

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

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Santa Barbara, CA 93106-9660
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EDUCATION

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

PROFESSIONAL EXPERIENCE

Director, SAGE Center for the Study for the Mind (2023-present)
Distinguished Professor of Psychological and Brain Sciences, (2021)
Professor of Psychological and Brain Sciences, University of California, Santa Barbara (2007-2021)
Director, Center for Mindfulness and Human Potential, UCSB (2016-present)
Visiting Scholar, Harvard University (2018-2019)
Professor of Psychology, University of British Columbia (2004-2007)
Canada Research Chair in Social Cognitive Science, University of British Columbia (2004-2007)
Senior Investigator, Brain Research Centre, University of British Columbia (2006-2007)
Professor of Psychology, University of Pittsburgh (2001-2004)
Senior Scientist (2004) Learning Research and Development Center, University of Pittsburgh
Visiting Professor, University of Virginia (1998)
Visiting Scholar, University of Washington (1998)
Associate Professor of Psychology (1993-2001), University of Pittsburgh
Assistant Professor of Psychology (1987-1993), University of Pittsburgh
Research Scientist, (1987-2004) Learning Research and Development Center, University of Pittsburgh

HONORS AND AWARDS

ScholarGPS, Highly Ranked Scholar - Lifetime (2025)
Clarivate Analytics Web of Science™ Highly Cited Researcher (2024)
46th in the World in Cognitive Psychology, Ranked by ScholarGPS (2022)
Clarivate Analytics Web of Science™ Highly Cited Researcher (2023)

Clarivate Analytics Web of Science™ Highly Cited Researcher (2022)
 Clarivate Analytics Web of Science™ Highly Cited Researcher (2021)
 Clarivate Analytics Web of Science™ Highly Cited Researcher (2020)
 International Visiting Scholar, Peter Wall Institute for Advanced Studies (2019)
 Altimetrics 2019 Top 100 awarded to (Protzko & Schooler, 2019)
 Clarivate Analytics Web of Science™ Highly Cited Researcher (2018)
 Clarivate Analytics Web of Science™ Highly Cited Researcher (2017)
 Fellow Society for Personality and Social Psychology (2011)
 Fellow Association for Psychological Science (2006)
 Tier 1 Canada Research Chair (2004-2006)
 Honorable Mention, 2000 SPSSI Gordon Allport Intergroup Relations Prize
 Akumal Scholar Award, (1999; 2000; 2001,2002), from the Positive Psychology Network
 Osher Fellow, Exploratorium Science Museum (1997)
 Lilly Foundation Teaching Fellowship, (1988)
 Honors in Psychology, Hamilton College, (1981)

GRANTS

Paradox Science Institute (2025) *The Ganzfeld Multi-Laboratory (GML) Project*, \$211,769
 Academic Senate Faculty Research Grant (2025-2027) *The Inspiration of Ambiguity* \$6,400
 Wake Forest University (2024) *The Development of an Open-Source App for Enhancing Curiosity and Its Associated Virtues*, \$49,898.
 Templeton Religious Trust (2024-present) *Art-induced Openness: Contexts and Mechanisms Underlying the Cognitive Effects of Art*, \$999,904.
 Templeton Religious Trust (2022-2023) *Expanding minds: The Cognitive Processes Promoted By Exposure to Art*, \$233,814.
 Gautham Bodepudi (2023-present) *Agnihotra Research Fund*, \$180,000.
 Worthe Family Foundation (2022-2024) \$300,000
 Institute of Education Sciences (2022-present) *Enhancing Learning by Reducing Distraction*, \$1,997,787.
 Bial Foundation (2021-present) *Dynamics of meditation: the influence of intensive shamatha training on posture, perception, endogenous neural activity, and predictive anticipatory activity during meditation*. € 45.000
 Gretler Foundation (2020-2024) \$110,000
 William and Charlene Glikbarg Foundation (2020-2024) \$40,000
 Natalie Orfalea Foundation (2020) \$2,500
 Howard and Lisa Wenger (2020) \$5,000
 Bower Foundation (2019) *Center for Mindfulness and Human Potential*, \$20,000.
 Gretler Foundation (2019) *Center for Mindfulness and Human Potential*, \$70,000 (over 2 years).
 Glikbarg Foundation (2019) *Center for Mindfulness and Human Potential*, \$10,000.
 Glikbarg Foundation (2019) *Center for Mindfulness and Human Potential*, \$5,000.
 Anonymous Donation (2019) *Theoretical and Neural Causation Lab*, \$40,000
 Howard and Lisa Wenger (2018) *Center for Mindfulness and Human Potential*, \$22,000.

- Jeff and Kristin Worthe (2018) *Center for Mindfulness and Human Potential*, \$50,000.
- John Templeton Foundation (2017-2020) *The Virtue of Curiosity: How Eagerness to Learn Fosters Learning, Creativity and Engagement*, \$463,216.
- Institute of Education Sciences (2017-2020) *Scalable Multimedia Mindfulness Training for Youth*, \$1,409,907.
- Gift from Bo Shao (2015-2018) *Center for Mindfulness and Human Potential*, \$150,000.
- Fetzer Franklin Fund (2014-present) *Deciphering the Decline Effect: A Prospective Multi-Laboratory Replication Study*, \$420,000.
- Rodel Foundation (2015-2018) *Occulomotor attention training study*, \$37,717.
- National Philanthropic Trust (2015-2017) *The benefits of creative day-dreaming for creativity and creative writing*, \$199,486.
- Office of the Executive Vice Chancellor (2015) *Gaucha U for The Center of Mindfulness & Human Potential*, \$1,200.
- John Templeton Foundation (2014-2017) *Ruling the mind: The synergistic effects of mindsets and mental control training*, \$915,989.
- Anonymous Donation (2013) *Anomalous Cognition*, \$37,952.
- U.S. Department of Education, Institute of Educational Science. (2011-2016) *Mind-wandering During Reading*, \$1,702,662.
- John Templeton Foundation (2011-2013) *The role of daydreaming in fostering creativity in the lab and the field*, \$399,639.
- John Templeton Foundation (2011-2013) *The Psychology of Free Will*, Co-PI with Thomas Nadelhoffer, Eddy Nahmias, & Kathleen Vohs, \$293,209.
- Bower Foundation, (2010-2011) *Anomalous Cognition* \$60,000.
- Bower Foundation. (2009-2010) *Anomalous Cognition*, \$60,000.
- Bower Foundation. (2007-2008) *Anomalous Cognition*, \$100,000.
- Bial Foundation. (2007-2009) *Seeing into the Future: Temporally Reversed Perceptual Priming*, \$75,000.
- Canadian Institute of Health Research (CIHR) (2006-2010) *Mind wandering, meta-awareness, and attention deficit and hyperactivity disorder*, \$225,219.
- NSERC Discovery Grant award (2006-2011) *Verbal overshadowing of nonverbal cognition*, \$110,000.
- Social Sciences and Humanities Research Council (SSHRC) (2005-2008) *Awareness of Affect*, \$130,000.
- British Columbia Knowledge Development Grant (2004-2007) *Dissociations of Meta-awareness*, \$155,000.
- Canada Foundation for Innovation (CFI) Infrastructure grant (2004-2007) *Dissociations of metaawareness*, \$155,000.
- Research Grant - Office of Educational Research *Lapses of meta-cognition during reading: understanding comprehension failure. (2003-2006)* Co-Pi wi/ Erik Reichle \$695,000, total costs.
- Research Grant- Unilever Corporation, (2001-2002) *Assessing the Sources of Refreshment*, \$46,000 total costs.
- Research Grant- Unilever Corporation, (2000-2001) *Characterizing the Subjective Experience of Refreshment: A Comparison of Continuous and Discrete Measures*, \$36,000 total costs.

- Research Grant- Center for Consciousness Studies, (2000-2001) *Intuitive Introspection: Prospective Self Awareness and the Correlation Between Confidence and Accuracy in Face Recognition*, \$20,000.
- Research Development Grant- University of Pittsburgh, (1999-200) *Understanding and Enhancing Intuitive Theories of Momentum in a Science Center Setting*, \$8,515.
- Research Grant- Unilever Corporation, (1999-2000) *A fresh perspective on refreshment. Subjective and Objective measures of refreshment*, \$81,000 total costs.
- Research Development Grant- University of Pittsburgh, (1995-1996) *Understanding and Enhancing Minority Achievement*, \$11,800.
- Supplement for Minority Graduate Research Assistant National Institute of Mental Health, (1994-1995), \$24,000 total costs.
- National Institute of Mental Health First Independent Research and Transition (FIRST) Award, (1990-1996) *Verbal Overshadowing of Non-verbal Memories*, \$456,000 total costs.

SCIENTIFIC MEETINGS/WORKSHOPS ORGANIZED

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

PROFESSIONAL ORGANIZATIONS

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

SELECTED ADMINISTRATIVE DUTIES

Chair

- Cognitive Psychology Program, University of Pittsburgh (1999-2001)

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

Committee Assignments

University Lancaster Dissertation Awards Committee (2022-2023)
 University Graduate Division Dissertation Fellowship Committee (2022-2023)
 University Senate Undergraduate Council (2020-2023)
 University Senate Committee on Outstanding Teaching Assistants (2020-2021)
 University Senate Graduate Council (2020-present)
 Psychological and Brain Sciences, Personnel Committee (2020)
 Psychological and Brain Sciences, Development Committee (2020-2023)
 University Senate Undergraduate Council (2017-2018)
 Psychological and Brain Sciences, Evaluation Committee (2019-2020)
 Psychological and Brain Sciences, Graduate Affairs Committee (2009-2010, 2019-present)
 Psychological and Brain Sciences. Personnel Committee (2015)
 University Senate Committee on Courses and General Education (2013-2017)
 Psychological and Brain Sciences Subject Pool Committee Coordinator, UCSB (2012)
 Psychological and Brain Sciences Subject Pool Committee-member, UCSB (2010-2012)
 Awards Committee, University of British Columbia (2004- 2006)
 Human Participants Committee, University of British Columbia (2004-2005)
 Senate Library Committee, University of Pittsburgh (2002-2004)
 Nomination Committee for University Vice-Provost and Dean of Students (1999)
 Student Affairs Committee of the University of Pittsburgh Board of Trustees (1998-2002)
 University of Pittsburgh Committee on Minority Students, (1993-1998)
 University of Pittsburgh Advisory Search Committee for Vice President of Student Affairs (1990)
 Middle States Self-Study Student Experience Study Group University of Pittsburgh (1999-2001)
 University of Pittsburgh, Living Learning Center Initiative Planning Committee (1995-1996)
 University of Pittsburgh Learning Skills Computer Usage Advisory Board (1994-1996)
 Faculty of Arts and Sciences Small Grants Review Committee, Secretary (1991-1994)

EDITORIAL DUTIES

Editor

Action Editor (2020-2024) *PNAS*
 Co-editor (2024) *Frontiers in Human Neuroscience*
 Guest Editor (2013-2014) *Proceedings of the National Academy of Science*
 Guest Editor (2013) *Frontiers in Perceptual Science. Issue on Mind-wandering*
 Associate Editor (1996-2000) *Cognitive Technology*
 Book Review Editor (1988-1995) *Applied Cognitive Psychology Science*

Editorial Boards

Journal of Anomalous Experience and Cognition (2020-present)

Psychology of Consciousness: Theory Research and Practice (2015-present)

Journal of Imagination, Cognition and Personality (2009-present)

Encyclopedia of Consciousness, Elsevier/Academic Press (2008-present)

Consciousness and Cognition (2005-present)

Social Cognitive and Affective Neuroscience (2005-2012)

Psychological Science (2002-2003)

Consciousness and Cognition (1998-Present)

Applied Cognitive Psychology (1997-2006)

Memory and Cognition (1994-1998)

ADVISORY BOARDS

Institute of Noetic Science

Lifeboat Foundation

Sean Costello Fund

Fetzer Franklin Fund

Self-Echo Corporation

Neuroleadership Institute

National Speech and Debate Association's Big Questions

AD-HOC REVIEWER

Journals:

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

American Psychological Association Science Directorate, National Science Foundation, NATO

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

Publishers:

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

National Awards:

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

BOOKS

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

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

PUBLICATIONS

Young, A., Ericson, M., Schooler, J.W. (2026). I sync, therefore I am: brain-body synchrony in typical and disordered consciousness. *Neuroscience of Consciousness*. 2026(1), niag028. <https://doi.org/10.1093/nc/niag028>

Shelat, S., Schooler, J.W. (2026). The costs and benefits of mind-wandering: 13 years on. *Canadian Journal of Experimental Psychology / Revue canadienne de psychologie expérimentale*. Advance online publication. <https://doi.org/10.1037/cep0000400>

Mrazek, A.J., Texter, A. R., Jennings, J.K., Podell, J.R., Zapalac, K. M., Maul, A., Rutila, B.A., Trotte, A.N., Woodson, E.J., Zhu, Y., Kennedy, T. F., Williams, I.J., Schooler, J.W., & Mrazek, M. D. (2026). Precision streamlining of a school-based attention training program: A strategy for balancing feasibility and potency. *Frontiers in Education*. 11:1660005. <https://doi.org/10.3389/feduc.2026.1660005>

Gross, M.E. & Schooler, J.W. (2026). Expanding minds: Artistic film promotes conceptual expansion and verbal creativity. *Psychology of Aesthetics, Creativity, and the Arts*. <https://doi.org/10.1037/aca0000852>

- Shelat, S., Marome, B., Lopez, C., Giesbrecht, B., & Schooler, J.W. (2026). The veil of distraction: Mind-wandering and memorability jointly shape visual recognition and recall. *Memory and Cognition*, 1-15. <https://doi.org/10.3758/s13421-025-01811-z>
- Garg, A., Shelat, S., & Schooler, J. W. (2025). Now I feel like I'm going to get to it soon: a brief, scalable intervention for state procrastination. *BMC psychology*, 13(1), 1158. <https://doi.org/10.1186/s40359-025-03388-3>
- Garg, A., Shelat, S., Gross, M. E., Smallwood, J., Seli, P., Taxali, A., Sripada, C. S., & Schooler, J. W. (2025). Opening the black box: Think Aloud as a method to study the spontaneous stream of consciousness. *Consciousness and cognition*, 128, 103815. <https://doi.org/10.1016/j.concog.2025.103815>
- Gross, M. E., & Schooler, J. W. (2025). Smartphone-based program for enhancing curiosity and its associated virtues: a randomized waitlist-controlled pilot study. *The Journal of Positive Psychology*, 1–14. <https://doi.org/10.1080/17439760.2025.2500566>
- Gross, M. E., & Schooler, J. W. (2025). The cognitive processes promoted by exposure to art. In C. Brewer (Ed.), *Art seeking understanding* (pp. 299–318). Eerdmans.
- Marome, B., Shelat, S., & Schooler, J. W. (2025). The phenomenology of encoding: Experience sampling reveals thoughts associated with the retention of visual and verbal materials. *Consciousness and cognition*, 136, 103958. Advance online publication. <https://doi.org/10.1016/j.concog.2025.103958>
- Ortega, J. R., Gross, M.E., Schooler, J.W. (2025). When life is but a dream: Transliminality predicts continuity in bizarreness across the sleep-wake cycle. *Philosophy and Mind Sciences*, 6. <https://doi.org/10.33735/phimisci.2025.10272>
- Shelat, S., Schooler, J. W., & Giesbrecht, B. (2025). Catching the wandering mind with real-time triggers. *Journal of Vision*, 25(9), 2720-2720. <https://doi.org/10.1167/jov.25.9.2720>
- Brosowsky, N., Gross, M. E., Schooler, J. W., & Seli, P. (2024). Jumping about: The role of mind wandering and attentional flexibility in facilitating creative problem-solving. In C. Salvi, S. Smith, & J. Wiley (Eds.), *The emergence of insight* (pp. 163–180). Cambridge University Press.
- Casedas, L., Schooler, J.W., Lupiáñez, J. (2024) An integrative mechanistic framework for mindfulness-induced cognitive change. *Nature Reviews Psychology* 3, 831-834. <https://doi.org/10.1038/s44159-024-00374-1>

- Dawson, C., Julku, H., Pihlajamäki, M., Kaakinen, J. K., Schooler, J. W., & Simola, J. (2024). Evidence-based scientific thinking and decision-making in everyday life. *Cognitive Research: Principles and Implications*, 9(1), 50. <https://doi.org/10.1186/s41235-024-00578-2>
- Gross, M., Raynes, S., Schooler, J. W., Guo, E., & Dobkins, K. (2025). When is a wandering mind unhappy? The role of thought valence. *Emotion (Washington, D.C.)*, 25(3), 671–682. <https://doi.org/10.1037/emo0001434>
- Gross, M. E., Elliott, J. C., & Schooler, J. W. (2024). Why creatives don't find the oddball odd: Neural and psychological evidence for atypical salience processing. *Brain and cognition*, 178, 106178. <https://doi.org/10.1016/j.bandc.2024.106178>
- Gross, M. E., & Schooler, J. W. (2024). Standing out: an atypical salience account of creativity. *Trends in cognitive sciences*, 28(7), 597–599. <https://doi.org/10.1016/j.tics.2024.04.013>
- Hunt, T., Jones, M., McFadden, J., Delorme, A., Hales, C. G., Ericson, M., & Schooler, J. (2024). Editorial: Electromagnetic field theories of consciousness: opportunities and obstacles. *Frontiers in Human Neuroscience*, 17, 1342634. <https://doi.org/10.3389/fnhum.2023.1342634>
- Parker, A., & Schooler, J. (2024). Meditation and its effects on emotion regulation: The moderating role of trait mindfulness in short vs long-term interventions. *Journal of Integrated Social Sciences*, 14(1), 1–28.
- Richelle, J., Dow, B. R., Pasch, A. M., Schooler, J. W., Mrazek, M. D., & Mrazek, A. J. (2024). Digital Attention Training: Improving the Mental Health and Well-Being of Adolescent Youth. *Creative Education*, 15(10), 2151-2173. <https://doi.org/10.4236/ce.2024.1510132>
- Riddle, J., & Schooler, J. W. (2024). Hierarchical consciousness: the Nested Observer Windows model. *Neuroscience of Consciousness*, 2024(1), niae010. <https://doi.org/10.1093/nc/niae010>
- Schooler, J. W., Riddle, J. (2024). Three dimensions of time: An approach for reconciling the discrepancy between experienced time and modern physics. *Possibility Studies & Society*, 2(3), 303-317. <https://doi.org/10.1177/27538699241288704>
- Schooler, J. W., Gross, M. E., Zedelius, C., & Seli, P. (2024). Mind wondering: Curious daydreaming and other potentially inspiring forms of mind wandering? In C. Salvi, S. Smith, & J. Wiley (Eds.), *The emergence of insight* (pp. 140–162). Cambridge University Press.
- Shelat, S., Schooler, J. W., & Giesbrecht, B. (2024). Predicting attentional lapses using response time speed in continuous performance tasks. *Frontiers in Cognition*, 3, 1460349. <https://doi.org/10.3389/fcogn.2024.1460349>

- Shelat, S., Marome, B., Giesbrecht, B., & Schooler, J. W. (2024). Mind-wandering during encoding impairs recognition for both forgettable and memorable complex scenes. *Journal of Vision*, 24(10), 1140-1140. <https://doi.org/10.1167/jov.24.10.1140>
- Topete, A., He, C., Protzko, J., Schooler, J., & Hegarty, M. (2024). How is GPS used? Understanding navigation system use and its relation to spatial ability. *Cognitive Research: Principles and implications*, 9(1), 16. <https://doi.org/10.1186/s41235-024-00545-x>
- Bellaiche, L., Smith, A. P., Barr, N., Christensen, A., Williams, C., Ragnhildstveit, A., Schooler, J., Beaty, R., Chatterjee, A., & Seli, P. (2023). Back to the basics: Abstract painting as an index of creativity. *Creativity Research Journal*, 35(4), 698–713. <https://doi.org/10.1080/10400419.2023.2243100>
- Laukkonen, R. E., Webb, M., Salvi, C., Tangen, J. M., Slagter, H. A., & Schooler, J. W. (2023). Insight and the selection of ideas. *Neuroscience & Biobehavioral Reviews*, 153(105363). <https://doi.org/10.1016/j.neubiorev.2023.105363>
- Protzko, J., Tobia, K., Strohminger, N., & Schooler, J. W. (2023). Do Obligations Follow the Mind or Body?. *Cognitive Science*, 47(7), e13317. <https://doi.org/10.1111/cogs.13317>
- Protzko, J., & Schooler, J. (2023). Moral contamination: Perceptions of good (but not bad) deeds depend on the ethical history of the actor. *Frontiers in Psychology*, 13, 1025214. <https://doi.org/10.3389/fpsyg.2022.1025214>
- Protzko, J., & Schooler, J. W. (2023). What I didn't grow up with is dangerous: How personal experience impacts perceptions of what corrupts today's youth. *Frontiers in Psychology*, 14, 1017313. <https://doi.org/10.31234/osf.io/35h7g>
- Protzko, J., Lundmark, S., Walleczek, J., & Schooler, J. W. (2023). Nonlinear effect amplification: Differential susceptibility of verbal overshadowing as a function of time to interference. *Journal of Applied Research in Memory and Cognition*, 12(4), 564-573. <https://doi.org/10.1037/mac0000084>
- Besika, A., Schooler, J. W., Verplanken, B., Mrazek, A. J., & Ihm, E. D. (2022). A relationship that makes life worth-living: levels of value orientation explain differences in meaning and life satisfaction. *Heliyon*, 8(1), e08802. <https://doi.org/10.1016/j.heliyon.2022.e08802>
- Gross, M. E., Martini, D., & Schooler, J. W. (2022). Can viewing films promote creative thinking? An experimental study highlighting the complex roles of personality and

- meaning making. *Creativity Research Journal*, 35(2), 154-168.
<https://doi.org/10.1080/10400419.2022.2138040>
- Genschow, O., Cracco, E., Schneider, J., Protzko, J., Wisniewski, D., Brass, M., & Schooler, J. W. (2022). Manipulating belief in free will and its downstream consequences: A meta-analysis. *Personality and Social Psychology Review*, 27(1), 52-82.
<https://doi.org/10.1177/10888683221087527>
- Hunt, T., Ericsson, M. & Schooler, J.W. (2022) Where's my consciousness-ometer? How to test for the presence and complexity of consciousness. *Perspectives in Psychological Science*, 17(4), 1150-1165. <https://doi.org/10.1177/17456916211029942>
- Landry, A. P., Schooler, J. W., Willer, R., & Seli, P. (2022). Reducing Explicit Blatant Dehumanization by Correcting Exaggerated Meta-Perceptions. *Social Psychological and Personality Science*, 14(4), 407-418. <https://doi.org/10.1177/19485506221099146> (Original work published 2023)
- Landry, A., Ihm, E., Protzko, J., & Schooler, J. (2022) Essentially subhuman: Psychological essentialism facilitates dehumanization. *Peace and Conflict: Journal of Peace Psychology*, 28(2), 167–176. <https://doi.org/10.1037/pac0000587>
- Laukkonen, R. E., Kaveladze, B. T., Protzko, J., Tangen, J. M., von Hippel, W., & Schooler, J.W. (2022). Irrelevant insights make worldviews ring true. *Scientific reports*, 12(1), 2075.
<https://doi.org/10.1038/s41598-022-05923-3>
- Merrill, B. M., Raiker, J. S., Mattfeld, A. T., Macphee, F. L., Ramos, M. C., Zhao, X., Altszuler, A. R., Schooler, J. W., Coxe, S., Gnagy, E. M., Greiner, A. R., Coles, E. K., & Pelham, W. E., Jr (2022). Mind-Wandering and Childhood ADHD: Experimental Manipulations across Laboratory and Naturalistic Settings. *Research on child and adolescent psychopathology*, 50(9), 1139–1149. <https://doi.org/10.1007/s10802-022-00912-6>
- Mrazek, A. J., Mrazek, M. D., Brown, C. S., Karimi, S. S., Ji, R. R., Ortega, J. R., Maul, A., Carr, P. C., Deleghard, A. M., Kirk, A. C., & Schooler, J. W. (2022). Attention training improves the self-reported focus and emotional regulation of high school students. *Technology, Mind, and Behavior*, 3(4). <https://doi.org/10.1037/tmb0000092>
- Protzko, J., & Schooler, J. W. (2022). Who denigrates today's youth?: The role of age, implicit theories, and sharing the same negative Trait. *Frontiers in Psychology*, 13, 723515.
<https://doi.org/10.3389/fpsyg.2022.723515>
- Zedelius, C., Gross, M.E., & Schooler, J.W. (2022) Inquisitive but Not Discerning: Deprivation Curiosity is Associated with Excessive Openness to Inaccurate Information *Journal of Research in Personality*, 98, 104227.
<https://doi.org/10.1016/j.jrp.2022.104227>

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INVITED PRESENTATIONS, DEPARTMENTAL COLLOQUIA, AND SELECTED PRESENTATIONS (last 5 years)

Could openness become the next mindfulness: Fostering state and trait openness, **Invited Talk**, Robert G Crowder Memorial Lecture: Department of Psychology, Yale University (January, 2026)

Could openness become the next mindfulness: Fostering state and trait openness, **Invited Talk and Panel Discussion**, Imaginarium Visionary Problem-Solving Initiative, San Diego, CA (January 2026)

Exploring the role of unconscious processes, atypical salience and openness to experience on insight and creativity, **Invited Talk**, Milan Italy, (June, 2024)

Open Mindfulness: Combining Wonder and Wisdom, **Invited Address**, Sivananda Ashram, Nassau Bahamas, (June, 2024)

Resonance as a foundation for understanding and expanding consciousness, **Invited Address**, Sivananda Ashram, Nassau Bahamas, (June, 2024)

Cultivating mindfulness with meditation, music, and interactives, **Invited Workshop**, Sivananda Ashram, Nassau Bahamas (June, 2024)

Three Dimensions of Time: An Approach for Conceptualizing How Consciousness Relates to the Physical World, **Invited Workshop**, Sivananda Ashram, Nassau Bahamas, (June, 2024)

Understanding and cultivating curiosity, **Invited Workshop**, Sivananda Ashram, Nassau Bahamas, (June, 2024)

Opening the mind: Examining outcomes promoted by exposure to art, Music and Mind **Panel Discussion**, Santa Barbara Museum of Art, Santa Barbara CA, (February, 2024)

Opening the mind: Examining outcomes promoted by exposure to art, **speakeasy slam**, Annual Meeting of the Society for Experimental and Social Psychology, San Diego CA, (January, 2024)

Could postulating three dimensions of time address assorted disparities between physics and experience? **Talk**, Essentia Foundation Conference (December, 2023)

Nested Observer Windows: A Framework for Hierarchical Information Integration and Potentially Hierarchical Consciousness, **Talk**, School of Neurotherapy Conference, Santa Barbara CA, (November, 2023)

Meditation and Meta-awareness, **Invited Talk**, Science of Consciousness, Taormina Italy, (May, 2023)

- Nested Observer Windows: A Framework for Hierarchical Information Integration and Potentially Hierarchical Consciousness, **Invited Talk**, Science of Consciousness, Taormina Italy, (May, 2023)
- Resonance as a foundation for understanding and expanding consciousness, **Invited Address**, Sivananda Ashram, Nassau Bahamas, (April, 2023)
- Open Mindfulness, **Invited Address**, Sivananda Ashram, Nassau Bahamas (April, 2023)
- Cultivating mindfulness with meditation, music, and interactivities, **Invited Workshop**, Sivananda Ashram, Nassau Bahamas (April, 2023)
- Cultivating openness to experience, **Invited Workshop**, Sivananda Ashram, Nassau Bahamas (April, 2023)
- Reflecting on the nature of consciousness and its potential impact on wellbeing, **Invited Talk**, Society for Brain Mapping and Therapeutics, Los Angeles CA (February, 2023)
- Information Integration in Nested Observer Windows (NOW): A Theory of Hierarchical Consciousness. **Talk**, School of Neurotherapy Conference, Santa Barbara CA (September, 2022)
- Reflections on How Consciousness Interfaces with Physical Reality, **Invited Talk**, Diverse Intelligence Summer Institute, Virtual (July, 2021)
- Staying open to the possibility of the transcendental: Comments on Delorme, **Invited Talk**, Second International Conference on Science and God, Virtual, (April, 2021)
- Creativity, curiosity, and mind-wandering: The upside of a mind in flight, **Invited Keynote Speaker**, Society for the Neuroscience of Creativity, Virtual, (October, 2020)
- Nested Nows, **Invited Plenary Address**, Science of Consciousness, Taormina Italy, (September, 2020)
- The Middle Way: Finding the Balance between Mindfulness and Mind-Wandering, **Invited Address**,
Parkinson Society of Vancouver, Vancouver (June, 2020) (conducted on zoom). Link <https://www.youtube.com/watch?v=v6Hqb7wdVB4&feature=youtu.be>
- Reflecting on consciousness: On the distinction between experience and meta-awareness, **Invited Talk**, Varela Symposium, Upaya Institute, Santa Fe NM (May, 2020) (conducted on zoom) link: <https://www.upaya.org/2020/07/schooler-reflecting-consciousness-experience-meta-awareness2020-varela-2-7/>
- Reflecting on consciousness: On the distinction between experience and meta-awareness, **Symposium speaker**, American Academy of Religion, San Diego (October, 2019)
- Cultivating capacities: Evidence based interventions that can (or may) enhance people's proficiencies. Departmental Colloquium, University of California San Diego, (October 2019)
- How replicable can psychological science be?: A highly powered multi-site investigation of the robustness of newly discovered findings **Invited talk**, Metascience 2019, Stanford University, Palo Alto CA (September, 2019) link <https://metascience.com/events/metascience-2019symposium/jonathan-schooler-highly-powered-multi-site-investigation-of-the-robustness-ofnewly-discovered-findings/>
- Harmonizing the mind: Combining expectancy, brain stimulation and multimedia to produce nonordinary experiences that foster openness to experience, **Invited talk**, Peter Wall Institute for Advanced Studies, University of British Columbia, Vancouver BC (September, 2019)
- Mind wandering and intrusive thinking, **Invited symposium speaker**, Ernst Struengmann Forum, Frankfurt Germany (June 2019)

- Intuition and Insight, **Keynote Address**, Sivananda Ashram Yoga Retreat Bahamas, Paradise Island, Bahama (March, 2019)
- Mindfulness as a Tool for Regulating Mind Wandering, **Invited talk**, From Mind Wandering to Mindfulness, Symposium National Institute of Mental Health, Bethesda MD (March 2019)
- The Middle Way: Finding the Balance Between Mindfulness and Mind Wandering, **Presentation**, Society for Experimental and Personality Psychology, Portland, Oregon (February 2019)
- Aha misattribution. Solving anagrams leads to inflated truth judgements. **Presentation**, Annual Meeting of the Psychonomic Society, New Orleans (November 2019)
- Center for Mindfulness and Human Potential, **Invited talk**, Board of Trustees, UCSB Santa Barbara CA (October, 2018)
- Towards a framework for conceptualizing observers moving through time: Nested Observer Windows/Waves **Invited talk**, The Conceptual Foundations of Science: Rethinking Matter – Life – Mind, Parmenides Foundation. Munich, Germany (September 2018)
- Mind wandering and spontaneous thought, **Invited symposium speaker**, Roundtable on spontaneous thought. Peter Wall Institute for Advanced Studies, Vancouver CA (June, 2018)
- Finding happiness without looking for it. **Invited talk**, Santa Barbara New Comers club, Santa Barbara CA (May, 2018)
- The Middle Way: Finding the Balance Between Mindfulness and Mind Wandering. **Colloquium**, University of California Irvine, Irvine CA (April 2018)
- Mindful Minds in Schools: Achievement and Well Being with Training, **Invited talk**, Mindfulness and the Brain, Washington DC (April, 2018)
- Time and Consciousness, **Keynote address**, Sivananda Ashram Yoga Retreat Bahamas, Paradise Island, Bahamas (March, 2018)
- The Middle Way: Finding the Right Balance Between Mindfulness and Mind Wandering for Creative Achievement, **Invited talk**, Learning and the Brain, San Francisco CA (February, 2018)
- The Rewards and Regulation of Mind Wandering. **Keynote address**, Armadillo: Southwest Cognition Conference, Texas A & M University (October, 2017)
- Minding the Mind: Mind Wandering, Meta-awareness and Mindfulness, **Colloquium**, University of Wisconsin, Madison, Wisconsin (September, 2017)
- The neural and creative consequences of mind wandering, **Invited talk**, Roundtable on Mind Wandering, Peter Wall Institute for Advanced Studies (July, 2017)
- Towards a framework for conceptualizing observers moving through time: Nested Observer Windows/Waves. **Keynote address**. The Science of Consciousness, San Diego CA (June, 2017)
- Mindfulness: An Introduction and Preview of What's Next, **Invited panelist**: UCSB panel (May 2017)
- Mindfulness and Mind-wandering. **Invited talk**. Mindfulness and Neuroscience Workshop, University of New Mexico, Albuquerque NM May 2017
- Reconsidering the mind from the inside out: The science of mind-wandering illuminates the value of first person data, **Keynote address**: Champalimaud Research Retreat Lisbon, Portugal (June 2016)
- “Considering Oliver Sacks”, **Invited panelist**: UCSB panel (May 2016)
- Lost in the Clouds: The Costs, Benefits, and Regulation of Mind Wandering, **Invited speaker** University of California San Francisco (April, 2016)
- What science tells us about the belief in free will, **Invited speaker**: Consciousness and the Minds I, Brussels (December 2015)

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

CONSULTING

Senstream Corporation (2021-2022)
 NASA (2011-present)
 Exploratorium Science Museum (1998-present)
 Institute of Noetic Science (2010-present)
 Munich Leadership Group (2011)
 Templeton Foundation (2011) Co-organizer of workshop on mental control, Santa Monica, CA
 Exeter leadership group (2011) Co-organizer of a workshop on neuro-leadership, Reykjavik, Iceland
 Noomii web-based life coaching (2006-present)
 Memory Consultant, Junction Dance Studio’s production of “Forget Everything” (2003)
 The Learning Channel (2000)
 Court Television (2000)
 Mind Brain Body & Health Initiative (2000)
 The Coca-Cola Corporation (1999-2001)
 The Unilever Corporation (1998-2001)
 The International Society for Traumatic Stress Studies (1997-98), Contributor to: *Childhood*

Trauma Remembered: A report on the Current Scientific Knowledge Base and its Applications
The Exploratorium Science Museum, San Francisco (1997-present), Contributor to “Memory” exhibit.

Expert witness on eyewitness testimony (1993-present), consulted on approximately 25 cases, testified on approximately 20 cases.

RECENT MEDIA COVERAGE (w/ links)

Essentia Foundation

The Nested Observer Window Model Explained (October 3, 2025)

<https://www.youtube.com/watch?v=6oHNzc4s7Og&t=3s>

Closer to Truth Television Show/Webcast

12-item series

<https://clostertotruth.com/contributor/jonathan-schooler/>

Choose to be Curious Podcast

A Curiosity Practice Bonanza (June 15, 2023)

https://soundcloud.com/choosetobecurious/ep-197-a-curiosity-practice-bonanza-with-jonathan-schooler/s-FM4JcJPYvfJ?si=d52e9f2ecd42420c8dc57c65fa6ec500&utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing

Templeton Grant Features

Curiosity has Two Faces (May 3, 2023)

<https://www.templeton.org/news/curiosity-has-two-faces>

WNPR: Colin McEnroe Show

What Happens When We Daydream? (March, 2023)

<https://www.ctpublic.org/show/the-colin-mcenroe-show/2023-03-15/lost-in-my-mind-what-happens-when-we-daydream>

Almost Got It Podcast

Your Mind Isn't One - It's Many (May 22, 2025)

<https://www.youtube.com/watch?v=RfYKuqPjlo0&t=1s>

The Rose Woman Podcast

Minding the Mind with Jonathan Schooler: Meta Awareness, Creativity and Impact (December, 2023)

https://lnns.co/Mr5N_Djs6g-

Feed Your Head Podcast

The Surprising Upside of Daydreaming (November 26, 2025)

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

Self-improvement Atlas: The Personal Science Insights Podcast

Dr. Jonathan Schooler: Aging Brain and Memory Loss (February, 2023)

<https://lnns.co/AzMkZbd3xeh>

Brain for Business Podcast

Exploring the benefits of mind-wandering, with Professor Jonathan Schooler, UC Santa Barbara

<https://lnns.co/8NU6P7LtaGo>

ConnectIONS

Are We More than Our Brains? (November 18, 2022)

<https://noetic.org/blog/more-than-our-brain/>

The Soma Pod Podcast

Mind-Wandering vs. Mind-Wondering (November, 2022)

<https://lnns.co/jm-qy15voWR>

The Common Creative Podcast

Jonathan Schooler - NEUROCREATIVITY 6: MindWondering (October, 2022)

<https://lnns.co/CoqIwVHum5v>

A Little Help for Our Friends Podcast

Interview with Dr. Schooler: Discovered Memories of Abuse (March, 2022)

<https://lnns.co/GPnlDViehJC>

Humans & Hope Podcast

What is our potential - and our limits - as individual human beings? (December, 2021)

<https://lnns.co/wL47BpgZWjq>

Full PreFrontal: Exposing the Mysteries of Executive Function Podcast

From Mind Wandering to Mind Wondering (May, 2021)

<https://lnns.co/mANrH9k60F1>

Ideas Roadshow Podcast

Mind-Wandering and Meta-Awareness (Open Agenda, November, 2021)

<https://lnns.co/oXfEkNrPFR3>

The Filter Podcast

Jonathan Schooler on All Things META (August, 2021)

<https://lnns.co/EYGDmBasTdK>

The Soul of Life Podcast

Resonance Theory of Consciousness (May, 2021)

<https://lnns.co/jm-qy15voWR>

The APS Observer

If You'd Love to Create Something, Let it Go (October, 2022)

<https://www.psychologicalscience.org/observer/love-to-create-something-let-it-go>

The APA Monitor

The Science Behind Creativity (April, 2022)

<https://www.apa.org/monitor/2022/04/cover-science-creativity>

The Conversation

Why does love feel magical? It's an evolutionary advantage (July, 2022)

<https://theconversation.com/why-does-love-feel-magical-its-an-evolutionary-advantage-180443>

National Geographic

How smelling roses could help you make stronger memories (January, 2026)

https://www.nationalgeographic.com/health/article/sensory-memory?cmpid=int_org%3Dngp%3A%3Aint_mc%3Dwebsite%3A%3Aint_src%3Dngp%3A%3Aint_cmp%3Dmemory%3A%3Aint_add%3Dsensorymemory

The Science of Why you Have Great Ideas in the Shower (August, 2022)

<https://www.nationalgeographic.com/magazine/article/the-science-of-why-you-have-great-ideas-in-the-shower>

New York Magazine

It's Healthy to Let Your Mind Wander (April 17, 2015)

<http://nymag.com/scienceofus/2015/04/healthy-to-let-your-mind-wander.html>

The Wall Street Journal

When Daydreaming becomes a Problem (May 09, 2016)

<http://www.wsj.com/articles/when-daydreaming-becomes-a-problem-1462818328>

Why the Old Look Down on the Young (Dec 15, 2019)

<https://www.wsj.com/articles/why-we-look-down-on-todays-kids-11575561273>

Healio

Mobile Therapy system monitors patients' progress, improves practice management (January 30, 2015)

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