

CURRICULUM VITAE

Laverl Z. Williamson, Ph.D.

E-mail: [zwilliamson@westernwyoming.edu](mailto:zwilliamson@westernwyoming.edu)

**EDUCATION**

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- 2018 – 2021      **Doctor of Philosophy in Psychology**  
University of Wyoming  
Laramie, Wyoming  
Dissertation: *Becoming Odysseus: Using Situational and Cognitive Self-Control to Attain Academic Goals in Daily Life*
- 2016 – 2018      **Master of Science in Psychology**  
University of Wyoming  
Laramie, Wyoming  
Thesis: *Just Going Through the Motions: Examining the Importance of Everyday Habits in the Attainment of Long-Term Goals*
- 2013 – 2015      **Bachelor of Arts in Psychology and  
Philosophy Double Major**  
*Cum Laude*  
University of Wyoming  
Laramie, Wyoming
- 2011 – 2013      **Associate of Arts in Psychology**  
*High Distinction*  
Laramie County Community College – Albany County Campus  
Laramie, Wyoming

**PROFESSIONAL POSITIONS**

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- 2021 –      **Assistant Professor of Psychology**      Western  
Current      *Served as the primary instructor for General Psychology,      Wyoming  
Developmental Psychology, Biopsychology, Research      Community  
Methods, Health Psychology, and Social Psychology.      College*  
*Taught a mix of both online and in-person courses.*  
*Developed and implemented course material following  
evidence-based teaching practices. Served as Psychology  
Faculty advisor, IRB Committee Member, and Faculty  
Advisor of the Psychology Club. **Evaluations Available  
Upon Request***

Summer 2023	<b>Temporary Instructor</b> <i>Served as the primary instructor for <b>Drugs and Behavior</b>. Developed and implemented course material following evidence-based teaching practices. <b>Evaluations Available Upon Request</b></i>	University of Wyoming
2020 – 2021	<b>Psychology Course Instructor</b> <i>Served as the primary instructor for <b>Motivation, Drugs and Behavior</b>. Developed and implemented course material following evidence-based teaching practices. <b>Evaluations Available Upon Request</b></i>	University of Wyoming
2018 - 2019	<b>Statistics Lab Instructor</b> <i>Served as a statistics lab instructor for five sections of <b>Fundamentals of Statistics STAT 2050</b>. Helped students learn how to analyze data in R and understand basic statistical concepts including null-hypothesis testing. <b>Evaluations Available Upon Request</b></i>	University of Wyoming
2016 - 2020	<b>Graduate Teaching Assistant</b> <i>Responsible for assisting the primary instructor in developing courses, grading, lecturing, and helping students succeed in developing research projects. I specifically assisted with <b>Social Psychology, Advanced Social Psychology, Research Methods, and Fundamental of Statistics</b>.</i>	University of Wyoming

## **TEACHING EXPERIENCE**

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### **Primary Instructor**

<b><u>Course Title</u></b>	<b><u>Semester</u></b>	<b><u>Institution</u></b>	<b><u>Credit Hours</u></b>
Biological Psychology*	Fall 2023	WWCC	3
General Psychology*	Fall 2023	WWCC	3
General Psychology*	Fall 2023	WWCC	3
General Psychology*	Fall 2023	WWCC	3
General Psychology+	Fall 2023	WWCC	3
Drugs and Behavior*	Summer 2023	UW	3
Social Psychology*	Spring 2023	WWCC	3
Research Methods*	Spring 2023	WWCC	3
Introduction to Health Psychology+	Spring 2023	WWCC	3
General Psychology*	Spring 2023	WWCC	3
General Psychology*	Spring 2023	WWCC	3
General Psychology+	Spring 2023	WWCC	3
General Psychology	Fall 2022	WWCC	3

General Psychology*	Fall 2022	WWCC	3
General Psychology*	Fall 2022	WWCC	3
Biological Psychology*	Fall 2022	WWCC	3
Developmental Psychology	Fall 2022	WWCC	3
Social Psychology*	Spring 2022	WWCC	3
Research Methods*	Spring 2022	WWCC	4
Introduction to Health Psychology	Spring 2022	WWCC	3
General Psychology*	Spring 2022	WWCC	3
General Psychology	Spring 2022	WWCC	3
Biopsychology	Fall 2021	WWCC	3
Developmental Psychology	Fall 2021	WWCC	3
General Psychology*	Fall 2021	WWCC	3
General Psychology	Fall 2021	WWCC	3
General Psychology	Fall 2021	WWCC	3
Drugs and Behavior*	Spring 2021	UW	3
Drugs and Behavior*	Fall 2020	UW	3
Motivation*	Summer 2020	UW	3

**Total = 91**

**Total Online = 56**

\* *Depicts online course; + depicts hybrid course; WWCC = Western Wyoming Community College; UW = University of Wyoming*

### **Primary Laboratory Instructor**

Fundamentals of Statistics	Spring 2019	University of Wyoming
Fundamentals of Statistics	Fall 2018	University of Wyoming

### **Teaching Assistant and Guest Lecturer**

Drugs and Behavior	Spring 2020	University of Wyoming
Cognitive Psychology	Fall 2019	University of Wyoming
Fundamentals of Statistics	Spring 2019	University of Wyoming
Fundamentals of Statistics	Fall 2018	University of Wyoming
Research Methods	Spring 2018	University of Wyoming
Social Psychology	Fall 2017	University of Wyoming
Advanced Social Psychology	Spring 2016	University of Wyoming
Research Methods	Fall 2016	University of Wyoming

### **Professional Development and Teaching Education**

2023                    **HyFlex Learning Course Design Workshop**  
 Five-day workshop designed to prepare faculty for implementing a Hybrid-Flexible (HyFlex) instructional model in their courses.

2019- 2020            **Society for Personality and Social Psychology**

*Attended this conference for professional development purposes. Several experienced faculty members offered great workshops, talks, and advice on evidence-based teaching and learning practices. I frequently incorporate what I learn at these conferences in my classroom.*

2019 – 2020

**Graduate Seminar on the Teaching of Psychology**

*Exposed to evidence-based practices on teaching and learning. Additionally, this course evaluated and developed my ability to deliver lectures and design course materials (e.g., syllabi and assignments).*

**Teaching Awards**

2022 -2023

**Western Wyoming Community College Excellence in Teaching Educator of the Year Award**

*Award that recognizes professors who offer student-centered courses and go above and beyond in creating excellent learning experiences for Western's students.*

2022

**Impact Award**

*Student nominated award given to instructors for making a positive impact at the college.*

2022, 2023

**Western Wyoming Community College Innovative Educator of the Year Nominee**

*Twice nominated for an award that recognizes professors who use innovative techniques to provide exceptional learning experiences to students.*

2021

**John P. Ellbogen Outstanding Graduate Assistant Teaching Award**

*A competitive scholarship given to University of Wyoming graduate students in recognition of excellent teaching performance.*

**ADVISING AND MENTORING EXPERIENCE**

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**Faculty Advisor**

*Assisted Psychology majors at Western Wyoming Community College with course scheduling, career planning, and career development.*

**Western Wyoming  
Community College  
Psychology Club**

*Served as the faculty advisor for WWCC's psychology club. Assisted students with study planning and execution so students could present research at regional conferences.*

**Faculty Advisor**

*Advised an undergraduate student as they developed their undergraduate honors thesis.*

**Honors Thesis Advisor**

*Advised a McNair student during the summer of 2018.*

**McNair Adviser  
The Emotion and  
Cognitive Lab**

*Assisted my faculty advisor with managing the Emotion and Cognition laboratory at the University of Wyoming. Managed five undergraduate students conducting research on Self-Regulation, Motivation, Goals, and Personality. I helped students with career development by writing recommendation letters, develop CV's and cover letters while also collaborating with undergraduates on research projects.*

**Oral Presentations and posters presented by students I mentored/advised (continued)**

\*Shirley, M., \*Polson, \*E., Dollar, J., \*Klepper, J., Westfall, S., & Williamson, L. Z. (2022). *Personality Correlates of the Dark Triad*. Poster presentation at the annual meeting of the Rocky Mountain Psychological Association.

\*Vintimilla, J. D., Williamson, L. Z, & Wilkowski, B. W. (2018, July). *Understanding the Role of Self-Compassion During Bilingual Interactions* Oral presentation and poster presented at the annual McNair Scholars symposium, Laramie, WY.

\* *Depicts an undergraduate student.*

**RESEARCH**

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**Research Interests\***

Academic Self-Regulatory Strategies | Self-Regulated Learning | Motivation | Goals | Emotion | Personality Psychology

*\*I enjoy helping students develop their own research interests regardless of whether they match my own. I have worked with undergraduates on research projects related to bilingual interactions and music cognition and hope to work with more students in the future.*

**Publications**

Wilkowski, B. M., Fetterman, A., Rivera, E., DiMariano, E. M., **Williamson, L. Z.**, & Meier, B. P (2023). Toward a comprehensive, data-driven model of American political goals:

Recognizing the “values” and “vices” within both Liberalism and Conservatism. *Personality and Social Psychology Bulletin*. <https://doi.org/10.1177/014616722311854>

Wilkowski, B. M., **Williamson, L. Z.**, Fetterman, A., Rivera, E., & Meier, B. P. (2022). What is the “Opposite” of a Value? A Lexical Derivation of the Undesirable END of Goal-Content: Elitism, rebellion, and Disrepute. *Journal of Personality*, 90, 357 - 374. <https://doi.org/10.1111/jopy.12670>

**Williamson, L. Z.**, & Wilkowski, B. M. (2022). What We Repeatedly Do: Evaluating the Determinants and Consequences of Habit Enactment During Daily Goal-Pursuit. *The British Journal of Psychology*, 113, 1-24. <https://doi.org/10.1111/bjop.12524>

**Williamson, L. Z.**, & Wilkowski, B. M. (2020). Nipping Temptation in the Bud: Examining Proactive and Antecedent-Focused Self-Control in Daily Life. *Personality and Social Psychology Bulletin*, 46, 961-975. <https://doi.org/10.1177/0146167219883606>

Wilkowski, B. M., Fetterman, A., Lappi, S. K., **Williamson, L. Z.**, Rivera, E., & Meier, B. P., (2020). Lexical derivation of the PINT taxonomy of goals: Prominence, inclusiveness, negativity-prevention, and tradition. *Journal of Personality and Social Psychology* 119, 1153-1187. <https://doi.org/10.1037/pspp0000268>

Wilkowski, B. M., Ferguson, E. L., **Williamson, L. Z.**, Lappi, S. K. (2018). (How) does initial self-control undermine later self-control in daily life? *Personality and Social Psychology Bulletin*, 44, 1315-1329. <https://doi.org/10.1177/0146167218766857>

### **Manuscripts Under Review**

### **Manuscripts in Preparation**

**Williamson, L. Z.**, & Wilkowski, B. M. An analysis of the term ‘habit’ in self-regulatory science.

**Williamson, L. Z.** & Wilkowski, B. M. The why and how of goal-pursuit: How internalized motivation supports making progress towards long-term goals.

Wilkowski, B. M., Ferguson, E. L., Lappi, S. K., & **Williamson, L. Z.** Can the moral emotions be distinguished in daily life? Evidence for a hierarchical model of moral emotions.

### **Poster Presentations & Symposium Talks**

Shirley, M\*., Poison, E\*., Dollar, J\*, Westfall, R. S., & **Williamson, L. Z.** (April 2022). *Personality correlates of the dark triad*. Poster Presentation at the annual meeting of the Rocky Mountain Psychological Association in Salt Lake City Utah.

**Williamson, L. Z.**, & Wilkowski, B. M. (February 2022). *Evaluating the effectiveness of situational and cognitive self-control strategies in daily life*. Presentation given at the annual meeting of the Society for Personality and Social Psychology in San Francisco California.

**Williamson, L. Z.**, & Wilkowski, B. M. (February 2020). *Just going through the motions: Examining the role of everyday habits in the attainment of long-term goals*. Poster Presentation at the annual meeting of the Society for Personality and Social Psychology in New Orleans Louisiana.

Wilkowski, B. M., Fetterman, A., **Williamson, L. Z.**, Rivera, E., & Meier, B. P. (February 2020). *Lexical derivation of the PINT taxonomy of goals: Prominence, Inclusiveness, Negativity Prevention, and Tradition*. Presentation given at the annual meeting of the Society for Personality and Social Psychology in New Orleans Louisiana.

**Williamson, L. Z.**, & Wilkowski, B. M. (February 2019). *Making self-control great again: Examining the relationship between proactive self-control and long-term goal progress*. Poster Presentation at the annual meeting of the Society for Personality and Social Psychology in Portland Oregon.

Wilkowski, B. M., Fetterman, A., Lappi, S. K., **Williamson, L. Z.**, & Meier, B. P. (February 2019). *Capturing people's goals in a PINT: Empirical derivation of the pint goal taxonomy using a lexical approach*. Poster Presentation at the annual meeting of the Society for Personality and Social Psychology in Portland Oregon.

Wilkowski, B. M., Ferguson, E. L., **Williamson, L. Z.**, & Lappi, S. K. (February 2018). *In search of ego-depletion effects (or other self-control lapses) in daily life*. Presentation given at the annual meeting of the Society for Personality and Social Psychology in Atlanta Georgia.

Ferguson, E.L., Wilkowski, B.M., Lappi, S., & **Williamson L. Z.** (January, 2017). *Distinguishing shame and guilt in daily life: Cognitive antecedents and behavioral outcomes*. Poster presented at the annual conference of the Society for Personality and Social Psychology in San Antonio Texas.

\*Indicates undergraduate co-author

## Popular Press Publications and Media Appearances

**Williamson, L. Z.** (2020, May). *The best way to exercise self-control is to not exercise it at all.* PSYCHE Online Magazine. <https://psyche.co/ideas/the-best-way-to-exercise-self-control-is-not-to-exercise-it-at-all>

**Williamson, L. Z.** (2020, June 28). Key to self-control is working smarter, not harder. [Radio broadcast]. Radio New Zealand. <https://www.rnz.co.nz/national/programmes/sunday/audio/2018752575/key-to-self-control-is-working-smarter-not-harder>

## SERVICE

2022 -	<b>Institutional Review Board Committee Member</b> <i>Collaborates with other professionals to review research proposals and ensure compliance with ethical standards.</i>	WWCC
2022 -	<b>Psychology Faculty Advisor</b> <i>Assisted psychology majors at Western Wyoming Community College with academic scheduling and career readiness.</i>	WWCC
2022 -	<b>Psychology Club Advisor</b> <i>Led student discussions, research projects, and organized trips to attend regional psychological conferences.</i>	WWCC
2021 – 2022	<b>Interstate Passport Evaluation</b> <i>Evaluated courses to ensure courses met criteria for inclusion in WWCC’s Interstate Passport Program.</i>	WWCC
2018 - 2019	<b>Statistics Tutor</b> <i>Served as a tutor at the Center for Assistance with Statistics and Mathematics. Helped students understand basic statistical concepts and conduct statistical analyses in R.</i>	University of Wyoming
2018 - 2020	<b>Wyoming State Science Fair Judge</b> <i>Collaborated with other volunteers to evaluate youth</i>	University of Wyoming



science fair projects.

2019 - 2020 **Brown Bag Graduate Research Talks Coordinator** University of Wyoming  
*Coordinated weekly graduate student research presentations.*

2018 - 2019 **Statistics Tutor** University of Wyoming  
*Served as a tutor at the Center for Assistance with Statistics and Mathematics. Helped students understand basic statistical concepts and conduct statistical analyses in R.*

## **LIST OF SELECTED SCHOLARSHIPS AND AWARDS**

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2020 **Arts & Sciences Dean's Graduate Scholars Award** University of Wyoming  
*Highly competitive scholarship given to graduate students nominated by their department chair and the dean of the College of Arts and Sciences in recognition of outstanding work and research.*

2019 **Pasewark Excellence in Graduate Education Award** University of Wyoming  
*Competitive scholarship awarded to graduate students in the department of psychology in recognition of outstanding research. Given to one graduate student in the Department of Psychology every year as decided by the department's scholarship committee.*

2019 **SPSP Graduate Student Travel Award** Society for Personality and Social Psychology  
*Competitive scholarship given to graduate students to assist with traveling fees. Number of awards vary by year, but SPSP receives hundreds of applications each year.*

2015 **Outstanding Transfer Student Award** University of Wyoming  
*Merit-based scholarship awarded to undergraduates in the department of psychology who transferred from a community college.*

## **PROFESSIONAL AFFILIATIONS**

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### **Psychological Associations**

Society for Personality and Social Psychology (SPSP)  
Rocky Mountain Psychology Association

### **Honor Societies**

## REFERENCES

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Feel free to contact any of the references below:

**Benjamin M. Wilkowsi, Ph.D.** –*Professor of Psychology (Doctoral Degree Adviser)*

University of Wyoming – Biological Sciences 123

Laramie, WY, 82071

[bwilkows@uwyo.edu](mailto:bwilkows@uwyo.edu)

**Shane Westfall, Ph.D.** –*Assistant Professor of Psychology (colleague)*

Western Wyoming Community College

Rock Springs, WY, 82901

[rwestfall@westernwyoming.edu](mailto:rwestfall@westernwyoming.edu)

**Sean M. McCrea, Ph.D.** – *Professor of Psychology (Department Chair)*

University of Wyoming – Biological Sciences 109

Laramie, WY, 82071

[smccrea@uwyo.edu](mailto:smccrea@uwyo.edu)

**Scott A. Freng, Ph.D.** – *Academic Professional Lecturer (Teaching Supervisor)*

University of Wyoming – Biological Sciences 121

Laramie, WY, 82071

[sfreg@uwyo.edu](mailto:sfreg@uwyo.edu)

**Joshua Clapp, Ph.D.** – *Associate Professor of Psychology*

University of Wyoming

Laramie, WY, 82071

[jclapp@uwyo.edu](mailto:jclapp@uwyo.edu)