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CURRENT POSITION

University of Rochester, Rochester, NY
Professor of Psychology, Department of Clinical and Social Sciences in Psychology
Professor of Psychiatry, School of Medicine and Dentistry
Professor of Education, The Warner School of Education

Licensed Clinical Psychologist (NYS No. 009435-1)

EDUCATION

1971-1976 University of Connecticut, Storrs, CT
B. A., Philosophy, 1976
Magna Cum Laude; Phi Beta Kappa

1977-1981 University of Rochester, Rochester, NY
Ph.D., Clinical Psychology, 1981
Major Interests: human motivation, behavior change, psychometrics and assessment

PROFESSIONAL AFFILIATIONS

Fellow, American Psychological Association
Fellow, Society for Experimental Social Psychology
Fellow, Society for Personality and Social Psychology
Member, Society for Research in Personality
Member, Society for Self and Identity
Member, American Psychological Society
Member, Society for the Study of Motivation
Fellow, American Educational Research Association
Honorary Member, German Psychological Society (DGP)
Scientific Advisory Board Member of the University of Vienna

CLINICAL TRAINING

- 1978-1979 Intern, Department of Psychiatry, University of Rochester Medical Center (Strong Memorial Hospital), Rochester, NY
- Child and Adolescent Clinic: Child psychotherapy, family diagnostic evaluations, child assessments, parent counseling.
 - Adult Outpatient Clinic: Outpatient psychotherapy; diagnostic assessments.
- 1978-1979 Trainee, University of Rochester Center for Counseling and Psychological Services, Rochester, NY
- Individual counseling for university students.
- 1979-1980 Intern, Veterans Administration Medical Center, Syracuse, NY
- Adult inpatient and outpatient individual and couples psychotherapy, inpatient group psychotherapy, and individual diagnostic assessments.

PROFESSIONAL HISTORY

- 1976-1977 Mansfield Training School, Mansfield Depot, CT
Title: Director of Recreation
- Directed staff of 5 recreation therapists and MA-level psychologists servicing 300 developmentally delayed adolescents and adults in 13 group homes. Developed programs in self-care, occupational skills, and recreation.
- 1980-1981 Department of Psychology, University of Rochester
Title: Research Associate
- Research on intrinsic motivation and self-determination, sponsored by the National Science Foundation.
- 1980-1989 Mary Cariola Children's Center, Rochester, NY
Title: Psychologist
- Psychological assessments for children with developmental delays and physical handicaps ranging in age from 1 to 19 years. Also provided parent workshops and consultations for school and residential program staff.
- 1981-1985 Department of Psychology, University of Rochester
Title: Assistant Professor of Psychology, Clinical
- 1985-1986 Department of Psychology, University of Rochester
Title: Acting Director of Clinical Training
Administered APA-accredited doctoral program.
- 1985-1991 Department of Psychology, University of Rochester
Title: Associate Professor of Psychology

PROFESSIONAL HISTORY (continued)

- 1989-1995 Department of Psychology, University of Rochester
Title: Director of Clinical Training
- Administered APA-accredited doctoral program.
- 1991-Present Department of Clinical & Social Sciences in Psychology, Univ. of Rochester
Title: Professor of Psychology and Psychiatry
- 1996-1997 Max Planck Institute for Human Development, Berlin
Title: Visiting Scientist
- 1999-2000 Department of Psychology, University of Rochester
Title: Acting Director of Clinical Training
- Administered APA-accredited doctoral program.
- 2004-Present Professor of Psychology, Psychiatry, & Education, University of Rochester

TEACHING ACTIVITIES***Courses and Seminars Taught:***

Introduction to Personality; Human Motivation and Emotion; Management and Motivation; Motivation and Personality; Advanced Clinical Seminars; Seminar in Intrinsic Motivation and Self-Determination; Contemporary Psychoanalysis and Self-Psychology; Clinical Assessment I & II (covering both intellectual and personality assessment); History and Systems in the Science of Psychology; Ethics in Professional Practice; Theories of Psychotherapy and Behavior Change.

Clinical Supervision and Training:

Ongoing clinical supervision for psychotherapy trainees, 1981-present; supervised clinical assessment practicums I and II, 1981-1988; instructor and coordinator of Psychotherapy Practicums I and II for doctoral trainees 1993-present; Weekly supervision of clinical supervisors, 1993-present; Clinical Supervisor, Smokers Health Intervention Project, 1999-present.

TEACHING AWARDS

- 1982 Society of Experimental Social Psychology Dissertation Award Recipient
1985 University of Rochester Student Association Teacher of the Year - Finalist
1990 University of Rochester Student Association Teacher of the Year - Finalist
1993 Edward Peck Curtis Award for Excellence in Undergraduate Teaching (top teaching award granted annually by the University of Rochester)
1994 University of Rochester Student Association Teacher of the Year- Finalist
1995 Phi Delta Kappa Award for Educational Research and Leadership
2005 Phi Delta Kappa Award for Educational Research and Leadership
2008 University of Rochester Dean's Award for Meritorious Service

EDITORIAL ACTIVITIES**Current & Recent Editorial Appointments:**

Editor-in-Chief, *Motivation and Emotion*

Associate Editor, *Journal of Personality and Social Psychology*

Current & Recent Consulting Editor:

Development and Psychopathology

Personality and Social Psychology Bulletin

North American Journal of Psychology

Theory and Research in Education

Social and Personality Compass

Malaysian Journal of Learning & Instruction

American Educational Research Journal

Journal of Personality and Social Psychology

Personality and Social Psychology Bulletin

Journal of Personality

Self and Identity

Journal of Anthropological Psychology

PUBLICATIONS (in chronological order)

Deci, E. L. & Ryan, R. M. (1980). The empirical exploration of intrinsic motivational processes. In L. Berkowitz (Ed.), *Advances in experimental social psychology*, Vol. 13, pp. 39-80. New York: Academic Press.

Klorman, R. & Ryan, R. M. (1980). Heart rate, contingent negative variation, and evoked potentials during anticipation of affective stimulation. *Psychophysiology*, 17, 513-523.

Deci, E. L. & Ryan, R. M. (1980). Self-determination theory: When mind mediates behavior. *Journal of Mind and Behavior*, 1, 33-44.

Deci, E. L. & Ryan, R. M. (1980) Self-determination theory and the iteration of psychophysiology and motivation. *Psychophysiology*, 17, 321.

Coons, H., Peloquin, L. J., Klorman, R., Bauer, L. O., Ryan, R. M., Perlmutter, R. A., & Salzman, L. F. (1981). Effects of methylphenidate on young adults' vigilance and event-related potentials. *Electroencephalography and Clinical Neurophysiology*, 51, 373-387.

Deci, E. L., Schwartz, A. J., Sheinman, L., & Ryan, R. M. (1981). An instrument to assess adults' orientations toward control versus autonomy with children: Reflections on intrinsic motivation and perceived competence. *Journal of Educational Psychology*, 73, 642-650.

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- Deci, E. L. & Ryan, R. M. (1982). Curiosity and self-directed learning: The role of motivation in education. In L. Katz (Ed.), *Current topics in early childhood education*, Vol. 4. Norwood, NJ: Ablex Publishing Co.
- Ryan, R. M. (1982). Control and information in the intrapersonal sphere: An extension of cognitive evaluation theory. *Journal of Personality and Social Psychology*, 43, 450-461.
- Deci, E. L. & Ryan, R. M. (1982). Intrinsic motivation to teach: Possibilities and obstacles in our colleges and universities. In J. Bess (Ed.), *New directions in teaching and learning*, pp. 27-36. San Francisco: Jossey-Bass.
- Deci, E. L., Spiegel, N. H., Ryan, R. M., Koestner, R., & Kaufman, M. (1982). The effects of performance standards on teaching styles: The behavior of controlling teachers. *Journal of Educational Psychology*, 74, 852-859.
- Ryan, R. M., Mims, V., & Koestner, R. (1983). Relation of reward contingency and interpersonal context to intrinsic motivation: A review and test using cognitive evaluation theory. *Journal of Personality and Social Psychology*, 45, 736-750. (Reprinted in Vroom, V.H., & Deci, E.L. (Eds.). (1992). *Management and motivation*, Second Edition. London and Baltimore: Penguin.)
- Deci, E. L. & Ryan, R. M. (1983). The basis of self-determination: Intrinsic motivation and integrated internalizations. *Academic Psychology Bulletin*, 5, 21-29.
- Connell, J. P. & Ryan, R. M. (1984). A developmental theory of motivation in the classroom. *Teacher Education Quarterly*, 11, 64-77.
- Ryan, R. M., Vallerand, R., & Deci, E. L. (1984). Intrinsic motivation in sport: A cognitive evaluation theory interpretation. In W.F. Straub & J.M. Williams (Eds.), *Cognitive sport psychology*, pp. 231-241. Lansing, NY: Sport Science Associates.
- Klorman, R., Bauer, L. O., Coons, H. W., Lewis, J. L., Peloquin, L. J., Perlmutter, R. A., Ryan, R. M., Salzman, L. F., & Strauss, J. (1984). Enhancing effects of methylphenidate on normal young adults' cognitive processes. *Psychopharmacology Bulletin*, 20, 3-9.
- Koestner, R., Ryan, R. M., Bernieri, F., & Holt, K. (1984). Setting limits on children's behavior: The differential effects of controlling versus informational styles on children's intrinsic motivation and creativity. *Journal of Personality*, 54, 233-248.
- Ryan, R. M. (1984). An appropriate, original look at appropriate originality. *Contemporary Psychology*, 29, 533-535.
- Ryan, R. M., Avery, R. R., & Grolnick, W. S. (1985). A Rorschach assessment of children's mutuality of autonomy. *Journal of Personality Assessment*, 49, 6-12.

PUBLICATIONS (continued)

- Plant, R. W. & Ryan, R. M. (1985). Intrinsic motivation and the effects of self-consciousness, self-awareness, and ego-involvement: An investigation of internally-controlling styles. *Journal of Personality, 53*, 435-449.
- Deci, E. L. & Ryan, R. M. (1985). The general causality orientations scale: Self-determination in personality. *Journal of Research in Personality, 19*, 109-134.
- Ryan, R. M. (1985). The TAT: A critical review after 50 years. In D. J. Keyser & R. C. Sweetland (Eds.), *Test Critiques: Vol. II*, pp. 799-814. Kansas City, MO: TCA. (Revised and reprinted in *Test critiques: Compendium*. (1987). Kansas City, MO: TCA.)
- Ryan, R. M., Connell, J. P., & Deci, E. L. (1985). A motivational analysis of self-determination and self-regulation in education. In C. Ames & R.E. Ames (Eds.), *Research on motivation in education: The classroom milieu* (pp. 13-51). New York: Academic Press.
- Ryan, R. M. & Deci, E. L. (1985). The "Third Selective Paradigm" and the role of human motivation in cultural and biological selection: A response to Csikszentmihalyi and Massimini. *New Ideas in Psychology, 3*, 259-264.
- Deci, E. L. & Ryan, R. M. (1986). The dynamics of self-determination in personality and development. In R. Schwarzer (Ed.), *Self-related cognitions in anxiety and motivation*, pp. 171-194. Hillsdale, NY: Erlbaum.
- Ryan, R. M. & Grolnick, W. S. (1986). Origins and pawns in the classroom: Self-report and projective assessments of children's perceptions. *Journal of Personality and Social Psychology, 50*, 550-558.
- Vallerand, R. J., Deci, E. L., & Ryan, R. M. (1987). Intrinsic motivation in sport. In K. Pandolf (Ed.), *Exercise and sport science reviews* (pp. 389- 425). New York: Macmillan.
- Grolnick, W. S. & Ryan, R. M. (1987). Autonomy in children's learning: An experimental and individual difference investigation. *Journal of Personality and Social Psychology, 52*, 890-898.
- Grolnick, W. S. & Ryan, R. M. (1987). Autonomy support in education: Creating the facilitating environment. *New Directions in Educational Psychology, Volume 2: Behaviour and Motivation* (pp. 213-232). London: Falmer Press.
- Deci, E. L. & Ryan, R. M. (1987). The support of autonomy and the control of behavior. *Journal of Personality and Social Psychology, 53*, 1024-1037.
Reprinted in E. T. Higgins & A. W. Kruglanski (Eds.), *Motivational science: Social and personality perspectives*. (pp. 128-145). Philadelphia, PA: Psychology Press.

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- Strauss, J. & Ryan, R. M. (1987). Autonomy disturbances in anorexia nervosa. *Journal of Abnormal Psychology, 96*, 254-258.
- Connell, J. P. & Ryan, R. M. (1987). Motivation and development in the context of schools. *International Society for the Study of Behavioral Development Newsletter, 12*, 1-3.
- Strauss, J. & Ryan, R. M. (1988). Cognitive dysfunction in anorexia nervosa. *International Journal of Eating Disorders, 7*, 19-27.
- Ryan, R. M. & Connell, J. P. (1988). Mastery motivation. In T. Husen & T. N. Postlethwaite (Eds.), *International encyclopedia of education*. New York: Pergamon Press.
- Avery, R. R., & Ryan, R. M. (1988). Object relations and ego development: Comparison and correlates in middle childhood. *Journal of Personality, 56*, 547-569.
- Grolnick, W. S. & Ryan, R. M. (1989). Parent styles associated with children's self-regulation and competence in school. *Journal of Educational Psychology, 81*, 143-154.
- Ryan, R. M., & Lynch, J. (1989). Emotional autonomy versus detachment: Revisiting the vicissitudes of adolescence and young adulthood. *Child Development, 60*, 340-356.
- Ryan, R. M., & Deci, E. L. (1989). Bridging the research traditions of task/ego involvement and intrinsic/extrinsic motivation: A commentary on Butler (1987). *Journal of Educational Psychology, 81*, 265-268.
- Ryan, R. M. (1989). Social ontology and its relevance for psychological theory. *New Ideas in Psychology, 7*, 115-124.
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- Ryan, R. M., & Connell, J. P. (1989). Perceived locus of causality and internalization: Examining reasons for acting in two domains. *Journal of Personality and Social Psychology, 57*, 749-761.
- Grolnick, W. S., & Ryan, R. M. (1990). Self-perceptions, motivation, and adjustment in children with learning disabilities: A multiple group comparison study. *Journal of Learning Disabilities, 23*, 177-184.
- Ryan, R. M., Connell, J. P., & Plant, R. W. (1990). Emotions in non-directed text learning. *Learning and Individual Differences, 2*, 1-17.

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- Deci, E. L., & Ryan, R. M. (1991). A motivational approach to self: Integration in personality. In R. Dienstbier (Ed.), *Nebraska symposium on motivation: Vol. 38. Perspectives on motivation* (pp. 237-288). Lincoln, NE: University of Nebraska Press.
- Deci, E. L., Vallerand, R. J., Pelletier, L. G., & Ryan, R. M. (1991). Motivation and education: The self-determination perspective. *The Educational Psychologist*, 26, 325-346.
- Ryan, R. M., & Stiller, J. (1991). The social contexts of internalization: Parent and teacher influences on autonomy, motivation and learning. In P.R. Pintrich & M.L. Maehr (Eds.), *Advances in motivation and achievement: Vol. 7. Goals and self-regulatory processes* (pp. 115-149). Greenwich, CT: JAI Press.
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- Ryan, R. M., Plant, R. W., & Kuczkowski, R. J. (1991). Relation of self-projection processes to performance, emotion, and memory in a controlled interaction setting. *Personality and Social Psychology Bulletin*, 17, 427-434.
- Williams, G. C., Quill, T. E., Deci, E. L., & Ryan, R. M. (1991). The Facts Concerning the Recent Carnival of Smoking in Connecticut (and Elsewhere). *Annals of Internal Medicine*, 115, 59-63.
- Ryan, R. M., & Powelson, C. L. (1991). Autonomy and relatedness as fundamental to motivation in education. *Journal of Experimental Education*, 60, 49-66.
- Grolnick, W. S., Ryan, R. M., & Deci, E. L. (1991). Inner resources for school achievement: Motivational mediators of children's perceptions of their parents. *Journal of Educational Psychology*, 83, 508-517.
- Ryan, R. M., Koestner, R., & Deci, E. L. (1991). Ego-involved persistence: When free-choice behavior is not intrinsically motivated. *Motivation and Emotion*, 15, 185-205
- Ryan, R. M., Connell, J. P., & Grolnick, W. S. (1992). When achievement is not intrinsically motivated: A theory and assessment of self-regulation in school. In A.K. Boggiano & T.S. Pittman (Eds.), *Achievement and motivation: A social-developmental perspective* (pp. 167-188). New York: Cambridge University Press.

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- Grolnick, W. S., & Ryan, R. M. (1992). Parental influences on children's autonomy and competence in school. In C. Fisher & S. Redmon-Mann (Eds.), *Connecting families with schools*. Cambridge: Cambridge University Press.
- Rigby, C. S., Deci, E. L., Patrick, B. C., & Ryan, R. M. (1992). Beyond the intrinsic-extrinsic dichotomy: Self-determination in motivation and learning. *Motivation and Emotion, 16*, 165-185.
- Deci, E. L. & Ryan, R. M. (1992). The initiation and regulation of intrinsically motivated learning and achievement. In A.K. Boggiano & T.S. Pittman (Eds.), *Achievement and motivation: A social-developmental perspective* (pp. 9-36). New York: Cambridge University Press.
- Ryan, R. M. (1993). Agency and organization: Intrinsic motivation, autonomy and the self in psychological development. In J. Jacobs (Ed.), *Nebraska symposium on motivation: Developmental perspectives on motivation* (Vol. 40, pp. 1-56). Lincoln, NE: University of Nebraska Press.
- Ryan, R. M. (1993). Commentary on the Fortieth Nebraska Symposium on Motivation. In J. Jacobs (Ed.), *Nebraska symposium on motivation: Developmental perspectives on motivation* (Vol. 40, pp. 255-268). Lincoln, NE: University of Nebraska Press.
- Frederick, C. M., & Ryan, R. M. (1993). Differences in motivation for sport and exercise and their relations with participation and mental health. *Journal of Sport Behavior, 16*, 124-146.
- Ryan, R. M., Rigby, S., & King, K. (1993). Two types of religious internalization and their relations to religious orientation and mental health. *Journal of Personality and Social Psychology, 65*, 586-596.
(Abstracted in *Clinician's Research Digest*, 1994, 12, 4.)
- Kasser, T., & Ryan, R. M. (1993). A dark side of the American dream: Correlates of financial success as a central life aspiration. *Journal of Personality and Social Psychology, 65*, 410-422.
- Ryan, R. M., & Wild, T. C. (1993). Tools for ascribing meaning to narratives [Review of motivation and personality: Handbook of thematic content analysis]. *Contemporary Psychology, 38*, 912-914.

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- Ilardi, B. C., Leone, D., Kasser, R., & Ryan, R. M. (1993). Employee and supervisor ratings of motivation: Main effects and discrepancies associated with job satisfaction and adjustment in a factory setting. *Journal of Applied Social Psychology, 23*, 1789-1805.
- Deci, E. L., & Ryan, R. M. (1993). Die Selbstbestimmungstheorie der Motivation und ihre Bedeutung für die Pädagogik. *Zeitschrift für Pädagogik, 39*, 223-238.
- Ryan, R. M., & Kuczowski, R. (1994). The imaginary audience, self-consciousness, and public individuation in adolescence. *Journal of Personality, 62*, 219-238.
- Shields, A., Cicchetti, D., & Ryan, R. M. (1994). The development of emotional and behavioral self-regulation and social competence among maltreated school-age children. *Development and Psychopathology, 6*, 57-75.
- Ryan, R. M., Stiller, J., & Lynch, J. H. (1994). Representations of relationships to teachers, parents, and friends as predictors of academic motivation and self-esteem. *Journal of Early Adolescence, 14*, 226-249.
- Deci, E. L., & Ryan, R. M. (1994). Promoting self-determined education. *Scandinavian Journal of Educational Research, 38*, 3-14.
- Frederick, C. M., & Ryan, R. M. (1995). Self-determination in sport: A review using cognitive evaluation theory. *International Journal of Sport Psychology, 26*, 5-23.
- Deci, E. L., & Ryan, R. M. (1995). Human autonomy: The basis for true self-esteem. In M. Kernis (Ed.), *Agency, efficacy, and self-esteem* (pp. 31-49). New York: Plenum.
- Ryan, R. M., Deci, E. L., & Grolnick, W. S. (1995). Autonomy, relatedness, and the self: Their relation to development and psychopathology. In D. Cicchetti & D. J. Cohen (Eds.), *Developmental Psychopathology: Vol. 1, Theory and Methods* (pp. 618-655). New York: Wiley.
- Ryan, R. M., Plant, R. W., & O'Malley, S. (1995). Initial motivations for alcohol treatment: Relations with patient characteristics, treatment involvement and dropout. *Addictive Behaviors, 20*, 279-297.
- Ryan, R. M. (1995). Psychological needs and the facilitation of integrative processes. *Journal of Personality, 63*, 397-427.
- Kasser, T., Ryan, R. M., Zax, M., & Sameroff, A. J. (1995). The relations of maternal and social environments to late adolescents' materialistic and prosocial values. *Developmental Psychology, 31*, 907-914.

PUBLICATIONS (continued)

- Ryan, R. M., Sheldon, K. M., Kasser, T., & Deci, E. L. (1996). All goals are not created equal: An organismic perspective on the nature of goals and their regulation. In P. M. Gollwitzer & J. A. Bargh (Eds.), *The Psychology of Action: Linking Cognition and Motivation to Behavior* (pp. 7-26). New York: Guilford.
- Kasser, T., & Ryan, R. M. (1996). Further examining the American dream: Differential correlates of intrinsic and extrinsic goals. *Personality and Social Psychology Bulletin*, 22, 280-287.
- Williams, G. C., Grow, V. M., Freedman, Z. R., Ryan, R. M., & Deci, E. L. (1996). Motivational predictors of weight loss and weight-loss maintenance. *Journal of Personality and Social Psychology*, 70, 115-126.
- Ryan, R. M., & Solky, J. (1996). What is supportive about social-support? On the psychological needs for autonomy and relatedness. In G.R. Pierce, B.K. Sarason, & I.G. Sarason (Eds.), *Handbook of social support and the family* (pp. 249-267). New York: Plenum.
- Ryan, R. M., & Deci, E. L. (1996). When Paradigms Clash: Comments on Cameron and Pierce's (1994) Claim that Rewards Don't Affect Intrinsic Motivation. *Review of Educational Research*, 66, 33-38.
- Deci, E. L., Kasser, T., & Ryan, R. M. (1996). Self-determined teaching in colleges and universities: Possibilities and obstacles. In J. Bess (Ed.), *Teaching well and liking it: Motivating faculty to teach effectively* (pp. 57-71). Baltimore: The Johns Hopkins University Press.
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- Zeldman, A., & Ryan, R. M. (1996). Dueling with dual diagnosis: A review of "Double jeopardy: Chronic mental illness and substance use disorders" by A. F. Lehman & L. B. Dison. *Addiction*, 91, 1555.
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- Solky-Butzel, J., & Ryan, R. M. (1997). The dynamics of volitional reliance: A motivational perspective on dependence, independence, and social support. In G. R. Pierce, B. Lakey, I. G. Sarason, & B. R. Sarason (Eds.), *Sourcebook of social support and personality* (pp. 49-67). New York: Plenum.

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- Ryan, R. M., & Frederick, C. M. (1997). On energy, personality and health: Subjective vitality as a dynamic reflection of well-being. *Journal of Personality, 65*, 529-565.
- Ryan, R. M., Kuhl, J. & Deci, E. L. (1997). Nature and autonomy: An organizational view on the social and neurobiological aspects of self-regulation in behavior and development. *Development and Psychopathology, 9*, 701-728.
- Sheldon, K. M., Ryan, R. M., Rawsthorne, L. J. & Ilardi, B. (1997). "Trait" self and "True" self: Cross-role variation in the big five personality traits and its relations with psychological authenticity and subjective well-being. *Journal of Personality and Social Psychology, 73*, 1380-1393.
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- Williams, G. C., Deci, E. L. & Ryan, R. M. (1998). Building Health-care partnerships by supporting autonomy: Promoting maintained behavior change and positive health outcomes. In P. Hinton-Walker, A.L. Suchman, & R. Botelho (Eds.) *Partnerships, power and process: Transforming health-care delivery* (pp. 67-88). Rochester, N.Y.: University of Rochester Press.
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- Ryan, R. M., Lynch, M. F., Vansteenkiste, M., & Deci, E. L. (in press). Motivation and autonomy in counseling, psychotherapy, and behavior change: A look at theory and practice. *The Counseling Psychologist*.
- Ryan, R. M., Weinstein, N., Bernstein, J., Brown, K. W., Mistretta, L. & Gagne, M. (in press). Vitalizing effects of being outdoors and in nature. *Journal of Environmental Psychology*.
- Ryan, R. M., Bernstein, J. H., & Brown, K. W. (in press). Weekends, Work, and Wellbeing: Psychological Need Satisfactions and Day of the Week Effects on Mood, Vitality, and Physical Symptoms. *Journal of Social and Clinical Psychology*.
- Huta, V. & Ryan, R. M. (in press). Pursuing pleasure or virtue: The differential and overlapping well-being benefits of hedonic and eudaimonic motives. *Journal of Happiness Studies*.
- Deci, E. L., & Ryan, R. M. (in press). Self-Determination theory. In P. Van Lange, A. Kruglanski, & E. T. Higgins (Eds.), *Handbook of theories of social psychology*. London: Sage Publishers.
- Weinstein, N., Ryan, R. M., & Deci, E. L. (in press). *A self-determination theory perspective on the process and content of life meaning*. In P. T. P Wong & P. S. Fry (Eds.), *The Human Quest for Meaning, Vol 2*. New York: Guilford.

BOOKS

Deci, E. L. & Ryan, R. M. (1985). *Intrinsic motivation and self-determination in human behavior*. New York: Plenum Publishing Co.

Deci, E. L. & Ryan, R. M. (Eds.). (2002). *Handbook of self-determination research*. Rochester, New York: University of Rochester Press.

In Preparation: C. S. Rigby and R. M. Ryan. *Glued to Games: The attractions, promise and perils of video games and virtual worlds*. Praeger

SELECTED PAPER PRESENTATIONS (in chronological order)

(1983, April). Internalization and motivation: Preliminary research and theoretical speculations. Society for Research in Child Development, Detroit, MI.

(1983, May). Facilitating self-determination in a clinical setting. Keynote address, Adult Psychiatric Day Treatment Seventh Multidisciplinary National Forum, Minneapolis.

(1984, April). Autonomy in the classroom: New research on children's motivation and adjustment. Invited address, American Educational Research Association, New Orleans, LA.

(1984, April). The role of motivational and emotional factors in spontaneous learning. American Educational Research Association, New Orleans, LA.

(1984, August). Surveillance: The impact of being watched on social and personality processes. American Psychological Association, Toronto.

(1985, April). Motivation and self-regulation in children's learning and achievement. American Educational Research Association, Chicago, IL. (with W.S. Grolnick)

(1986, August). Why there are no new personality theories: Problems of theoretical integration within empirical psychology. Invited address, American Psychological Association, Washington, DC.

(1987, April). Equifinality and motivation in the process of development: Assessing the needs for autonomy, competence, and relatedness. Society for Research in Child Development, Baltimore, MD.

(1988, April). Freedom in education: Politics and processes. American Educational Research Association, New Orleans, LA.

(1988, November). Internalization of health-promoting behaviors. MacArthur Foundation, Palo Alto, CA.

SELECTED PAPER PRESENTATIONS (continued)

- (1988, December). Remedial Motivation. Keynote Address, Conference on Remedial Education, Virginia Department of Education, Richmond, VA.
- (1989, April). The inner resources of academic achievement. American Educational Research Association, San Francisco, CA. (with W.S. Grolnick)
- (1989, September). Recent research on motivation and development in schools. Invited address, American Academy of Pediatrics Annual Meeting, Corning, NY.
- (1990, October). The Self in Self-Regulation. Society for Experimental Social Psychology, Buffalo, NY.
- (1990, October). Motivation in education and health care: Some principles and parallels. Otto Faust Memorial Lecture, American Academy of Pediatrics, Albany Medical Center, Albany, NY.
- (1991, April). Autonomy and relatedness as fundamental motives in learning and development. American Educational Research Association, Chicago, IL.
- (1992, January). Perceived locus of causality: Phenomenology and research. Social Psychology Winter Conference, Park City, Utah.
- (1993, June). All goals are not created equal. American Psychological Society, Chicago, IL.
- (1993, August). Motivational dynamics in sports: A self-determination theory perspective. Invited address, American Psychological Association, Toronto.
- (1994, January). Self-determination in biological and evolutionary perspectives. Invited address for Conference on Self-Organization in Evolution, Harvard University, Boston, MA.
- (1994, June). A self-determination perspective on volition, control, and outcome focus. Max Planck Institute, Berlin, Germany.
- (1995, January). Values, vitality, and motivation. Social Psychology Winter Conference, Park City, UT.
- (1995, August). Psychological needs and the facilitation of integrative processes. American Psychological Association, New York.
- (1996, January). Theoretical lessons from applied work: Motivational issues in health care settings. Social Psychology Winter Conference, Park City, UT.
- (1997, April). Autonomy and relatedness in education: A self-determination theory perspective. Invited address, AEPF, Dresden, Germany.

SELECTED PAPER PRESENTATIONS (continued)

- (1997, August). Autonomy and relatedness: Balancing needs across the life span. Presidential Symposium, American Psychological Association, Chicago, IL.
- (1997, August). Personal goals, psychological needs, and well-being. American Psychological Association Convention, Chicago, IL.
- (1998, May). Intrinsic/extrinsic motivation. American Educational Research Association, San Diego, CA.
- (1998, May). Achievement goals and self-determination. American Educational research Association, San Diego, CA.
- (1999, January). Fluctuating fulfillments: Psychological need satisfaction and well-being across contexts, time and persons. Social Psychology Winter Conference, Park City, UT.
- (1999, August). The role of autonomy in sustaining effort over time. American Psychological Association, Boston, MA. (with Gagné, M. & Chirkov, V.)
- (2000, February). Health-related behavior change: A self-determination perspective. Canadian Center for Addiction and Mental Health, Toronto, Canada.
- (2001, August). Autonomy and Relatedness and their influence on internalization and values: Recent findings based on self-determination theory. Keynote address, EARLI, Fribourg, Switzerland.
- (2001, October) The great cultural and gender divide: Differentiating autonomy from individualism and separateness. Society for Experimental Social Psychology, Spokane, WA.
- (2002, February). Universality and specificity in motivation across cultures. Society for Personality and Social Psychology, Savannah, GA.
- (2002, October). Autonomy versus independence: A self-determination theory view of cultural internalization and well being. Society for Experimental Social Psychology, Coumbus, OH.
- (2003, February). The interpersonal regulation of emotions. Society for Personality and Social Psychology, Los Angeles, CA. (with La Guardia, J.G.)
- (2003, June). Motivation, second language learning and the cross-cultural significance of autonomy. Canadian Psychological Association, Hamilton, CA.
- (2003, August). The psychological perils of materialism. Third Simplicity Forum Conference, Seattle University, Seattle, WA.
- (2003, August). Facilitating integrity and well-being: A Self-determination theory approach to positive psychology. Summer Institute for Positive Psychology, Mont Chanin Village, DE.

SELECTED PAPER PRESENTATIONS (continued)

- (2003, August) Within person variations in emotion and their impact on well being. Invited address, American Psychological Association, Toronto, CA.
- (2003, September). Basic Psychological needs and well being across time, persons and cultures: A self-determination theory perspective. Max Planck Institute, Berlin, Germany.
- (2003, September). Basic psychological needs in students' learning and well being within schools. Keynote address, European Conference on Pedagogical Psychology, Bielefeld University, Germany
- (2003, October). Happiness versus self-realization: Hedonic and eudaimonic perspectives on well being. Interdisciplinary Workshop on Well-being, University of Minnesota.
- (2003, November). Basic psychological needs and the dynamics of intrinsic and extrinsic motivation in schools. Korean Society for the Study of Education, Seoul, Korea.
- (2004, January). Cultivating the motivation to learn: The impact of needs across time, context and culture. PRODIG International Conference, Oldenburg, Germany.
- (2004, May). Self-determination theory: Where we are today. Opening address for the Second International Conference on Self-determination Theory, University of Ottawa, CA.
- (2004, July) Basic Psychological Needs: Theoretical Considerations and Empirical Applications. Economic and Social Research Council Sponsored International Workshop on Well-being in Developing Countries, Hanse Institute, Delmenhorst, Germany.
- (2004, July). The self of self-determination theory: research and theory. Keynote address, Third international Biennial Self Research Conference, Berlin, Germany.
- (2004, July). Variability of self-concept across personal relationships: The roles of culture, autonomy-support and authenticity. Third international Biennial Self Research Conference, Berlin, Germany. (with Lynch, M.F.)
- (2004, November). Motivation and Education in an Era of Performance Pressure. Conference in Tribute to Paul Pintrich, University of Michigan, Ann Arbor
- (2005, April) Motivation for Dietary Change: Research from the Self-determination Theory Perspective. Conference on Diet and Health, McGill University, Montreal, CA.
- (2005, April). High Stakes Testing as a Motivational Policy: Predictions and Outcomes Considered From a Self-determination Theory Perspective. Keynote address, Motivation SIG, American Educational Research Association, Montreal, CA.

SELECTED PAPER PRESENTATIONS (continued)

- (2005, May). Optimal Motivation: The importance of basic needs for autonomy, competence and relatedness in fostering persistence, performance and well being across development, domains and cultures. Keynote address, Fourth Symposium of the Association of Motivation and Emotion, Seville, Spain
- (2005, June). Motivation and the facilitation of learning and treatment adherence. Keynote address, Conference on Cognitive remediation in Psychiatry, New York, New York.
- (2005, June) Basic Psychological Needs: Research on the Foundations of Growth, Integrity and Well-being. Keynote address, Workshop on Capabilities and Happiness, Milan, Italy.
- (2005, June). Motivation to learn: The self-determination theory approach and its implications for practice and policy. Keynote address, International Symposium on Self-determined Learning, Ludwigsburg, Germany.
- (2005, July). Relations between the interest theory of Andreas Krapp and SDT. Festschrift for Andreas Krapp., Munich, Germany.
- (2005, July). Motivating our students: The effects of parent and teacher strategies on students' learning, achievement and well being. 16th Annual Institute on Catholic Education, Rochester, NY.
- (2005, October). Autonomy, Mindfulness and the Quiet Ego. Invited address, The Quiet ego Conference. Flagstaff, Arizona.
- (2006, January). Free Will: Everyday Experience And Scientific Research. Invited address, Society for Personality and Social Psychology Conference, Palm Springs, CA.
- (2006, April). Facilitating v. Undermined Self-Motivation: Autonomy Support & Facilitation of Engagement in Organizations. Invited address, International Society for Performance Improvement's Conference, Dallas, TX.
- (2006, May). Autonomy, relatedness, dependence and well being: On the dynamic relations between reliance on others, collectivism, and self-determination. Invited address, US-Israel Bi-national Science Foundation Workshop in Israel.
- (2007, January). Video games, weekends, nature and other sources of vitality. Social Psychology Winter Conference. Park City, Utah.
- (2007, May). 3rd International Conference on Self-Determination Theory. Plenary & closing remarks. Toronto, Canada.
- (2007, June). Motivation for Physical Activity: Research on Persistence, Performance, and Enjoyment in Sport, Exercise, and Everyday Life from a Self-Determination Perspective. Keynote Address at The North American Society for the Psychology of Sport and Physical Activity (NASPSPA), San Diego, CA

SELECTED PAPER PRESENTATIONS (continued)

- (2007, June). Recharging our Batteries: Motivating Ourselves and Our Students. Opening address for NACADA (National Assn of Academic Advisors). University of Rochester, Rochester, NY.
- (2007, June). Intrinsic and Extrinsic Motivation in Physical Activity and Healthy Living: Research on Facilitating and Undermining Self-Regulation. Keynote address for the International Society For Behavioral Nutrition and Physical Activity (ISBNPA), Oslo, Norway
- (2008, March) The Universality of Basic Psychological Needs. American Educational Research Association, New York, NY.
- (2008, May) Beyond Ego-depletion: Recent theory and research on vitality and energy. Society for the Study of Motivation. Chicago, IL.
- (2009, March) On the universal ingredients of self-motivation and wellness: SDT research across domains, cultures, gender and development. Keynote address for the British Psychological Society (BPS). Brighton, United Kingdom.
- (2009, May) Physical activity is good for your health---but to get the benefits you have to be motivated: applying contemporary theory on human motivation to physical activity Promotion. Invited address for the American College of Sports Medicine. Seattle, Washington.
- (2009, June) Motivation and self-determination theory: Applications in organizations. Invited address for the Training and Development Conference: Motivation, Work and Information. Paris, France.
- (2009, October) Our Synthetic Nature: Integration, autonomy and the possibilities for self-determination. Invited address for Freud Centennial: Great Minds Come to Clark. Clark University, Worcester, MA.
- (2010, January). Nurturing the Active Learner. Invited inaugural address for the Motivation in Education Research Laboratory at the National Institute of Education in Singapore.

SELECTED GRANT SUPPORT

National Science Foundation. "Intrinsic motivation and causality orientations," (January 1981 - June 1983). Research Associate.

Center for Naval Analysis. "Human motivation and emotion: The influence of emotions on spontaneous learning and memory," (July 1982 - June 1984). Principal Investigator.

Faculty Grant. "Cognitive, affective, and interpersonal aspects of autonomy in anorexia nervosa," (July 1983 - December 1985). Principal Investigator. (Internally awarded through University of Rochester).

Xerox Corporation. "Research and training in human motivation," (January 1983 - April 1986). Co-principal Investigator.

National Institute of Child Health and Human Development. "The motivational basis of children's self-regulation," (April 1986 - March 1989). Co-Principal Investigator.

National Institute of Mental Health. "Research Training in Human Motivation," (August 1989 - July 1994). Core Faculty.

National Institute of Child Health and Human Development (HD 19914-04). "Children's Engagement and Coping," (December 1990 - November 1996). Co-principal Investigator.

National Institute of Mental Health (MH 47293). "Motivation in Bulgaria and the U.S." (September 1991 - August 1993). Co-Principal Investigator.

James McKeen Cattell Foundation Award. (1996 – 1997).

National Institute of Mental Health (MH 53385). "Relations of Goals and Values to Mental Health," (January 1997 - December 1999). Principal Investigator.

National Institute of Diabetes and Digestive and Kidney Diseases (DK 50807). "Promoting Motivation for the Management of Diabetes," (August 1996 - July 2000). Co-Principal Investigator.

National Institute of Mental Health (MH 59594). "Self-Determination, Smoking, Diet and Health," (August 1999 - July 2004). Co-Investigator.

Bill and Melinda Gates Foundation. "Planning for Evaluation of the First Things First School Approach to Comprehensive School Reform" (November 2006 – April 2007). Co-Investigator.

Bill and Melinda Gates Foundation. "Conducting the National Site Selection for First Things First" (August 2007 – July 2008). Co-Investigator.

SELECTED GRANT SUPPORT (continued)

United States – Israel Binational Science Foundation. “Autonomy support versus conditional regard as socializing practices: A cross-cultural study,” (September 2004 – August 2009). Co-Principal Investigator.

National Cancer Institute (CA-106668). “Self-Determination and Maintaining Tobacco Abstinence,” (April 2004 – March 2010). Co-Investigator.

Institute of Education Sciences, U.S. Department of Education. “Examining the Effectiveness of Scaling Up the First Things First Reform” (May 2007 – April 2012). Co-Investigator.

National Institute of Health, NIDA. “Creating a Virtual Clinician Research Tool” (September 2007 – July 2011). Co-Investigator.

National Institute of Health. “Fast-Track application to develop the ICAT– Interactive Cholesterol Advisory Tool” (May 2010 – February 2013). Collaborator.

SELECTED CORPORATE & NON-PROFIT CONSULTATIONS

- Activision Inc.
- Bausch & Lomb Inc.
- Compeer Inc.
- Disney Inc.
- Electronic Arts Inc.
- Healthways Inc.
- Hillside Children’s Center
- Immersyve Inc.
- Eastman Kodak Inc.
- Mary Cariola Children’s Center
- Pfizer Inc.
- Raven Associates Inc.
- The Redwood Trust
- Riverview Children’s Hospital
- Rochester Psychiatric Center
- Rochester Institute of Technology
- The Unilever Corporation
- Warner Brothers Inc.
- Xerox Inc.

SELECTED UNIVERSITY ADDRESSES & COLLOQUIA

University of Alberta, Canada
Arcadia University
University of Arizona
Universidad Autonoma de Madrid, Spain
University of Bergen, Norway
Bielefeld University, Germany (2)
University of Birmingham, United Kingdom
Bremen University, Germany
Brock University, Canada
University of Buffalo
University of the Bundeswehr, Germany (2)
Clark University (2)
Colgate University
University of Colorado, Boulder (2)
Dresden University of Technology, Germany
Emory University
Ewha Women's University, South Korea
Free University of Berlin, Germany
University of Göttingen, Germany
University of Kiel (IPN), Germany (2)
Kliment Ohridski University, Bulgaria
University of Leuven, Belgium
Loyola University, Chicago
Ludwig-Maximilians University, Germany
University of Miami
Max Planck Institute for Human Development, Berlin (3)
McGill University, Canada (2)
New York University (2)
North Dakota State University, Fargo
Northern Illinois University
Oldenburg University, Germany
University of Osnabrueck, Germany (3)
Pace University
Paris University – Nanterre, France
St. Bonaventure University
Southern Connecticut State University
University of New Mexico (CASA)
State University of New York-Oswego
State University of New York-Fredonia
State University of New York-Geneseo
University of Pennsylvania
University of Quebec at Montreal, Canada (2)
Rochester Institute of Technology
University of Rochester (Freud lectures)
University of Regensburg, Germany

SELECTED UNIVERSITY ADDRESSES & COLLOQUIA (continued)

Smith College
Sophia University, Bulgaria
Stockholm School of Economics, Sweden
University of Stockholm, Sweden (2)
University of Sussex, United Kingdom (2)
University of Toronto, Canada
Vanderbilt University
Williams College (G. Stanley Hall Lecture)
University of Maryland
University of Wisconsin, Madison (2)
University of Wurzburg, Germany
Yale University (2)

COMMUNITY INVOLVEMENT

- Steering Committee, Consortium for Common Sense in Education
- Member, Simplicity Forum
- Board Member, NYS Performance Assessment Schools
- Board Member/Vice President, Generation Two: Creating Intergenerational Friendships Inc.

MEDIA PRESENTATIONS

Richard Ryan has appeared in several media outlets including *MSNBC*, *Science Central*, *New York Times*, *USA Today*, *Forbes*, *Huffington Post*, *Los Angeles Times*, and the *Wall Street Journal*. For a more comprehensive list of Dr. Ryan's current mentions in the media, please visit: http://www.rochester.edu/news/experts/index.php?id=157&clip_more=1