

**Angela Lee Duckworth**  
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### **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)

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 (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**

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 (2008-2010)

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

Marshal Scholarship

### Peer-Reviewed Publications

- Duckworth, A.L., Quinn, P.D., & Seligman, M.E.P. (in press) Positive predictors of teacher effectiveness. *Journal of Positive Psychology*.
- MacCann, C., Duckworth, A.L., Roberts, R. (in press) Empirical Identification of the Major Facets of Conscientiousness, *Learning and Individual Differences*.
- 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.
- 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.

### Manuscripts submitted for publication

- Duckworth, A.L., Grant, H., Oettingen, G., Loew, B., & Gollwitzer, P. *Self-regulation strategies improve self-discipline in adolescents: Benefits of mental contrasting and implementation intentions*.
- Duckworth, A.L., Quinn, P.D., Lynam, D., Loeber, R., Moffit, T., & Caspi, A. *What intelligence tests test: Individual differences in test motivation and IQ*.
- Duckworth, A.L., & Shulze, R. *Jingle jangle: A meta-analysis of intercorrelations among self-control measures*.
- Duckworth, A.L., Tsukayama, E., & May, H. *Beyond prediction: Establishing the causal role of self-control for achievement*.
- Romer, D., Duckworth, A.L., Sznitman, S., & Park, S. *Can Adolescents Learn Self-Control? Delay of Gratification in the Development of Control over Risk Taking*.
- Tsukayama, E., Duckworth, A. L., & Kim, B.E. *Resisting everything but temptation: Domain-specific and domain-general aspects of self-control*.

### Manuscripts in preparation

- Duckworth, A.L. & Kim, B.E. *Negative life events impair self-control in adolescents.*
- Duckworth, A. L., Kirby, T.A, Ayduk, O., & Mischel, W. *Validation of a delay of gratification task for middle school children.*
- Duckworth, A.L., Quinn, P.D., & Goldman, S. *What No Child Left Behind leaves behind: A comparison of the predictive validity of self-control and IQ for standardized test scores and report card grades.*
- Duckworth, A.L., Tsukayama, E., & Geier, A. *Self-control predicts changes in BMI from childhood to adolescence.*
- Kross, E., Duckworth, A. L., Ayduk, O., Tsukayama, E., & Mischel, W. (2009). *Facilitating adaptive self-reflection among adolescents: Implications of self-distancing for affect, cognition, and interpersonal behavior.*
- Tsukayama, E. & Duckworth, A. L. *To eat or not to eat: Self-control, body image, and gender interact to determine weight gain during adolescence.*

### Presentations

- 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 21<sup>st</sup> Century, Washington, DC.
- Kim, B.E. & Duckworth, A.L. (2009, May). *Stressful Life Events Impair Self-Control in School-Aged Children.* Poster session 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 session 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 session presented at the annual meeting of the American Psychological Society, Washington, D.C.
- Duckworth, A.L. (2007, April). *Performance = rate  $\times$  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 session presented at the annual meeting of the American Psychological Society, Los Angeles, CA.