

Angela Lee Duckworth
Positive Psychology Center
University of Pennsylvania
3701 Market St., Suite 200
Philadelphia, PA 19104
duckwort@psych.upenn.edu

Education

UNIVERSITY OF PENNSYLVANIA (2002-2006)
MA, PhD in Psychology

UNIVERSITY OF OXFORD (1994-1996)
MSc with Distinction in Neuroscience

HARVARD COLLEGE (1988-1992)
AB magna cum laude in Advanced Studies Neurobiology

Positions Held

Assistant Professor, Department of Psychology, University of Pennsylvania (2007-current)

Research Associate, Department of Psychology, University of Pennsylvania (2006-2007)

Science teacher, Mastery Charter High School, Philadelphia, PA (2002)

Chief Operating Officer, GreatSchools.net (2000-2001)

Math teacher, Lowell High School (1998-2000)

Math teacher, The Learning Project (September 1997- June 1998)

Management consultant, McKinsey & Company (October 1996 – August 1997)

Founder & Director, *Summerbridge Cambridge* academic enrichment program (1992- 1994)

Fellow, Center for the Enhancement of Science and Math Education (1993- 1994)

Selected Awards and Funding

Research grant from the Gates Foundation to understand and increase college persistence (2011-2013)

2011 Association for Psychological Science (APS) Rising Star

Research grant from Wake Forest University and the Templeton Foundation to study domain specificity in self-control (2011-2013)

Research grant from the Templeton Foundation to study cognitive strategies that foster self-control in working, waiting and emotion regulation situations (2011-2014)

K01 Mentored Research Scientist Development Award to study self-control from the perspectives of economics and psychology (2009-2014)

Research grant from the KIPP Foundation and Riverdale Country School to study self-control and grit in children (2008-2012)

Prize for Psychological Research on Women and Gender awarded by the Association for Women in Psychology and Division 35 (Psychology of Women) of the American Psychological Association (2006)

National Science Foundation Graduate Fellowship

Marshall Scholarship

Peer-Reviewed Publications

Tsukayama, E., Duckworth, A.L., & Kim, B. (in press). Resisting everything except temptation: Evidence and an explanation for domain-specific impulsivity. *European Journal of Personality*.

Duckworth, A. L. & Allred, K. M. (in press). Temperament in the classroom. In R. L. Shiner & M. Zentner (Eds.), *Handbook of temperament*. New York, NY: Guilford Press.

Almlund, M., Duckworth, A., Heckman, J., & Kautz, T. (in press). Personality psychology and economics. In E.A. Hanushek, S. Machin & L. Wößmann (Eds.), *Handbook of the economics of education*. Amsterdam: Elsevier.

Duckworth, A., Quinn, P., Tsukayama, E. (in press). What *No Child Left Behind* leaves behind: The roles of IQ and self-control in predicting standardized achievement test scores and report card grades. *Journal of Educational Psychology*.

Gollwitzer, A., Oettingen, G., Kirby, T. & Duckworth, A. (in press). Mental contrasting facilitates academic performance in school children. *Motivation and Emotion*.

- Duckworth, A.L. (2011). The significance of self-control. *Proceedings of the National Academy of Sciences*, *108*(7), 2639-40.
- Duckworth, A., Grant, H., Loew, B., Oettingen, G. & Gollwitzer, P. M. (2011). Self-regulation strategies improve self-discipline in adolescents: Benefits of mental contrasting and implementation intentions. *Educational Psychology: An International Journal of Experimental Educational Psychology*, *31*(1), 17-26.
- Duckworth, A.L. & Kern, M.L (2011). A meta-analysis of the convergent validity of self-control measures. *Journal of Research in Personality*, *45*(3), 259-268.
- Duckworth, A. L., Quinn, P. D., Lynam, D. R., Loeber, R., & Stouthamer-Loeber, M. (2011). Role of test motivation in intelligence testing. *Proceedings of the National Academy of Sciences*, *108*(19), 7716-20.
- Kross, E., Duckworth, A.L., Ayduk, O., Tsukayama, E., & Mischel, W. (2011). The effect of self-distancing on adaptive versus maladaptive self-reflection in children. *Emotion*, *11*(5), 1032-1039.
- Roberts, B., Jackson, J., Duckworth, A.L., Von Culin, K. (2011). Personality measurement and assessment in large panel surveys. *Forum for Health Economics & Policy*, *14*(3). Retrieved from <http://www.bepress.com/fhep/14/3/9>
- Duckworth, A., Kirby, T., Tsukayama, E., Berstein, H., Ericsson, K. (2010). Deliberate practice spells success: Why grittier competitors triumph at the National Spelling Bee. *Social Psychological and Personality Science*, *2*, 174-181
- Duckworth, A.L., Tsukayama, E., & Geier, A.B.. (2010). Self-controlled children stay leaner in the transition to adolescence. *Appetite*, *54*(2), 304-308.
- Duckworth, A.L., Tsukayama, E., & May, H. (2010). Establishing causality using longitudinal hierarchical linear modeling: An illustration predicting achievement from self-control. *Social Psychology and Personality Science*, *1*(4), 311-317.
- Romer, D., Duckworth, A.L., Sznitman, S., & Park, S. (2010). Can adolescents learn self-control? Delay of gratification in the development of control over risk taking. *Prevention Science*, *11*(3), 319-330.
- Tsukayama, E., Duckworth, A. (2010). Domain-specific temporal discounting and temptation. *Judgment and Decision Making*, *5*(2), 72-82.
- Tsukayama, E., Toomey, S.L., Faith, M., & Duckworth, A.L. (2010). Self-control as a protective factor against overweight status in the transition to adolescence. *Archives of Pediatrics and Adolescent Medicine*, *164*(7), 631-635.
- Duckworth, A.L. (2009). (Over and) beyond high-stakes testing. *American Psychologist*. *64*(4), 279-280.

- Duckworth, A.L. & Quinn, P.D. (2009). Development and validation of the short grit scale (Grit-S). *Journal of Personality Assessment*, *91*, 166-174.
- Duckworth, A.L., Quinn, P.D., & Seligman, M.E.P. (2009). Positive predictors of teacher effectiveness. *Journal of Positive Psychology*, *19*, 540-547.
- MacCann, C., Duckworth, A.L., & Roberts, R. (2009). Empirical identification of the major facets of conscientiousness. *Learning and Individual Differences*, *19*, 451-458.
- Borghans, L., Duckworth, A.L., Heckman, J.J., & ter Weel, B. (2008). The economics and psychology of personality traits. *Journal of Human Resources*, *43*(4), 972-1059.
- Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals. *Journal of Personality and Social Psychology*, *92*(6), 1087-1101.
- Duckworth, A.L. & Seligman, M.E.P. (2006). Self-discipline gives girls the edge: Gender differences in self-discipline, grades, and achievement test scores. *Journal of Educational Psychology*, *98*, 198-208.
- Duckworth, A.L. & Seligman, M.E.P. (2005). Self-discipline outdoes IQ predicting academic performance in adolescents. *Psychological Science*, *16*, 939-944.
- Duckworth, A.L., Steen, T.A., & Seligman, M.E.P. (2005). Positive Psychology in clinical practice. *Annual Review of Clinical Psychology*, *1*, 629-651.

Presentations

- Duckworth, A.L. (2012, January). *Self-control in children*. Colloquium talk at Wake Forrest University, Winston-Salem, North Carolina.
- Tsukayama, E. & Duckworth, A.L. (2012, January). *Gender differences in domain-specific impulsive behavior*. Poster presentation at the Society for Personality and Social Psychology (SPSP) Annual Meeting, San Diego, CA.
- Duckworth, A.L. (2011, November). *Self-control in children*. Invited speaker at the NYU Institute for Education Sciences-funded Predoctoral Interdisciplinary Research Training (IES-PIRT) program proseminar series.
- Duckworth, A.L. (2011, November). *Self-control in children*. Invited speaker at the 2011 Yale Self-Regulation Conference.
- Duckworth, A.L. (2011, August). *Personality and response to the financial crisis*. Invited speaker at the 13th Annual Conference of the Retirement Research Consortium.

- Duckworth, A.L. (2011, July). *Selecting for grit*. Invited speaker at the ISSID symposium on determinants of career success.
- Duckworth, A.L. (2011, July). *The psychology of achievement*. Invited keynote speaker at Charlotte-Mecklenburg Schools.
- Duckworth, A.L. (2011, May). What no child left behind leaves behind: The roles of IQ and self-control in predicting standardized achievement test scores and report card grades. In P.L Ackerman (Chair), *Parsing individual differences variance in predicting academic achievement*. Symposium conducted at the meeting of the Association for Psychological Science, Washington, DC.
- Duckworth, A.L. (2011, April). *True Grit: Can perseverance be taught?* Invited speaker at the 16th Annual Women's Leadership Conference at Bay Path College.
- Duckworth, A.L. (2011, March). *Psychology of Achievement*. Invited workshop for the Wharton Leadership Fellows.
- Duckworth, A.L. (2011, March). *Positive Psychology Training*. Invited workshop at the KIPP NYC Spring Faculty Training.
- Duckworth, A.L. (2011, January). *Developmental origins of conscientiousness*. Invited speaker at the National Institute on Aging Conscientiousness and Healthy Aging Workshop.
- Duckworth, A.L. (2010, November). *The psychology and economics of personality*. Invited speaker at the Social Security Administration.
- Duckworth, A.L. (2010, November). *Strategia: Skills that facilitate self-control in children*. Invited speaker at Temple University Psychology Colloquium.
- Duckworth, A.L. (2010, October). *Non-cognitive skills*. Invited speaker at the World Bank Workshop on Employment and Productivity.
- Duckworth, A.L. (2010, September). *The psychology of achievement*. Invited speaker at The Taft School.
- Duckworth, A.L., Weir, David (2010, August). *Personality, Lifetime Earnings, and Retirement Wealth*. Invited speaker at the Annual Conference of the Retirement Research Consortium.
- Duckworth, A.L. (2010, July). *Nice guys finish first: Agreeableness predicts positive life outcomes among inner-city boys*. Invited speaker at the 2010 Summer Institute of the National Bureau of Economic Research, Boston, MA.
- Duckworth, A.L. (2010, July). *True grit*. Invited speaker at the annual conference of the Military Child Education Coalition, Washington, DC.

- Duckworth, A.L. (2010, June). *What No Child Left Behind leaves behind: Self-Control, achievement test scores, and report card grades*. Invited speaker at the annual meeting of the Jean Piaget Society, St. Louis, MO.
- Duckworth, A.L. (2010, May). *Grit: Perseverance and passion for long-term goals*. Invited speaker at the annual meeting of the American Psychological Society, Boston, MA.
- Kirby, T.A., Duckworth, A.L., & Oettingen, G. (2010, May). *Mental contrasting with implementation intentions improves academic performance and conduct in at-risk middle school students*. Poster presented at the annual meeting of the American Psychological Society, Boston, MA.
- Benamy, M.F. & Duckworth, A.L. (2010, May). *Conscientiousness predicts popularity in school-age children*. Poster presented at the annual meeting of the American Psychological Society, Boston, MA.
- Tsukayama, E. & Duckworth, A.L. (2010, May). *Gender differences in domain-specific impulsive behavior*. Poster presented at the annual meeting of the American Psychological Society, Boston, MA.
- Duckworth, A.L. (2010, April). *Strategia: An approach to cultivating self-control*. Creating Capabilities Conference, University of Chicago.
- Duckworth, A.L. (2009, November). *Developing critical thinking skills: From Preschool to Adolescence*. Evergreen School/University of Washington Speaker Series, Seattle, Washington.
- Duckworth, A.L. (2009, October). *True Grit: Can perseverance be taught?* TedxBlue speakers event hosted by Blue Man Group and Blue School, New York City, NY.
- Duckworth, A. L. (2009, July). *Determinants of success in early adulthood*. Symposium on economics and psychology at the annual meeting of the Association of Researchers in Personality, Evanston, IL.
- Duckworth, A.L. (2009, June). *Measurement of non-cognitive skills*. World Bank Workshop on Skills for Employability in the 21st Century, Washington, DC.
- Kim, B.E. & Duckworth, A.L. (2009, May). *Stressful Life Events Impair Self-Control in School-Aged Children*. Poster presented at the annual meeting of the American Psychological Society, San Francisco, CA.
- Kirby, T.A., Duckworth, A.L., Kross, E., Mischel, W., & Ayduk, O. (2009, May). *Construct Validity of the Delay of Gratification Task in School-Aged Children*. Poster session presented at the annual meeting of the American Psychological Society. San Francisco, CA.

- Duckworth, A.L. (2009, April). *Time preference and self-control: A Rosetta stone for economics and psychology*. Cornell University Behavioral Economics and Decision Research Workshop, Ithaca, NY.
- Duckworth, A.L. (2009, April). *What intelligence tests test: Individual differences in test motivation and IQ*. University of Pennsylvania Institute of Education Sciences Lecture Series, Philadelphia, PA.
- Duckworth, A.L. (2009, April). *Parenting behaviors and self-control*. Symposium conducted at the Society for Research on Child Development Biennial Meeting, Denver, CO.
- Duckworth, A.L. (2009, April). *Gender differences in self-control, IQ, report card grades, and achievement tests*. Symposium conducted at the Society for Research on Child Development Biennial Meeting, Denver, CO.
- Duckworth, A.L. & Tsukayama, E. (2009, April). *Self-regulation and academic achievement: Establishing the causal role of self-control in academic achievement*. Symposium conducted at the Society for Research on Child Development Biennial Meeting, Denver, CO.
- Duckworth, A.L., Herring, R., Sachs, D., & Tobacman, J. (2009, April). *Crisis of confidence: emotion, perception and the economy*. Panel discussion for Freud, Franklin, and Beyond: An Interdisciplinary Forum on Mental Health and Society, Philadelphia, PA.
- Duckworth, A.L. (2009, March). *Applied happiness: Building the positive organization*. Invited speaker at the Wharton Leader Ventures Leadership Conference, Philadelphia, PA.
- Duckworth, A. L. (2009, January). *Self-discipline, grit, and achievement*. Invited speaker for the Common Ground speaker series, Lawrenceville, NJ.
- Duckworth, A.L. (2008, November). *Self-discipline, IQ and academic achievement*. Invited speaker at the Fall Learning and the Brain Conference, Massachusetts Institute of Technology, Cambridge, MA.
- Duckworth, A.L. (2008, October). *Is self-control as important as IQ to success?* Invited keynote speaker at the New Jersey Association of Independent Schools Conference, Basking Ridge, NJ.
- Duckworth, A.L. (2008, May). *Grit: Perseverance and passion for long-term goals*. Invited talk for Northwestern University Department of Economics, Evanston, IL.
- Duckworth, A.L. (2008, May). *Self-control, IQ, and academic achievement in adolescents*. Symposium conducted at the inaugural Non-cognitive Skills: Acquisition and Economic Consequences meeting of the Centre for European Economic Research, Mannheim, Germany.

- Duckworth, A.L., Peterson, C., Matthews, M., & Kelly, D.R. (2008, January). *Perseverance and passion for long-term goals*. In J. Heckman (Chair), *The Economics of Noncognitive Skills*. Symposium conducted at the meeting of the Allied Social Science Associations, New Orleans, LA.
- Romer, D. & Duckworth, A.L. (2007, May). *Risk taking in adolescents: implications for public policy*. Invited speaker at Association for Psychological Science Convention, Washington, D.C.
- Matthews, M., Duckworth, A.L., & Kelly, D.R. (2007, May). *Personality predictors of military leadership performance among West Point cadets*. Poster presented at the annual meeting of the American Psychological Society, Washington, D.C.
- Quinn, P.D. & Duckworth, A.L. (2007, May). *Happiness and academic achievement: Evidence for reciprocal causality*. Poster presented at the annual meeting of the American Psychological Society, Washington, D.C.
- Duckworth, A.L. (2007, April). *Performance = rate x time: Cognitive and non-cognitive traits jointly determine accomplishment*. Symposium conducted at the National Council on Measurement in Education, Chicago, IL.
- Lee, A., Duckworth, A.L., Elkind-Hirsch, K.E., Seligman, M.E.P, Scott, R.T. (2006, October). *Negative emotion predicts poor IVF outcome among women with a poor prognosis*. Paper presented at the meeting of the American Society for Reproductive Medicine, New Orleans, LA.
- Duckworth, A.L. (2006, October). *Self-discipline, IQ, and academic achievement*. Colloquium presentation at the Harris Center on Human Potential and Public Policy, University of Chicago, IL.
- Duckworth, A.L. (2006, August). *Non-cognitive predictors of achievement*. Invited talk for research faculty at Educational Testing Services (ETS), Princeton, NJ.
- Lee, A., Duckworth, A.L., Elkind-Hirsch, K.E., Seligman, M.E.P, Scott, R.T. (2005, October). *Women undergoing in vitro fertilization and embryo replacement experience more positive emotion, negative emotion and depressive symptoms than comparable normative samples*. Paper presented the meeting of the American Society for Reproductive Medicine, Montreal, Canada.
- Matthews, M., Peterson, C., & Duckworth, A.L. (2005, August). *Grit and retention at West Point*. In M. Matthews (Chair), *Positive Military Psychology*. Symposium conducted at the meeting of the American Psychological Association, Washington, D.C.

Duckworth, A.L., Grant, H., Oettingen, G., Gollwitzer, P. & Loew, B. (2005, June). *Improving long-term self-regulation in adolescents: The benefits of mental contrasting and forming implementation intentions*. Poster presented at the annual meeting of the American Psychological Society, Los Angeles, CA.

Other Activities

Consulting Editor, *Journal of Experimental Psychology: General*

Review Editor, *Frontiers in Personality Science and Individual Differences*

Research Advisory Group, Collaborative for Academic, Social, and Emotional Learning (CASEL)

Planning Committee Member, Society for Personality and Social Psychology (SPSP) 2012 Conference