

Curriculum Vitae

Dr. Sebastian Bürgler

University of Zurich
Department of Psychology
Psychology of Motivation, Volition, and Emotion
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Research Interests

Self-regulation, self-control, metacognition, habits, digital technologies in psychological research and practice

Professional Positions and Research Experience

Jan. 2022 – ongoing	Postdoctoral researcher. Department of Psychology, Psychology of Motivation, Volition, and Emotion, University of Zurich
March 2019 – Dec. 2021	PhD student in the SNF-funded project “The complexity of self-regulation in daily life: Investigating three types of self-control conflicts and the self-regulatory strategies people use to deal with them”, Department of Psychology, General and Educational Psychology, University of Siegen
Nov. 2018 - Feb. 2019	PhD student in the SNF-funded project “The complexity of self-regulation in daily life: Investigating three types of self-control conflicts and the self-regulatory strategies people use to deal with them”, Department of Psychology, Psychology of Motivation, Volition, and Emotion, University of Zurich
April 2018 - Oct. 2018	Student research assistant at the University of Zurich: Geriatric Psychology
2016 - 2017	Research internship at the University of Zurich: Clinical Psychology and Psychotherapy
Dec. 2015 - March 2016	Research internship at the University of Zurich: Neurology

Education

2018 - 2021	PhD in Psychology University of Siegen, Germany (Advisor: Prof. Dr. Marie Hennecke) <i>summa cum laude</i>
2016 - 2018	Master of Science in Psychology University of Zurich, Switzerland
2009 - 2016	Bachelor of Science in Psychology University of Zurich, Switzerland

Articles in Peer-Reviewed Journals

- Bürkler, S.,** & Hennecke, M. (2023). Metacognition and polyregulation in daily self-control conflicts. *Scandinavian Journal of Psychology*. <https://doi.org/10.1111/sjop.12964>
- Bürkler, S.,** Hoyle, R. H., & Hennecke, M. (2021). Flexibility in using self-regulatory strategies to manage self-control conflicts: The role of metacognitive knowledge, strategy repertoire, and feedback monitoring. *European Journal of Personality*, 35(6), 861–880. <https://doi.org/10.1177/0890207021992907>
- Bürkler, S.,** Kleinke, K., & Hennecke, M. (2022). The Metacognition in Self-Control Scale (MISCS). *Personality and Individual Differences* 199. <https://doi.org/10.1016/j.paid.2022.111841>
- Hennecke, M., & **Bürkler, S.** (2020). Many roads lead to Rome: Self-regulatory strategies and their effects on self-control. *Social and Personality Psychology Compass*, 14(6), e12530. <https://doi.org/10.1111/spc3.12530>
- Hennecke, M.*, & **Bürkler, S.*** (2022). Metacognition and self-control: An integrative framework. *Psychological Review*. <https://doi.org/10.1037/rev0000406> (*shared first-authorship)
- Wenzel, M., **Bürkler, S.,** Brandstätter, V., Kreibich, A., & Hennecke, M. (2023). Self-regulatory strategy use, efficacy, and strategy-situation-fit in self-control conflicts of initiation, persistence, and inhibition. *European Journal of Personality*. <https://doi.org/10.1177/08902070221150478>
- Wenzel, M., **Bürkler, S.,** Rowland, Z., & Hennecke, M. (2023). Self-control dynamics in daily life: The importance of variability between self-regulatory strategies and strategy differentiation. *European Journal of Personality*, 37(1), 33-56. <https://doi.org/10.1177/08902070211043023>
- Wenzel, M., Rowland, Z., **Bürkler, S.,** Friese, M., Hofmann, W., & Hennecke, M. (2022). Person × domain interactions in resisting desires in daily life. *European Journal of Personality*. <https://doi.org/10.1177/08902070221098912>

Teaching

Fall 2023	Seminar “ <i>self-control and self-regulation</i> ”, University of Zurich, Switzerland
Spring 2023	Seminar “ <i>self-control and self-regulation</i> ”, University of Zurich, Switzerland
Fall 2022	Seminar “ <i>self-control and self-regulation</i> ”, University of Zurich, Switzerland
Spring 2022	Seminar “ <i>self-control and self-regulation</i> ”, University of Zurich, Switzerland
Fall 2021	Seminar “ <i>self-control and self-regulation</i> ”, University of Zurich, Switzerland
Summer 2021	Seminar “ <i>self-control and self-regulation</i> ”, University of Siegen, Germany
06/06/2020	Seminar section “ <i>self-regulation and self-control</i> ”, University of Siegen, Germany

Student Supervision

2023	<i>Is there a general factor in self-report scales on metacognition? A bifactorial analysis.</i> M.Sc. thesis advisor to Eva-Janine Feldmann,
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- University of Zurich, Switzerland
Actor-, behavior-, and cue-related factors in habit formation. M.Sc. thesis advisor to Vanessa Cacho, University of Zurich, Switzerland
Task enrichment as a self-control strategy: Mechanisms. B.Sc. thesis advisor to Jessica Notz, University of Zurich, Switzerland
Task enrichment as a self-control strategy: Moderators. B.Sc. thesis advisor to Alice Kühni, University of Zurich, Switzerland
Habits and self-identity. B.Sc. thesis advisor to Sereina Hofer, University of Zurich, Switzerland
- 2022
Measurement methods in self-control research. B.Sc. thesis advisor to Amelia Hubmann, University of Zurich, Switzerland
How to get rid of bad habits. B.Sc. thesis advisor to Tanja Bumann, University of Zurich, Switzerland
How to pick up good habits. B.Sc. thesis advisor to Melos Adrianos Dakidis, University of Zurich, Switzerland
- 2021-2022
Situation selection and modification strategies and habit strength. M.Sc. thesis advisor to Alexandra McCallum, University of Zurich, Switzerland
- 2021
Self-control and habits. B.Sc. thesis advisor to Xenia Sticher, University of Zurich, Switzerland
- 2020-2021
Situation selection and modification in habitual learning. B.Sc. thesis advisor to Natascha Wack, University of Siegen, Germany
- 2019-2021
 Advisor to the student research assistants Alina Jung, Janine Riekeberg, and Maja Schepers, University of Siegen, Germany

Conference Poster Presentations

- Bürgler, S., Hennecke, M. (2021, February). *Metacognition in daily self-control conflicts*. Society for Personality and Social Psychology (SPSP), Motivational Science Preconference. <https://meeting.spsp.org/2021/preconferences/motivation-science>
- Bürgler, S., Hennecke, M. (2021, February). *Metacognition in daily self-control conflicts*. Society for Personality and Social Psychology (SPSP) Annual Convention. <https://meeting.spsp.org/2021/>
- Bürgler, S., Hennecke, M. (2019, October). *Success in daily self-control conflicts: The importance of self-observation and self-knowledge*. Motivational Psychology Colloquium (MPK), Berlin, Germany. <https://docplayer.org/177416145-Motivation-psychology-colloquium-mpk-2019-program.html>

Conference Talks

- Bürgler, S., Kleinke, K., Holye, R.H., Hennecke, M. (2023, September). *Metacognition and polyregulation in daily self-control conflicts*. 18th Conference of the Social Psychology Section (FGSP) of the German Psychological Society (DGPs), Graz, Austria. <https://tagung-sozialpsychologie-2023.uni-graz.at/en/>
- Bürgler, S., Kleinke, K., Holye, R.H., Hennecke, M. (2023, June/July). *Metacognition and polyregulation in daily self-control conflicts*. Symposium: “Self-regulation and goal pursuit – how can we help people to (not) do what they (not) want?” 19th General Meeting of the European Association of Social Psychology (EASP), Krakow, Poland.

<https://easp2023krakow.com/>

- Bürgler, S., Kleinke, K., Hennecke, M. (2022, September). *The Metacognition in Self-Control Scale (MISCS): An Adaptation of the Metacognitive Awareness Inventory*. Talk at the Swiss Psychological Society (SPS), Zurich, Switzerland. <https://sps2022.psychologie.uzh.ch/>
- Bürgler, S., Hennecke, M. (2021, October). *Smart strategy use: Metacognition, strategy repertoire, and polyregulation in daily self-control conflicts*. Talk at the Motivational Psychology Colloquium (MPK), Zurich, Switzerland.
<https://www.psychology.uzh.ch/en/areas/sob/motivation/MPK2021.html>
- Bürgler, S., Hennecke, M. (2021, September). *Smart strategy use: Metacognition, strategy repertoire, and polyregulation in daily self-control conflicts*. Talk in the symposium “emotion and self-regulation in daily life” at the Conference of the German Psychological Society - Personality Psychology and Psychological Diagnostics (DPPD), Ulm, Germany. <https://dppd-2021.jimdosite.com/>
- Bürgler, S., Hennecke, M. (2021, June). *Metacognition in daily self-control conflicts: Results from two experience sampling studies*. Society for Ambulatory Assessment (SAA) Conference 2021, Zurich, Switzerland. <https://saa.dynage.uzh.ch/>
- Bürgler, S., Hennecke, M. (2021, May). *Metacognition in daily self-control conflicts*. Symposium: “Beyond willpower: Self-regulatory strategies and metacognition for self-control in daily life”. Society for the Science of Motivation (SSM) Conference.
<https://www.scienceofmotivation.org/events/>
- Bürgler, S., Hennecke, M. (2020, May). *The importance of strategy repertoire for success in daily self-control conflicts*. Symposium: “Building a strategy toolbox to enhance self-regulatory success” [conference canceled], Association for Psychological Science (APS) Annual Convention, Chicago, IL, United States.
<https://www.psychologicalscience.org/conventions/annual>

Invited Guest Lectures, Talks, Discussions

- Bürgler S., Hennecke, M. (2023, July). Invited Discussant at the SPSP's Summer Institute in Social and Personality Psychology (SISPP). Ohio State University, Ohio, USA.
- Bürgler S. (2022, November). *Self-regulation and self-control*. Invited guest lecture at the Psychologische Hochschule Berlin, Berlin, Germany.
- Bürgler S. (2022, January). *Introduction to Movisens*. Invited talk at the University of Zurich, Zurich, Switzerland.

Public Interest Articles and Interviews

- Bürgler S. (2023, June). *How to change your habits*. Interview for the Podcast "Aha! Zehn Minuten Alltags-Wissen".
- Bürgler S. (2022, December). *Importance of habits*. Swiss Radio and Television (SRF) radio interview.
- Bürgler S. (2022, December). *Five tips on how to better deal with change*. Swiss Radio and Television (SRF) blog article.

Ad-Hoc Reviewer for Journals

- Brain and Behavior
Current Psychology
Current Research in Behavioral Sciences

Journal of Personality

Motivation and Emotion

Motivation Science (joint review with Hennecke, M.)

Scandinavian Journal of Psychology

Social Psychological and Personality Science