M., & Brandstätter, V. (2020). The effect of self-awareness on the identification of goal-related obstacles. *European Journal of Personality*, 34, 215-233. <https://doi.org/10.1002/per.2234>
- Schönbrodt, F. D., Hagemeyer, B., Brandstätter, V., Czirkmanti, T., Gröpel, P., Hennecke, M., Israel, L. S. F., Janson, K., Kemper, N., Köllner, M., Kopp, P. M., Mojzisch, A., Müller-Hotop, R., Prüfer, J., Quirin, M., Scheidemann, B., Schiestel, L., Schulz-Hardt, S., Sust, L., Zygar-Hoffmann, C., & Schultheiss, O. C. (2020). Measuring implicit motives with the Picture Story Exercise (PSE): Databases of expert-coded German stories, pictures, and updated picture norms. *Journal of Personality Assessment*, 103(3), 392-405. <https://doi.org/10.1080/00223891.2020.1726936>
- Bleidorn, W., Hill, P. W., Back, M. D., Denissen, J. J. A., Hennecke, M., Hopwood, C., Jokela, M., Kandler, C., Lucas, R. E., Luhmann, M., Orth, U., Wagner, J., Wrzus, C., Zimmermann, J., & Roberts, B. (2019). The policy relevance of personality traits. *American Psychologist*, 74, 1056-1067. <https://doi.org/10.1037/amp0000503>
- Hu, C.-P., Yin, J.-X., Lindenberg, S., Dalgard, I., Weissgerber, S., ..., Hennecke, M., ... & IJzerman, H. (2019). Data from the Human Penguin Project, a cross-national dataset testing social thermoregulation principles. *Nature Scientific Data*, 6, 32. <https://doi.org/10.1038/s41597-019-0029-2>
- Converse, B. A., Juarez, L., & Hennecke, M. (2019). Self-control and the reasons behind our goals. *Journal of Personality and Social Psychology*, 116, 860-883. <https://doi.org/10.1037/pspp0000188>
- Hennecke, M. (2019). What doesn't kill you, ...: Means for avoidance goal pursuit are less enjoyable than means for approach goal pursuit. *Motivation Science*, 5, 1-13. <https://doi.org/10.1037/mot0000104>
- Hennecke, M., Czirkmanti, T., & Brandstätter, V. (2019). Doing despite disliking: Self-regulatory strategies in everyday aversive activities. *European Journal of Personality*, 33, 104-128. <https://doi.org/10.1002/per.2182>
- IJzerman, H., Lindenberg, S., Dalgard, I., Weissgerber, S. C., Vergara, R. C., Cairo, A.H., ...Hennecke, M., ... & Zickfeld, J. H. (2018) The Human Penguin Project: Social integration protects against cold climates. *Collabra: Psychology*, 4, 37. <https://doi.org/10.1525/collabra.165>

- Denissen, J. J. A., Bleidorn, W., Hennecke, M., Luhmann, M., Orth, U., Specht, J., & Zimmermann, J. (2018). Uncovering the power of personality to shape income. *Psychological Science, 29*, 3-13. <https://doi.org/10.1177/0956797617724435>
- IJzerman, H., Colic, M., Hennecke, M., ..., & Lindenberg, S. (2017). Does distance from the equator predict self-control? Lessons from the Human Penguin Project (Invited commentary). *Behavioral and Brain Sciences, 40*. <https://doi.org/10.1017/S0140525X16001035>
- Hennecke, M., & Converse, B. A. (2017). Next week, next month, next year: How perceived temporal boundaries affect initiation expectations. *Social Psychological and Personality Science, 9*, 918-926. <https://doi.org/10.1177/1948550617691099>
- Luhmann, M., & Hennecke, M. (2017). The motivational consequences of life satisfaction. *Motivation Science, 3*, 51-75. <https://doi.org/10.1037/mot000048>
- Hennecke, M., & Freund, A. M. (2016). Age, action orientation, and self-regulation during the pursuit of a dieting goal. *Applied Psychology: Health and Well-being, 8*, 19-43. <https://doi.org/10.1111/aphw.12060>
- Freund, A. M., & Hennecke, M. (2015). On means and ends: The role of goal focus in successful goal pursuit. *Current Directions in Psychological Science, 24*, 149-153. <https://doi.org/10.1177/0963721414559774>
- Hennecke, M., Bleidorn, W., Denissen, J. J. A., & Wood, D. (2014). A three-part framework for self-regulated personality development across adulthood. *European Journal of Personality, 28*, 216-230. <https://doi.org/10.1002/per.1945>
- Hennecke, M., & Freund, A. M. (2014). Identifying success on the process level reduces negative effects of prior weight loss on subsequent weight loss. *Applied Psychology: Health and Well-Being, 6*, 48-66. <https://doi.org/10.1111/aphw.12021>
- Hutteman, R., Hennecke, M., Orth, U., Reitz, A. K., & Specht, J. (2014). Developmental tasks as a framework to study personality development in adulthood and old age. *European Journal of Personality, 28*, 267-278. <https://doi.org/10.1002/per.1959>
- Specht, J., Bleidorn, W., Denissen, J. J. A., Hennecke, M., Hutteman, R., Kandler, C., Luhmann, M., Orth, U., Reitz, A. K., & Zimmermann, J. (2014). What drives personality development? A comparison of theoretical perspectives and empirical evidence. *European Journal of Personality, 28*, 289-299. <https://doi.org/10.1002/per.1966>
- Hennecke, M., & Freund, A. M. (2013). Competing goals draw attention to effort which then enters cost-benefit computations as input (Invited commentary). *Behavioral and Brain Sciences, 36*, 690-691. <https://doi.org/10.1017/S0140525X13001027>
- Freund, A. M., & Hennecke, M. (2012). Changing eating behaviour vs. losing weight: The role of goal focus for weight loss in overweight women. *Psychology and Health, 7*, 25-42. <https://doi.org/10.1080/08870446.2011.570867>
- Freund, A. M., Hennecke, M., & Riediger, M. (2010). Age-related differences in outcome and process goal focus. *European Journal of Developmental Psychology, 7*, 198-222. <https://doi.org/10.1080/17405620801969585>
- Hennecke, M., & Freund, A. M. (2010). Staying on and getting back on the wagon: Age-related improvement in self-regulation during a low-calorie diet. *Psychology and Aging, 25*, 876-885. <https://doi.org/10.1037/a0019935>
- Thoma, P., Hennecke, M., Mandok, T., Bruene, M., Juckel, G., & Daum, I. (2009). Proverb comprehension impairments in schizophrenia are related to executive dysfunction. *Psychiatry Research, 170*, 132-139. <https://doi.org/10.1016/j.psychres.2009.01.026>
- Thoma, P., Hennecke, M., Mandok, T., Bruene, M., Juckel, G., & Daum, I. (2008). The specificity of proverb comprehension impairment and its relationship to executive control functions and

psychopathology in schizophrenia. *Schizophrenia Research*, 102, 147-148.  
[https://doi.org/10.1016/S0920-9964\(08\)70448-1](https://doi.org/10.1016/S0920-9964(08)70448-1)

### Book Chapters

- Troll, E., & Hennecke, M. (in press). Die Bedeutung von Motivation und Selbstregulation für eminente Leistungen. [The role of motivation and self-regulation for eminent achievements.] In F. Hutmacher und R. Mayrhofer (Eds.), *Errungenschaften: Historische und psychologische Perspektiven auf eminente Leistungen. [Achievements: Historical and psychological perspectives on eminent achievements.]*
- Hennecke, M. (2019). Goal setting. In D. Gu & M. E. Dupre (Eds.), *Encyclopedia of Gerontology and Population Aging*. New York, NY: Springer. [https://doi.org/10.1007/978-3-319-69892-2\\_99-1](https://doi.org/10.1007/978-3-319-69892-2_99-1)
- Freund, A. M., Hennecke, M., & Mustafic, M. (2019). On gains and losses, means and ends: Goal orientation and goal focus across adulthood. In R. Ryan (Ed.), *Oxford Handbook of Motivation* (2<sup>nd</sup> Ed., pp. 285-303). Oxford, UK: Oxford University Press.
- Brandstätter, V. & Hennecke, M. (2018). Goals. In J. Heckhausen & H. Heckhausen (Eds.), *Motivation and Action*. New York, NY: Springer.
- Brandstätter, V., & Hennecke, M. (2018). Ziele [Goals]. In J. Heckhausen & H. Heckhausen (Eds.), *Motivation und Handeln [Motivation and Action]*. Berlin, Germany: Springer.
- Hennecke, M., & Brandstätter, V. (2017). Means, ends, and happiness: The role of goals for subjective well-being. In M. Robinson, & M. Eid (Eds.), *The happy mind: Cognitive contributions to well-being* (pp. 235-251). New York, NY: Springer.
- Hennecke, M., & Freund, A. M. (2017). The development of goals and motivation. In J. Specht (Ed.), *Personality development across the life-span* (pp. 257-273). Oxford, UK: Elsevier.
- Hennecke, M. (2017). Zielsystemtheorie [Goal systems theory]. In M. A. Wirtz (Ed.), *Dorsch – Lexikon der Psychologie*. <https://portal.hogrefe.com/dorsch/de/startseite/stichwort-detailseite/desktop/1/keyword/zielsystemtheorie/>
- Hennecke, M., & Brandstätter, V. (2016). Gefühle und Anreize als Auslöser und Regulativ von Handlungen: Beiträge der Allgemeinen Psychologie – Emotion und Motivation [Feelings and incentives as triggers and regulators of action: Contributions of the psychology of emotion and motivation]. In K. Sonntag (Ed.), *Personalentwicklung in Organisationen [Human resource development in organizations]* (pp. 83-124). Göttingen, Germany: Hogrefe.
- Hennecke, M., & Brandstätter, V. (2016). Intrinsische Motivation [Intrinsic motivation]. In D. Frey, & H. W. Bierhoff (Ed.), *Enzyklopädie der Psychologie: Sozialpsychologie. [Encyclopedia of psychology: Social psychology]* (pp. 1-29). Göttingen, Germany: Hogrefe.
- Freund, A. M., & Hennecke, M. (2015). Self-regulation across adulthood. In J. D. Wright (Ed.), *International Encyclopedia of the Social and Behavioral Sciences, 2<sup>nd</sup> edition, Vol. 21* (pp. 557-562). Oxford, UK: Elsevier.
- Hennecke, M., & Freund, A. M. (2014). Zielfokus, Prozessfokus und Ergebnisfokus [Goal focus, process and outcome focus]. In M. A. Wirtz (Ed.), *Dorsch – Lexikon der Psychologie* (pp. 1825). Bern, Switzerland: Hogrefe Verlag. <https://portal.hogrefe.com/dorsch/zielfokus-prozessfokus-und-ergebnisfokus/>
- Freund, A. M., & Hennecke, M. (2012). Lebensgestaltung im höheren Alter [Shaping one's life in old age]. In H.-W. Wahl, C. Tesch-Römer, & J. P. Ziegelmann (Eds.), *Angewandte Gerontologie: Interventionen für ein gutes Altern in 100 Schlüsselbegriffen [Applied Gerontology: Interventions for a good aging in 100 keywords]* (pp. 212-217). Stuttgart, Germany: Kohlhammer.
- Freund, A. M., Hennecke, M., & Mustafic, M. (2012). On gains and losses, means and ends: Goal orientation and goal focus across adulthood. In R. Ryan (Ed.), *Oxford Handbook of Motivation* (pp. 280-300). Oxford, UK: Oxford University Press.

**Book**

Nikitin, J. & Hennecke, M. (Eds., 2015). *Warum wir hinterher glauben, es vorher besser gewusst zu haben. 100 psychologische Denkfallen [Why later we believe that we knew it all along: 100 psychological thinking traps]*. Weinheim, Germany: Beltz. [has been translated to Czech, Turkish and Korean]

Schmidt-Atzert, L., Peper, M., Stemmler, G., & Hennecke, M. (under contract, forthcoming in 2024). *Emotions- und Motivationspsychologie: Ein Lehrbuch [Psychology of emotion and motivation: A text book]*. Stuttgart, Germany: Kohlhammer.

**Classes Taught**

(Teaching load: 9 classes or lectures/year)

*Lectures:*

Allgemeine Psychologie II: Lernen, Motivation, Emotion [General Psychology II: Learning, Motivation, Emotion]

Motivationspsychologie [The Psychology of Motivation]

Psychologie für Pädagogen [Psychology for Pedagogists]

Pädagogische Psychologie [Educational Psychology]

*Seminars:*

Selbstregulation und Selbstkontrolle [Self-regulation and self-control]

Ziele: Wie wir erreichen, was wir wollen [Goals: How we achieve, what we desire]

Das akademische Selbstkonzept: Grundlagen, Diagnostik und Intervention [The academic self-concept: Basics, assessment, and intervention]

Stress: Grundlagen und Training zur Stressbewältigung [Stress: Basics and training to cope with stress]

Ursachen und Wirkung des akademischen Selbstkonzepts [Causes and effects of the academic self-concept]

Experimentalpsychologisches Praktikum I + II [Experimental research methods I + II]

Work motivation: Motives, needs, and goals, Ziele und Wohlbefinden [Goals and wellbeing]

Projektgruppe Allgemeine Psychologie: Motivation [Project group: Motivation]

Personalmotivation [Personnel motivation]

Nudges and wise interventions: Policy informed by Psychology

Motivation und Emotion: Aktuelle Themen der Motivations-, Volitions- und Emotionspsychologie [Motivation and Emotion: Current topics in motivation, volition, and emotion psychology]

Soziale Kognitionsforschung [Social cognition research]

Kommunikation und Gesprächsführung [Communication and counseling]

Forschungskolloquium [Research colloquium]

**Current and Former PhD Students**

Since 2022 Melanie Koch (University of Siegen)

Since 2019 Korbinian Kiendl (University of Siegen)

2021 Sebastian Bürgler (University of Siegen)

2020 Antonia Kreibich (University of Zurich)

2018 Thomas Czikmanti (University of Zurich)

**Invited Research Talks**

Hennecke, M. (2022, October). *Many roads lead to Rome: The role of regulatory flexibility for self-control in daily life*. Social Psychology Colloquium, Tilburg University, The Netherlands.

- Hennecke, M. (2022, October). *Many roads lead to Rome: The role of regulatory flexibility for self-control in daily life*. Master's student seminar, University of Geneva, Switzerland.
- Hennecke, M. (2022, January). *Viele Wege führen nach Rom: Zur Bedeutung selbstregulatorischer Flexibilität [Many roads lead to Rome: On the importance of self-regulatory flexibility]*. Hennecke, M. (2021, October). *Many roads lead to Rome: The role of regulatory flexibility for self-control in daily life*. LIFE alumni award lecture. Online.
- Hennecke, M. (2021, February). *Many roads lead to Rome: The role of regulatory flexibility for self-control in daily life*. Social Psychology Brownbag, Duke University, USA/online.
- Hennecke, M. (2020, December). *Selbstregulationsstrategien und Selbstkontrolle*. [Self-regulatory strategies and self-control]. Colloquium, University of Hamburg, Germany/online.
- Hennecke, M. (2019, October). *Self-regulation during goal pursuit in daily life*. Developmental Psychology Colloquium, Tilburg University, The Netherlands.
- Hennecke, M. (2019, March). *Vom Wünschen, Wollen und Umsetzen: Motivation und Selbstregulation für Umweltverhalten. [Wishing, wanting, and implementing: Motivation and self-regulation for environmental behavior]*. Kongress der Initiative Psychologie im Umweltschutz. Zurich, Switzerland.
- Hennecke, M. (2018, September). *Selbstregulationsprozesse als Schlüssel zur Neuorientierung [Self-regulatory processes as a key to reorientation]*. University of Fribourg, Switzerland.
- Hennecke, M. (2018, July). *Self-regulatory strategies in daily life*. Humboldt-University Berlin, Germany.
- Hennecke, M. (2018, March). *Self-regulatory strategies in everyday life*. Institute for Work and Organizational Psychology. University of Neuchâtel, Switzerland.
- Hennecke, M. (2013, March). *Self-regulation across adulthood: What we know and what we wish we knew*. Meeting of the scientific network "Personality development across the lifespan," Department of Psychology, Free University of Berlin, Germany.
- Hennecke, M. (2013, January). *What doesn't kill you....: Intrinsic enjoyment impacts the subjective instrumentality of means of goal pursuit*. Department of Psychology, University of North Carolina at Chapel Hill, NC, USA.
- Hennecke, M. (2012, November). *What doesn't kill you....: Intrinsic enjoyment and extrinsic instrumentality during goal pursuit*. Department of Psychology, University of Virginia, Charlottesville, VA, USA.
- Hennecke, M. (2012, May). *No pain, no gain? How pleasure and pain impact the evaluation of means*. Alumna talk at the evaluation of the LIFE program, Max-Planck-Institute for Human Development, Berlin, Germany.
- Hennecke, M. (2012, March). *How or why? The effects of focusing on the process vs the outcomes of goals on their pursuit*. Division of Psychology and Language Sciences, University College London, UK.
- Hennecke, M. (2010, October). *The path or the goal? The effects of process and outcome goal focus on self-regulation*. Department of Psychology, University of Virginia, Charlottesville, VA, USA.
- Hennecke, M. & Freund, A. M. (2010, March). *Je älter, desto besser? Alterskorrelierte Verbesserungen der Selbstregulation am Beispiel des Diäthaltens [The older, the better? Age-related improvement of self-regulation in the sample case of dieting]*. Department of Psychology, University of Zurich, Switzerland.

### Chaired Research Symposia

- The feeling of "having done enough" as a motivational hindrance: A multi-faceted overview from different psychological research domains* (2022, September). Symposium at the 52<sup>th</sup> Congress of the German Psychological Association (DGPs), Hildesheim, Germany.
- Self-regulation. Complexities of individual differences and processes* (2022, July), Symposium at the 20<sup>th</sup> European Conference on Personality (ECP), Madrid, Spain.



- Beyond willpower: Self-regulatory strategies and metacognition for self-control in daily life* (2021, May). 13<sup>th</sup> meeting of the Society for the Science of Motivation (SSM) 2021, virtual.
- How goals and individual differences shape motivational processes* (2018, September). Symposium at the 51<sup>st</sup> Congress of the German Psychological Association (DGPs), Frankfurt, Germany.
- Self-regulation: Individual differences, contributing processes, and change* (2018, July). Symposium at the 19<sup>th</sup> European Conference on Personality (ECP), Zadar, Croatia.
- Taking self-regulation outside of the lab: Individual differences and processes* (2018, May). Symposium at the 11<sup>th</sup> meeting of the Society for the Science of Motivation (SSM), San Francisco, CA, USA.
- Self-regulation and self-control: Hot topics* (2017, July). Symposium at the 18<sup>th</sup> General Meeting of the European Association of Social Psychology (EASP), Granada, Spain.
- Current perspectives on intrinsic motivation* (2017, May). Symposium accepted for the 10<sup>th</sup> anniversary meeting of the Society for the Science of Motivation (SSM), Boston, MA, USA.
- Self-regulation and self-control: Hot topics* (2016, September). Symposium at the 50<sup>th</sup> Congress of the German Psychological Association (DGPs), Leipzig, Germany.
- The Alpha and Omega of goal pursuit: From optimistic fresh starts to processes of goal disengagement* (2015, May). Symposium at the 27<sup>th</sup> Annual Convention of the Association for Psychological Science, New York, NY, USA.

### Conference Talks (First Author Only)

- Hennecke, M. (2022, July). *Self-regulatory strategy use, efficacy, and strategy-situation-fit in daily self-control conflicts*. 20<sup>th</sup> European Conference on Personality (ECP), Madrid, Spain.
- Hennecke, M. (2018, October). *No fun: Means for avoidance goals pursuit are less enjoyable than means for approach goal pursuit*. 51<sup>st</sup> Congress of the German Psychological Association (DGPs), Frankfurt, Germany.
- Hennecke, M., Czikmantor, T., & Brandstätter, V. (2018, July). *Doing despite disliking: Self-regulatory traits predict the deployment of effective self-regulatory strategies in daily life* 19<sup>th</sup> European Conference on Personality (ECP), Zadar, Croatia.
- Hennecke, M., Czikmantor, T., & Brandstätter, V. (2018, May). *Doing despite disliking: Self-regulatory traits predict the deployment of effective self-regulatory strategies in daily life*. 11<sup>th</sup> meeting of the Society for the Science of Motivation (SSM), San Francisco, CA, USA.
- Hennecke, M., Czikmantor, T., & Brandstätter, V. (2018, March). *Who and how? Self-regulatory traits and strategies predict persistence during aversive goal pursuit in everyday life*. 19<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology (SPSP), Atlanta, GA, USA.
- Hennecke, M., Czikmantor, T., & Brandstätter, V. (2017, September). *Doing despite disliking: Self-regulatory traits and strategies predict self-regulatory success during everyday aversive activities*. 15<sup>th</sup> Congress of the Swiss Psychological Society, Lausanne, Switzerland.
- Hennecke, M. & Converse, B. A. (2017, July). *Next week, next month, next year: How perceived temporal boundaries affect initiation expectations*. 18<sup>th</sup> General Meeting of the European Association of Social Psychology (EASP), Granada, Spain.
- Hennecke, M., Czikmantor, T., & Brandstätter, V. (2017, January). *Self-regulation from the bottom-up: An integration of trait and strategy approaches*. 18<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology (SPSP), San Antonio, TX, USA.
- Hennecke, M., & Converse, B. A. (2016, September). *Next week, next month, next year: The role of perceived temporal boundaries in the initiation of self-regulatory behavior*. 50<sup>th</sup> Congress of the German Psychological Association (DGPs), Leipzig, Germany.
- Hennecke, M., Czikmantor, T., & Brandstätter, V. (2016, July). *Self-regulatory strategies from the goal pursuers' perspective*. 18<sup>th</sup> European Congress of Personality, Timisoara, Romania.
- Hennecke, M., & Converse, B. A. (2016, April). *Next week, next month, next year: The role of perceived temporal boundaries in resolving the dilemma of initiation*. 12<sup>th</sup> European Spring Conference on Social Psychology, St. Anton, Austria.

- Hennecke, M., & Converse, B. A. (2015, September). *“Ab dem 1. ernähre ich mich gesund”*: *Kalendarische Anfänge und Selbstregulation*. 15<sup>th</sup> Conference on Social Psychology (FGSP) of the German Psychological Society, Potsdam, Germany.
- Hennecke, M., & Converse, B. A. (2015, May). *Seeking fresh starts: People delay the initiation of goal pursuit until an arbitrary “beginning.”* 27<sup>th</sup> Annual Convention of the Association for Psychological Science, New York, NY, USA.
- Hennecke, M., & Converse, B. A. (2014, September). *Jedem Anfang wohnt ein Zauber inne: Effekte symbolischer Neuanfänge auf die Motivation*. [A magic dwells in each beginning: Effects of symbolic fresh starts on motivation]. 49<sup>th</sup> Congress of the German Psychological Association (DGPs), Bochum, Germany.
- Hennecke, M., & Freund, A. M. (2014, July). *Aging and the motivation to move forward in the health domain: Older adults are more action-oriented*. 17<sup>th</sup> European Congress of Personality, Lausanne, Switzerland.
- Hennecke, M., & Converse, B. A. (2013, September). *Getting a fresh start: The effect of new beginnings on motivation*. 13<sup>th</sup> Congress of the Swiss Psychological Society, Basel, Switzerland.
- Hennecke, M., Freund, A. M., & Clore, G. L. (2013, August). *No pain, no gain? How positive and negative affect impact the evaluation of means of goal pursuit*. 15<sup>th</sup> European Social Cognition Network (ESCON) Transfer of Knowledge Conference, Vilnius, Lithuania.
- Hennecke, M., & Clore, G. L. (2011, July). *Positive affect validates accessible cognitive inclinations*. 16<sup>th</sup> General Meeting of the European Association of Social Psychology, Stockholm, Sweden.
- Hennecke, M., & Freund, A. M. (2010, September). *Die Kunst des Scheiterns - Zielfokusabhängige Konsequenzen von Misserfolg* [The art of failure - Goal-focus-dependent consequences of failure]. 47<sup>th</sup> Conference of the German Psychological Association (DGPs), Bremen, Germany.
- Hennecke, M., & Freund, A. M. (2010, May). *Staying on and getting back on the wagon: Age-related improvement of self-regulation during a low-calorie diet*. 16<sup>th</sup> LIFE Research School spring academy, Charlottesville, VA, USA.
- Hennecke, M., & Freund, A. M. (2009, September). *Selbstregulation nach Misserfolgen im Erwachsenenalter: Je älter, desto besser? [Self-regulation after failure during adulthood: The older, the better?]*. 19<sup>th</sup> Conference on Developmental Psychology by the German Psychological Association, Hildesheim, Germany.
- Hennecke, M., & Freund, A. M. (2009, August). *Failure to diet or failure to reduce weight? How a goal focus on means versus outcomes is related to reactions to failure in a low-caloric diet*. 11<sup>th</sup> Congress of the Swiss Psychological Society, Neuchâtel, Switzerland.
- Hennecke, M., & Freund, A. M. (2008, October) *Is it the wrong means or the wrong ends? How goal focus might affect cognitive, behavioral and affective reactions to failure*. 13<sup>th</sup> LIFE Research School fall academy, Berlin, Germany.

#### **Invited Talks for Practitioners and Non-Academic Audiences**

- Hennecke, M. (2017, June). *Was treibt uns an? Motivation im Arbeitskontext*. [What drives us? Motivation at the work place]. Talk at the leadership retreat of the City of Kloten, Switzerland.
- Hennecke, M. (2016, November). *Was tun gegen den inneren Schweinehund? Motivation und Umweltgestaltung für gesundes Verhalten*. [Motivation and environmental design for healthy behavior.] Talk at Fachschule Viventa, Zurich, Switzerland.
- Hennecke, M. (2015, April). *Was uns antreibt: Grundlagen der Motivation und Volition*. [What drives us: The basics of motivation and volition.] Talk at the advanced teacher training of the Kantonsschule Ausserschwyz, Murten, Switzerland.
- Hennecke, M. (2014, December). *Was wir wollen und wie wir es erreichen: Grundlagen der Motivation und Selbstregulation*. [What we want and how we get there: The basics of motivation and self-regulation.] Talk at the annual conference of the Kebab+ project by Migros Kulturprozent, Zurich, Switzerland.

Hennecke, M. (2012, July). *The path or the goal? How the way we think about our goals changes as we age.* Talk at Branchlands Senior living community, Charlottesville, VA, USA.

### **Invited Seminars and Workshops for Practitioners**

Hennecke, M. (2017, September). *Arbeitsmotivation. [Work motivation.]* Seminar in the Master of Advanced Studies program “Business Psychology.” Fachhochschule Nordwestschweiz [University of Applied Sciences]. Olten, Switzerland.

Hennecke, M. (2016, November). *Nudging: Mit sanften Anstupsern das Verhalten steuern. [Nudging: Influencing behavior through soft nudges.]* Workshop at the National Forum for the prevention of accidents and occupational disease, Ittigen bei Bern, Switzerland.

Hennecke, M. (2015, April). *Was uns antreibt II: Motivation und Volition fördern. [What drives us II: How to foster motivation and volition.]* Workshop at the advanced teacher training of the Kantonsschule Ausserschwyz, Murten, Switzerland.

Hennecke, M. (2014, December). *Was bewegt uns? Intrinsische Motivation fördern und Ziele setzen. [What moves us? Fostering intrinsic motivation and setting goals]* Workshop at the annual conference of the Kebab+ project by Migros Kulturprozent, Zurich, Switzerland.

### **Editorial Service**

#### **Associate Editorship**

Since 2021	Journal of Personality and Social Psychology: Personality Processes and Individual Differences
2020-2021	Special issue “Motivation and Healthy Aging, Journal of Gerontology, Series B: Psychological Sciences

#### **Editorial Board Membership**

Since 2020	European Journal of Personality
2020	Journal of Personality and Social Psychology: Personality Processes and Individual Differences
Since 2019	Social Psychological and Personality Science
2018-2020	Frontiers in Psychology: Personality and Social Psychology

### **Ad-hoc Reviewing for Journals**

American Journal of Clinical Nutrition, Applied Psychology: Health and Well-Being, Basic and Applied Social Psychology, Collabra: Psychology, European Journal of Personality, European Psychologist, Frontiers in Educational Psychology, Frontiers in Emotion Science, Frontiers in Human Neuroscience, Gerontology, Health Psychology Review, Journal of Experimental Psychology: General, Journals of Gerontology: Psychological Sciences, Journal of Health Psychology, Journal of Individual Differences, Journal of Personality, Journal of Personality and Social Psychology, Journal of Research in Personality, Motivation and Emotion, Motivation Science, Perspectives on Psychological Science, Proceedings of the National Academy of Sciences, Psychological Reports, Psychological Science, Psychology and Aging, Psychology and Health, Self and Identity, Social and Personality Psychology Compass, Social Psychological and Personality Science, Social Psychology

### **Other Ad-Hoc Reviewing**

Deutsche Forschungsgemeinschaft, Dutch Research Council, German-Israeli Foundation for Scientific Research and Development, GESIS-Panel, John Templeton Foundation, National Science Foundation, Studienstiftung des deutschen Volkes

### **Workshop and Conference Organization**

2021	Member of the program committee for the 13 <sup>th</sup> Annual Meeting of the Society for the Science of Motivation in 2021
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- 9/2020 Scientific organizer of the 3<sup>rd</sup> Velux-foundation-sponsored Workshop “Motivation and Healthy Ageing” (2 days) together with V. Brandstätter, Alexandra M. Freund and M. Martin, Collegium Helveticum, Zurich
- 12/2019 Scientific organizer of the 2<sup>nd</sup> Velux-foundation-sponsored Workshop “Motivation and Healthy Ageing” (3 days) together with V. Brandstätter, Alexandra M. Freund and M. Martin, Collegium Helveticum, Zurich
- 6/2018 Scientific organizer of the 1<sup>st</sup> Velux-foundation-sponsored Workshop “Motivation and Healthy Ageing” (3 days), together with V. Brandstätter and M. Martin, University of Zurich

### **Selected Other Professional Service**

- Since 2022 Founder and speaker of the Open Science Initiative at the Department of Psychology, University of Siegen
- Since 2022 Acting member of the promotion committee, School of Life Sciences, University of Siegen
- Since 2021 Advisory board member of the “Center for the advancement of university teaching/lecturing” [Zentrum zur Förderung der Hochschullehre], University of Siegen
- Since 2020 Co-director of Undergraduate Studies, Department of Psychology, University of Siegen
- Since 2019 Member of the board of examiners (“Prüfungsausschuss”) in Psychology, University of Siegen
- 10/2020-9/2022 Department speaker, Department of Psychology, University of Siegen
- 3/2021-2/2022 Mentor for the Christine de Pizan mentorship program for female early career researchers of the Johannes-Gutenberg University of Mainz (Mentee: Fiona Kazarovytska)
- 4/2020-3/2021 Mentor for the Proviae mentorship program for female early career researchers of the Leuphana University of Lüneburg (Mentee: Eve Troll)
- 2020-2021 Chairperson of the faculty search committee for a professor in “Psychological assessment and personality psychology” (W1 with tenure track to W2), University of Siegen
- 2019 External member of the faculty search committee for an assistant professor (W1) in “Developmental Psychology”, University of Vechta
- 2018 Founder and speaker of the Open Science Initiative at the Department of Psychology, University of Zurich
- 2015-2018 Organization of multiple doctoral workshops and seminars to promote Open Science at the Department of Psychology, University of Zurich (taught by Hans IJzerman, June 2015; Felix Schönbrodt, June 2017; Daniel Lakens, July 2017)
- 2015 Member of the faculty search committee for an assistant professor in “Differential Health Psychology of Aging”, University of Zurich
- 2015 Member of the faculty search committee for an assistant professor in “Longitudinal Aging Research”, University of Zurich
- 2009 – 2011 Elected fellow speaker of the International Max Planck Research School *The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE)*, University of Zurich

### **Memberships**

- American Psychological Society (APS)
- Deutsche Gesellschaft für Psychologie (DGPs)
- European Association for Social Psychology (EASP)
- Society for Personality and Social Psychology (SPSP)

Society for the Study of Motivation (SSM)

### **Selected Media Coverage**

2022/02/21: *ZEIT online*: Raus aus dem Tief, interview: <https://www.zeit.de/arbeit/2022-02/motivation-psychologie-winter-corona-marie-hennecke>

2022/01/03: Online media *wissen.de*: Neues Jahr, alte Vorsätze, interview: <https://www.wissen.de/neues-jahr-alte-vorsaetze>

2021/12/31: Magazine *Wirtschaftswoche*: Wie Sie Ihre Job-Ziele konsequenter verfolgen, interview

2021/10/28: Online media *verywellmind.com*: Motivation might be the key to healthy aging, research coverage: <https://www.verywellmind.com/motivation-might-be-the-key-to-healthy-aging-5207262>

2020/8: Magazine *Freundin*: Zeit für einen Neustart [Time for a fresh start]

2020/03/20: Online media *Psychology Today*: Between Cultures Blog, research coverage: <https://www.psychologytoday.com/intl/blog/between-cultures/202003/4-strategies-persevering-through-difficult-tasks>

1/25/2019: Magazine *Wirtschaftswoche*, research coverage

1/14/2019: Online media *British Psychological Society Reader's Digest*, research coverage, <https://digest.bps.org.uk/2019/01/14/study-identifies-the-most-effective-mental-strategies-that-people-use-to-get-through-aversive-challenges/>

8/1/2019: Podcast *Frankfurter Allgemeine Zeitung (FAZ)*, interview, <https://blogs.faz.net/gesundheit/2019/01/08/so-halten-sie-ihre-guten-vorsaetze-ein-17/>

05/2017: Magazine *Schweizer Monat*, interview

12/29/2016: Online media *Scientific American Mind*, guest blog: <https://blogs.scientificamerican.com/mind-guest-blog/why-we-think-we-can-keep-those-new-years-resolutions/>

12/27/2016: *Migros Magazin*, interview

5/12/2016: Radio SRF1 *Zambo*, interview

2/8/2016: Radio Ö1 *Radiodoktor – das Ö1 Gesundheitsmagazin*, talk show guest

Vol. 12/2015: Magazine *Gesundheitstipp*, interview

10/25/2015: Daily newspaper *The New York Times*, research coverage

7/23/2015: Radio SRF 1 *Treffpunkt*, interview

05/2015: Magazine *Elixier*, interview

Vol. 12/2012: Magazine *Freundin Donna*, interview

Vol. 19/2012: Magazine *Brigitte*, interview

Vol. 09/2012: Magazine *Brigitte*, interview

12/6/2011: Daily newspaper *St. Galler Tagblatt*, interview