

Curriculum Vitae

Sebastian Bürgler, MSc

University of Siegen

Department of Psychology

General and Educational Psychology

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Research Interests

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

Professional Positions and Research Experience

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| March 2019 - ongoing | 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

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| Expected for Dec. 2021 | PhD in Psychology
University of Siegen, Germany (Advisor: Prof. Dr. Marie Hennecke) |
| 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

- Bürgler, 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*.
<https://doi.org/10.1177/0890207021992907>
- Hennecke, M., & **Bürgler, 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>

Teaching

- 06/06/2020 Seminar section “*Self-regulation and self-control*”, University of Siegen, Germany
- 2021 Seminar “*Self-control and self-regulation*”, University of Siegen, Germany

Student Supervision

- 2020-2021 *Situation selection and modification in habitual learning*, Bachelor-thesis advisor to Natascha Wack, University of Siegen, Germany
- 2019-2021 Advisor to the student research assistants Alina Jung, Janine Riekeberg, and Maja Schepers

Conference Posters

- 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.
- Bürgler S., & Hennecke, M. (2021, February). Metacognition in daily self-control conflicts. Society for Personality and Social Psychology (SPSP) Annual Convention, virtual.
- Bürgler S., & Hennecke, M. (2021, February). Metacognition in daily self-control conflicts. Society for Personality and Social Psychology (SPSP), Motivational Science Preconference, virtual.

Conference Talks

- Bürgler S., Hennecke, M. (2019, May). The importance of strategy repertoire for success in daily self-control conflicts. Symposium: “Building a strategy toolbox to enhance self-regulatory success”, Association for Psychological Science (APS) Annual Convention, Chicago, IL, United States (conference cancelled).
- 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 2021, virtual.
- 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, virtual.
- Bürgler S., & Hennecke, M. (2021, September). Smart strategy use: Metacognition, strategy repertoire, and polyregulation in daily self-control conflicts. Accepted 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,

virtual.

Bürgler S., & Hennecke, M. (2021, October). Smart strategy use: Metacognition, strategy repertoire, and polyregulation in daily self-control conflicts. Accepted talk at the Motivational Psychology Colloquium (MPK), Zurich, Switzerland.

Ad-Hoc Reviewer for Journals

Motivation Science (joint review with Hennecke, M.)