

**CURRICULUM VITAE****Jonathan W. Schooler*****ADDRESS***

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***EDUCATION***

Ph.D. Psychology, University of Washington, 1987  
M.S. Psychology, University of Washington, 1984  
BA Graduate Cum Laude, Hamilton College, 1981

***PROFESSIONAL EXPERIENCE***

Distinguished Professor of Psychological and Brain Sciences, (2021)  
Professor of Psychological and Brain Sciences, University of California, Santa Barbara (2007-2021)  
Director, Center for Mindfulness and Human Potential, UCSB (2016-present)  
Visiting Scholar, Harvard University (2018-2019)  
Professor of Psychology, University of British Columbia (2004-2007)  
Canada Research Chair in Social Cognitive Science, University of British Columbia (2004-2007)  
Senior Investigator, Brain Research Centre, University of British Columbia (2006-2007)  
Professor of Psychology, University of Pittsburgh (2001-2004)  
Senior Scientist (2004) Learning Research and Development Center, University of Pittsburgh  
Visiting Professor, University of Virginia (1998)  
Visiting Scholar, University of Washington (1998)  
Associate Professor of Psychology (1993-2001), University of Pittsburgh  
Assistant Professor of Psychology (1987-1993), University of Pittsburgh  
Research Scientist, (1987-2004) Learning Research and Development Center, University of Pittsburgh

***HONORS AND AWARDS***

Clarivate Analytics Web of Science™ Highly Cited Researcher 2021  
Clarivate Analytics Web of Science™ Highly Cited Researcher 2020  
International Visiting Scholar, Peter Wall Institute for Advanced Studies (2019)  
Altmetrics 2019 Top 100 awarded to (Protzko & Schooler, 2019)  
Clarivate Analytics Web of Science™ Highly Cited Researcher 2018

Clarivate Analytics Web of Science™ Highly Cited Researcher 2017  
 Fellow Society for Personality and Social Psychology (2011)  
 Fellow Association for Psychological Science (2006)  
 Tier 1 Canada Research Chair (2004-2006)  
 Honorable Mention, 2000 SPSSI Gordon Allport Intergroup Relations Prize  
 Akumal Scholar Award, (1999; 2000; 2001,2002), from the Positive Psychology Network  
 Osher Fellow, Exploratorium Science Museum (1997)  
 Lilly Foundation Teaching Fellowship, (1988)  
 Honors in Psychology, Hamilton College, (1981)

## **GRANTS**

Bial Foundation (2021-2023) *Dynamics of meditation: the influence of intensive shamatha training on posture, perception, endogenous neural activity, and predictive anticipatory activity during meditation.* € 45,000  
 Bower Foundation (2019) *Center for Mindfulness and Human Potential*, \$20,000.  
 Gretler Foundation (2019) *Center for Mindfulness and Human Potential*, \$70,000 (over 2 years).  
 Glikbarg Foundation (2019) *Center for Mindfulness and Human Potential*, \$10,000.  
 Glikbarg Foundation (2019) *Center for Mindfulness and Human Potential*, \$5,000.  
 Anonymous Donation (2019) *Theoretical and Neural Causation Lab*, \$40,000  
 Howard and Lisa Wenger (2018) *Center for Mindfulness and Human Potential*, \$22,000.  
 Jeff and Kristin Worthe (2018) *Center for Mindfulness and Human Potential*, \$50,000.  
 John Templeton Foundation (2017-2020) *The Virtue of Curiosity: How Eagerness to Learn Fosters Learning, Creativity and Engagement*, \$463,216.  
 Institute of Education Sciences (2017-2020) *Scalable Multimedia Mindfulness Training for Youth*, \$1,409,907.  
 Gift from Bo Shao (2015-2018) *Center for Mindfulness and Human Potential*, \$150,000.  
 Fetzer Franklin Fund (2014-2018) *Deciphering the Decline Effect: A Prospective Multi-Laboratory Replication Study*, \$420,000.  
 Rodel Foundation (2015-2018) *Occulomotor attention training study*, \$37,717.  
 National Philanthropic Trust (2015-2017) *The benefits of creative day-dreaming for creativity and creative writing*, \$199,486.  
 John Templeton Foundation (2014-2017) *Ruling the mind: The synergistic effects of mindsets and mental control training*, \$915,989.  
 U.S. Department of Education, Institute of Educational Science. (2011-2016) *Mind-wandering During Reading*, \$1,702,662.  
 John Templeton Foundation (2011-2013) *The role of daydreaming in fostering creativity in the lab and the field*, \$399,639.  
 John Templeton Foundation (2011-2013) *The Psychology of Free Will*, Co-PI with Thomas Nadelhoffer, Eddy Nahmias, & Kathleen Vohs, \$293,209.  
 Bower Foundation, (2010-2011) *Anomalous Cognition* \$60,000.  
 Bower Foundation. (2009-2010) *Anomalous Cognition*, \$60,000.  
 Bower Foundation. (2007-2008) *Anomalous Cognition*, \$100,000.  
 Bial Foundation. (2007-2009) *Seeing into the Future: Temporally Reversed Perceptual Priming*, \$75,000.

- Canadian Institute of Health Research (CIHR) (2006-2010) *Mind wandering, meta-awareness, and attention deficit and hyperactivity disorder*, \$225,219.
- NSERC Discovery Grant award (2006-2011) *Verbal overshadowing of nonverbal cognition*, \$110,000.
- Social Sciences and Humanities Research Council (SSHRC) (2005-2008) *Awareness of Affect*, \$130,000.
- British Columbia Knowledge Development Grant (2004-2007) *Dissociations of Meta-awareness*, \$155,000.
- Canada Foundation for Innovation (CFI) Infrastructure grant (2004-2007) *Dissociations of meta-awareness*, \$155,000.
- Research Grant - Office of Educational Research *Lapses of meta-cognition during reading: understanding comprehension failure. (2003-2006)* Co-Pi w/ Erik Reichle \$695,000, total costs.
- Research Grant- Unilever Corporation, (2001-2002) *Assessing the Sources of Refreshment*, \$46,000 total costs.
- Research Grant- Unilever Corporation, (2000-2001) *Characterizing the Subjective Experience of Refreshment: A Comparison of Continuous and Discrete Measures*, \$36,000 total costs.
- Research Grant- Center for Consciousness Studies, (2000-2001) *Intuitive Introspection: Prospective Self Awareness and the Correlation Between Confidence and Accuracy in Face Recognition*, \$20,000.
- Research Development Grant- University of Pittsburgh, (1999-200) *Understanding and Enhancing Intuitive Theories of Momentum in a Science Center Setting*, \$8,515.
- Research Grant- Unilever Corporation, (1999-2000) *A fresh perspective on refreshment. Subjective and Objective measures of refreshment*, \$81,000 total costs.
- Research Development Grant- University of Pittsburgh, (1995-1996) *Understanding and Enhancing Minority Achievement*, \$11,800.
- Supplement for Minority Graduate Research Assistant National Institute of Mental Health, (1994-1995), \$24,000 total costs.
- National Institute of Mental Health First Independent Research and Transition (FIRST) Award, (1990-1996) *Verbal Overshadowing of Non-verbal Memories*, \$456,000 total costs.

### **SCIENTIFIC MEETINGS/WORKSHOPS ORGANIZED**

- Nosek, B., Schooler, J. Krosnick, J., Nelson, L., & Walleczek, J., (2019) *Metascience 2019*, Palo Alto Ca, Funding Source; Fetzer Franklin Fund \$350,000.
- Schooler, J.W. & Walleczek, J., (2012) *The Decline Effect*, Santa Barbara CA, October. Funding source: Fetzer Franklin Fund, \$150,000.
- Schooler, J.W. & Hieronymi, P., (2011) *Mental Control Workshop*, Santa Monica CA, May. Funding source: Templeton Foundation \$20,000.
- Sejnowski, T. & Schooler, J.W., (2008) *Insights into Insight Workshop*, La Jolla, California, September 26-28. Funding Source: Swartz foundation \$20,000.
- Schooler, J.W. & Radin, D., (2007) *Anomalous Cognition*. University of British Columbia, Vancouver British Columbia. July. Funding source: Fetzer Foundation and Samueli Institute \$100,000.
- Cohen, J.C. & Schooler, J.W., (1993) *Towards a Science of Consciousness*. Carnegie Mellon University, Pittsburgh PA June. Funding source: Fetzer Foundation \$50,000.

## ***PROFESSIONAL ORGANIZATIONS***

Psychonomic Society (Fellow)  
 Sigma Xi  
 American Psychological Association  
 American Psychological Society  
 Midwestern Psychological Association  
 Society for Experimental and Social Psychology (Fellow)  
 Society for Personality and Social Psychology (Fellow)

## ***SELECTED ADMINISTRATIVE DUTIES***

### ***Chair***

Cognitive Psychology Program, University of Pittsburgh (1999-2001)  
 Cognitive Psychology Program, (Acting Chair) University of Pittsburgh (1996-97)  
 Department of Psychology Colloquia Committee (1994-1997)  
 University of Pittsburgh Senate Student Affairs Committee (1989-1996)

### ***Committee Assignments***

University Senate Graduate Council (2020-present)  
 Psychological and Brain Sciences, Personnel Committee (2020)  
 Psychological and Brain Sciences, Development Committee (2020)  
 University Senate Undergraduate Council (2017-2018)  
 Psychological and Brain Sciences, Evaluation Committee (2019-2020)  
 Psychological and Brain Sciences, Graduate Affairs Committee (2009-2010, 2019-present)  
 Psychological and Brain Sciences. Personnel Committee (2015)  
 University Senate Committee on Courses and General Education (2013-2017)  
 Psychological and Brain Sciences Subject Pool Committee Coordinator, UCSB (2012)  
 Psychological and Brain Sciences Subject Pool Committee-member, UCSB (2010-2012)  
 Awards Committee, University of British Columbia (2004- 2006)  
 Human Participants Committee, University of British Columbia (2004-2005)  
 Senate Library Committee, University of Pittsburgh (2002-2004)  
 Nomination Committee for University Vice-Provost and Dean of Students (1999)  
 Student Affairs Committee of the University of Pittsburgh Board of Trustees (1998-2002)  
 University of Pittsburgh Committee on Minority Students, (1993-1998)  
 University of Pittsburgh Advisory Search Committee for Vice President of Student Affairs (1990)  
 Middle States Self-Study Student Experience Study Group University of Pittsburgh (1999-2001)  
 University of Pittsburgh, Living Learning Center Initiative Planning Committee (1995-1996)  
 University of Pittsburgh Learning Skills Computer Usage Advisory Board (1994-1996)  
 Faculty of Arts and Sciences Small Grants Review Committee, Secretary (1991-1994)

## ***EDITORIAL DUTIES***

### ***Editor***

Guest Editor (2013-2014) *Proceedings of the National Academy of Science*  
 Guest Editor (2013) *Frontiers in Perceptual Science. Issue on Mind-wandering*

Associate Editor (1996-2000) *Cognitive Technology*  
 Book Review Editor (1988-1995) *Applied Cognitive Psychology Science*

### ***Editorial Boards***

*Psychology of Consciousness: Theory Research and Practice* (2015-present)  
*Journal of Imagination, Cognition and Personality* (2009-present)  
*Encyclopedia of Consciousness*, Elsevier/Academic Press (2008-present)  
*Consciousness and Cognition* (2005-present)  
*Social Cognitive and Affective Neuroscience* (2005-2012)  
*Psychological Science* (2002-2003)  
*Consciousness and Cognition* (1998-Present)  
*Applied Cognitive Psychology* (1997-2006)  
*Memory and Cognition* (1994-1998)

### ***ADVISORY BOARDS***

Lifeboat Foundation  
 Sean Costello Fund  
 Fetzer Franklin Fund  
 Self-Echo Corporation  
 Neuroleadership Institute  
 National Speech and Debate Association's Big Questions

### ***AD-HOC REVIEWER***

#### *Journals:*

*American Journal of Psychology, American Psychologist, Applied Cognitive Psychology, Behavioral Decision Making, Behavioral Sciences & the Law, British Journal of Psychology, Canadian Journal of Psychology, Cognition and Instruction, Cognition and Emotion, Cognitive Psychology, Journal of Abnormal Psychology, Journal of Applied Social Psychology, Journal of Consciousness Studies, Journal of Creative Studies, Journal of Experimental Psychology: General, Journal of Experimental Psychology: Learning; Memory; & Cognition, Journal of Gerontology, Journal of Memory and Language, Journal of Personality and Social Psychology, Journal of The American Statistical Association, Legal and Criminological Psychology, Memory, Memory and Cognition, Motivation and Emotion, Personality and Social Psychology Bulletin, Psychological Bulletin, Psychological Review, Psychological Science, Quarterly Journal of Experimental Psychology, Social Cognition, Science, JEP: Learning Memory and Cognition, Cognition, Journal of Transportation Research, Journal of Creative Behavior, Experimental Brain Research, APA Books, Templeton Foundation, Neuroscience, Psychology of Consciousness: Theory Research and Practice, Perspectives in Psychological Science, Cerebral Cortex, Journal of Cognitive Neuroscience, Journal of Experimental Psychology: Applied, Frontiers in Psychology*

*Granting Agencies:*

American Psychological Association Science Directorate, National Science Foundation, NATO Collaborative Research Grant Awards, Natural Science and Engineering Research Council of Canada. National Institute of Mental Health; Science of Prospection Steering Committee, Templeton Foundation.

*Publishers:*

Holt, Rinehart, and Winston., Houghton-Mifflin, Lawrence Erlbaum, Prentice-Hall, MIT Press

*National Awards:*

Reader for the 1996 American Psychological Society Shahin Hastroudi Memorial Prize  
Daniel Wegner Theoretical Innovation Prize Committee (2017,2018, Chair 2017) Society for  
Experimental and Social Psychology  
Cialdini Prize Committee (2017,2018), Society for Experimental and Social Psychology

**BOOKS**

Zedelius, C. M., Müller, B. C. N., & Schooler, J. W. (Eds.) (2017). *The Science of Lay Theories: How Beliefs Shape Our Cognition, Behavior, and Health*. Springer.

Cohen, J.C. and Schooler, J.W. (Eds.) (1997) *Scientific Approaches to Consciousness* Hillsdale, NJ: Lawrence Erlbaum.

**PUBLICATIONS**

Protzko, J., & Schooler, J. (in press). What I didn't grow up with is dangerous: How personal experience impacts perceptions of what corrupts today's youth.  
<https://doi.org/10.31234/osf.io/35h7g>

Gross, M. E., Martini, D., & Schooler, J. W. (2022). Can films promote creative thinking? An experimental study highlighting the complex roles of personality and meaning-making. *Creativity Research Journal*. <https://doi.org/10.1080/10400419.2022.2138040>

Protzko, J., Lundmark, S., Walleczek, J., & Schooler, J. W. (2022). Nonlinear effect amplification: Differential susceptibility of verbal overshadowing as a function of time to interference. *Journal of Applied Research in Memory and Cognition*. <https://doi.org/10.1037/mac0000084>

Landry, A. P., Schooler, J. W., Willer, R., & Seli, P. (2022). Reducing Explicit Blatant Dehumanization by Correcting Exaggerated Meta-Perceptions. *Social Psychological and Personality Science*. <https://doi.org/10.1177/19485506221099146>

- Laukkonen, R. E., Kaveladze, B. T., Protzko, J., Tangen, J. M., von Hippel, W., & Schooler, J.W. (2022). Irrelevant insights make worldviews ring true. *Scientific reports*, 12(1), 1-9. <https://doi.org/10.1038/s41598-022-05923-3>
- Hunt, T., Ericsson, M. & Schooler, J.W. (2022) Where's my consciousness-ometer? How to test for the presence and complexity of consciousness" *Perspectives in Psychological Science*, 17(4). <https://doi.org/10.1177/17456916211029942>
- Protzko, J., & Schooler, J. W. (2022). Who denigrates today's youth?: The role of age, implicit theories, and sharing the same negative Trait. *Frontiers in Psychology*. <https://doi.org/10.3389/fpsyg.2022.723515>
- Genschow, O., Cracco, E., Schneider, J., Protzko, J., Wisniewski, D., Brass, M., & Schooler, J. W. (2021). Manipulating belief in free will and its downstream consequences: A meta-analysis. *Personality and Social Psychology Review*. <https://doi.org/10.1177/10888683221087527>
- Zedelius, C., Gross, M.E., & Schooler, J.W. (2022) Inquisitive but Not Discerning: Deprivation Curiosity is Associated with Excessive Openness to Inaccurate Information *Journal of Research in Personality*. <https://doi.org/10.1016/j.jrp.2022.104227>
- Wießner I., Falchi M., Maia L.O., Daldegan-Bueno D., Palhano-Fontes F., Mason N.L., Ramaekers J.G., Gross M.E., Schooler J.W., Feilding A., Ribeiro S., Araujo D.B., & Tófoli L.F. (2022) LSD and creativity: Increased novelty and symbolic thinking, decreased utility and convergent thinking. *Journal of Psychopharmacology*, 36(3), 348-359. <https://doi.org/10.1177/02698811211069113>
- Landry, A. P., Ihm, E., & Schooler, J. W. (2022). Filthy animals: integrating the behavioral immune system and disgust into a model of prophylactic dehumanization. *Evolutionary psychological science*, 8(2), 120-133. <https://doi.org/10.1007/s40806-021-00296-8>
- Merrill, B.M., Raiker, J.S., Mattfeld, A.T., Macphee, F.L., Ramos, M.C., Zhao, X., Altszuler, A.R., Schooler, J.W., Coxe, S., Gnagy, E.M. and Greiner, A.R. (2022). Mind-Wandering and Childhood ADHD: Experimental Manipulations across Laboratory and Naturalistic Settings. *Research on Child and Adolescent Psychopathology*, 1-11. <https://doi.org/10.1007/s10802-022-00912-6>
- Besika, A., Schooler, J. W., Verplanken, B., Mrazek, A. J., & Ihm, E. D. (2022). A relationship that makes life worth-living: levels of value orientation explain differences in meaning and life satisfaction. *Heliyon*, 8(1). <https://doi.org/10.1016/j.heliyon.2022.e08802>
- Landry, A., Ihm, E., Protzko, J., & Schooler, J. (2021) Essentially subhuman: Psychological essentialism facilitates dehumanization. *Peace and Conflict: Journal of Peace Psychology*, 28(2), 167–176. <https://doi.org/10.1037/pac0000587>

- Landry, A., Ihm, E., & Schooler, J. (2021) Hated but still human: Meta-dehumanization leads to greater hostility than meta-prejudice. *Group Processes & Intergroup Relations* <https://doi.org/10.1177/19485506221099146>
- Alissa, M., Michael, M., Brianna, M., Kaita, M., Benjamin, M., Steve, C., & Jonathan, S. (2021). Slaying the hydra: Integrative wellness training affects ten complementary measures of stress. *Psychoneuroimmunology Journal*, 2. <https://doi.org/10.32371/pnij/246115>
- Gross, M. E., Smith, A. P., Graveline, Y. M., Beaty, R. E., Schooler, J. W., & Seli, P. (2021). Comparing the phenomenological qualities of stimulus-independent thought, stimulus-dependent thought and dreams using experience sampling: Phenomenology of SIT, SDT, and dreams. *Philosophical Transactions of the Royal Society B: Biological Sciences*, 376(1817). <https://doi.org/10.1098/rstb.2019.0694rstb20190694>
- Laukkonen, R.E., Ingledew, D.J., Grimmer, H.J., Schooler, J.W., & Tangen, J.M. (2021) Getting a grip on insight: real-time and embodied Aha experiences predict correct solutions, *Cognition and Emotion*, 35(5). <https://doi.org/10.1080/02699931.2021.1908230>
- Zedelius, C. M., Protzko, J., & Schooler, J. W. (2020). Lay Theories of the Wandering Mind: Control-Related Beliefs Predict Mind Wandering Rates in- and outside the Lab. *Personality and Social Psychology Bulletin*. <https://doi.org/10.1177/014616722094940>
- Mrazek, A.J., Mrazek, M.D., Carr, P.C., Deleard, A.M., Ding, M.G., Garcia, D.I., Greenstein, J.E., Kirk, A.C., Kodama, E.E., Krauss, M.J., Landry, A.P., Stokes, C.A., Wickens, K.D., Wong, K., & Schooler, J.W. (2020). The Feasibility of Attention Training for Reducing Mind-wandering and Digital Multitasking in High Schools. *Education Sciences. Educ. Sci.* 2020, 10(8), 201; <https://doi.org/10.3390/educsci10080201>
- Gross, M. E., Zedelius, C. M., & Schooler, J. W. (2020). Cultivating an understanding of curiosity as a seed for creativity. *Current Opinion in Behavioral Sciences*. Elsevier Ltd. <https://doi.org/10.1016/j.cobeha.2020.07.015>
- Zedelius, C. M., Protzko, J., Broadway, J. M., & Schooler, J. W. (2020). What Types of Daydreaming Predict Creativity? Laboratory and Experience Sampling Evidence. *Psychology of Aesthetics, Creativity, and the Arts*. <https://doi.org/10.1037/aca0000342>
- Protzko, J., & Schooler, J. W. (2020). No relationship between researcher impact and replication effect: an analysis of five studies with 100 replications. *PeerJ*, 8, e8014. <https://doi.org/10.7717/peerj.8>
- Visser, R.M., Anderson, M.C., Aron, A. Banich, M.T., Brady, K.T., Huys, Q., J.M, Monfils, M., Schiller, D. Schlagenhauf, F., Schooler, J.W., and Robbins, T.W. (2020). Neuropsychological Mechanisms of Intrusive Thinking. In P. W. Kalivas and M. P. Paulus (Eds.), *Intrusive Thinking: From Molecules to Free Will*. Strüngmann Forum Reports, 30, Cambridge, MA: MIT Press.



- Murray, S., Krasich, K., Schooler, J. W., & Seli, P. (2020). What's in a Task? Complications in the Study of the Task-Unrelated-Thought Variety of Mind Wandering. *Perspectives on Psychological Science*, 15(3), 572-588. <https://doi.org/10.1177/1745691619897966>
- Laukkonen, R. E., Kaveladze, B. T., Tangen, J. M., & Schooler, J. W. (2020). The dark side of Eureka: Artificially induced Aha moments make facts feel true. *Cognition*, 196, 104122. <https://doi.org/10.1016/j.cognition.2019.104122>
- Zedelius, C. M., & Schooler, J. W. (2020). Capturing the dynamics of creative daydreaming. In *Creativity and the Wandering Mind* (pp. 55-72). Academic Press. <https://doi.org/10.1016/B978-0-12-816400-6.00003-1>
- Cloughesy, J. N., Mrazek, A. J., Mrazek, M. D., & Schooler, J. W. (2020). Planning to Practice: Action and Coping Plans Increase Days of Meditation Practiced. *Psi Chi Journal of Psychological Research*, 25(2). <https://doi.org/10.24839/2325-7342.JN25.2.203>
- Ihm, E. D., Paloutzian, R. F., van Elk, M., & Schooler, J. W. (2020). Awe as a Meaning-Making Emotion: On the Evolution of Awe and the Origin of Religions. In J. Feierman & L. Oviedo (Eds.), *The Evolution of Religion: How Biology, Psychology, Theology and Culture Interact*. Springer.
- Mrazek, A. J., Mrazek, M. D., Maul, A., Mrazek, K. L., & Schooler, J. W. (2020). Taking charge: Characterizing the rapid development of self-regulation through intensive training. *Journal of Health Psychology*. <https://doi.org/10.1177/1359105320909856>
- Mrazek, A. J., Mrazek, M. D., Calcagnotto, L. A., Cloughesy, J. N., Holman, A. M., Masters-Waage, T. C., & Schooler, J. W. (2020). Familiarity, Attitudes, and Self-Regulatory Challenges Related to Mindfulness. *Mindfulness*, 1-8. <https://doi.org/10.1007/s12671-020-01332-7>
- Turnbull, A., Karapanagiotidis, T., Wang, H. T., Bernhardt, B. C., Leech, R., Margulies, D., Schooler, J., Jefferies, E., & Smallwood, J. (2020). Reductions in task positive neural systems occur with the passage of time and are associated with changes in ongoing thought. *Scientific Reports*, 10(1), 1-10. <https://doi.org/10.1038/s41598-020-66698-z>
- Schooler, J. W. (2019). Metascience: The Science of Doing Science. *Observer*, 32(9), 26-29.
- Hunt, T., & Schooler, J. W. (2019). The easy part of the Hard Problem: A resonance theory of consciousness. *Frontiers in Human Neuroscience*, 13, 378. <https://doi.org/10.3389/fnhum.2019.00378>
- Mrazek, A. J., Mrazek, M. D., Reese, J. V., Kirk, A. C., Gougis, L. J., Delegard, A. M., ... & Schooler, J. W. (2019). Mindfulness-Based Attention Training: Feasibility and Preliminary Outcomes of a Digital Course for High School Students. *Education Sciences*, 9(3), 230. <https://doi.org/10.3390/educsi9030230>

- Gross, M. E., Araujo, D. B., Zedelius, C. M., & Schooler, J. W. (2019). Is perception the missing link between creativity, curiosity and schizotypy? Evidence from spontaneous eye-movements and responses to auditory oddball stimuli. *NeuroImage*, *202*, 116-125. <https://doi.org/10.1016/j.neuroimage.2019.116125>
- Protzko, J., Zedelius, C. M., & Schooler, J. W. (2019). Rushing to Appear Virtuous: Time Pressure Increases Socially Desirable Responding. *Psychological Science*, *30*(11), 1584-1591. <https://doi.org/10.1177/0956797619867939>
- Gable, S. L., Hopper, E. A., & Schooler, J. W. (2019). When the muses strike: Creative ideas of physicists and writers routinely occur during mind wandering. *Psychological Science*, *30*(3), 396-404. <https://doi.org/10.1177/0956797618820626>
- Dunne, J. D., Thompson, E., & Schooler, J. (2019). Mindful meta-awareness: sustained and non-propositional. *Current Opinion in Psychology*, *28*, 307-311. <https://doi.org/10.1016/j.copsyc.2019.07.003>
- <sup>1</sup>Protzko, J., & Schooler, J. W. (2019). Kids these days: Why the youth of today seem lacking. *Science Advances*, *5*(10), eaav5916. <https://doi.org/10.1126/sciadv.aav5916>
- Zedelius, C. M., Mills, C., & Schooler, J. W. (2019). Beyond subjective judgments: Predicting evaluations of creative writing from computational linguistic features. *Behavior Research Methods*, *51*(2), 879-894. <https://doi.org/10.3758/s13428-018-1137-1>
- Creswell, K. G., Sayette, M. A., Skrzynski, C. J., Wright, A. G. C., Schooler, J. W., & Sehic, E. (2019). Assessing Cigarette Craving with a Squeeze. *Clinical Psychological Science*, *7*(3), 1-15. <https://doi.org/10.1177/2167702611815464>
- Turnbull, A., Wang, H.-T., Schooler, J. W., Jefferies, E., Margulies, D. S., & Smallwood, J. (2019). The ebb and flow of attention: Between-subject variation in intrinsic connectivity and cognition associated with the dynamics of ongoing experience. *NeuroImage*, *185*, 286–299. <https://doi.org/10.1016/j.neuroimage.2018.09.069>
- Mrazek, A.J., Mrazek, M.D., Cherolini, C.M., Cloughesy, J.N., Cynman, D.J., Gougis, L.J., Landry, A.P., Reese, J.V., & Schooler, J.W. (2018) The future of mindfulness training is digital, and the future is now. *Current Opinion in Psychology*, *28*, 81-86. <https://doi.org/10.1016/j.copsyc.2018.11.012>
- Zedelius, C., Gross, M.E., & Schooler, J.W. (2018) Mind Wandering: More Than a Bad Habit. In B. Verplanken (Ed.) *The Psychology of Habit: Theory, Mechanisms, Change, and Contexts*, 363-378. New York, NY: Springer. [https://doi.org/10.1007/978-3-319-97529-0\\_20](https://doi.org/10.1007/978-3-319-97529-0_20).
- Zedelius, C. M., Mills, C., & Schooler, J. W. (2018). Beyond subjective judgments: Predicting

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<sup>1</sup> Listed as one of the 100 most discussed scientific works of 2019: <https://www.altmetric.com/top100/2019/>

- evaluations of creative writing from computational linguistic features. *Behavior Research Methods*, 1-16. <https://doi.org/10.3758/s13428-018-1137-1>
- Seli, P., Kane, M. J., Metzinger, T., Smallwood, J., Schacter, D. L., Maillet, D., Schooler, J.W., Smilek, D. (2018). The Family-Resemblances Framework for Mind-Wandering Remains Well Clad. *Trends in Cognitive Sciences*, 22(11), 959–961. <https://doi.org/10.1016/j.tics.2018.07.007>
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***INVITED PRESENTATIONS, DEPARTMENTAL COLLOQUIA, AND SELECTED PRESENTATIONS (last 5 years)***

- Reflecting on consciousness: On the distinction between experience and meta-awareness, Invited Talk, Varela Symposium, Upaya Institute, Santa Fe NM (May, 2020) (conducted on zoom) link: <https://www.upaya.org/2020/07/schooler-reflecting-consciousness-experience-meta-awareness-2020-varela-2-7/>
- The Middle Way: Finding the Balance between Mindfulness and Mind-Wandering, Invited Address, Parkinson Society of Vancouver, Vancouver (June, 2020) (conducted on zoom). Link <https://www.youtube.com/watch?v=v6Hqb7wdVB4&feature=youtu.be>
- Reflecting on consciousness: On the distinction between experience and meta-awareness, Symposium speaker, American Academy of Religion, San Diego (October, 2019)
- Cultivating capacities: Evidence based interventions that can (or may) enhance people's proficiencies. Departmental Colloquium, University of California San Diego, (October 2019)

- How replicable can psychological science be?: A highly powered multi-site investigation of the robustness of newly discovered findings **Invited talk**, Metascience 2019, Stanford University, Palo Alto CA (September, 2019) link <https://metascience.com/events/metascience-2019-symposium/jonathan-schooler-highly-powered-multi-site-investigation-of-the-robustness-of-newly-discovered-findings/>
- Harmonizing the mind: Combining expectancy, brain stimulation and multimedia to produce non-ordinary experiences that foster openness to experience, **Invited talk**, Peter Wall Institute for Advanced Studies, University of British Columbia, Vancouver BC (September, 2019)
- Mind wandering and intrusive thinking, **Invited symposium speaker**, Ernst Struengmann Forum, Frankfurt Germany (June 2019)
- Intuition and Insight, **Keynote Address**, Sivananda Ashram Yoga Retreat Bahamas, Paradise Island, Bahama (March, 2019)
- Mindfulness as a Tool for Regulating Mind Wandering, **Invited talk**, From Mind Wandering to Mindfulness, Symposium National Institute of Mental Health, Bethesda MD (March 2019)
- The Middle Way: Finding the Balance Between Mindfulness and Mind Wandering, **Presentation**, Society for Experimental and Personality Psychology, Portland, Oregon (February 2019)
- Aha misattribution. Solving anagrams leads to inflated truth judgements. **Presentation**, Annual Meeting of the Psychonomic Society, New Orleans (November 2019)
- Center for Mindfulness and Human Potential, **Invited talk**, Board of Trustees, UCSB Santa Barbara CA (October, 2018)
- Towards a framework for conceptualizing observers moving through time: Nested Observer Windows/Waves **Invited talk**, The Conceptual Foundations of Science: Rethinking Matter – Life – Mind, Parmenides Foundation. Munich, Germany (September 2018)
- Mind wandering and spontaneous thought, **Invited symposium speaker**, Roundtable on spontaneous thought. Peter Wall Institute for Advanced Studies, Vancouver CA (June, 2018)
- Finding happiness without looking for it. **Invited talk**, Santa Barbara New Comers club, Santa Barbara CA (May, 2018)
- The Middle Way: Finding the Balance Between Mindfulness and Mind Wandering. **Colloquium**, University of California Irvine, Irvine CA (April 2018)
- Mindful Minds in Schools: Achievement and Well Being with Training, **Invited talk**, Mindfulness and the Brain, Washington DC (April, 2018)
- Time and Consciousness, **Keynote address**, Sivananda Ashram Yoga Retreat Bahamas, Paradise Island, Bahamas (March, 2018)
- The Middle Way: Finding the Right Balance Between Mindfulness and Mind Wandering for Creative Achievement, **Invited talk**, Learning and the Brain, San Francisco CA (February, 2018)
- The Rewards and Regulation of Mind Wandering. **Keynote address**, Armadillo: Southwest Cognition Conference, Texas A & M University (October, 2017)
- Minding the Mind: Mind Wandering, Meta-awareness and Mindfulness, **Colloquium**, University of Wisconsin, Madison, Wisconsin (September, 2017)
- The neural and creative consequences of mind wandering, **Invited talk**, Roundtable on Mind Wandering, Peter Wall Institute for Advanced Studies (July, 2017)
- Towards a framework for conceptualizing observers moving through time: Nested Observer Windows/Waves. **Keynote address**. The Science of Consciousness, San Diego CA (June, 2017)
- Mindfulness: An Introduction and Preview of What's Next, **Invited panelist**: UCSB panel (May 2017)

- Mindfulness and Mind-wandering. **Invited talk.** Mindfulness and Neuroscience Workshop, University of New Mexico, Albuquerque NM May 2017
- Reconsidering the mind from the inside out: The science of mind-wandering illuminates the value of first person data, **Keynote address:** Champalimaud Research Retreat Lisbon, Portugal (June 2016)
- “Considering Oliver Sacks”, **Invited panelist:** UCSB panel (May 2016)
- Lost in the Clouds: The Costs, Benefits, and Regulation of Mind Wandering, **Invited speaker** University of California San Francisco (April, 2016)
- What science tells us about the belief in free will, **Invited speaker:** Consciousness and the Minds I, Brussels (December 2015)
- Bridging the Subjective/Objective Divide: Trust but Verify, **Invited speaker**-How can subjective data inform a science of consciousness?”, Sorbonne University, Paris (October 2015)
- Invited panelist Annual Neuroleadership Institute Summit, New York NY (November 2015)
- Using Technology to Illuminate and Foster Consciousness, **Invited speaker,** Consciousness Hacking, San Francisco (August 2015)
- Could additional dimensions of time provide a meta-perspective for bridging science and experience? **Invited talk,** Foundation of mind, Berkeley (August 2015)
- Stepping into the Future: Speculations on the Subjective Dimension of Time, **Keynote address,** Science of Proseption Awards Retreat, Philadelphia PA (August 2015)
- Mind wandering across occupations: A generative source of inspiration but also a dangerous cause of distraction, **Invited speaker** the Society for Applied Research in Memory and Cognition, Victoria Canada (June 2015)
- Lost in the Clouds: The Costs, Benefits, and Regulation of Mind Wandering, **Colloquium** UC San Diego (May 2015)
- Three “R”s of Mind Wandering: Ramifications, Rewards, and Regulation, **Keynote speaker,** Annual Cal State University San Marcos Student Research Festival (April 2015)
- Pushing the Limits of Cognitive and Neuroplasticity: Assessing a Six-Week Comprehensive Training Program w/ Michael Mrazek, Ben Mooneyham, Katia Mrazek, **Invited Speaker** International Convention on Psychological Science, Amsterdam (March 2015)
- Three “R”s of Mind Wandering: Ramifications, Rewards, and Regulation: **Colloquium** York University (March 2015)
- When the Muse Strikes: Ideas of Physicists and Writers Regularly Occur During Episodes of Mind Wandering, **Presentation,** Meeting of the Society for Experimental and Social Psychology, Long Beach CA (Feb 2015)
- Lost in the Clouds: The Costs and Benefits of Mind Wandering, **Presentation,** SPSP pre-conference Long Beach, CA (Feb 2015)

## CONSULTING

- NASA (2011-present)
- Exploratorium Science Museum (1998-present)
- Institute of Noetic Science (2010-present)
- Munich Leadership Group (2011)
- Templeton Foundation (2011) Co-organizer of workshop on mental control, Santa Monica, CA
- Exetor leadership group (2011) Co-organizer of a workshop on neuro-leadership, Reykjavik, Iceland

Noomii web-based life coaching (2006-present)  
 Memory Consultant, Junction Dance Studio's production of "Forget Everything" (2003)  
 The Learning Channel (2000)  
 Court Television (2000)  
 Mind Brain Body & Health Initiative (2000)  
 The Coca-Cola Corporation (1999-2001)  
 The Unilever Corporation (1998-2001)  
 The International Society for Traumatic Stress Studies (1997-98), Contributor to: *Childhood Trauma Remembered: A report on the Current Scientific Knowledge Base and its Applications*  
 The Exploratorium Science Museum, San Francisco (1997-present), Contributor to "Memory" exhibit.  
 Expert witness on eyewitness testimony (1993-present), consulted on approximately 25 cases, testified on approximately 20 cases.

### **RECENT MEDIA COVERAGE (w/ links)**

#### ***New York Magazine***

It's Healthy to Let Your Mind Wander (April 17, 2015)  
<http://nymag.com/scienceofus/2015/04/healthy-to-let-your-mind-wander.html>

#### ***The Wall Street Journal***

When Daydreaming becomes a Problem (May 09, 2016)  
<http://www.wsj.com/articles/when-daydreaming-becomes-a-problem-1462818328>

Why the Old Look Down on the Young (Dec 15, 2019)  
<https://www.wsj.com/articles/why-we-look-down-on-todays-kids-11575561273>

#### ***Healio***

Mobile Therapy system monitors patients' progress, improves practice management (January 30, 2015)  
<https://www.healio.com/psychiatry/practice-management/news/online/%7B90b2c90f-0d18-43cb-a6fb-5c864f610142%7D/mobile-therapy-system-monitors-patients-progress-improves-practice-management>

#### ***Tech Cocktail***

4 Reasons to Not Feel Guilty about Taking Breaks (August 15, 2014)  
<http://tech.co/upjoy-breaks-happiness-app-2014-08>

#### ***Tech Times***

Sit quietly or get electrocuted? See what men prefer (July 9, 2014)



<http://www.techtimes.com/articles/9831/20140709/sit-quietly-or-electric-shocks-see-whatmen-prefer.htm>

### ***Space Daily***

Staying On Task in the Automated Cockpit (May 14, 2014)

[http://www.spacedaily.com/reports/Staying\\_On\\_Task\\_in\\_the\\_Automated\\_Cockpit\\_999.html](http://www.spacedaily.com/reports/Staying_On_Task_in_the_Automated_Cockpit_999.html)

### ***Daily Free Press, Atlanta Black Star, Indian Express***

Meditation can boost test scores, study suggests (April 8, 2013)

<http://dailyfreepress.com/2013/04/08/meditation-can-boost-test-scores-study-suggests/>

### ***HT Health***

Meditation May Boost Test Scores (April 5, 2013)

<http://health.heraldtribune.com/2013/04/05/meditation-may-boost-test-scores/>

### ***Time Magazine***

Can Meditation Improve Your Health? Here's What to Know (April 2, 2019)

<https://time.com/5556120/what-is-meditation/>

Can 'Mindfulness' Help You Focus? (March 27, 2013)

<http://ideas.time.com/2013/03/27/can-mindfulness-help-you-focus/>

### ***CNN***

Daydream believer: Is a wandering mind a creative mind? (April 1, 2015)

<http://www.cnn.com/2013/10/30/business/daydream-believer-is-a-wandering/>

### ***APS Daily Observations***

APS Journal Seeks Labs to Participate in First Replication Report Project (May 14, 2013)

<https://www.psychologicalscience.org/publications/observer/obsonline/aps-journal-seeks-labs-to-participate-in-first-registered-replication-report-project.html>

### ***Huffington Post***

(What would Warhol Say?) Jonathan Schooler: The Science of Imagination (July 20, 2017)

[https://www.huffpost.com/entry/what-would-warhol-say-jonathan-schooler-the-science\\_b\\_59711ad9e4b06b511b02c1f7](https://www.huffpost.com/entry/what-would-warhol-say-jonathan-schooler-the-science_b_59711ad9e4b06b511b02c1f7)

Is Mindfulness Harmful? (January 15, 2014)

[http://www.huffingtonpost.com/dr-judson-brewer/mindfulness-practice\\_b\\_4602714.html](http://www.huffingtonpost.com/dr-judson-brewer/mindfulness-practice_b_4602714.html)

Mindfulness Could Improve College Students' Testing Ability, Study Finds (April 2, 2013)  
[http://www.huffingtonpost.com/2013/03/27/mindfulness-testing-focus-readingcomprehension\\_n\\_2957146.html](http://www.huffingtonpost.com/2013/03/27/mindfulness-testing-focus-readingcomprehension_n_2957146.html)

10 Important Reasons to Start Making Time for Silence, Rest and Solitude (November 3, 2014)  
[http://www.huffingtonpost.com/thai-nguyen/10-important-reasons-to-s\\_b\\_6035662.html](http://www.huffingtonpost.com/thai-nguyen/10-important-reasons-to-s_b_6035662.html)

The Best-Kept Secrets to Exceptional Productivity (August 04, 2014)  
[http://www.huffingtonpost.com/emma-seppala-phd/the-bestkept-secrets-to-e\\_b\\_5404937.html](http://www.huffingtonpost.com/emma-seppala-phd/the-bestkept-secrets-to-e_b_5404937.html)

### ***BBC***

The Creative Brain: How Insight Works (T.V. Special) (2013)  
<https://www.dailymotion.com/video/xy9ag1>

### ***Nature Magazine***

Metascience could rescue the 'replication crisis' (November 4, 2014)  
<http://www.nature.com/news/metascience-could-rescue-the-replication-crisis-1.16275>

Why great ideas come when you aren't trying (May 21, 2012)  
<http://www.nature.com/news/why-great-ideas-come-when-you-aren-t-trying-1.10678>

### ***Washington Post***

There's a scientific reason New Year's Eve is generally terrible. (Dec 31, 2015)  
<https://www.washingtonpost.com/news/wonk/wp/2015/12/31/theres-a-scientific-reason-new-years-eve-is-generally-terrible/>

Many scientific studies can't be replicated. That's a problem. (Aug 27, 2015)  
<https://www.washingtonpost.com/news/speaking-of-science/wp/2015/08/27/trouble-in-sciencemassive-effort-to-reproduce-100-experimental-results-succeeds-only-36-times/>

Too much happiness can make you unhappy, studies show. (April 2, 2012)  
[http://www.washingtonpost.com/national/health-science/too-much-happiness-can-make-youunhappy-studies-show/2012/04/02/gIQACELLS\\_story.html?socialreader\\_check=0&denied=1](http://www.washingtonpost.com/national/health-science/too-much-happiness-can-make-youunhappy-studies-show/2012/04/02/gIQACELLS_story.html?socialreader_check=0&denied=1)

### ***Science Magazine***

Psychology's Bold Initiative (March 30, 2012)  
<http://www.sciencemag.org/content/335/6076/1558.summary>

### ***National Public Radio / Radiolab***

Cosmic Habituation (May 2011)

<http://www.radiolab.org/blogs/radiolab-blog/2011/may/03/cosmic-habituation/>

### ***The New Yorker***

Actually, People Still Like to Think (October 9, 2014)

<http://www.newyorker.com/tech/elements/thinking-alone>

The Hazards of Going on Autopilot (September 04, 2014)

<http://www.newyorker.com/science/maria-konnikova/hazards-automation>

The Virtues of Day Dreaming (June 2, 2012)

<http://www.newyorker.com/online/blogs/frontal-cortex/2012/06/the-virtues-ofdaydreaming.html?printable=true>

The Truth Wears Off (December 13, 2010)

[http://www.newyorker.com/reporting/2010/12/13/101213fa\\_fact\\_lehrer](http://www.newyorker.com/reporting/2010/12/13/101213fa_fact_lehrer)

Annals of Science, “The Eureka Hunt” (July 28, 2008)

[http://www.newyorker.com/reporting/2008/07/28/080728fa\\_fact\\_lehrer](http://www.newyorker.com/reporting/2008/07/28/080728fa_fact_lehrer)

### ***The New York Times***

Out with the Old (May 12, 2016)

[http://well.blogs.nytimes.com/2016/05/12/out-with-the-old/?\\_r=2](http://well.blogs.nytimes.com/2016/05/12/out-with-the-old/?_r=2)

Psychologists Welcome Analysis Casting Doubt on Their Work (August 28, 2015)

[http://www.nytimes.com/2015/08/29/science/psychologists-welcome-analysis-casting-doubton-their-work.html?\\_r=0](http://www.nytimes.com/2015/08/29/science/psychologists-welcome-analysis-casting-doubton-their-work.html?_r=0)

Breathing In vs. Spacing Out (January 14, 2014)

[http://www.nytimes.com/2014/01/19/magazine/breathing-in-vs-spacing-out.html?\\_r=0](http://www.nytimes.com/2014/01/19/magazine/breathing-in-vs-spacing-out.html?_r=0)

The Myth of Just do It (June 9, 2013)

<http://opinionator.blogs.nytimes.com/2013/06/09/the-myth-of-just-do-it/>

How Meditation Might Boost Your Test Score (April 3, 2013)

<http://well.blogs.nytimes.com/2013/04/03/how-meditation-might-boost-your-test-scores/>

Vacation Sabotage: Don't Let It Happen to You! (June 29, 2012)

<http://travel.nytimes.com/2012/07/01/travel/vacation-sabotage-dont-let-it-happen-toyou.html?ref=travel>

Disruptions: Resolved in 2012: To Enjoy the View Without Help From an iPhone (January 1, 2012)

[http://bits.blogs.nytimes.com/2012/01/01/resolved-in-2012-to-enjoy-the-view-without-help-from-aniphone/?scp=3&sq=jonathan schooler&st=cse](http://bits.blogs.nytimes.com/2012/01/01/resolved-in-2012-to-enjoy-the-view-without-help-from-aniphone/?scp=3&sq=jonathan%20schooler&st=cse)

Addressing the Bias Problem (January 07, 2011)

<http://www.nytimes.com/roomfordebate/2011/01/06/the-esp-study-when-science-goes-psyhic/addressing-the-systemic-bias-problem>

Fraud Case Seen as a Red Flag for Psychology Research (November 2, 2011)

<http://www.nytimes.com/2011/11/03/health/research/noted-dutch-psychologist-stapel-accused-ofresearch-fraud.html?scp=1&sq=Jonathan%20schooler&st=cse>

Is Neuroscience the Death of Free Will? (November 13, 2011)

[http://opinionator.blogs.nytimes.com/2011/11/13/is-neuroscience-the-death-of-freewill/?scp=4&sq=jonathan schooler&st=cse](http://opinionator.blogs.nytimes.com/2011/11/13/is-neuroscience-the-death-of-freewill/?scp=4&sq=jonathan%20schooler&st=cse)

Do You Have Free Will? Yes, It's the Only Choice (March 11, 2011)

[http://www.nytimes.com/2011/03/22/science/22tier.html?\\_r=1&scp=12&sq=jonathan schooler&st=cse](http://www.nytimes.com/2011/03/22/science/22tier.html?_r=1&scp=12&sq=jonathan%20schooler&st=cse)

When the Mind Wanders, Happiness Also Strays (November 15, 2010)

[http://www.nytimes.com/2010/11/16/science/16tier.html?scp=14&sq=jonathan schooler&st=cse](http://www.nytimes.com/2010/11/16/science/16tier.html?scp=14&sq=jonathan%20schooler&st=cse)

Tracing the Spark of Creative Problem-Solving (December 6, 2010)

<http://www.nytimes.com/2010/12/07/science/07brain.html?scp=13&sq=jonathan%20schooler&st=cse>

Discovering the virtues of a wandering mind, (June 28, 2010)

[http://www.nytimes.com/2010/06/29/science/29tier.html?\\_r=1&src=me&ref=general](http://www.nytimes.com/2010/06/29/science/29tier.html?_r=1&src=me&ref=general)

Behavior: An absence of free will, a tendency to cheat (February 19, 2008)

[http://www.nytimes.com/2008/02/19/health/19beha.html?\\_r=1&scp=1&sq=jonathan schooler&st=cse&oref=slogin](http://www.nytimes.com/2008/02/19/health/19beha.html?_r=1&scp=1&sq=jonathan%20schooler&st=cse&oref=slogin)

The unconscious mind: A great decision maker (February 21, 2006)

[http://www.nytimes.com/2006/02/21/health/psychology/21deci.html?scp=2&sq=jonathan schooler&st=cse](http://www.nytimes.com/2006/02/21/health/psychology/21deci.html?scp=2&sq=jonathan%20schooler&st=cse)

*New Scientist*

How to hack your unconscious... to find your inner creativity (July 25, 2018)

<https://www.newscientist.com/article/0-how-to-hack-your-unconscious-to-find-your-inner-creativity/#ixzz6S0tz0uj6>

Is your attention span normal? (September 30, 2015)

<https://www.newscientist.com/article/mg22830410-400-is-your-attention-span-normal/>

Daydream your way to creativity (June 18, 2012)

<http://www.newscientist.com/article/mg21428691.900-daydream-your-way-to-creativity.html>

The subconscious mind: Your unsung hero (December 1, 2007)

<http://www.newscientist.com/article.ns?id=mg19626321.400>

I had a hunch (September 5, 1998)

<http://www.newscientist.com/article/mg15921505.800-i-had-a-hunch.html>

### *Los Angeles Times*

An Idle brain may be the self's workshop (August 30, 2010)

<http://www.latimes.com/health/la-he-brain-20100830,0,2743109,full.story>

### Scientific American

The Hippies Were Right: It's All about Vibrations, Man! (December 5, 2018)

<https://blogs.scientificamerican.com/observations/the-hippies-were-right-its-all-about-vibrations-man/>

Mindfulness May Improve Your Test Scores (Podcast) (March 28, 2013)

<http://www.scientificamerican.com/podcast/episode.cfm?id=mindfulness-may-improve-test-scores-1303-28>

Living in a Dream World: The Role of Daydreaming in Problem-Solving and Creativity (March 2011)

<http://www.scientificamerican.com/article.cfm?id=living-in-a-dream-world>

Scientists say free will probably doesn't exist but urge: "Don't stop believing!" (Apr 6, 2010)

<http://www.scientificamerican.com/blog/post.cfm?id=scientists-say-free-will-probably-d-2010-04-06>

Free Will versus the Programmed Brain (August 19, 2008)

<http://www.scientificamerican.com/article.cfm?id=free-will-vs-programmed-brain>

### *Wired Magazine*

Social Science Is Busted. But the NIH Has a Plan that Could Fix It (November 23, 2016)  
<https://www.wired.com/2016/11/social-science-busted-nih-plan-fix/>

The Importance of Mind-Wandering (October 25, 2011)  
<http://www.wired.com/2011/10/the-importance-of-mind-wandering/>

We are all talk radio hosts (August 5, 2010)  
<http://www.wired.com/2010/08/we-are-all-talk-radio-hosts/>

Clive Thompson on Why Idling Mind Is the Mother of Invention (October 19, 2009)  
[http://www.wired.com/magazine/2009/10/st\\_thompson/](http://www.wired.com/magazine/2009/10/st_thompson/)

### ***Discover Magazine***

The Brain Stop Paying Attention: Zoning Out Is a Crucial Mental State (June 15, 2009)  
<http://discovermagazine.com/2009/jul-aug/15-brain-stop-paying-attention-zoning-out-crucial-mentalstate>

### ***Psychology Today***

Mind Wandering Enhances Creative Problem Solving (April 19, 2010)  
<http://www.psychologytoday.com/blog/the-power-daydreaming/201004/mind-wandering-enhancescreative-problem-solving>

### ***USA Today***

Scientists pay attention to wandering minds (March 20, 2007)  
[http://www.usatoday.com/tech/science/genetics/2007-03-19-attention-span\\_N.htm](http://www.usatoday.com/tech/science/genetics/2007-03-19-attention-span_N.htm)

### ***The Boston Globe***

Daydream achiever: A wandering mind can do important work, scientists are learning - and may even be essential (August 31, 2008)  
[http://www.boston.com/bostonglobe/ideas/articles/2008/08/31/daydream\\_achiever/](http://www.boston.com/bostonglobe/ideas/articles/2008/08/31/daydream_achiever/)

Paying attention to not paying attention (March 20, 2007)  
[http://www.boston.com/news/education/higher/articles/2007/03/20/paying\\_attention\\_to\\_not\\_paying\\_attention](http://www.boston.com/news/education/higher/articles/2007/03/20/paying_attention_to_not_paying_attention)

### ***Science News***

Road to Eureka: Insight may lie at the end of a chain of neural reactions (March 22, 2008)  
[http://www.sciencenews.org/view/feature/id/9502/title/Road\\_to\\_Eureka%21](http://www.sciencenews.org/view/feature/id/9502/title/Road_to_Eureka%21)

Neural Road to Repression: Brain may block out undesired memories (January 10, 2004)

[http://www.sciencenews.org/view/generic/id/4615/title/Neural\\_Road\\_to\\_Repression\\_Brain\\_may\\_block\\_out\\_undesired\\_memories](http://www.sciencenews.org/view/generic/id/4615/title/Neural_Road_to_Repression_Brain_may_block_out_undesired_memories)

### ***Science Channel***

Through the Wormhole with Morgan Freeman (July 24, 2013)

<http://www.sciencechannel.com/tv-shows/through-the-wormhole/>

### ***Women's Health Magazine***

How Mindless Tasks Will Boost Your Brainpower (October 18, 2012)

<http://www.womenshealthmag.com/life/how-mindless-tasks-will-boost-your-brainpower>

### ***Psych Central***

Real Change May Come in Bunches (May 16, 2016)

<https://psychcentral.com/news/2016/03/28/real-change-may-come-in-bunches/101026.html>

### ***The Atlantic***

There's No Such Thing as Free Will but We're Better Off Believing in it Anyway. (June 2016)

<https://www.theatlantic.com/magazine/archive/2016/06/theres-no-such-thing-as-free-will/480750/>

The Worst Part of Keeping a Secret (May 15, 2017)

[https://www.theatlantic.com/health/archive/2017/05/shhhhh/526581/?utm\\_source=feed](https://www.theatlantic.com/health/archive/2017/05/shhhhh/526581/?utm_source=feed)

### ***The Saturday Evening Post***

The Eureka Factor The search to understand where great ideas come from. (June 27, 2016)

<https://www.saturdayeveningpost.com/2016/06/the-eureka-factor/>

### ***Health Magazine***

Stuck on a Problem? Let Your Mind Wander, Researchers Say (June 23, 2016)

<https://www.health.com/mind-body/quiet-mind-creativity-boost>

### ***The Current***

Centered minds (July 13, 2016)

<https://www.news.ucsb.edu/2016/017015/focused-research>

### ***Shape Magazine***

Why Wasting Time On Useless Stuff Is Important to Your Health (December 2016)

<https://www.shape.com/lifestyle/mind-and-body/why-wasting-time-useless-stuff-important-your-health>

Why It's Important to Schedule More Downtime for Your Brain (March 2017)

<https://www.shape.com/lifestyle/mind-and-body/why-its-important-schedule-more-downtime-your-brain>

### ***Car and Driver***

Comfortably Dumb: If the Car Is Doing the Driving, Will Anybody Be Doing the Thinking? (April 27, 2017)

<https://www.caranddriver.com/news/a15341606/comfortably-dumb-if-the-car-is-doing-the-driving-will-anybody-be-doing-the-thinking/>

### ***Slate***

Daryl Bem Proved ESP Is Real, which means science is broken. (June 7, 2017)

<https://slate.com/health-and-science/2017/06/daryl-bem-proved-esp-is-real-showed-science-is-broken.html>

### ***World Economic Forum***

Writer's block? Happiness research says this could be the key to creativity (May 22, 2017)

<https://www.weforum.org/agenda/2017/05/happiness-research-suggests-this-is-the-biggest-obstacle-to-your-creativity/>

### ***The Telegraph***

Meaningfulness and happiness – are they the same thing? (July 27, 2017)

<https://www.telegraph.co.uk/health-fitness/mind/meaningfulness-happiness-thing/>

### ***Fleet Owner***

Keep your mind from 'zoning out' on the road (September 18, 2017)

<https://www.fleetowner.com/resource-center/driver-management/article/21701009/keep-your-mind-from-zoning-out-on-the-road>

### ***Reader's Digest***

The Meaning (and Science) Behind Those Life-Changing, Transformational Aha Moments (April 22, 2018)

<https://www.rd.com/article/aha-moments/>

### ***Experience Talks***

Dr. Jonathan Schooler and Denise Thoman (Podcast) (August 30, 2018)



<https://experiencetalks.org/shows/9-30-18-dr-jonathan-schooler-and-denice-thoman/>

### ***Quartz at Work***

Our obsession with productivity is making it harder to solve simple problems (February 22, 2019)

<https://qz.com/work/1554702/why-your-brain-needs-idle-time/>

### ***WGBH Living Lab Radio***

Mind Wandering Can Yield Breakthroughs (April 1, 2019)

<https://www.wgbh.org/news/science-and-technology/2019/04/01/mind-wandering-can-lead-to-breakthroughs>

### ***Thrive Global***

Try This Now: This Mindfulness Trick Will Improve Your Memory (July 10, 2019)

<https://thrivglobal.com/stories/improve-better-memory-focus-mindfulness-trick-how-to-tips/>

### ***Medium***

Is There a Perfect Time of Day to Meditate? (July 11, 2019)

<https://elemental.medium.com/is-there-a-perfect-time-of-day-to-meditate-f9e4441072c7>

### ***Popular Science***

Kids these days only seem dumb if you think you're a genius (October 31, 2019)

<https://www.popsci.com/kids-these-days-only-seem-dumb-if-you-think-youre-genius/>

### ***UC Science Today***

The Cognitive Value of day-dreaming (January 19, 2017)

[https://soundcloud.com/sciencetoday/daydreaming\\_cognition](https://soundcloud.com/sciencetoday/daydreaming_cognition)

### ***Mind Meld***

The Answer You Seek Will Bring More Questions with Dr. Jonathan Schooler (Podcast) (December 12, 2018)

<https://thirdeyedrops.com/jonathan-schooler/>

### ***Bulletproof Radio***

How to Use Mind-Wandering for a Better Brain (Podcast) (July 9, 2019)

<https://www.youtube.com/watch?v=wCl594CkYtg>

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