

## **Anne Catherine Holding, Ph.D.**

New York University  
Psychology Department  
6 Washington Place  
10003, New York, New York  
[ach8472 \[at\] nyu.edu](mailto:ach8472@nyu.edu)

### **RESEARCH POSITIONS**

2021 – 2024            **Postdoctoral Fellow**  
Department of Psychology  
New York University, New York, United States

### **EDUCATION**

2014 – 2020            **Ph.D. Psychology**  
McGill University, Montréal, Canada

2010 – 2013            **Bachelor of Arts, First-Class Honours**  
McGill University, Montréal, Canada  
Honours Psychology, Minor in Philosophy

### **LICENSE**

2021 – Present            **License to Practise Psychology:** Order of Psychologists of Québec,  
Canada

### **PUBLICATION AND CITATION METRICS**

H-Statistic – 17 (Google Scholar)  
i10-index – 25 (Google Scholar)  
Citations – 932 (Google Scholar)  
Refereed Published Journal Articles – 42

### **BOOK CHAPTERS (2)**

**Holding, A. C.** & Koestner, R. (2023). The role of motivation in the lifecycle of personal goals. In R. M. Ryan (Eds.), *The Oxford Handbook of Human Motivation* (pp. 327-345). New York: Oxford University Press.

**Holding, A.C.** & Koestner, R. (2022). A self-determination theory perspective on how to choose, use, and lose goals effectively. In J. Reeve (Eds.), *The Oxford Handbook of Educational Psychology*. (pp.). New York: Oxford University Press.

**PEER REVIEWED PUBLICATIONS (42)**

Underlined names represent mentored undergraduate and masters students. First-authored articles appear first.

42. **Holding, A.C.**, Moore, A., Verner-Filion, J., Kachanoff, F., & Koestner, R. (2022). Choosing to lose it: the role of autonomous motivation in goal disengagement. *Motivation and Emotion*, *46*, 769-789.
  41. **Holding, A.C.**, Moore, E., Moore, A., Verner-Filion, J., Ouellet-Morin, I., & Koestner, R. (2021). When goal pursuit gets hairy: A longitudinal goal study examining the role of controlled motivation and action crises in predicting changes in hair cortisol, perceived stress, health and depression symptoms. *Clinical Psychological Science*, *9*, 1214-1221.
  40. **Holding, A.C.**, Verner-Filion, J., Lalande, D., Schellenberg, B., & Vallerand, R. (2021). The roles of need satisfaction and passion in symptoms of behavioral addiction: The case of video gaming and gambling. *Motivation Science*, *7*, 345-355.
  39. **Holding, A. C.**, Barlow, M., Wrosch, C., & Koestner, R. (2020). Why are we together? A dyadic longitudinal investigation of relationship motivation, goal progress and adjustment. *Journal of Personality*, *88*, 464 – 477.
  38. **Holding, A.C.**, St-Jacques, A., Verner-Filion, J., Kachanoff, F., & Koestner, R. (2020). Sacrifice - but at what price? A longitudinal study of young adults' sacrifice of basic psychological needs in pursuit of career goals. *Motivation and Emotion*, *44*, 99-115.
  37. **Holding, A. C.**, Fortin, J., Carpentier, J., Hope., N., & Koestner, R. (2020). Letting go of gold: examining the role of autonomy in elite athletes' disengagement from their athletic careers and well-being in retirement. *Journal of Clinical Sport Psychology*, *14*, 88-108.
  36. **Holding, A. C.**, Hope, N., Verner-Filion, J., & Koestner, R. (2019). In good time: A longitudinal investigation of trait self-control in determining changes in motivation quality. *Personality and Individual Differences*, *139*, 132-137.
  35. **Holding, A. C.\***, Hope, N.H., Harvey, B. Marion-Jetten, A. & Koestner, R. (2017). Stuck in Limbo: Motivational antecedents and consequences of experiencing action crises in personal goal pursuit. *Journal of Personality*, *85*, 893–905.
- \*[Recipient of Guy Bégin Prize for best paper in Social Psychology awarded by the Société Québécoise pour la Recherche en Psychologie (SQRP)]
34. Lafreniere, B., Audet, É., Kachanoff, F., Christophe, K., **Holding, A.C.**, Janusauskas, L., & Koestner, R. (In press). Gender differences in perceived racism threat and activism during the BLM social justice movement for Black young adults. *Journal of Community Psychology*.

33. Dubois, P., Levine, S., Audet, É., **Holding, A.C.**, Avery, J. & Koestner, R. (In press). Collaborative autonomy and need satisfaction foster successful adaptation of university students with disabilities. *Journal of Postsecondary Education and Disability*.
32. Paquette, V., **Holding A.C.**, Cimon-Paquet, C., Giroux, A., Gosselin Boucher, V. & Vallerand, R. (In press). Pursuing, developing, and letting go of a passionate activity when facing adversity during a pandemic: Associations with well-being and ill-being. *Personality and Individual Differences*, 209, 112217.
31. Umenwofor-Nweze, N., Dauids, J., Fang, X., **Holding, A.C.**, & Koestner, R. (In press). The impact of language on the mental health of Black Quebecers. *Journal of Racial and Ethnic Health Disparities*.
30. Leduc-Cummings, I., Milyavskaya, M., **Holding, A. C.**, Koestner, R., Drapeau, M. (2023). All goals are equal: No interactions between depressive symptoms and goal characteristics on goal progress. *Journal of Social and Clinical Psychology*, 41, 541-577.
29. Clegg, K.A., Levine, S., Zuroff, D., **Holding, A.C.**, Shahar, G. & Koestner, R. (2023). A multilevel perspective on self-determination theory: Predictors and correlates of autonomous and controlled motivation. *Motivation and Emotion*, 47, 229-245.
28. Avery, J., LeBoeuf, J., **Holding, A. C.**, Moore, A., Levine, S. & Koestner, R. (2023). Rewriting the script: How Covid-19 affected the relation between intrinsic aspirations and depressive symptoms. *Personality and Individual Differences*, 200, 111869.
27. Powers, T., Levine, S., Moore, E., **Holding, A.C.**, Zuroff, D., & Koestner, R. (2023). Autonomy support buffers the impact of self-criticism on depression. *Personality and Individual Differences*, 200, 111876.
26. Moore, A.M., **Holding, A.C.**, Levine, S., Powers, T., Koestner, R. (2022). Agreeableness and conscientiousness promote successful adaptation to the Covid-19 pandemic through effective internalization of public health guidelines. *Motivation and Emotion*, 46, 476-485.
25. Audet, É., Thai, H., **Holding, A.C.**, Dauids, J., Fang, X., & Koestner, R. (2022). The depth of stories: How Black young adults' affect disclosure in narratives about the COVID-19 pandemic and the BLM protests improved adjustment over the year 2020. *Journal of Community Psychology*, 51, 1504-1517.
24. Audet, É., LeBoeuf, J., **Holding, A. C.**, Dauids, J., Fang, X., & Koestner, R. (2022). Better together: Family and peer support for Black young adults during the COVID-19 pandemic and the Black Lives Matter movement. *Trends in Psychology*, 30, 688-705.
23. Levine, S., Brabander, K., Moore, A., **Holding, A.C.**, & Koestner, R. (2022). Unhappy or unsatisfied: Distinguishing the role of negative affect and need frustration in depressive

- symptoms over the academic year and during the COVID-19 pandemic. *Motivation and Emotion*, 46, 126-136.
22. Levine, S., Cherrier, S., **Holding, A. C.**, & Koestner, R. (2022). For the love of reading: Recreational reading is beneficial for mental health and autonomous motivation is the key. *Journal of American College Health*, 70, 158-164.
  21. Rochette, S., Carbonneau, N., **Holding, A.C.**, & Austin, S. (2022). Empirically distinguishing interpersonal styles within romantic relationships: What is helpful or harmful when having a goal for your romantic partner?. *European Review of Applied Psychology*.
  20. Thomas, B., Clegg, K., **Holding, A.C.**, & Koestner, R. (2022). From the good life to good living: A longitudinal study investigating the relationship between good-life coherence and motivation, goal progress and subjective well-being. *Journal of Happiness Studies*, 23, 1887-1900.
  19. Audet, É., Levine, S., **Holding, A.C.**, Powers, T., & Koestner, R. (2022). Navigating the ups and downs of emerging adulthood: Peer and family autonomy support during personal goals and crises on identity development. *Self and Identity*, 21, 456-473.
  18. Koestner, R. & **Holding, A.C.** (2021). A generative legacy: SDT's refined understanding of the central role of autonomy in human lives. *Motivation Science*, 7, 111-112.
  17. Carbonneau, N., **Holding, A.C.**, Lavigne, G., & Robitaille, J. (2021). Feel good, eat better: The role of self-compassion and body esteem in mothers' healthy eating behaviours. *Nutrients*, 13, 3907.
  16. Moore, A. M., **Holding, A. C.**, Buchardt, L., & Koestner, R. (2021). On the efficacy of volitional personality change in young adulthood: Convergent evidence using a longitudinal personal goal paradigm. *Motivation and Emotion*, 45, 171-185.
  15. Levine, S., **Holding, A.C.**, Milvayskaya, M., Powers, T. & Koestner, R. (2021). Collaborative autonomy: The dynamic relations between personal goal autonomy and perceived autonomy support in emerging adulthood results in positive affect and goal progress. *Motivation Science*, 7, 145-152.
  14. Levine, S. L., Milyavskaya, M., Powers, T. A., **Holding, A. C.**, & Koestner, R. (2021). Autonomous motivation and support flourishes for individuals higher in collaborative personality factors: agreeableness, assisted autonomy striving and secure attachment. *Journal of Personality*, 89, 899-914.
  13. Audet, É., Levine, S., **Holding, A.C.**, Powers, T., & Koestner, R. (2021). A remarkable alliance: Sibling autonomy support and goal progress in emerging adulthood. *Journal of Family Relations*, 70, 1571-1582.

12. Smyth, A. P., Werner, K. M., Milyavskaya, M.,  **Holding, A.C.**, & Koestner, R. (2020). Do mindful people set better goals? Investigating the relation between trait mindfulness, self-concordance, and goal progress. *Journal of Research in Personality*, 88, 104-115.
11. Moore, E.,  **Holding, A.C.**, Moore, A., Levine, S., Powers, T., Zuroff, D., Koestner, R (2020). Perfectionism, Goal-Related Autonomy, Failed Goal Pursuits and Depressive Symptoms: A Self-Determination Theory Analysis. *Journal of Counseling Psychology*, 68, 88-97.
10. Verner-Filion, J., Schellenberg, B. J.,  **Holding, A. C.**, & Koestner, R. (2020). Passion and grit in the pursuit of long-term personal goals in college students. *Learning and Individual Differences*, 83-84, 101939.
9. Koestner, R., Powers, T. A.,  **Holding, A.C.**, Hope, N., & Milyavskaya, M. (2020). The relation of parental support of emerging adults' goals to well-being over time: The mediating roles of goal progress and autonomy need satisfaction. *Motivation Science*, 6, 374-385.
8. Moore, A.,  **Holding, A.C.**, Verner-Filion, J., Harvey, B., & Koestner, R. (2020). A longitudinal investigation of trait-goal concordance on goal progress: The mediating role of autonomous goal motivation. *Journal of Personality*, 88, 530 – 543.
7. Hope, N. H.,  **Holding, A. C.**, Verner-Filion, J., Sheldon, K. M., & Koestner, R. (2019). The path from intrinsic aspirations to subjective well-being is mediated by changes in basic psychological need satisfaction and autonomous motivation: A large prospective test. *Motivation and Emotion*, 43, 232-241.
6. Moore, E.,  **Holding, A. C.**, Hope, N. H., Harvey, B., Powers, T. A., Zuroff, D., & Koestner, R. (2017). Perfectionism and the pursuit of personal goals: A self-determination theory analysis. *Motivation and Emotion*, 42, 37-49.
5. Hope, N., Koestner, R.,  **Holding, A.C.** & Harvey, B. (2016). Keeping up with the Joneses: Friends' perfectionism and students' orientation toward extrinsic aspirations. *Journal of Personality*, 84, 702-715.
4. Hope, N. H., Milyavskaya, M.,  **Holding, A. C.**, & Koestner, R. (2016). The humble path to progress: Goal specific aspirational content predicts goal progress and goal vitality. *Personality and Individual Differences*, 90, 99-107.
3. Shapiro, G. K.,  **Holding, A. C.**, Perez, S., Amsel, R., & Rosberger, Z. (2016). Validation of the vaccine conspiracy beliefs scale. *Papillomavirus Research*, 2, 167-172.
2. Powers, T. A., Gorin, A. A., Hope, N.,  **Holding, A. C.**, Chua, S., & Koestner, R. (2015). Effects of neuroticism on goal support, goal progress, and depressive symptoms. *Journal of Social and Clinical Psychology*, 34, 674-691.

1. Hope, N. H., Milyavskaya, M., **Holding, A. C.**, & Koestner, R. (2013). Self-Growth in the college years: Increased importance of intrinsic values predicts resolution of identity and intimacy stages. *Social Psychological and Personality Science*, 5, 705–712.

## MANUSCRIPTS UNDER REVIEW, IN REVISION, OR IN PREPARATION

† Symbolizes shared first authorship.

Verner-Filion, J., **Holding A.C.**, Gingras, I. & Koestner, R. (Manuscript under review at *Journal of Adolescence*). Extracurricular activities – extra beneficial? An examination of the outcomes associated with motivation for extracurricular activities in high-school students. *Journal of Adolescence*.

**Holding, A.C.**, Cunningham, C., Koestner, R. & Oettingen, G. (Manuscript under review at *Personality and Individual Differences*). Owing the plan: The role of autonomous if-then planning for goal progress and action crisis.

**Holding, A.C.** †, von Weichs, V. †, & Oettingen, G. (Manuscript revise and resubmit at *Motivation Science*). Striving for uniqueness: The role of mental contrasting with implementation intentions (MCII).

Levine, S., Audet, É., **Holding, A.C.**, & Koestner, R. (Manuscript under review at *Motivation Science*). Autonomy support during crises buffers against psychological distress and facilitates growth through personal crises and the COVID-19 pandemic.

Rochette, S., Carbonneau, N., **Holding, A.C.**, & Austin, S. (Manuscript under review at *Journal of Adult Development*). The pursuit of intrinsic and extrinsic goals within couples: linking personal and vicarious goals, interpersonal styles, and relationship quality.

**Holding, A.C.** & Oettingen, G. (*Manuscript in preparation*). Mental contrasting versus goal setting: Differences in autonomous motivation.

**Holding, A.C.**, Biedron, H. & Oettingen, G. (*Manuscript in preparation*). Onerous obstacles: The role of goal integration and obstacle surmountability in goal-specific need frustration and action crises.

**Holding, A.C.**, & Carbonneau, N. (*Manuscript in preparation*). Motivational antecedents of intuitive eating: A dyadic study of mothers and daughters.

**Holding, A.C.**, Ouellet-Morin, I., & Koestner, R. (*Manuscript in preparation*). Hopeless goal striving: Symptoms of depression, goal stagnation, and changes in hair cortisol.

**Holding, A.C.**, Kachanoff, F. & Koestner, R. (*Manuscript in preparation*). Catch and release: the role of autonomous motivation in the lifecycle of personal goals.

**Holding A.C.**, Carpentier, J., Fortin, J., & Koestner, R. (*Manuscript in preparation*). Seeking new ways or stuck in the glory days? An examination of the effects of life aspirations on goal adjustment during career transitions.

**Holding, A.C.**, Verner-Filion, J. & Koesnter, R. (*Manuscript in preparation*). The role of goal-specific need satisfaction and frustration in goal progress and action crises.

**Holding, A.C.** & Koesnter, R. (*Manuscript in preparation*). Express Yourself: The use of Facebook and Instagram in personal goal pursuit.

## RESEARCH FUNDING

2021 – 2024	<b>Government of Canada, Social Sciences and Humanities Research Council (SSHRC)</b> Postdoctoral Fellowship Award
2021 – 2023	<b>Government of Québec, Le Fonds de recherche du Québec – Société et culture (FRQSC)</b> Postdoctoral Fellowship Award (declined)
2021 – 2024	<b>New York University</b> Postdoctoral Scholarship
2021	<b>Mitacs Accelerate</b> Postdoctoral Fellowship Award
2020	<b>Government of Canada, Social Sciences and Humanities Research Council</b> , Partnership Engagement Grant, Research partnership with Black Community Resource Centre (BCRC) (PI Richard Koestner)
2020	<b>Government of Canada, Social Sciences and Humanities Research Council</b> , Internal Development Grant (PI Richard Koestner)
2013 – 2020	<b>McGill University</b> International Psychology Excellence Package (7 x)
2013 – 2020	<b>McGill University</b> Differential Fee Waiver (7x)
2014	<b>David Stewart Memorial Fellowship</b>

**HONOURS AND AWARDS**

2021	<b>McGill University Candidate for Canadian Association for Graduate Studies (CAGS)/PROQUEST-UMI Distinguished Dissertation Award</b>
2020	<b>Graduate Student Excellence Award, McGill University</b>
2020	<b>Science Graduate Student Travel Award, McGill University</b>
2020	<b>Graduate Research Enhancement Award, McGill University</b>
2019	<b>Prix Guy Bégin, Société Québécoise pour la Recherche en Psychologie</b> , Award for best peer-reviewed paper in Social/Organizational Psychology
2019	<b>Graduate Student Excellence Award, McGill University</b>
2017	<b>Travel Award, Society for Personality and Social Psychology</b>
2017	<b>Exceptional Services to the Psychology Department Plaque, McGill University</b> , Recognition for social media communications
2017	<b>Graduate Summer Research Award, McGill University</b>
2015	<b>Graduate Research Enhancement Award, McGill University</b>
2015	<b>Travel Award, Society for Personality and Social Psychology</b>
2014	<b>Ministère de l'Éducation, du Loisir et du Sport Award</b>
2014	<b>Michael Quek Teaching Assistant Award</b> , Award for best Teaching Assistant in the McGill Psychology Department
2013	<b>Graduate Research Enhancement Award, McGill University</b>
2013	<b>Graduate Excellence Recruitment Award, McGill University</b> ,
2010 – 2013	<b>Dean's Honour List (3 x), McGill University</b> , Top 10% of undergraduate students in Faculty of Arts and Science



## CHAired SYMPOSIA

**Holding, A.C.**, Kachanoff, F., & Koestner, R. (2018). Catch and Release: Autonomous motivation matters at two distinct stages of the goal engagement and goal disengagement cycle. In **Holding, A. C.** & Moshontz, H. (Eds.), *Responses to the Unique Difficulties of Long-term Goal Pursuit, 19<sup>th</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP)*, Atlanta, Georgia, USA.

## ORAL CONFERENCE PRESENTATIONS (10)

Underlined names represent mentored Undergraduate and Master's students.

10. **Holding A.C.** & Koestner, R. (2023). The role of motivation in the lifecycle of personal goals. In Benita, M. (Ed.), *Advances in Goal Pursuit Research: Autonomy Experiences across the Lifecycle of Goals, 8<sup>th</sup> International Self-Determination Theory Conference*, Orlando, Florida, USA.
9. **Holding A.C.** & Koestner, R. (2023). Stuck letting go: Inaction crises in goal disengagement. In Schattke, C. & Kappes, C. (Eds.), *Advances in Goal Disengagement Research: Facilitating Processes, Annual Convention for the Association for Psychological Science (APS)*, Washington, D.C., USA.
8. **Holding A.C.**, Carpentier, J., Moore, E. & Koestner, R. (2022). Motivational antecedents and biological consequences of goal regulation. In Hubley, C. & Scholer, A. (Eds.), *When and How to Quit: The Nuances of Goal Disengagement. 22<sup>nd</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP)*, San Francisco, California, USA.
7. Paquette, V., **Holding, A.C.**, Cimon-Paquet, C., Giroux, A., Gosselin-Boucher, V., & Vallerand, R. J. (2022). Pursuing and developing a passion during the COVID-19 pandemic: Impacts on mental health. *Canadian Psychological Association's 83rd Annual National Convention*, Calgary, AB, Canada.
6. **Holding, A.C.**, Cimon-Paquet, C., Paquette, V., Giroux, A., Gosselin Boucher, V., & Vallerand, R. (2021). What are the benefits of maintaining or cultivating a new passion during the COVID-19 pandemic? Links with mental health and well-being. In Giroux, A. (Ed.), *Passion et santé mentale chez diverses populations [Passion and mental health in diverse populations]*. *Société Québécoise pour la Recherche en Psychologie Annual Conference*, Chicoutimi, Canada.
5. **Holding A.C.**, Kachanoff, F., Moore, A., & Koestner, R. (2020). Choosing to lose it: The role of autonomous motivation in goal disengagement. *21<sup>st</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP)*, New Orleans, Louisiana, USA.
4. **Holding A.C.**, Ouellet-Morin, I., & Koestner, R. (2019). When goal pursuit gets hairy: A longitudinal study examining the role of action crises in chronic cortisol elevation and

health symptoms. In Marion-Jetten, A. & Schattke, C. (Eds.), *Drowning in the Rubicon: Current Findings on Action Crises and Goal Disengagement*, 31<sup>st</sup> Annual Convention for the Association for Psychological Science (APS), Washington, D.C., USA.

3. **Holding A.C.** & Koestner, R. (2019). Stuck in limbo: Motivational antecedents and consequences of experiencing action crises in personal goal pursuit. *41<sup>st</sup> Annual Convention of the Société Québécoise pour la Recherche en Psychologie (SQRP)*, Mont Tremblant, Q.C., Canada.  
\*Recipient of the Guy Bégin prize
2. **Holding A.C.**, Fortin, J., Carpentier, J., & Koestner, R. (2018). Seeking new ways or stuck in the glory days? An examination of the effects of intrinsic and extrinsic life aspirations on goal disengagement and reengagement during career transitions. *29<sup>th</sup> International Congress of Applied Psychology (ICAP)*, Montreal, Q.C., Canada.
1. Hope, N., Koestner, R., **Holding, A. C.**, and Harvey, B. (2014). Keeping up with the Joneses: The association between friends' perfectionism and prioritization of extrinsic aspirations. *26<sup>th</sup> Annual Convention for the Association for Psychological Science (APS)*, San Francisco, California, USA.

#### INVITED LECTURES (9)

9. **Holding, A.C.** (2023). *Motivation in the lifecycle of personal goals*. Social Psychology Speaker Series, Psychology Department, New York University, New York, USA.
8. **Holding, A.C.** (2023). *Harnessing the power of motivation in the lifecycle of personal goals*. Psychology Department, Université de Montréal, Montréal, Canada.
7. **Holding, A. C.** (2022). *When goals go wrong: The challenge of disengaging from personal goals*. Bard College, Annadale-on-Hudson, New York, USA.
6. **Holding, A. C.** (2021). *The role of autonomous and controlled motivation across a goal's lifecycle*. Groupe de Recherche sur l'Inadaptation Psychosociale chez l'Enfant (GRIP) at Université Laval, Québec City, Canada.
5. **Holding, A. C.** (2020). *The role of motivation in action crises and goal disengagement*. Motivation Research Center, New York University, New York.
4. Koestner, R. & **Holding, A. C.** (2021). *The science of motivation: Three secrets to improve your goal setting*. (2021). Bell Canada, Montréal, Québec, Canada.
3. Koestner, R. & **Holding, A. C.** (2021) *New Year's resolutions and motivation in 2021*. Leadership Conference English Montreal School Board (EMSB). Montréal, Québec, Canada.

2.  **Holding, A. C. & Anyan, J. (2019).** *A motivation basis for change: A self-determination theory approach to the treatment of Borderline Personality Disorder (BPD)*. Allan Memorial Institute, McGill University Health Centre (MUHC), Montréal, Québec, Canada.
1.  **Holding, A. C. (2015).** *Motivation and effective leadership*. Keynote speaker at SEAMLESS (Student Executives at McGill Learning, Engaging, Sharing and Strategizing) Summit, Montréal, Québec, Canada.

## PEER-REVIEWED POSTER PRESENTATIONS (24)

Underlined names represent mentored Undergraduate and Master's students.

Avery, J., Holding, A.C. & Koestner, R.(2023). *Motivational predictors and outcomes of pro-environmental action*. Poster presentation at the 5th North American Correctional Criminal Justice Psychology Conference (NACCJPC), Toronto, Canada.

Zuroff, D., Clegg, K., Levine, S.,  **Holding, A.C.**, Koestner, R., Shahar, G., Mojica, S., & Maheu, S. (2021). *Defining personality traits and personality signatures by differentiating agentic and communal domains of the self*. Poster presentation at the 24<sup>th</sup> annual meeting for the Society for Interpersonal Theory and Research (SITAR), Virtual Presentation.

**Holding, A.C.**, Moore, E., Moore, A., & Koestner, R. (2020). *Express yourself: The use of Facebook and Instagram in personal goal pursuit*. Poster presentation at the 21<sup>st</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP), New Orleans, Louisiana.

Moore, A.,  **Holding, A.C.**, Moore, E., & Koestner, R. (2020). *Can a leopard change his spots? A Self-determination theory perspective on recent personality change goal research*. Poster presented at the 21<sup>st</sup> annual Society for Personality and Social Psychology (SPSP) conference, New Orleans, Louisiana.

Moore, E., Gilbert, A-A.,  **Holding, A.C.**, Moore, A., & Koestner, R. (2020). *#Couple goals: Secure attachment and autonomy support within romantic relationships foster goal progress*. Poster presentation at the 21<sup>st</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP), New Orleans, Louisiana.

Moore, E.,  **Holding, A.C.**, Moore, A., & Koestner, R. (2019). *Perfectionism, goal-related autonomy, poor goal progress and depressive symptoms: a self-determination theory analysis*. Poster presentation at the 7<sup>th</sup> International Conference on Self-Determination Theory (SDT), Egmond aan Zee, N.L.

Levine, S.,  **Holding, A.C. & Koestner, R.** (2019). *Developing autonomous personal goals is a surprisingly collaborative process: Three prospective longitudinal studies*. Poster

presentation at the 7<sup>th</sup> International Conference on Self-Determination Theory (SDT), Egmond aan Zee, N.L.

Moore, A.,  **Holding, A.C. & Koestner, R.** (2019). *What would you like to do before you die? : An investigation of bucket-list goals from a self-determination theory perspective.* Poster presentation at the 7<sup>th</sup> International Conference on Self-Determination Theory (SDT), Egmond aan Zee, N.L.

Moore, E.,  **Holding, A.C.,** Harvey, B., Moore, A. & Koestner, R. (2018). *Self-critical perfectionism and decreased goal progress: the role of positive goal-related affect.* Poster presentation at the 19<sup>th</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP), Atlanta, Georgia.

**Holding, A.C.,** Kachanoff, F., Filion, J. & Koestner, R. (2017). *Catch and release: Low autonomous motivation in personal goal pursuit predicts longitudinal goal disengagement.* Poster presentation at the 29<sup>th</sup> Annual Convention for the Association for Psychological Science (APS), Boston, MA.

**Holding, A.C.,** Hope, N., & Koestner, R. (2017). *Choosing to Lose It: Autonomous Motivation Predicts Disengagement Progress from Unattainable Personal Goals in College Students.* Poster presentation at the 17<sup>th</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP), San Antonio, TX.

Shapiro, G.K.,  **Holding, A.C.,** Perez, S., Amsel, R., & Rosberger, Z. (2016). *Vaccine Conspiracy Beliefs: A Barrier to Cancer Prevention Efforts?.* Poster presented at the 18<sup>th</sup> International Psycho Oncology Society Congress. Dublin, Ireland.

**Holding, A.C.,** Hope, N., Harvey, B., Marion-Jetten, A., Kairys, K., & Koestner, R. (2016). *Stuck in limbo: Motivational antecedents and consequences of experiencing action crises in personal goal pursuit.* Poster presentation at the 6<sup>th</sup> International Conference on Self-Determination Theory (SDT), Victoria, British Columbia.

Hope, N., M.,  **Holding, A.C.,** Harvey, B., Koestner, R. (2016). *Emergent goals: The benefits of spontaneous goal pursuit, and why goal researchers are missing out.* Poster presentation at the 6<sup>th</sup> International Conference on Self-Determination Theory (SDT), Victoria, British Columbia.

Harvey, B.,  **Holding, A.C.,** Kairys, K., Okoshken, J., & Koestner, R. (2016). *Perfectionism and career goals: The importance of autonomous motivation and perceived skills.* Poster presentation at the 6<sup>th</sup> International Conference on Self-Determination Theory (SDT), Victoria, BC.

**Holding, A.C.,** Hope, N., Harvey, B. & Koestner, R. (2016). *Like a phoenix rising from the flames: The relationship between goal disengagement and emergent goals.* Poster

presentation at the 17<sup>th</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP), San Diego, CA.

Harvey, B., Hope, N., **Holding, A.C.**, Koestner, R. (2016). *The difference between a white or blue Christmas: The role of varying types of perfectionism*. Poster presentation at the 17<sup>th</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP), San Diego, CA.

Hope, N., M., **Holding, A.C.**, Koestner, R. (2016). *Can't stand the heat: The impact of distress tolerance in students' goal striving and well-being over time*. Poster presentation at the 17<sup>th</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP), San Diego, CA.

**Holding, A. C.**, Hope, N. H., Fortin, J., & Koestner, R. (2015). *That ship has sailed: why do some of us succeed while others fail at adjusting to unattainable goals? The role of autonomy in goal disengagement*. Poster presentation at the 16<sup>th</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP), Long Beach, CA. [Finalist for Student Research Award, \$50]

**Holding, A. C.**, Hope, N. H., & Koestner, R. (2015). *Express yourself: The use of Facebook in personal goal pursuit*. Poster presentation at the 27<sup>th</sup> Annual Convention for the Association for Psychological Science (APS), New York, NY.

Harvey, B., Hope, N., **Holding, A.C.** & Koestner, R. (2015). *The holiday blues: Why self-critical perfectionists suffer while personal standards perfectionists thrive*. Poster presentation at the 27<sup>th</sup> Annual Convention for the Association for Psychological Science (APS), New York, NY.

Hope, N., Milyavskaya, M., **Holding, A.C.**, Koestner, R. (2015). *The humble path to progress: Goal-specific aspirational content predicts goal progress and vitality*. Poster presentation at the 16<sup>th</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP), Long Beach, CA.

**Holding, A. C.**, Milyavskaya, M., Hope, N. H. & Koestner, R. (2014). *Rite of passage gone wrong: The effects of achieving versus failing to realize a dream school goal*. Poster presentation at 15<sup>th</sup> Annual Convention for the Society for Personality and Social Psychology (SPSP), Austin, TX. [Nominated for Student Research Award]

**Holding, A. C.**, Hope, N. H., Saffran, M., & Koestner, R. (2014). *You Only Live Once - so why not have another beer? Correlates and consequences of using the motto "YOLO" in university sample*. Poster presentation at the 26<sup>th</sup> Annual Convention for the Association for Psychological Science (APS), San Francisco, CA.

## CLINICAL POSITIONS

- 2018 – 2019      **Psychology Resident: Psychosocial Oncology**, Royal Victoria Hospital Glen Site of the McGill University Health Centre (MUHC) (Supervised by: Dr. Pasqualina Di Dio, Ph.D. and Dr. Lana Pratt, Ph.D.); (September’18 - August’19)
- 2017 – 2018      **Psychology Resident: Personality Disorders**, Allan Memorial Institute of the McGill University Health Centre (MUHC) Royal Victoria Hospital (Supervised by: Dr. Tanya Bergevin, Ph.D. and Dr. Ilana Kronick, Ph.D.); (September’17- August’18)
- 2016 – 2017      **Pre-doctoral Psychology Intern: Teenage Health Unity**, Department of Family Medicine, Jewish General Hospital (Supervised by Dr. Perry Adler, Ph.D.); (September’16- August’17)
- 2015 – 2016      **Pre-doctoral Psychology Intern: Sex and Couples Therapy Clinic**, Allan Memorial Institute of the McGill University Health Centre (MUHC) Royal Victoria Hospital (Supervised by Dr. Gerald Wiviott, M.D.); (September’15- July’16)
- 2015 – 2016      **Pre-doctoral Psychology Intern: Anxiety Disorders Clinic**, Allan Memorial Institute of the McGill University Health Centre (MUHC) Royal Victoria Hospital (Supervised by Dr. Jennifer Russell, Ph.D.); (September’15- July’16)
- 2015                **Pre-doctoral Psychology Intern: Inpatient Psychiatry**, Jewish General Hospital (Supervised by Dr. Maxine Sigman, Ph.D.); (May’15 – August’15)

## TEACHING POSITIONS

- 2021                **Lecturer, McGill University**  
PSYC 471 Human Motivation
- 2013- 2020        **Teaching Assistant, McGill University**  
PSYC 471, Human Motivation x 7  
PSYC 332, Introduction to Personality x 7  
PSYC 100, Introduction to Psychology x 1  
PSYC 204, Introduction to Psychological Statistics x 1

## COMMUNITY AND LEADERSHIP

- 2014 – 2020      **Social Media Officer** for McGill Psychology Department (sourcing, editing, and creating daily content for McGill Psychology Department’s Facebook & Twitter pages).

- 2017 – 2018            **Psychology Graduate Program Committee** (Consulting with Psychology Department on issues regarding supervisor feedback, changes to clinical program, departmental policies, invited speakers).
- 2014 – 2016            **Hebb Student Colloquium Committee** (Organizing lecture series in Psychology Department, welcoming speakers, setting up wine and cheese reception).

## **UNDERGRADTE HONOURS, MASTERS AND DOCTORAL STUDENTS MENTORED**

### **New York University, New York, USA**

- 2021 – 2022            Christine Cunningham (M.Sc.)  
2021 – 2022            Henry Biedron (M.Sc.)

### **Black Community Resource Centre (BCRC), Montréal, Québec, Canada**

- 2020 – 2021            Xiaoyan Fang (B.Sc.)  
2020 – 2021            John Davids (B.Sc.)

### **McGill University, Montréal, Québec, Canada**

- 2020 – 2021            Bianca Lafreniere (B.Sc.)  
2020 – 2021            Olivia Furholter (B.Sc.)  
2016 – 2021            Amanda Moore (Ph.D.)  
2015 – 2021            Emily Moore (Ph.D.)  
2019 – 2020            Phillip Woessner (B.Sc.)  
2019 – 2020            Doosik Shin (B.Sc.)  
2019 – 2022            Benjamin Thomas (B.Sc.)  
2019 – 2020            Elodie Audet (B.Sc.)  
2018 – 2019            William Camber (B.Sc.)  
2017 – 2018            Irene Kaloyannis (B.Sc.)  
2016 – 2018            André St-Jacques (M.Sc.)  
2015 – 2016            Ariane Marion-Jetten (B.Sc.)  
2014 – 2015            Sienna Skoropada (B.Sc.)  
2013 – 2014            Jo-Annie Fortin (B.Sc.)

## **CONSULTANT POSITIONS**

- 2020-2021            **Consultant** for Black Community Resource Centre (BCRC) for “Back in Quebec” project as well as longitudinal study on well-being and motivation in Black youth in Québec during Covid-19 pandemic.

- 2020-2021      **Consultant** for English Montreal School Board (EMSB) providing motivational workshops and support groups for school administrators and teachers during Covid-19 pandemic.
- 2020            **Consultant** for Yelp seeking expert advice on how to enhance motivation in reviewers following Covid-19 pandemic.
- 2018            **Consultant** for McGill Graduate and Postdoctoral Studies (GPS) seeking advice on examining the effectiveness of the “MyPath” toolkit developed to help doctoral students identify and plan their goals.
- 2016            **Consultant** for Beiersdorf AG, Hamburg, Germany advising on bonus restructuring concept for optimizing employee motivation and engagement.
- 2015            **Consultant for** McGill University Campus Life & Engagement on “Effective Leadership from a Motivation Perspective: How to Inspire Autonomy Support”.
- 2014            **Consultant** for Sport Canada Athlete Transition Board on Athletic Disengagement in Retirement.
- 2013            **Consultant** for McGill Student Services on a motivation workshop: “How to Disengage from Unattainable Goals”.
- 2011            **Strategic Planner** (Internship) for Draft F.C.B. London, UK, developing “Motivation and Readiness to Change” model for client Novartis.

**PROFESSIONAL SERVICES**

**Ad Hoc Reviewer**

- |  |  |
|--|--|
| Motivation and Emotion                       | Addiction Research & Theory              |
| Motivation Science                           | Current Psychology                       |
| Personality and Social Psychology Bulletin   | European J of Social Psychology          |
| Social Psychological and Personality Science | European J of Developmental Psychology   |
| Educational Psychology                       | Journal of Further and Higher Education  |
| Social and Personality Psychology Compass    | Journal of Early Adolescence             |
| Learning and Individual Differences          | Journal of American College Health       |
| British Journal of Psychology                | Current Issues in Personality Psychology |
| Journal of Research in Personality           | Journal of Loss and Trauma               |



## ACADEMIC REFEREES

**Professor Gabriele Oettingen** (Postdoctoral Advisor)

Department of Psychology,  
New York University

**Professor Richard Koestner** (Doctoral Advisor)

Department of Psychology,  
McGill University

**Professor David Zuroff**

Department of Psychology,  
McGill University

**Professor Robert Vallerand**

Canada Research Chair in Motivational Processes and Optimal Functioning  
Department of Psychology,  
Université du Québec  
à Montréal

**Professor Noémie Carbonneau**

Canada Research Chair in the Psychosocial Determinants of Eating Behaviours  
Department of Psychology,  
Université du Québec à Trois-Rivières

**Professor Carsten Wrosch**

Canada Research Chair in Ageing and Health  
Department of Psychology,  
Concordia University

**Professor Jérémie Verner-Filion**

Département des sciences de l'éducation  
Université du Québec en Outaouais

**Professor Joelle Carpentier**

Department of Organizational Psychology and Human  
Resources Université du Québec à Montréal

## PROFESSIONAL ASSOCIATIONS

Association for Psychological Science (APS), Society for Personality and Social Psychology (SPSP), Canadian Psychological Association (CPS), Society for the Science of Motivation (SSM), l'Ordre des Psychologues du Québec (Order of Psychologists of Québec)

## LANGUAGES

German (native), English (native), French (advanced)