

# Curriculum Vitae

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## BIOGRAPHICAL

Name: Jutta Heckhausen

Birthdate: March 28, 1957

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Business Address: Department of Psychological Science  
School of Social Ecology  
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## Education and Training

1977 Vordiplom (B.A.) in Psychology and Philosophy, Ruhr-Universität Bochum

1980 Diplom in Psychology (M.A.), Ruhr-Universität Bochum, Germany

1981-1983 Graduate studies at the Child Development Research Unit,  
University of Strathclyde, Glasgow, Great Britain, Chair: Prof. H. R. Schaffer

1983-1984 Pre-doctoral fellow at the Max Planck Institute for Human Development and  
Education

1985 Ph.D. in Psychology, University of Strathclyde, Glasgow, Great Britain

1984-1986 Post-doctoral fellow at the Max Planck Institute for Human Development and  
Education

1996 Habilitation (Venia Legendi) in Psychology, Freie Universität Berlin, Germany

## Appointments and Positions

1984-1986 Teaching undergraduate and graduate courses in developmental psychology,  
motivation, personality, and educational psychology at the Technical

	University Berlin and at the Free University, Berlin
1987-1996	Research Scientist, Max Planck Institute for Human Development
1996 to 2000	Senior Research Scientist, Center for Life-Span Development, Max Planck Institute for Human Development, Berlin, Germany
Since 2001	Professor, Department of Psychology and Social Behavior, University of California, Irvine
2013/14	Part-time visiting professor at the Ruprecht-Karl University Heidelberg, Germany
Since 2022	Distinguished Professor, Department of Psychological Science

## **Awards and Honors**

Graduate scholarship of the German Academic Exchange Service (1981-1983)

Graduate scholarship of the Doctorate Program for Developmental Psychology funded by the Volkswagen-Foundation (1983-1984)

Associate member of the John D. and Catherine T. MacArthur Foundation Research Network on Successful Mid-Life Development (1991 to 1998)

Fellow at the Center for Advanced Study in the Behavioral Sciences, Stanford (1995-1996)

The Max Planck Research Award for International Cooperation, 1999

Humboldt Professor, since 1999

UCI, Teaching Excellence Award, 2005

Gerontological Society of America, Fellow, since 2011

UCI Chancellor's Award for Excellence in Fostering Undergraduate Research, 2014

UCI Faculty Mentor of the Month, UROP, May 2014

Appointment to the Kuratorium (Executive Board) of the Leibniz-Institute for Educational Trajectories (LIfBi) by the German Federal Ministry of Education and Research – BMBF and the Bavarian State Ministry for Education, Science and Art (StMBW), December 2013

Baltes Distinguished Research Achievement Award, American Psychological Association, 2014

Research Fellow at the Center for Interdisciplinary Research (ZiF), University of Bielefeld, Germany, 2015-2016

Association for Psychological Science, Fellow, since 2016

International Society for the Study of Behavioral Development (ISSBD), Fellow, since 2016

Robert Newcomb Interdisciplinary Team Science Award, University of California Irvine, 2017

Distinguished Career Contribution to Gerontology Award, Gerontological Society of America (GSA), Behavioral and Social Sciences Section, 2020

## **International Service in Research Institutions**

Survey Committee of the Socioeconomic Panel Germany (SOEP, Director: Stefan Liebig), Member, Board of Advisors, Deutsches Institut für Wirtschaftsforschung (DIW), Berlin, Germany, Berlin, Germany, 2014 - 2019

Leibniz-Institute for Educational Trajectories (LIfBi, Director: Cordula Artelt), Board of Trustees, Bamberg, Germany, 2013 - Present

National Center of Competence in Research LIVES (Directors: Dario Spini, Eric Widmer), Review Panel, Swiss National Science Foundation, Lausanne, Geneva, Switzerland, 2011 - Present

Research Consultant and Graduate Student Instructor, Ruprecht-Karls-Universität Heidelberg, Germany, 2013 - 2014

Advisory Board Member for Center for Research in Human Development, Concordia University, Montreal, Canada, 2009 – 2013

Grant reviewer for German Research Foundation, Dutch Research Council, European Science Foundation, Economic and Social Research Council, Social Sciences and Humanities Research Council of Canada, Swiss National Science Foundation

## **Membership and Service in Professional Organizations**

American Psychological Association (since 1993)

Association of Psychological Science (since 1997)

Fachgruppe Entwicklungspsychologie der Deutschen Gesellschaft für Psychologie;  
Executive Committee Member Secretary Treasurer (1992-1993)

Gerontological Society of America (since 1991)

Richard Kalish Innovative Publication Award Committee of the Behavioral and Social Sciences Section of GSA (member 2002-2003, chair 2003-2004)

Deutsche Gesellschaft für Psychologie (since 1985)  
International Society for the Study of Behavioral Development (since 1985)  
    Program Review Committee, Ghent, Belgium, 2004 and Melbourne, Australia, 2006  
    Publication Committee, since 2020  
Society for Research in Child Development (since 1985)  
Society for Research in Adolescence (since 2002)  
Society for the Study of Motivation (since 2008, Member of Board since 2009)  
Society for Longitudinal and Life Course Studies (since 2015)

## **Editorial Board Memberships and Journal Review Activities**

Advances in Life Course Research (Member of Editorial Board)  
American Journal of Community Psychology  
Child Development  
Contemporary Psychology  
Current Directions  
Developmental Psychology  
Diagnostica  
European Journal of Personality  
European Psychologist  
European Sociological Review  
Gerontology (Member of Editorial Board)  
International Journal for Behavioral Development (Associate Editor, 2003 to 2007)  
ISSBD Newsletter (Editor, 1996-2000)  
Journal of Educational Psychology  
Journal of Family Psychology  
Journal of Personality and Social Psychology: Personality Processes and Individual Differences  
Journal of Social and Clinical Psychology  
Learning and Instruction  
Longitudinal and Life Course Studies (Associate Editor)  
Motivation Science (Associate Editor)  
Personality and Social Psychology Bulletin  
Personality and Social Psychology Review  
Perspectives on Psychological Science  
PLOS ONE  
Psychological Bulletin  
Psychological Review  
Psychological Sciences  
Psychology and Aging (Member of Editorial Board)  
Social Development  
Schweizerische Zeitschrift für Psychologie  
The Journals of Gerontology: Psychological Sciences (Member of Editorial Board)  
The Journals of Gerontology: Social Sciences  
Revue Internationale de Psychologie Sociale

Zeitschrift für Entwicklungspsychologie und Pädagogische Psychologie  
Zeitschrift für Pädagogik  
Zeitschrift für pädagogische Psychologie  
Zeitschrift für experimentelle und angewandte Psychologie  
Zeitschrift für klinische Psychologie  
Zeitschrift für Sozialpsychologie

## **Research Interests**

Life-Span Developmental Psychology  
Motivation  
Control Behavior Across the Life Span  
Developmental Regulation During Major Life-Course Transitions  
Cultural Universals and Differences in Motivation and Developmental Regulation

## **Teaching**

### **Undergraduate Level**

Introduction to Psychology  
Life-Span Developmental Psychology  
Motivation

### **Graduate Level**

Theories of Developmental Psychology  
Life-Span Developmental Psychology  
Psychology of Motivation and Control  
Developmental Regulation of Life-Course Transitions  
Development of Motivation from Infancy to Old Age  
Psychological Processes Involved in Social Inequality in Health

## **Publications**

### **Books**

Heckhausen, J., & Dweck, C. S. (Eds.). (1998). *Motivation and self-regulation across the life span*. New York, NY: Cambridge University Press.

Heckhausen, J. (1999). *Developmental regulation in adulthood: Age-normative and sociostructural constraints as adaptive challenges*. New York, NY: Cambridge University

Press.

Heckhausen, J. (Ed.). (2000). *Motivational psychology of human development: Developing motivation and motivating development*. Oxford, UK: Elsevier.

Heckhausen, J. & Heckhausen, H. (2005). *Motivation und Handeln*. Berlin: Springer-Verlag.  
New revised edition, 2010, Berlin: Springer-Verlag  
New revised edition, 2018, Berlin: Springer-Verlag

Heckhausen, J. & Heckhausen, H. (2008). *Motivation and action*. New York, NY: Cambridge University Press.  
New revised edition, 2011, New York, NY: Cambridge University Press.  
New revised edition, 2018, New York, NY: Springer.

### Journal Articles

van der Geest, A., & Heckhausen, J. (1981). Kommunikative Anpassung zwischen Kindern verschiedenen Alters und verschiedener Muttersprache [Communicative adaptation in children's dyads mixed by age and first language]. *Zeitschrift für Entwicklungspsychologie und Pädagogische Psychologie*, 13, 83-105.

Kliegl, R., Smith, J., Heckhausen, J., & Baltes, P. B. (1986). Ausbildung zum Gedächtniskünstler. Ein experimenteller Zugang zur Überprüfung von Theorien kognitiven Lernens und Alterns [Training to become a memory artist: An experimental approach for testing theories of cognitive learning and aging]. *Unterrichtswissenschaft*, 14, 29-39.

Kliegl, R., Smith, J., Heckhausen, J., & Baltes, P. B. (1987). Mnemonic training for the acquisition of skilled digit memory. *Cognition and Instruction*, 4, 203-223.

Heckhausen, J. (1987). Balancing for weaknesses and challenging developmental potential: A longitudinal study of mother-infant dyads in apprenticeship interactions. *Developmental Psychology*, 23, 762-770.

Reprinted in: P. Lloyd & C. Fernyhough (Eds.) (1999). *Lev Vygotsky: Critical Assessments: The zone of proximal development* (pp. 81-100). Florence, KY: Routledge.

Heckhausen, J. (1987). How do mothers know? Infants' chronological age or infants' performance as determinants of adaptation in maternal instruction? *Journal of Experimental Child Psychology*, 43, 212-226.

Heckhausen, J. (1988). Becoming aware of one's competence in the second year: Developmental progression within the mother-child dyad. *International Journal of Behavioral Development*, 11, 305-326.

Heckhausen, J., Dixon, R. A., & Baltes, P. B. (1989). Gains and losses in development throughout adulthood as perceived by different adult age groups. *Developmental Psychology*, 25, 109-121.

- Heckhausen, J. (1990). Erwerb und Funktion normativer Vorstellungen über den Lebenslauf: Ein entwicklungspsychologischer Beitrag zur sozio-psychischen Konstruktion von Biographien [Acquisition and function of normative conceptions about the life span: A developmental psychology approach to the sociopsychological construction of biographies]. *Kölner Zeitschrift für Soziologie und Sozialpsychologie*, 31, 351-373.
- Heckhausen, J. (1990). Entwicklung im Erwachsenenalter aus der Sicht junger, mittelalter und alter Erwachsener [Development in adulthood as perceived by young, middle-aged and old adults]. *Zeitschrift für Entwicklungspsychologie und Pädagogische Psychologie*, 22, 1-21.
- Heckhausen, J. (1990). Psychische Entwicklung im Lebenslauf [Psychological development in the life course]. *Psychomed*, 2, 144-149.
- Heckhausen, J., & Baltes, P. B. (1991). Perceived controllability of expected psychological change across adulthood and old age. *Journal of Gerontology: Psychological Sciences*, 46, 165-173.
- Schulz, R., Heckhausen, J., & Locher, J. (1991). Adult development, control, and adaptive functioning. *Journal of Social Issues*, 47, 177-196.
- Heckhausen, J., Hundertmark, J., & Krueger, J. (1992). Normative conceptions about the life course and their impact on adults' goals for development. *Studia Psychologica*, 34, 15-28.
- Heckhausen, J. & Krueger, J. (1993). Developmental expectations for the self and most other people: Age grading in three functions of social comparison. *Developmental Psychology*, 29, 539-548.
- Heckhausen, J., & Schulz, R. (1993). Optimisation by selection and compensation: Balancing primary and secondary control in life-span development. *International Journal of Behavioral Development*, 16, 287-303.
- Krueger, J., & Heckhausen, J. (1993). Personality development across the adult life span: Subjective conceptions versus cross-sectional contrasts. *Journal of Gerontology: Psychological Sciences*, 48, 100-108.
- Heckhausen, J., & Schulz, R. (1993). Shifting preferences for primary and secondary control across the life course: A new conceptualization. *Ceskoslovenska Psychologie*, 36, 1-9.
- Schulz, R., Heckhausen, J., & O'Brien, A. T. (1994). Control and the disablement process in the elderly. *Journal of Social Behavior and Personality*, 9, 139-152.
- Hundertmark, J., & Heckhausen, J. (1994). Entwicklungsziele junger, mittelalter und alter Erwachsener [Developmental goals of young, middle-aged, and old adults]. *Zeitschrift für Entwicklungspsychologie und Pädagogische Psychologie*, 26, 197-217.
- Heckhausen, J., & Schulz, R. (1995). A life-span theory of control. *Psychological Review*, 102,

Translated into Portugese and republished as: "A Nacao de Controle ao Lono Do Curso de Vida" In Anita Liberalesso Neri (Ed.), (1995). *Psicologia do Envelhecimento: Leituras seleccionadas numa perspectiva de curso de vida* (pp. 159-194).

Krueger, J., Heckhausen, J., & Hundertmark, J. (1995). Perceiving middle-aged adults: Effects of stereotype congruent and incongruent information. *Journal of Gerontology: Psychological Sciences*, 50, 82-93.

Schulz, R., & Heckhausen, J. (1996). A life-span model of successful aging. *American Psychologist*, 51, 702-714.

Wrosch, C., & Heckhausen, J. (1996). Adaptivität sozialer Vergleiche: Entwicklungsregulation durch primäre und sekundäre Kontrolle [Adaptiveness of social comparisons: Developmental regulation via primary and secondary control]. *Zeitschrift für Entwicklungspsychologie und Pädagogische Psychologie*, 28, 126-147.

Diewald, M., Huinink, J., & Heckhausen, J. (1996). Lebensverläufe und individuelle Entwicklung im gesellschaftlichen Umbruch: Kohortenschicksale und Kontrollverhalten in Ostdeutschland nach der Wende [Life courses and individual development during societal transformation: cohort differences and control behavior in East Germany after reunification]. *Kölner Zeitschrift für Soziologie und Sozialpsychologie*, 48, 219-248.

Heckhausen, J. (1997). Developmental regulation across adulthood: Primary and secondary control of age-related challenges. *Developmental Psychology*, 33, 176-187.

Heckhausen, J., & Brim, O. G. (1997). Perceived problems for self and others: Self-protection by social downgrading throughout adulthood. *Psychology and Aging*, 12, 610-619.

Fleeson, W. W., & Heckhausen, J. (1997). More or less "Me" in past, present, and future: Perceived lifetime personality during adulthood. *Psychology and Aging*, 12, 125-186.

Heckhausen, J., & Schulz, R. (1999). The primacy of primary control is a human universal: A reply to Gould's critique of the life-span theory of control. *Psychological Review*, 106, 605-609.

Wrosch, C., & Heckhausen, J. (1999). Control processes before and after passing a developmental deadline: Activation and deactivation of intimate relationship goals. *Journal of Personality and Social Psychology*, 77, 415-427.

Schulz, R., & Heckhausen, J. (1999). Aging, culture and control: Setting a new research agenda. *Journal of Gerontology: Psychological Sciences*, 54B, P139-P145.

Wrosch, C., Heckhausen, J., & Lachman, M. E. (2000). Primary and secondary control strategies for managing health and financial stress across adulthood. *Psychology and Aging*, 15, 387-399.

- Boyer, P., & Heckhausen, J. (2000). Introductory notes. In J. Heckhausen & P. Boyer (Eds.), *Evolutionary psychology: Potential and limits of a Darwinian framework for the behavioral sciences*[Special Issue]. *American Behavioral Scientist*, 43, 917-925.
- Heckhausen, J. (2000). Evolutionary perspectives on human motivation. In J. Heckhausen & P. Boyer (Eds.), *Evolutionary psychology: Potential and limits of a Darwinian framework for the behavioral sciences*[Special Issue]. *American Behavioral Scientist*, 43, 1015-1029.
- Heckhausen, J. (2000). Wo hängen die süßen Trauben? Entwicklungs- und motivationspsychologische Überlegungen zur Funktionalität des Bereuens [Which grapes are sweet? A developmental and motivational psychology approach to the function of regret]. *Psychologische Rundschau*, 51, 123-134.
- Heckhausen, J., Wrosch, C., & Fleeson, W. (2001). Developmental regulation before and after a developmental deadline: The sample case of "biological clock" for child-bearing. *Psychology and Aging*, 16, 400-413.
- Lang, F. R., & Heckhausen, J. (2001). Perceived control over development and subjective well-being: Differential benefits across adulthood. *Journal of Personality and Social Psychology*, 81, 509 - 523.
- Heckhausen, J. (2002). Transition from school to work: Societal opportunities and the potential for individual agency. *Journal of Vocational Behavior*, 60, 173-177.
- Heckhausen, J., & Tomasik, M. J. (2002). Get an apprenticeship before school is out: How German adolescents adjust vocational aspirations when getting close to a developmental deadline. *Journal of Vocational Behavior*, 60, 199-219.
- Wrosch, C., & Heckhausen, J. (2002). Perceived control of life regrets: Good for young and bad for old adults. *Psychology and Aging*, 17, 340-350.
- Wrosch, C., Schulz, R., & Heckhausen, J. (2002). Health stresses and depressive symptomatology in the elderly: The importance of health engagement control strategies. *Health Psychology*, 21, 340-348.
- Lange-Küttner, C., Kerzmann, A., & Heckhausen, J. (2002). The emergence of visually realistic contour in the drawing of the human figure. *British Journal of Developmental Psychology*, 20, 439-463.
- Heckhausen, J., & Farruggia, S. P. (2003). Developmental regulation across the life span: A control-theory approach and implications for secondary education. *British Journal of Educational Psychology, Monograph Series II, Number 2 - Development and Motivation*, 1, 85-102.
- Boerner, K. & Heckhausen, J. (2003). To have and have not: Adaptive bereavement by transforming mental ties to the deceased. *Death Studies*, 27, 199-226.

- Wrosch, C., Schulz, R. & Heckhausen, J. (2004). Health stresses and depressive symptomatology in the elderly: A control-process approach. *Current Directions*, 13, 17-20.
- reprinted in: G. E. Miller & E. Chen (Eds.)(2005), *Current Directions in Health Psychology*. (pp. 105-111). New Jersey: Pearson.
- reprinted in: S. T. Charles (Ed.)(in press). *Current Directions in Adulthood and Aging*. Boston, MA: Allyn & Bacon.
- Nagy, G., Hollube, B., Wolf, R., Köller, O., & Heckhausen, J. (2005). Der Übergang von der Schule in die berufliche Erstausbildung; Wer die Sorgen scheut, wird von Ihnen ereilt [The Transition from School to Vocational Education: Those who fear worries will be caught by them]. *Zeitschrift für Entwicklungspsychologie und Pädagogische Psychologie*, 37, 156-167.
- Farruggia, S. P., Greenberger, E., Chen, C., & Heckhausen, J. (2006). Perceived social environment and adolescents' well-being and adjustment: Comparing a foster care sample with a matched sample. *Journal of Youth and Adolescence*, 35, 349-358.
- Chang, E. S., Chen, C., Greenberger, E., Dooley, D., & Heckhausen, J. (2006). What do they want in life? The life goals of a multi-ethnic, multi-generational sample of high-school seniors. *Journal of Youth and Adolescence*, 35, 321-332.
- Tomasik, M. J., & Heckhausen, J. (2006). Sozialprestige von Ausbildungsberufen aus der Sicht von Realschülern [Social prestige of occupations from the perspective of high school students]. *Zeitschrift für Sozialpsychologie*, 37, 259-273.
- Heckhausen, J. (2007). The motivation-volition divide and its resolution in action-phase models of behavioral and developmental regulation. *Research in Human Development*, 4, 163-180.
- Poulin, M. J. & Heckhausen, J. (2007). Stressful events compromise control strivings during a major life transition. *Motivation and Emotion*, 31, 300-311.
- Haase, C. M., Heckhausen, J., & Köller, O. (2008). Goal engagement during the school-to-work transition: Beneficial for all, particularly for girls. *Journal of Research on Adolescence*, 18, 671-698.
- Haynes, T. L., Heckhausen, J., Chipperfield, J. G., Perry, R. P. & Newall, N. E. (2009). Primary and secondary control strategies: Implications for health and well-being among older adults. *Journal of Social and Clinical Psychology*, 28, 165-195.
- Sorkin, D. H., Rook, K. S., Heckhausen, J., Billimek, J. (2009). Predicting changes in older adults' interpersonal control strivings. *International Journal of Aging and Human Development*, 69, 159-180.

- Heckhausen, J., & Chang, E. S. (2009). Can ambition help overcome social inequality in the transition to adulthood? Individual agency and societal opportunities in Germany and the United States. *Research in Human Development, 6*, 1-17.
- Tomasik, M. J., Hardy, S., Haase, C. M., & Heckhausen, J. (2009). Adaptive adjustment of vocational aspirations among German youths during the transition from school to work. *Journal of Vocational Behavior, 74*, 38-46.
- Chung, W. Y., Chen, C., Greenberger, E., & Heckhausen, J. (2009). A cross-ethnic study of adolescents' depressed mood and the erosion of parental warmth during the transition to young adulthood. *Journal of Research on Adolescence, 19*, 359-379.
- Hall, N. C., Chipperfield, J. G., Heckhausen, J., & Perry, R. P. (2010). Control striving in older adults with serious health problems: A 9-year longitudinal study of survival, health, and well-being. *Psychology and Aging, 25*, 432-445.
- Heckhausen, J., Wrosch, C., & Schulz, R. (2010). A motivational theory of life-span development. *Psychological Review, 117*, 32-60.
- Chang, E. S., Heckhausen, J., Greenberger, E., & Chen, C., (2010). Shared agency with parents for educational goals: Ethnic differences and implications for college adjustment. *Journal of Youth and Adolescence, 39*, 1293-1304.
- Chang, E. S., Greenberger, E., Chen, C., Heckhausen, J. & Farruggia, S. P. (2010). Non-parental adults as social resources in the transition to adulthood. *Journal of Research on Adolescence, 20*, 1-18.
- Tomasik, M., Silbereisen, R. K., & Heckhausen, J. (2010). Is it adaptive to disengage from demands of social change? Adjustment to developmental barriers in opportunity-deprived regions. *Motivation and Emotion, 34*, 384-398.
- Mackay, J., Charles, S. T., Kemp, B., & Heckhausen, J. (2011). Goal striving and maladaptive coping in adults living with spinal cord injury: Associations with affective well-being. *Journal of Aging and Health, 23*, 158-176.
- Haase, C., Silbereisen, R. K., & Heckhausen, J. (2012). The interplay of occupational motivation and well-being during the transition from university to work. *Developmental Psychology, 49*, 1739-1751.
- Shane, J., Heckhausen, J., Lessard, J., Chen, C., & Greenberger, E. (2012). Career-related goal pursuit among post-high school youth: Relations between personal control beliefs and control strivings. *Motivation and Emotion, 36*, 159-169.
- Haase, C., Poulin, M., & Heckhausen, J. (2012). Happiness as a motivator: Positive affect predicts primary control striving for career and educational goals. *Personality and Social Psychology Bulletin, 38*, 1093-1104.
- Grüner, S., Silbereisen, R. K., & Heckhausen, J. (2013). Subjective well-being in times of

social change: Congruence of control strategies and perceived control. *International Journal of Psychology*, 48, 1246-1259.

Shane, J., & Heckhausen, J. (2013). Motivational self-regulation in the work domain: Congruence of individuals' control striving and the control potential in their developmental ecologies. *Research in Human Development*, 9, 337-357.

Shane, J., & Heckhausen, J. (2013). University students' causal conceptions about social mobility: Diverging pathways for believers in personal merit and luck. *Journal of Vocational Behavior*, 82, 10-19.

Haase, C., Heckhausen, J., & Wrosch, C. (2013). Developmental regulation across the life span: Towards a new synthesis. *Developmental Psychology*, 49, 964-972.

Hamm, J. M., Stewart, T. L., Perry, R. P., Clifton, R. A., Chipperfield, J. G., & Heckhausen, J. (2013). Sustaining primary control striving for achievement goals during challenging transitions: The role of secondary control strategies. *Basic and Applied Social Psychology*, 35, 286-297.

Heckhausen, J., Wrosch, C., & Schulz, R. (2013). A lines-of-defense model for managing health threats. *Gerontology*, 59, 438-447.

Stewart, T. L., Chipperfield, J. G., Ruthig, J. C., & Heckhausen, J. (2013). Downward social comparison and subjective well-being in late life: The moderating role of perceived control. *Aging and Mental Health*, 17, 375-385.

Heckhausen, J., Chang, E., Greenberger, E., & Chen, C. (2013). Striving for educational and career goals during the transition after high school: What is beneficial? *Journal of Youth and Adolescence*, 42, 1385-1398.

Gerstorf, D., Heckhausen, J., Ram, N., Infurna, F. J., Schupp, J., & Wagner, G. G. (2014). Perceived personal control buffers terminal decline in well-being. *Psychology and Aging*, 29, 612-625.

Knoll, N., Wiedemann, A. U., Schultze, M., Schrader, M., & Heckhausen, J. (2014). Prostate cancer patients gradually advance goals for rehabilitation after radical prostatectomy: Applying a Lines-of-Defense Model to rehabilitation. *Psychology and Aging*, 29, 787-792.

Hamm, J. M., Chipperfield, J. G., Perry, R. P., Heckhausen, J., & Mackenzie, C. S. (2014). Conflicted goal engagement: Undermining physical activity and health in late life, *Journals of Gerontology: Psychological Sciences*, 69, 1-10.

Knoll, N., Wiedemann, A. U., Schrader, M., Felber, J., Burkert, S., Daig, I., & Heckhausen, J. (2015). Calibrating independence goals and partner support: Couples adjust to functional limitations after tumor surgery. *Applied Psychology: Health and Well-Being*, 7, 167-187.

- Hamm, J. M., Perry, R. P., Chipperfield, J. G., Stewart, T. L., & Heckhausen, J. (2015). Motivation-focused thinking: Buffering against stress-related physical symptoms and depressive symptomatology. *Psychology and Health, 30*, 1326-1345.
- Heckhausen, J., & Wrosch, C. (2016). Challenges to developmental regulation across the life course: What are they and which individual differences matter? *International Journal of Behavioral Development, 40*, 145-150.
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- Wrosch, C., & Heckhausen, J. (2016). Introduction to the special section on motivational self-regulation across the lifespan. *International Journal of Behavioral Development, 40*, 97-99.
- Villarreal, B. J., Heckhausen, J., Lessard, J. Greenberger, E., & Chen, C. (2015). High-school seniors' short-term educational expectations: Do the costs of failing one's expectations outweigh the benefits of ambitious expectations? *Journal of Adolescence, 45*, 327-340.
- Kay, J., Shane, J., & Heckhausen, J. (2016). High-school predictors of university achievement: Youths' self-reported relationships with parents, beliefs about success, and university aspirations. *Journal of Adolescence, 53*, 95-106.
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- Infurna, F. J., Gerstorf, D., Ram, N., Schupp, J., Wagner, G. G., & Heckhausen, J. (2016). Maintaining perceived control with unemployment facilitates future adjustment. *Journal of Vocational Behavior, 93*, 103-119.
- Shane, J., & Heckhausen, J. (2016). Optimized engagement across life domains in adult development: Balancing diversity and interdomain consequences. *Research in Human Development, 13*, 280-296.
- Hamm, J., Perry, R. P., Chipperfield, J. G., Heckhausen, J., & Parker, P. C. (2016). A motivation-enhancing treatment to sustain goal engagement during life course transitions. *Motivation and Emotion, 40*, 814-829.
- Kriegbaum, K., Villarreal, B., Wu, V. C., & Heckhausen, J. (2016). Parents still matter: patterns of shared agency with parents predict college students' academic motivation and achievement. *Motivation Science, 2*, 97-115.
- Infurna, F. J., Wiest, M., Gerstorf, D., Ram, N., Schupp, J., Wagner, G. G., & Heckhausen, J. (2017). Changes in life satisfaction when losing one's spouse: Individual differences in anticipation, reaction, adaptation, and longevity in the German Socio-Economic Panel

- Study (SOEP). *Aging and Society*, 37, 899-934.
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### Invited Presentations

- Heckhausen, J. (1990, June). *Adults conceptions about adult development and its controllability*. Invited paper presented at the distinguished colloquium "Advances in self-efficacy research" celebrating the honorary degree for Albert Bandura at the Free University Berlin, Germany.
- Heckhausen, J. (1991, February). *Entwicklungsziele, Kontrollüberzeugungen und Bewältigungsstrategien von Ost- und Westberlinern*. Invited colloquium presented at the Institute for Psychology, Humboldt University, Berlin, Germany.
- Heckhausen, J. (1996, January). *Die Psychologie des Bereuens: Wo hängen die süßen Trauben?* [The psychology of regret: Where are the sweet grapes?] Habilitation colloquium, Fachbereich Erziehungs- und Unterrichtswissenschaften, Freie Universität Berlin, Germany.
- Heckhausen, J. (1996, March). *Developmental Regulation Across the Life Span: Optimization in Primary and Secondary Control*. Invited colloquium, Department of Psychology, Stanford University.
- Heckhausen, J. (1996, March). *Developmental Regulation Across the Life Span: Optimization in Primary and Secondary Control*. Invited colloquium, Center for Advanced Study in the Behavioral Sciences, Stanford.
- Heckhausen, J. (1996, April). *Developmental Regulation Across the Life Span: Optimization in Primary and Secondary Control*. Invited colloquium, Department of Psychology, University of California, Berkeley.

Heckhausen, J. (1996, April). *Developmental Regulation Across the Life Span: Optimization in Primary and Secondary Control*. Invited colloquium, Institute for Personality and Social Research, University of California, Berkeley.

Heckhausen, J. (1996, September). *Being on-time or off-time: Developmental deadlines for regulating one's own development*. Invited address at the International Conference "Mind and Time", Neuchâtel, Switzerland.

Heckhausen, J. (1996, December). *Entwicklung im Erwachsenenalter: Entwicklungsregulation durch primäre und sekundäre Kontrolle* [Development in adulthood: Developmental regulation via primary and secondary control]. Invited colloquium at the Institute of Psychology, University of Osnabrück, Germany.

Heckhausen, J. (1997, January). *Zur Motivationspsychologie der Ontogenese: Theoretische Überlegungen und erste empirische Befunde* [Motivational psychology of ontogenesis: Theoretical conceptions and first empirical findings]. Invited address presented at the 15. Motivationspsychologisches Kolloquium, Bielefeld, Germany.

Heckhausen, J. (1998, July). *Optimizing One's Own Development Across the Life Span: Adaptive Timing and Sequencing of Control Striving for Developmental Goals*. Invited paper presented at the Symposium in Honor of the 60th Birthday of August Flammer "The Competent Self - A Life-Span and Differential Perspective" at the 15th Biennial Meeting of ISSBD, Berne, Switzerland.

Heckhausen, J. (2001, February). *Developmental regulation across the life span: A control-theory approach*. Invited presentation at the Workshop "Coping and Regulation Across the Life Span", Tempe, AZ.

Heckhausen, J. (2001, May). *Developmental regulation across the life span: Navigating transitions by primary and secondary control*. Invited colloquium, University of California, Riverside.

Heckhausen, J. (2001, August). *Developmental regulation across the life span: A control-theory approach*. Invited address presented at the annual meetings of the American Psychological Association, Chicago, IL.

Heckhausen, J. (2002, February). *Developmental regulation across the life span: Navigating transitions by primary and secondary control*. Invited colloquium, Department of Psychology, Georgia Institute of Technology, Atlanta, GA.

Heckhausen, J. (2001, October). *Developmental regulation across the life span: Navigating transitions by primary and secondary control*. Invited colloquium, Department of Psychology, University of California, Los Angeles.

Heckhausen, J. (2001, November). *Transitions in the human life course: An emerging arena for interdisciplinary research*. Invited colloquium, Department of Psychology and Social Behavior, University of California, Irvine.

- Heckhausen, J. (2002, April). *Developmental regulation across the life span: A control-theory approach*. Invited paper at the Conference on "Development and Motivation: Joint Perspectives", University of Lancaster, Great Britain.
- Heckhausen, J. (2002, November). *Developmental regulation across the life span: A control-theory approach*. Invited colloquium, Harvard University, Boston, MA.
- Heckhausen, J. (2003, February). *Life-course transitions: Amplifiers of developmental resources and interventions*. Invited discussion paper at the Southern California Consortium on Families and Social Development, University of California, Riverside.
- Heckhausen, J., Haase, C. M., & Poulin, M. (2003, April). *School-to-work transition in German adolescents: Findings from an longitudinal study*. Invited colloquium, Department of Psychology and Social Behavior, University of California, Irvine.
- Heckhausen, J. (May, 2003). *The life-span theory of control as a paradigm to study illness and disability in old age*. Invited paper at the UC/APA Conference on Health Psychology and Aging. Lake Arrowhead, CA.
- Heckhausen, J. (2004, October). *Soci(et)al scaffolding of individual growth across the life span*. Invited paper presented at the international conference on "Positive Development: Linking Individual, Communities and Social Policies", Center for Applied Developmental Science, Weimar, Germany.
- Heckhausen, J. (2006, November). *Lebenslauftheorie der Kontrolle: Ein Kontroll- und handlungstheoretischer Ansatz zur Entwicklungsregulation* [Lifespan theory of control: A control and action-theoretical approach to developmental regulation]. Invited colloquium at the Friedrich-Schiller-University Jena, Germany.
- Heckhausen, J. (2008, July). *Globalization, social inequality and individual agency in human development*. Invited presentation at the International Workshop "Social Change and Human Development: Concepts and Results", Würzburg, Germany.
- Martin J. Tomasik, M. J., Silbereisen, R. K., & Heckhausen, J. (2008, July). *Developmental barriers and the benefits of disengagement*. Invited presentation at the International Workshop "Social Change and Human Development: Concepts and Results", Würzburg, Germany.
- Heckhausen, J. (2005, June). *Developmental regulation under conditions of social change: Heyday or doomsday for individual agency*. Invited paper presented at the Workshop "Self-regulation in context of social changes" sponsored by the International Society for the Study of Behavioral Development, Moscow, Russia.
- Heckhausen, J. (2005, October). *Developmental regulation across the life span: Individual agency and society*. Invited paper at the Fall Academy of the International Max Planck Research School LIFE, Ann Arbor, MI.
- Heckhausen, J. (2006, August). *Entwicklungsregulation im Lebenslauf: Diskussion verschiedener Forschungsanwendungen* [Developmental regulation across the lifespan:

- Discussion of various research applications]. Invited paper at the 3rd Workshop “Studies in Developmental Science: Applications of the Control Model”. Friedrich-Alexander-University of Erlangen-Nürnberg, Germany.
- Heckhausen, J. (2006, October). *Developmental regulation across the life span*. Invited colloquium, Max Planck Institute for Human Development, Berlin, Germany.
- Heckhausen, J. (2006, December). *Lebenslauftheorie der Kontrolle: Ein Kontroll- und handlungstheoretischer Ansatz zur Entwicklungsregulation* [The life-span theory of control: A control and action-theoretical approach to developmental regulation]. Invited colloquium, Friedrich-Schiller University, Jena, Germany.
- Heckhausen, J. (2008, July). *Globalization, social inequality and individual agency in human development*. Invited talk at the International Workshop “Social Change and Human Development: Concepts and Results”, Würzburg, Germany.
- Heckhausen, J. (2009, May). *Motivation and action: Building on the legacy of international motivational research*. Invited address at the Annual Meeting of the Society for the Study of Motivation, San Francisco, CA.
- Heckhausen, J. (2010, September). *A motivational theory of life-span development*. Invited presentation at the Miriam Rowland biennial lecture series in psychology. Concordia University, Montreal, Canada.
- Heckhausen, J. (2011, April). *A motivational theory of life-span development*. Invited colloquium at the Institute for Personality and Social Research, University of California, Berkeley, CA.
- Heckhausen, J. (2011, August). *A motivational theory of life-span development: Areas of application in the Socio-Economic Panel*. Invited colloquium at the Deutsches Institut fuer Wirtschaftsforschung (German Institute for Economic Research).
- Heckhausen, J. (2011, September). *A motivational theory of life-span development*. Keynote address presented at the conference of the Society for Longitudinal and Lifecourse Studies, Bielefeld, Germany.
- Heckhausen, J. (2012, August). *A motivational theory of life-span development*. Invited Colloquium at the National Educational Panel Study, Otto-Friedrich University of Bamberg, Germany.
- Heckhausen, J. (2012, August). *Forschungsprojekte mit dem NEPS: Transaktionen zwischen Situation, Individuum und Entwicklung* [Research projects with NEPS: Transactions between situation, individual and development]. Invited Colloquium at the National Educational Panel Study, Otto-Friedrich University of Bamberg, Germany.
- Heckhausen, J. (2012, August). *A motivational theory of life-span development*. 5<sup>th</sup> Annual Paul. B. Baltes Lecture, Berlin, Germany.

- Heckhausen, J. (2012, September). *A motivational theory of life-span development*. Invited colloquium at the Department of Psychology, University of Southern California, Los Angeles, CA.
- Heckhausen, J. (2013, July). *A motivational theory of life-span development*. Invited address in the Marsilius Lecture Series, Marsilium Kolleg, Karl-Ruprechts-Universitaet Heidelberg, Germany.
- Heckhausen, J. (2014, February). *Key issues in lifespan personality development*. Invited address at the Personality Preconference to the 15th Annual Convention of the Society of Personality and Social Psychology Austin, TX.
- Heckhausen, J. (2014, July). *Goal engagement and disengagement in an age-structured field of action*. Invited presentation at the Munich Symposium on Motivation Eibsee, Germany.
- Heckhausen, J. (2014, September). *A motivational theory of life-span development*. Keynote address at the 49th Annual Congress of the Deutsche Gesellschaft für Psychologie, Bochum, Germany.
- Heckhausen, J. (2015, February). *Motivational self-regulation in life-span development*. Invited presentation at the Developmental Colloquium Series, Dept. of Psychology, University of California, Riverside, CA.
- Heckhausen, J. (2015, February). *The human life course as a changing field of action*. Invited address at the Lifespan Social-Personality Preconference to the 16th Annual Convention of the Society of Personality and Social Psychology, Long Beach, CA.
- Heckhausen, J. (2015, August). *A motivational theory of lifespan development*. Invited address for the Baltes Distinguished Research Achievement Award at the 123th Annual Convention of the American Psychological Association, Toronto, Canada.
- Heckhausen, J. (2015, September). *Motivation and lifespan development: Individual agency in the transition to adulthood*. Invited address at the Berlin Interdisciplinary Research Network, DIW, Berlin, Germany.
- Heckhausen, J. (2015, October). *Life-course transitions as agency-relevant phases of life: When individual dispositions matter most*. Invited presentation at the ZiF Research Group Conference: Interdisciplinary Perspectives on Genetic and Social Causes of Life Chances, Center for Interdisciplinary Research, University of Bielefeld, Germany.
- Heckhausen, J. (2016, March). *Lifespan development of social inequality: Agency in SES-stratified fields of action*. Invited presentation at the ZiF Research Group Conference: Social and Genetic Contributions to the Intergenerational Transmission of Advantage and Disadvantage, Center for Interdisciplinary Research, University of Bielefeld, Germany.
- Heckhausen, J. (2016, May). *Windows of opportunity for individual agency across the life*

course: *Enacting and counteracting social inequality*. Invited address at the University of Helsinki, Finland.

Heckhausen, J. (2016, June). *Motivation and social mobility across the lifespan: Individual agency and individual differences*. Invited lecture in the Personality and Social Psychology Colloquium Series at the Department of Psychology, University of Jena, Germany.

Heckhausen, J. (2016, June). *Lifespan development of social inequality: Agency in SES-stratified fields of action*. Invited lecture in the Developmental Psychology Colloquium Series, Friedrich--Schiller University Jena, Germany.

Heckhausen, J. (2016, June). *Motivation and social mobility across the lifespan: Potential and limits of individual agency*. Invited lecture at the Department of Psychology, University of Münster, Germany.

Heckhausen, J. (2016, July). *Motivation and social mobility across the lifespan: Potential and limits of individual agency*. Invited lecture at the Department of Psychology, Friedrich-Alexander University of Erlangen-Nürnberg, Erlangen, Germany.

Heckhausen, J. (2016, July). *Does the importance of personality vary across different societies? The case of agency*. Invited presentation at the ZiF Research Group Conference: Interdisciplinary Perspectives on Genetic and Social Causes of Life Chances, Zentrum für Interdisziplinäre Forschung (ZiF, Center for Interdisciplinary Research), Bielefeld, Germany.

Heckhausen, J. (2017, February). *Towards a multi-disciplinary life-course theory*. Invited presentation at the inter-disciplinary conference "Life-Course Theories and Methods: Key Challenges and Solutions," Delmenhorst, Germany.

Heckhausen, J. (2017, March). *Motivation and social mobility across the lifespan: Potential and limits of individual agency*. Invited colloquium presentation, School of Education, University of California, Irvine, CA.

Heckhausen, J. (2017, October). *Individual agency and societal structuring of the life course: Windows of opportunity and segregated paths*. Lecture presented in the "Dynamics of Social Inequality" lecture series, Berlin Social Science Center (WZB).

### **Conference and other presentations (since 1990)**

Heckhausen, J., & Schulz, R. (1990, August). *Life-span developmental shifts in conceptions and strategies of control*. Paper presented at the Fourth European Conference on Developmental Psychology, Stirling, Great Britain.

Heckhausen, J. (1990, September). *Integration psychologischer und soziologischer Ansätze in der Lebenslaufforschung* [Integration of psychological and sociological approaches in life-course research]. Paper presented at the 37th Congress of the Deutsche Gesellschaft für Psychologie, Kiel, Germany.

- Heckhausen, J., & Schulz, R. (1991, July). *Functional trade-offs in primary and secondary modes of control across the life course: Conceptual issues and overview*. Paper presented at the 11th Biennial Meeting of the International Society for the Study of Behavioral Development (ISSBD), Minneapolis, MN.
- Heckhausen, J., Hundertmark, J., & Krueger, J. (1991, August). *Normative conceptions about the life course and their impact on adults' goals for development*. Paper presented at the Sixth Prague International Conference on Psychological Development and Personality Formative Processes, Prague, Czechoslovakia.
- Heckhausen, J. (1991, September). *Primäre und sekundäre Kontrollstrategien der Entwicklungsbewältigung im Erwachsenenalter* [Primary and secondary control strategies of developmental regulation in adulthood]. Paper presented at the 10th Tagung Entwicklungspsychologie, Cologne, Germany.
- Heckhausen, J., & Krueger, J. (1991, September). *Bezugsgruppenwahl und normative Alterungsvorstellungen als Bewältigungsstrategien im Alter* [Choice of reference group and normative conceptions about aging as coping strategies in old age]. Paper presented at the 10th Tagung Entwicklungspsychologie, Cologne, Germany.
- Heckhausen, J. (1992, July). *Personal and social images of mid-life as reflected in beliefs about life-span development*. Paper presented at the 25th International Congress of Psychology, in Brussels, Belgium.
- Heckhausen, J., & Schulz, R. (1992, August). *Primary and secondary control across the life span: East/West Berlin comparisons*. Paper presented at the Centennial Convention of the American Psychological Association, Washington, DC.
- Heckhausen, J. (1992, September). *Primäre und sekundäre Kontrolle in Entwicklungsgestaltung und -bewältigung: Entwicklungszielmanagement bei Ost- und Westberliner Erwachsenen* [Primary and secondary control in developmental mastery and coping: Managing developmental goals in East and West-Berlin adults]. Paper presented at the 38th Congress of the Deutsche Gesellschaft für Psychologie, Trier, Germany.
- Heckhausen, J. (1992, September). *Entwicklungsziele und Kontrollüberzeugungen Ost- und Westberliner Erwachsener* [Developmental goals and control beliefs in East and West-Berlin adults]. Paper presented at the 38th Congress of the Deutsche Gesellschaft für Psychologie, Trier, Germany.
- Heckhausen, J., & Schulz, R. (1992, November). *Action and control in life-span development: Theoretical perspectives and empirical findings*. Paper presented at the 45th Scientific Meeting of the Gerontological Society of America, Washington, DC.
- Heckhausen, J., & Schulz, R. (1993, March). *An analysis of "good" stress and coping during mid-life and old age*. Paper presented at the 60th Meeting of the Society for Research in Child Development, New Orleans, LA.
- Heckhausen, J., & Schulz, R. (1994, June/July). *Primacy of primary control as a universal feature of human behavior*. Paper presented at the 13th Biennial Meetings of the International Society for the Study of Behavioral Development, Amsterdam, The Netherlands.

- Heckhausen, J. (1994, September). *Primäre und sekundäre Kontrolle im Erwachsenenalter: Entwicklungsregulation bei altersnormativen Anforderungen* [Primary and secondary control in adulthood: Developmental regulation of age-normative challenges]. Paper presented at the 39. Kongreß der Deutschen Gesellschaft für Psychologie, Hamburg, Germany.
- Heckhausen, J. & Dweck, C. S. (1995, July). Organization of conference on "*Life-Span Perspectives on Motivation and Control*", Max Planck Institute for Human Development, Berlin, Germany.
- Heckhausen, J. & Schulz, R. (1995, July). *Developmental regulation in adulthood: Selection and compensation via primary and secondary control*. Paper presented at the conference "Life-Span Perspectives on Motivation and Control", Max-Planck-Institut für Bildungsforschung, Berlin, Germany.
- Heckhausen, J., Schulz, R. (1995, November). *Developmental regulation in adulthood: Conceptualization and measurement of strategies for successful aging*. Paper presented at the 48th Scientific Meeting of the Gerontological Society of America, Los Angeles, CA.
- Heckhausen, J. (1996, September). *Selbst- und Entwicklungsregulation bei krisenhaften Herausforderungen* [Regulation of self and development in times of crisis and challenge]. Paper presented at the 40. Kongreß der Deutschen Gesellschaft für Psychologie, Munich, Germany.
- Heckhausen, J., & Wrosch, C. (1996, September). *Entwicklungsregulation unter den Bedingungen des soziopolitischen Wandels in der ehemaligen DDR: Kohortendifferenzielle Effekte* [Developmental regulation under the conditions of sociopolitical change in the former GDR: Cohort-differential effects]. Paper presented at the 40. Kongreß der Deutschen Gesellschaft für Psychologie, Munich, Germany.
- Heckhausen, J. (1997, September). *Die Lebenslauftheorie der Kontrolle als theoretischer Rahmen der Bewältigungsforschung* [The life-span theory of control as a conceptual framework for coping research]. Paper presented at the 13. Tagung Entwicklungspsychologie, Vienna, Austria.
- Heckhausen, J., Schulz, R. (1997, September). *Control striving across the life span: Developmental regulation via primary and secondary control*. Paper presented at the 105th Annual Conference of the American Psychological Association, Chicago, IL.
- Heckhausen, J. (1998, May). Organization of conference on "*Motivational Psychology of Ontogenesis*", Max Planck Institute for Human Development, Berlin, Germany.
- Heckhausen, J. (1998). *Developmental regulation across the life span: An Action-phase model of engagement and disengagement with developmental goals*. Paper presented at the conference "Motivational Psychology of Ontogenesis", Max Planck Institute for Human Development, Berlin, Germany.
- Heckhausen, J., Wrosch, C., & Fleeson, W. (1998, July). *Developmental regulation before and after passing a developmental deadline: The sample case of the biological clock*. Paper presented at the 15th Biennial Meeting of the International Society for the Study of

Behavioral Development, Berne, Switzerland.

Schulz, R., & Heckhausen, J. (1989, July). *Optimization in primary and secondary control: A life-span model of successful aging*. Paper presented at the 15th Biennial Meeting of the International Society for the Study of Behavioral Development, Berne, Switzerland.

Heckhausen, J. (1998, September). *Motivation, Volition und Distanzierung bei alterssequentiell gestaffelten Entwicklungszielen: Ein erweitertes Handlungsphasenmodell der Entwicklungsregulation* [Motivation, volition, and disengagement in age-sequential pursuit of developmental goals: An extended action-phase model of developmental regulation]. Paper presented at the 41st Meeting of the Deutsche Gesellschaft für Psychologie, Dresden, Germany.

Heckhausen, J. (1999, March). *Bedingungen und Folgen (nicht) erfolgreicher Zieldistanzierung* [Causes and consequences of (non) successful goal disengagement. Discussion paper presented at the Tagung experimentell arbeitender Psychologen, Leipzig, Germany.

Heckhausen, J., & Bredendiek, M. (1999, April). *Adolescents in the transition from school to work: Vocational training goals and peer group orientation*. Paper presented at the 63rd Meeting of the Society for Research in Child Development, Albuquerque, NM.

Heckhausen, J., & Martignon, L. (1999, July). *A motivational approach to decision making*. Paper presented at the annual meeting of the Society for Judgement and Decision Making, Los Angeles, CA.

Heckhausen, J. (1999, September). *Der Übergang von der Schule in den Beruf als Handlungsphasensequenz: Erste Befunde aus einer mikrosequentiellen Längsschnittstudie* [The transition from school to work as an action-phase sequence: Findings in progress from a micro-sequential longitudinal study]. Paper presented at the 14. Tagung Entwicklungspsychologie, Fribourg, Switzerland.

Heckhausen, J. & Wrosch, C. (1999, September). *Wo hängen die süßen Trauben? Entwicklungspsychologische Perspektiven zum Bereuenserleben im Lebenslauf* [Where are the sweet grapes? A developmental psychology approach to the experience of regret throughout the life span]. Paper presented at the 14. Tagung Entwicklungspsychologie, Fribourg, Switzerland.

Heckhausen, J., & Schulz, R. (1999, November). *Primary and secondary control of developmental loss: An action-theoretical approach*. Paper presented at the 52nd Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

Heckhausen, J. (2000, May/June). *Adolescents in the transition from school to work: Adaptive and maladaptive sequential patterns of goal orientation and control*. Paper presented at the 7th Biennial Conference of the European Association for Research on Adolescence (EARA), Jena, Germany.

Heckhausen, J. (2000, July). *Adaptive functions of social comparison in developmental*

*regulation: Upward, downward, and lateral.* Paper presented at the XXVII International Congress of Psychology, Stockholm, Sweden.

Heckhausen, J. (2000, September). *Entwicklungsregulation Ost- und Westberliner Jugendlicher beim Übergang von der Schule in den Beruf* [Developmental regulation of East and West Berlin youth during the transition from school to work]. Paper presented at the 42. Kongreß der Deutschen Gesellschaft für Psychologie, Jena, Germany.

Heckhausen, J. (2000, November). *Developmental regulation in older adults: Optimizing control and maintaining identity.* Discussion presented at the 53<sup>rd</sup> Annual Scientific Meeting of the Gerontological Society of America, Chicago, IL.

Heckhausen, J. & Tomasik, M. (2001). *German Adolescents' Vocational Aspirations in the Transition from School to Work.* Paper presented at the 64th Biennial Meeting of the Society for Research in Child Development, Minneapolis, MN.

Wolf, R., Heckhausen, J., & Köller, O. (2001, September). Soziale Vergleiche beim Übergang von der Schule in die berufliche Erstausbildung [Social comparisons during the transition from school to vocational training]. Poster presented at the Meeting for Developmental Psychology in the Deutsche Gesellschaft für Psychologie, Potsdam, Germany.

Heckhausen, J., Farruggia, S.P., Nagy, G., Wrosch, C., & Schulz, R. (November, 2001). *Cycles of goal engagement and disengagement when approaching and passing developmental deadlines.* Paper presented at the 54<sup>th</sup> Annual meetings of the Gerontological Society of America, Chicago, IL.

Heckhausen, J. (November, 2001). *Developmental regulation in older adults: Optimizing control and maintaining identity.* Paper presented at the 54<sup>th</sup> Annual meetings of the Gerontological Society of America, Chicago, IL.

Heckhausen, J., Nagy, G., Wrosch, C., & Schulz, R. (June, 2002). *Cycles of goal engagement and disengagement when approaching and passing developmental deadlines.* Paper presented at the annual meeting of the American Psychological Society, New Orleans, LA.

Heckhausen, J., Nagy, G., Tomasik, M., Haase, C., & Köller, O. (June, 2002). *Motivation and control in the transition from school to work.* Paper presented at the annual meeting of the American Psychological Society, New Orleans, LA.

Heckhausen, J. (July, 2002). *Developmental regulation, control striving, and perceived control: Transactions in cycles of action.* Discussion presented at European Conference on Personality, Jena, Germany.

Wrosch, C. & Heckhausen, J. (July, 2002). *Self-regulation of life regrets in old age.* Paper presented at the annual meeting of the European Conference on Personality, Jena, Germany.

- Mannion, S., Köller, O., & Heckhausen, J. (September, 2002). *Validating a new measure of implicit motivation*. Poster presented at the annual meeting of the Deutsche Gesellschaft für Psychologie [German Society for Psychology], Berlin, Germany.
- Radzei, N., Nagy, G., Köller, O., & Heckhausen, J. (September, 2002). *Der Einfluss von Schulleistungen und Kontrollüberzeugungen auf das Bewerbungsverhalten von Realschülern*. [The influence of school achievement and control beliefs on job applications of middle-tier students]. Poster presented at the annual meeting of the Deutsche Gesellschaft für Psychologie [German Society for Psychology], Berlin, Germany.
- Wolf, R., Nagy, G., Köller, O., & Heckhausen, J. (September, 2002). *Der Einfluss der Berufswahlsicherheit auf den Einsatz für die berufliche Erstausbildung*. [The influence of uncertainty about vocational choice on the striving to obtain a vocational training position]. Poster presented at the annual meeting of the Deutsche Gesellschaft für Psychologie [German Society for Psychology], Berlin, Germany.
- Sorkin, D. H., Heckhausen, J., & Schulz, R. (November, 2002). *Differences between primary control, secondary control, perceived control, and coping: What's what and what for?* Paper presented at the 55<sup>th</sup> Annual Meetings of the Gerontological Society of America, Boston, MA.
- Charles, S., Heckhausen, J., & Kemp, B. (November, 2002). *Control strategies and affect among people with a spinal cord injury*. Paper presented at the 55<sup>th</sup> Annual Meetings of the Gerontological Society of America, Boston, MA.
- Wrosch, C., Schulz, R., & Heckhausen, J. (November, 2002). *Health stresses and depressive symptoms: The importance of health engagement control strategies*. Paper presented at the 55<sup>th</sup> Annual Meetings of the Gerontological Society of America, Boston, MA.
- Schulz, R., Musa, D., Silverman, M., & Heckhausen, J. (November, 2002). *Black-white differences in OPS health*. Paper presented at the 55<sup>th</sup> Annual Meetings of the Gerontological Society of America, Boston, MA.
- Heckhausen, J. (November, 2002). *The life-span theory of control as a paradigm to study illness and disability in old age*. Discussion paper presented at the 55<sup>th</sup> Annual Meetings of the Gerontological Society of America, Boston, MA.
- Jutta Heckhausen (2003, April). *Transition to adulthood as a function of institutional scaffolding: Why German adolescents grow up faster?* Paper presented at the biennial meetings of the Society for Research in Child Development, Tampa, FL.
- Farruggia, S.P., Chang, E.S., Gil-Trejo, L., Heckhausen, J., Greenberger, E., & Chen, C. (2003, April). *The role of important non-parental adults in adolescent school connectedness and academic achievement*. Poster presented at the biennial meetings of the Society for Research in Child Development, Tampa, FL.

Heckhausen, J. (2003, November). *Illness and disability in old age from a control-theory perspective*. Paper presented at the 56<sup>th</sup> Annual Meetings of the Gerontological Society of America, San Diego, CA.

Chang, E., Gil-Trejo, L., & Heckhausen, J. (2004, March). *Ethnic variations in adolescent life goals*. Poster presented at the biennial meeting of the Society for Research on Adolescence, Baltimore.

Farruggia, S.P., Germo, G, Greenberger, E., Chen, C., Christensen, R., Garza, J., & Holladay, C. (2004, April). *Smoking behavior of older youth in foster care compared to a community sample*. Poster presented at the annual meetings of the Western Psychological Association, Phoenix, AZ.

Lang, F. R. & Heckhausen, J. (2004, July). *Approaching the transition from school to work: Regulation of peer relationships and of social networks*. Paper presented at the 18<sup>th</sup> Biennial Meeting of the International Society for the Study of Behavioral Development, Ghent, Belgium.

Heckhausen, J. & Charles, S. (2004, November). *The Challenge of a New Social Environment: Social Goals and Control Striving After Relocation to a Retirement Community*. Paper presented at the 57<sup>th</sup> Annual Meeting of the Gerontological Society of America, Washington, DC.

Sorkin, D. H., Rook, K.S., Heckhausen, J. (2004, November). *Adapting to negative social exchanges in later life: Changes in interpersonal control strivings*. Poster presented at the 57<sup>th</sup> Annual Meeting of the Gerontological Society of America, Washington, DC.

Gil-Trejo, L., Heckhausen, J., & Chang, E. S. (2005, April). *An Inquiry Into the Gap Between High Educational Expectations and Low Post-Secondary Attainment in Adolescents Transitioning out of High School*. Poster presented at the biennial meetings of the Society for Research in Child Development, Atlanta, GA.

Haase, C., & Heckhausen, J. (2005, April). *Primary and secondary control strategies are adaptive during the school-to-work transition*. Poster presented at the biennial meetings of the Society for Research in Child Development, Atlanta, GA.

Poulin, M., & Heckhausen, J. (2005, April). *Control striving during the school-to-work transition: What throws adolescents off track?* Poster presented at the biennial meetings of the Society for Research in Child Development, Atlanta, GA.

Heckhausen, J. (2005, October). *Primary control striving and secondary control strategies: Universal and culture-differential processes*. Paper presented at the biennial meetings of the Society for the Study in Human Development, Asilomar, CA.

Chang, E., & Heckhausen, J. (2005, October). *Letting go: Ethnic variations in the structure and function of compensatory secondary control*. Paper presented at the biennial meetings of the Society for the Study in Human Development, Asilomar, CA.

- Gil-Trejo, L. & Heckhausen, J. (2005, October). *Staying the Course: The Structure and Function of Selective Secondary Control Strategies in Different Ethnic Groups*. Paper presented at the biennial meetings of the Society for the Study in Human Development, Asilomar, CA.
- Heckhausen, J. (2006, February). *“Go” versus “Retreat”: Goal engagement and goal disengagement when mastering life-course transitions*. Paper presented at the annual meetings of the Society for Personality and Social Psychology, Palm Springs, CA.
- Heckhausen, J. & Chang, E. S. (2006, March). *Developmental regulation in German and American adolescents during the transition after high school*. Paper presented at the biennial meetings of the Society for Research on Adolescence, San Francisco, CA.
- Heckhausen, J., Lessard, J., Chung, W., & Lang, F. R. (2006, March). *Relationships with peers in the transition from school to work and college: Models for success and sources of emotional support*. Paper presented at the biennial meetings of the Society for Research on Adolescence, San Francisco, CA.
- Chung, W. Y., Chen, C., Greenberger, E., & Heckhausen, J. (2006, March). *Gender and ethnic similarities in the relations between parental and peer warmth and adolescent well-being*. Poster presented at the biennial meetings of the Society for Research on Adolescence, San Francisco, CA.
- Haase, C. M., & Heckhausen, J. (2006, March). *Achievement – not power, affiliation, money – motivation spurs goal engagement and control before the school-to-work transition*. Poster presented at the biennial meeting of the Society for Research on Adolescence, San Francisco, CA.
- Haase, C. M., & Heckhausen, J. (2006, September). *Zielengagement bei einem gelungenen Übergang von der Schule in den Beruf* [Goal engagement during an adaptive transition from school to work]. Paper presented at the biennial meeting of the Deutsche Gesellschaft für Psychologie, Nuremberg, Germany.
- Heckhausen, J. & Haase, C. M. (2006, December). Organization of 4thWorkshop “Studies in Developmental Science: Applications of the Control Model.” Center for Applied Developmental Science, Jena, Germany.
- Heckhausen, J. (2006, December). *Perceived control and control striving*. Paper presented at the 4thWorkshop “Studies in Developmental Science: Applications of the Control Model.” Center for Applied Developmental Science, Jena, Germany.
- Heckhausen, J. (2006, December). *Lines of Defense bei chronischer Krankheit und progredienten Funktionseinbußen - einige Ideen zur Diskussion* [Lines of Defense when coping with chronic illness and progressing functional disability – some ideas for discussion]. Paper presented at the 4thWorkshop “Studies in Developmental Science: Applications of the Control Model.” Center for Applied Developmental Science, Jena, Germany.
- Haase, C. M., Heckhausen, J., Poulin, M., & Chang, E. S. (2007, March). *Individual control*

*striving and adaptive development during the school-to-work transition: Findings from two longitudinal studies in Germany and the US.* Invited presentation at Marbach Conference, Germany.

Chang, E. S. & Heckhausen, J. (2007, March). *Shared agency with parents: Asian and European American differences and similarities during the transition to adulthood.* Paper presented at the biennial meetings of the Society for Research on Child Development, Boston, MA.

Heckhausen, J., Chang, E. S., & Lessard, J. (2007, August). *Developmental regulation in German and American adolescents during the transition from school to work.* Paper presented at the 13th European Conference on Developmental Psychology, Jena, Germany.

Heckhausen, J. (2007, November). *Life longings viewed by motivational life-span theory: To have and have not.* Paper presented at the 60th Annual Meeting of the Gerontological Society of America. San Francisco, CA.

Sorkin, D., Rook, K., & Heckhausen, J. (2007, November). *Examining the conditions that precipitate a decline in older adults' interpersonal control strivings.* Poster presented at the 60th Annual Scientific Meeting of the Gerontological Society of America, San Francisco, CA.

Hardy, S. A., Tomasik, M. J., Haase, C., & Heckhausen, J. (2008, March). *Developmental regulation of vocational aspirations: A latent growth curve analysis of the transition from school to work.* Poster presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL.

Heckhausen, J., Lessard, J., & Chang, E. (2008, March). *When plans for college don't work out right away: Predictors and consequences.* Paper presented at the biennial meeting of the Society for Research on Adolescence, Chicago, IL.

Heckhausen, J., Carmody, C., Haase, C. M., & Poulin, M. (2008, July). *Positive and negative affect as resource and information for goal-engagement and disengagement.* Paper presented at the XXIX. International Congress of Psychology, Berlin, Germany.

Grüner, S., Silbereisen, R. K. & Heckhausen, J. (2008, July). *Coping with social change: The role of self-efficacy and control-beliefs.* Paper presented at the XXIX. International Congress of Psychology, Berlin, Germany.

Haase, C. M., Silbereisen, R. K., & Heckhausen, J. (2008, July). *Letting go and going on: Profiles of goal adjustment and trajectories of well-being across a life-span transition in young adulthood.* Paper presented at the XXIX. International Congress of Psychology, Berlin, Germany.

Tomasik, M. J., Silbereisen, R. K., & Heckhausen, J. (2008, July). *Adaptive disengagement from uncontrollable challenges in adulthood.* Paper presented at the XXIX. International Congress of Psychology, Berlin, Germany.

- Haase, C. M., Silbereisen, R. K., Poulin, M. J., & Heckhausen, J. (2009, April). *Effects of positive affect on risk perceptions and goal engagement*. Paper presented at the Tagung experimentell arbeitender Psychologen (TeaP), Jena, Germany.
- Heckhausen, J. (2009, November). *Suffering: When patients have more control than caregivers*. Paper presented at the 62<sup>nd</sup> Annual Scientific Meeting of the Gerontological Society of America, Chicago, IL.
- Haase, C. M., Heckhausen, J., & Wrosch, C. (2010, May). *An integrative three-process model of adaptive motivation across the life span: Goal engagement, goal disengagement, and meta-regulation*. Paper presented at the Meeting of the Society for the Study of Motivation, Boston, MA.
- Stewart, T. L., Chipperfield, J. G., Perry, R. P., & Heckhausen, J. (2010, June). *Secondary control strategies and psychological well-being among older adults*. Poster presented at the Canadian Psychological Association annual conference, Winnipeg, Canada.
- Heckhausen, J. (2010, November). *Interplay of psychological resources and health in adulthood and old age*. Paper presented at the 63<sup>rd</sup> Annual Scientific Meeting of the Gerontological Society of America, New Orleans, LA.
- Musu-Gillette, L. E., Hall, N. C., & Heckhausen, J. (2011, April). *Friends' influence on academic achievement in college students*. Poster presented at the biennial meeting of the Society for Research on Child Development, Montreal, Quebec.
- Musu-Gillette, L. E., Hall, N. C., & Heckhausen, J. (2011, June). *Peer goal alignment and achievement in college students*. Poster presented at the Self Biennial International Conference, Quebec City, Quebec.
- Haase, C. M., Silbereisen, R. K. & Heckhausen, J. (2011, July). *Striving for Power or Achievement in Uncertain Times? Life Goals, Occupational Motivation, and Adaptation During the Transition from University to Work*. Paper presented at the European Congress of Psychology, Istanbul, Turkey.
- Heckhausen, J. (2011, November). *Congruence, challenge, goals and control strategies*. Paper presented at the 64<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, Boston, MA.
- Shane, J., & Heckhausen, J. (2012, November). *Domain-specific engagement: Age-graded adjustments and women's special involvement*. Paper presented at the 65<sup>th</sup> Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.
- Shane, J., & Heckhausen, J. (2012, January). *Perceptions of past, present, and future social status: Causal conceptions and control strivings as mediators*. Poster presented at the 13<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.

- Aviram, T., Haase, C. M., Wrosch, C., Silbereisen, R. K., & Heckhausen, J. (2012, January). *Moving on after a block in the road: Well-being as a resource for the capacity to reengage in new goals*. Poster presented at the 13<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology, San Diego, CA.
- Musu-Gillette, L. E., Hall, N. C., & Heckhausen, J. (2012, June). *Do your friends make a difference? Similarity, identity and achievement in college students*. Poster presented at the Canadian Psychological Association Annual Conference, Halifax, Nova Scotia.
- Musu-Gillette, L. E., Hall, N. C., & Heckhausen, J. (2012, May). *Friends characteristics, motivational strategies, and achievement in college students*. Poster presented at the annual meeting of the Association for Psychological Science, Chicago, Illinois.
- Infurna, F. J., Gerstorf, D., Ram, N., Schupp, J., Wagner, G. G., Heckhausen, J. (2012, June). *Perceived control facilitates adjustment to unemployment: Findings from the German Socio-Economic Panel Study (SOEP)*. Paper presented at the 10th International German Socio-Economic Panel SOEP User Conference, Berlin, Germany.
- Wagner, G. G., Gerstorf, D., Ram, N., Infurna, F. J., Schupp, J., & Heckhausen, J. (2012, July). *Major life events shape well-being through little ups and big downs: Findings from the German Socio-Economic Panel Study (SOEP)*. Poster presented at the 30th International Congress of Psychology, Cape Town, South Africa.
- Heckhausen, J., & Shane, J. (2012, October). *Applying the motivational theory of life-span development to social mobility in the transition to adulthood*. Paper presented at the SRCD Themed Meeting "Transitions to Adulthood", Tampa, FL.
- Shane, J., & Heckhausen, J. (2012, October). *Social mobility in a distressed economy: matching agency to opportunities*. Paper presented at the Society for Research in Child Development Themed Meeting "Transitions to Adulthood", Tampa, FL.
- Gerstorf, D., Heckhausen, J., Ram, N., Infurna, F. J., Schupp, J., & Wagner, G. (2012, November). *Effective developmental control strivings buffer terminal declines in well-being*. Paper presented at the 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.
- Heckhausen, J., Infurna, F. J., Gerstorf, D., Ram, N., Schupp, J., & Wagner, G. G. (2012, November). *Perceived control facilitates adjustment to unemployment: Findings from the German Socio-Economic Panel Study (SOEP)*. Paper presented at the 65th Annual Meeting of the Gerontological Society of America, San Diego, CA.
- Heckhausen, J., Wrosch, C., & Schulz, R. (2012, November). *Lines of defense when facing progressive disease, disability, and the end of life: An application of the motivational theory of life-span development*. Paper presented at the 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Shane, J., & Heckhausen, J. (2012, November). *Domain-specific engagement: Age-graded adjustments and women's special involvement*. Paper presented at the 65th Annual Scientific Meeting of the Gerontological Society of America, San Diego, CA.

Hamm, J. M., Chipperfield, J. G., Perry, R. P., Mackenzie, C. S., & Heckhausen, J. (2013, January). *Mismatched primary and secondary control striving: Implications for elderly adults' 3-year physical health*. Poster presented at the 14<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology Meeting, New Orleans, LA.

Garcia, R., & Heckhausen, J. (2013, January). *Social influences on task motivation: Asch's conformity studies revisited*. Poster presented at the 14<sup>th</sup> Annual Meeting of the Society for Personality and Social Psychology Meeting, New Orleans, LA.

Villarreal, B., & Heckhausen, J. (2013, May). *What's in a quarter: Adjusting and re-engaging with course aspirations after mid-quarter feedback*. Paper presented at the 6<sup>th</sup> Annual Meeting of the Society for the Study of Motivation (SSM), Washington, DC.

Heckhausen, J. (2013, May). *Spread your wings and fly away: Motivational self-regulation in the transition to adulthood*. Paper presented at the 6<sup>th</sup> Annual Meeting of the Society for the Study of Motivation (SSM), Washington, DC.

Shane, J., & Heckhausen, J. (2013, May). *The road taken: Motivational self-regulation in response to perceived opportunity*. Paper presented at the 6th Annual Meeting of the Society for the Study of Motivation (SSM), Washington D.C.

Shane, J., Ling, S., Mak, T., & Heckhausen, J. (2013, May). *Perceptions of social mobility in adulthood: The role of motivation and perceived opportunity*. Poster presented at the 6<sup>th</sup> Annual Meeting of the Society for the Study of Motivation, Washington D.C.

Villarreal, B., & Heckhausen, J. (2013, May). *The impact of feedback on students' course aspirations and goal-engagement behaviors*. Poster presented at the 25th Annual Convention of the Association for Psychological Science, Washington, DC.

Wu, V., Villarreal, B., & Heckhausen, J. (2013, May). *Shared agency with parents in academic motivation and achievement*. Poster presented at the 6<sup>th</sup> Annual Meeting of the Society for the Study of Motivation, Washington D.C.

Bubolz, V., Mendoza, Y., Poissant, D., Puthran, D., Villarreal, B., & Heckhausen, J. (2013, May). *Is it worth it? The impact of changing majors on students' motivation, well-being, and academic performance*. Poster presented at the 20th Annual University of California, Irvine Undergraduate Research Symposium, Irvine, CA.

Wu, V., Villarreal, B., & Heckhausen, J. (2013, May). *Shared agency in academic motivation and achievement*. Paper presented at the 20th Annual University of California, Irvine Undergraduate Research Symposium, Irvine, CA.

Shane, J., Edler, L., & Heckhausen, J. (2013, August). *Looking up and looking down: Young adults' response to social status comparisons*. Poster presented at the Annual Meeting

of the American Psychological Association, Honolulu, HI.

Heckhausen, J. , Wrosch, C., & Schulz, R. (2013, November). *A lines-of-defense model for managing health threats*. Paper presented at the 66th Annual Meeting of the Gerontological Society of America, New Orleans, LA.

Gerstorf, D., Ram, N., Infurna, F. J., Schupp, J., Wagner, G. G., & Heckhausen, J. (2013, November). *Individual differences in terminal well-being decline: The role of family goals, social participation, and the living environment*. Paper presented at the 66th Annual Meeting of the Gerontological Society of America, New Orleans, LA.

Infurna, F. J., Wiest, M., Gerstorf, D., Ram, N., Schupp, J., Wagner, G. G., & Heckhausen, J. (2013, November). *Decline and adaptation of life satisfaction after losing a spouse: Moderated by social and health resources and predicting longevity*. Paper presented at the 66th Annual Meeting of the Gerontological Society of America, New Orleans, LA.

Heckhausen, J. (2014, February). *Key issues in lifespan personality development*. Paper presented at the Lifespan Personality Preconference to the 15th Annual Convention of the Society of Personality and Social Psychology, Austin, TX.

Mendoza, Y., Villarreal, B., & Heckhausen, J. (2014, May). *A cross-ethnic comparison of motivation and goal engagement in community college students*. Poster presented at the 21st Annual University of California, Irvine Undergraduate Research Symposium, Irvine, CA.

Puthran, D., Villarreal, B., & Heckhausen, J. (2014, May). *Matching student obstacles with discrepancies in time to transfer*. Poster presented at the 21st Annual University of California, Irvine Undergraduate Research Symposium, Irvine, CA.

Hervias, P., Hernandez, L., Jaramillo, B., Shane, J., & Heckhausen, J. (2014, May). *Why did you make that choice? Demographic differences in Americans' goal selection and motivation*. Poster presented at the 7th annual meeting of the Society for the Study of Motivation, San Fransisco, CA.

Filippopoulos, P., Shane, J., Couch, L., & Heckhausen, J. (2014, May). *Looking up and looking down: Young adults' motivational response to social status comparisons*. Poster presented at the 26th annual convention of the Association for Psychological Science, San Francisco, CA.

Heckhausen, J., & Shane, J. (chairs, 2014, May). *The American dream? Agency, context, and SES pursuit in young adulthood*. Symposium conducted at the 26th Convention of the Association for Psychological Science, San Francisco, CA.

Villarreal, B., Heckhausen, J., & Lessard, J. (2014, May). *High-school seniors' short-term educational goals: Do the costs of failing one's goals outweigh the benefits of ambitious goal setting?* Paper presented at the 26th Convention of the Association for Psychological Science, San Francisco, CA.

- Villarreal, B., Heckhausen, J., & Lessard, J. (2014, May). *College enrollment goals for the year after high school: Costs of failure and benefits of ambition*. Paper presented at the 7th Annual Meeting of the Society for the Study of Motivation, San Francisco, CA.
- Shane, J., & Heckhausen, J. (2014, May). *After university: Opportunity, motivation, and career goal pursuit in young adulthood*. Paper presented at the 26th Convention of the Association for Psychological Science, San Francisco, CA.
- Wrosch, C., & Heckhausen, J. (2014, May). *Adaptation and mastery with chronic disease: Personal and social control processes*. Symposium conducted at the 26th Convention of the Association for Psychological Science, San Francisco, CA.
- Knoll, N., Wiedemann, A. U., Schultze, M., Schrader, M., & Heckhausen, J. (2014, May). *Adjusting lines of defense during rehabilitation: Sequelae of radical prostatectomy in patients and their spouses*. Paper presented at the 26th Convention of the Association for Psychological Science, San Francisco, CA.
- Heckhausen, J. (2014, May). *Holding and folding lines of defense in dealing with major health problems*. Paper presented at the 26th Convention of the Association for Psychological Science, San Francisco, CA.
- Heckhausen, J. (2014, July). *Goal engagement and disengagement in an age-structured field of action*. Paper presented at the Munich Symposium on motivation, Eibsee, Germany.
- Heckhausen, J. (2014, September). *Heinz Heckhausens Motivation und Handeln*. Paper presented at the 49th Annual Congress of the Deutsche Gesellschaft für Psychologie, Bochum, Germany.
- Heckhausen, J. (2014, September). *A motivational theory of life-span development*. Keynote address presented at the 49th Annual Congress of the Deutsche Gesellschaft für Psychologie, Bochum, Germany.
- Knoll, N., Wiedemann, A. U., Schultze, M., Schrader, M., & Heckhausen, J. (2014, September). *Anpassung gesundheitsbezogener Autonomieziele während der Rehabilitation: Eine Studie mit Patienten nach radikaler Prostatektomie* [Adaptation of health-related autonomy goals during rehabilitation: A study with patients having undergone radical prostatectomy]. Paper presented at the 49th Annual Congress of the Deutsche Gesellschaft für Psychologie, Bochum, Germany.
- Heckhausen, J. (2015, February). *The human life course as a changing field of action*. Keynote address presented at the Lifespan Social-Personality Preconference to the 16th Annual Convention of the Society of Personality and Social Psychology, Long Beach, CA.
- Wu, V., Villarreal, B., Heckhausen, J., & Kriegbaum, K. (2015, February) *Shared and non-shared agency in academic motivation and achievement*. Poster presented at the 16th Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Villarreal, B., & Heckhausen, J. (2015, February). *Ambitiousness in college enrollment goals:*

- Is it worth it?* Poster presented at the 16th Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Kay, J. S., Shane, J., & Heckhausen, J. (2015, February). *Making it in society: Motivation, social resources, and university attendance*. Poster presented at the 16th Annual Meeting of the Society for Personality and Social Psychology, Long Beach, CA.
- Villarreal, B., Kriegbaum, K., Wu, V.C., & Heckhausen, J. (2015, March). *Parents still matter: Patterns of parent-child shared agency predict college students' academic motivation and achievement*. Poster at the International Convention of Psychological Science (ICPS), Amsterdam, The Netherlands.
- Kriegbaum, K., Shane, J., & Heckhausen, J. (2015, March). *Individual agency and work-related outcomes: Domain-specific engagement strongly mediates the influence of individuals' general goal-engagement tendency*. Poster at the International Convention of Psychological Science (ICPS), Amsterdam, The Netherlands.
- Villarreal, B., Kriegbaum, K., Heckhausen, J., & Wu, V. (2015, April). *The role of shared/non-shared agency in college motivation and achievement*. Paper presented at the 95th Annual Meeting of the Western Psychological Association, Las Vegas, NV.
- Haase, C. M., Heckhausen, J., Silbereisen, R.K., Aviram, T., Wrosch, C., & Poulin, M. J. (2015, May). *Motivation and well-being during the transition into work: Findings from four longitudinal studies*. Presentation at the 27th Convention of the Association for Psychological Science, New York, NY.
- Shane, J. & Heckhausen, J. (chairs, 2015, May), *Motivation and career development through adulthood*. Symposium conducted at the 27th Convention of the Association for Psychological Science, New York, NY.
- Shane, J., Kriegbaum, K., & Heckhausen, J. (2015, May). *Selective engagement with work across adulthood*. In J. Shane & J. Heckhausen (Chairs), *Motivation and Career Development through Adulthood*. Symposium conducted at the 27th annual convention of the Association for Psychological Science, New York, NY.
- Svoboda, R., Silbereisen, R. K., Reitmeier, M. E., Thomas, S., Heckhausen, J., & Haase, C. M. (2015, May). *Achievement and power motivation as sources of work engagement in younger and older adults*. Poster presented at the 27th Convention of the Association for Psychological Science, New York, NY.
- Kay, J. S., Shane, J., & Heckhausen, J. (2015, May). *How to get ahead?: Associations between youths' relationships, beliefs about success, and educational attainment*. Poster presented at the 27th Convention of the Association for Psychological Science, New York, NY.
- Hernandez, G., Limas, I., Merino, M., Wang, Y., Villarreal, B., & Heckhausen, J. (2015, May). *Motivation, self-regulation, and individual agency in higher-education goal pursuit*. Annual UROP conference, UC Irvine.

Lee, Y. M., Mansoorian, E., Villarreal, B., & Heckhausen, J. (2015, May). *The role of congruent motives in community college student success*. Annual UROP conference, UC Irvine.

Heckhausen, J. (2015, August). *A motivational theory of lifespan development*. Invited address presented at the 123th Annual Convention of the American Psychological Association. Toronto, Canada.

Schöllgen, I., Gerstorf, D., & Heckhausen, J. (2015, September). *Zielengagement und Zielablösung im Arbeitskontext* [Goal engagement and goal disengagement in the work context]. Paper presented at the 9th Tagung der Fachgruppe Arbeits-, Organisations- und Wirtschaftspsychologie der Deutschen Gesellschaft für Psychologie, Mainz, Germany.

Knoll, N., Wiedemann, A., & Heckhausen, J. (2015, November). *Good for me, bad for you: Couples use compensatory control to manage incontinence*. 68th Annual Meeting of the Gerontological Society of America, Orlando, FL.

Heckhausen, J. (2016, January). *Individual agency in the life course: When, and which individual differences matter for social mobility?* Paper presented at the 17th Annual Convention of the Society for Personality and Social Psychology, San Diego, CA.

Shane, J., & Heckhausen, J. (2016, April). *Motivational self-regulation strategies of individuals transitioning to adulthood during the aftermath of the Great Recession*. Paper presented at the Biennial Meeting of the Society for Research on Adolescence, Baltimore, MD

Kim, K. M., Tibbetts, V., Villarreal, B. J., & Heckhausen, J. (2016, April). *A qualitative analysis of psychological factors that influence transfer student motivation*. Poster presented at the 96th Annual Meeting of the Western Psychological Association, Long Beach, CA.

Limas, I., Villarreal, B. J., Cross, M., & Heckhausen, J. (2016, April). *Academic stress, motivation, and mental and physical health in university students*. Poster presented at the 96th Annual Meeting of the Western Psychological Association, Long Beach, CA.

Merino, M., Hernandez, G., Golbodaghi, A., Yau, P. S., Villarreal, B. J., & Heckhausen, J. (2016, April). *Motivation and employment in community college students*. Poster presented at the 96th Annual Meeting of the Western Psychological Association, Long Beach, CA.

Heckhausen, J. (2017, February). *Towards a multi-disciplinary life-course theory*. Paper presented at the Conference "Life-Course Theories and Methods: Key Challenges and Solutions," Delmenhorst, Germany.

Kay, J., Shane, J., & Heckhausen, J. (2017, May). *How to succeed? German youths' beliefs about causes of success, career outcomes over time, and differences by socioeconomic status*. Paper presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.

- Shane, J., & Heckhausen, J. (2017, May). *Beliefs about society, beliefs about the self, and the pursuit of social mobility during the school-to-work transition*. Paper presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
- Shane, J., Niwa, E. Y., & Heckhausen, J. (2017, May). *Making a difference: The role of personal agency in community involvement across adulthood*. Paper presented at the 29th Annual Convention of the Association for Psychological Science, Boston, MA.
- Heckhausen, J. (2017, June). *Socioeconomic differences in youth's causal beliefs about success and career development across the school-to-work transition*. Paper presented at the conference "Social inequality, life course transitions, and adolescent socio-emotional and productive development. Marbach Castle, Radolfzell, Germany.
- Heckhausen, J., & Shane, J. (2017, July). *Active investment into work across adulthood: Age-graded and occupational influences*. Paper presented at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- Hamm, J. M., Heckhausen, J., Shane, J., & Infurna, F. (2017, July). *Changes in cross-domain profiles of engagement during the transition to retirement*. Paper presented at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- Drewelies, J., Düzel, S., Demuth, I., Steinhagen-Thiessen, E., Lindenberger, U., Heckhausen, J., & Gerstorf, D. (2017, July). *External, but not internal control relates to physical fitness and cognitive performance in older adults*. Paper presented at the 21st IAGG World Congress of Gerontology and Geriatrics, San Francisco, CA.
- Hommelhoff, S., Richter, D., Niessen, C., Gerstorf, D., & Heckhausen, J. (2017, September). *Consequences of aimless overcommitment at work: A longitudinal study*. Paper presented at the 10th Conference of the Section Work, Organizational and Business Psychology of the German Psychological Society, Dresden, Germany.
- Mortimer, J. & Heckhausen, J. (2017, October). *Structure and agency: Complementary sociological and psychological approaches and empirical findings*. Paper presented at the 7<sup>th</sup> conference of the Society for Longitudinal and Life Course Studies, Sterling, Scotland.
- Diewald, M. Heckhausen, J., Mönkediek, B., & Schulz, W. (2017, October). *Opportunities and constraints of substitution between different kinds of resources: The case of expected and unexpected educational careers*. Paper presented at the 7<sup>th</sup> conference of the Society for Longitudinal and Life Course Studies, Sterling, Scotland.
- Heckhausen, J. (2017, October). *Societal canalization and individual agency during the transition to adulthood*. Paper presented at the 7<sup>th</sup> conference of the Society for Longitudinal and Life Course Studies, Sterling, Scotland.
- Dorien T. A. M. Kooij., Hannes Zacher., Mo Wang., and Jutta Heckhausen (2018, April). *Successful Aging at Work: A Process Model*. European Association for Work and

Organizational Psychology meeting 'New frontiers in employability research: How to build a sustainable workforce', Ghent, Belgium.

Yau, P., Shane, J., Chen, D., Huskey, D., & Heckhausen, J. (2018, May). *Trajectories of adolescents' developmental goals: SES differences*. Paper presented at the 30th Annual Convention of the Association for Psychological Science, San Francisco, CA.

Heckhausen, J. (2018, May). *Agency in life-course regulation: When do individual differences make a difference?* Paper presented at the 11th Annual Meeting of the Society for the Science of Motivation, San Francisco, CA.

Heckhausen, J. (2018, July). *Societal constraints and individual agency: Navigating two educational transitions for upward mobility*. Paper presented at the 8<sup>th</sup> conference of the Society for Longitudinal and Life Course Studies, Milano, Italy.

Heckhausen, J. (2018, July). *Agency in life-course regulation: When individual differences matter*. Paper presented at the 19<sup>th</sup> European Conference on Personality, Zadar, Croatia.

Heckhausen, J., Johnson, M. K., Mortimer, J. T. (2019, September). *When intrinsic work values hurt: Job stressors and depressive affect*. Paper presented at the 8<sup>th</sup> conference of the Society for Longitudinal and Life Course Studies, Potsdam, Germany.

Cho, Y., Heckhausen, J., & Cramer, S. (2019, October). *The role of goal disengagement and adjustment during gamified stroke rehabilitation in older adults*. Paper presented at the 11<sup>th</sup> Biennial Meeting of the Society for the Study of Human Development, Portland, OR.

Im, H. & Heckhausen, J. (2019, October). *The effect of work-life interference across adulthood*. Poster presented at the 11<sup>th</sup> Biennial Meeting of the Society for the Study of Human Development 11th Biennial Meeting, Portland, OR.

Yau, P., Shane, J., & Heckhausen, J. (2019, October). *Similarities and differences in the trajectories of young adults' developmental goals*. Poster presented at the 11th Biennial Meeting of the Society of the Study of Human Development, Portland, OR.

Cho, Y., von Keyserlingk, L., & Heckhausen, J. (2022, May). Goal adjustment capacities mitigate college students' psychological distress during the COVID-19 pandemic. Paper presented at the 2022 Annual Convention of the Association for Psychological Science, Chicago, IL.

Shane, J., & Heckhausen, J. (2022, October). Social mobility during the transition to adulthood: Agency with constraint. Paper presented at the 2022 Annual Conference of the Society for Longitudinal and Lifecourse Studies, Cleveland, OH.

Heckhausen, J. (2022, October). Agency in tough times: Individual capacities put to the test. Discussant comments presented at the 2022 Annual Conference of the Society for Longitudinal and Lifecourse Studies, Cleveland, OH.

## **Service to the University (Academic Senate and administration)**

### **University of California, system-wide**

Academic Senate, Academic Council, 2008-2009, member

Academic Senate, Coordinating Committee for Graduate Affairs, 2005-2007, 2012-2014, member; 2014/15 chair

### **Irvine Campus, Academic Senate**

Academic Senate, Committee on International and Continuing Education, 2000-2004, member

Academic Senate, Council for Educational Policy, fall quarter 2003, member

Academic Senate, Ad Hoc Review Committee for Council on Academic Personnel, June 2002, chair

Academic Senate, Academic Program Review Committee, 2003-2005, member

Academic Senate, Graduate Council, 2004-2007, member, 2004-2005, vice-chair, 2005-2007, chair

Academic Senate, Cabinet, 2005-2009

Academic Senate, Special Senate Committee on Graduate Housing, 2006-2007, chair

Academic Senate, Chair-Elect, 2007-2008

Academic Senate, Chair, 2008-2009

Academic Senate, Graduate Council, 2012-2014, chair

Academic Program Review Board, chair, since 2018

### **Campus, Administration**

Faculty advisor to a small group of Undecided/Undeclared freshman students in academic year 2001/2002

Cross-departmental committee on revisions to the psychology majors at UCI, 2004-2005

Search Committee for UCI Graduate Dean, 2006, member and chair

Budget Work Group, since 2008, 2012-2014

Academic Planning Group, 2008-2009, 2012-2014

Steering Committee for Strategic Plan for the School of Medicine, 2009-2014

Task Force for Graduate Student Funding, 2009-2010; 2012-present: chair of Subcommittee on Graduate Mentoring and Program Structure

Provost Advisory Committee for Online Instruction, member, 2012-2014

## **School**

Student Award Committee, member, 2000-2004

Member of Executive Faculty Committee, 2009-2010

## **Department**

Merit and Promotion Committees (each year, many as chair)

Graduate Student Admission Committee, 2002-2003, 2009-2010, 2011, 2016

Search Committee member or chair in several departmental search committees, most recent, chair of search committee for Clinical Neuro-psychology of Aging position, 2018/19

Long-Range Planning Committee, 2002-2004, 2012/13, chair; 2013-15 member; 2016-17, chair

Colloquium Committee, 2002-2006, chair

Undergraduate Education Committee, 2004-2005, chair, 2018/19, founded PSB Excellence in Research Program, initiated Post-Baccalaureate Program