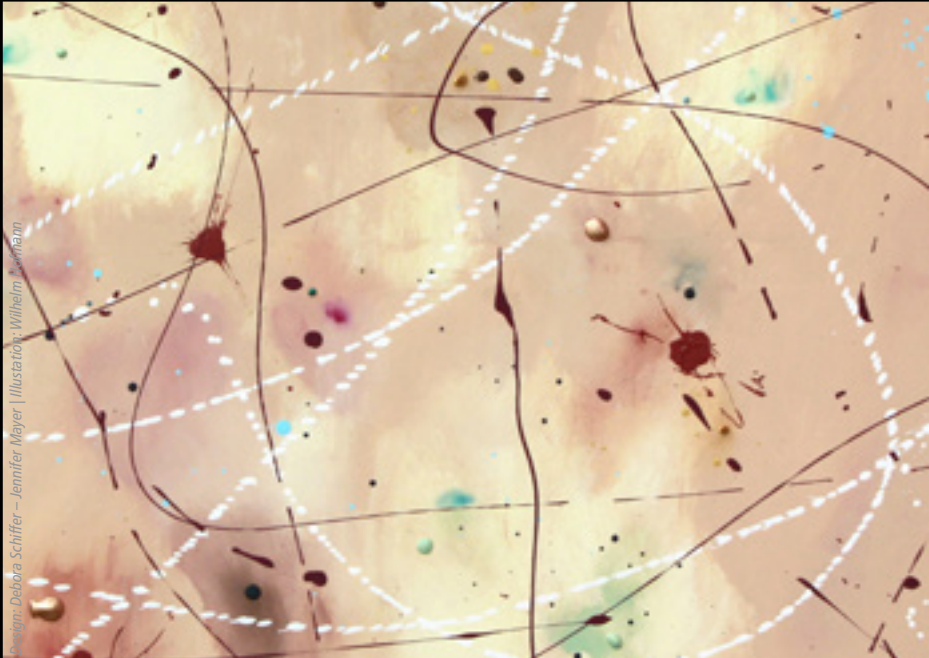


# SELF-REGULATION AND SELF-CONTROL

JUNE 23 – 25, 2016



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2016 | Self-Regulation and Self-Control

COLOGNE  
SOCIAL  
COGNITION  
MEETING

# SELF-REGULATION AND SELF-CONTROL

## MEETING SCHEDULE , June 23<sup>rd</sup> – 25<sup>th</sup>, 2016

THURSDAY, JUNE 23 <sup>rd</sup>		
19:00	Opening Reception Barbecue at MATERNUSHAUS	Kardinal-Frings-Str. 1-3, 50668 Köln, Map ①
FRIDAY, JUNE 24 <sup>th</sup>		
8:30 – 9:00		KOMED Map ②
		Morning Tea / Coffee
9:00 – 9:10	Wilhelm Hofmann	Welcome
9:10 – 9:50	Arie Kruglanski	The Economics of Mental Energy
9:50 – 10:30	Ayelet Fishbach	For the Fun of it: Intrinsic Incentives Increase Persistence on Extrinsic Goals
10:30 – 10:50	BREAK	Coffee / Tea
10:50 – 11:30	Ozlem Ayduk	The Effect of Self-Distancing on Adaptive Behavior: Strategies, Outcomes & Mechanisms
11:30 – 12:10	Matthias Sutter	Team Decision Making and Intertemporal Choice
12:10 – 14:00	BREAK	Lunch
14:00 – 14:40	POSTERSESSION	[Details to the right]
14:40 – 15:20	Todd Heatherton	Neuroscience of Self-Regulation
15:20 – 16:00	Alexandra Freund	The Potentially Undermining Effects of Backup Plans
16:00 – 16:30	BREAK	Coffee / Tea
16:30 – 17:10	Kathleen Vohs	Money is Made for Pursuing Goals
17:10 – 17:50	Carlos Alós-Ferrer	Social Preferences and Self-Control
19:30	Dinner at PÄFFGEN Brewery	Friesenstr. 64-66, 50670 Köln, Map ③

**LIST OF PARTICIPANTS:** Henk Aarts, Utrecht University | Carlos Alós-Ferrer, University of Cologne | Ozlem Ayduk, UC Berkeley | Roy Baumeister, Florida State University | Denise de Ridder, Utrecht University | Ayelet Fishbach, University of Chicago | Alexandra Freund, University of Zurich | Malte Friese, Saarland University | Kentaro Fujita, The Ohio State University | Anne Gast, University of Cologne | Adam Hahn, University of Cologne | Todd Heatherton, Dartmouth College | Wilhelm Hofmann, University of Cologne | Erik Hölzl, University of Cologne | Roland Imhoff, University of Mainz | Michael Inzlicht, University of Toronto | Veronika Job, University of Zurich | Arie Kruglanski, University of Maryland | Joris Lammers, University of Cologne | Thomas Mussweiler, University of Cologne | Axel Ockenfels, University of Cologne | Iris Schneider, VU University Amsterdam | Fritz Strack, University of Würzburg | Matthias Sutter, University of Cologne | Sascha Topolinski, University of Cologne | Yaacov Trope, New York University | Christian Unkelbach, University of Cologne | Kathleen Vohs, University of Minnesota

**POSTERS:** **Simone Dohle:** Balancing Health Behaviors in Everyday Life | **Kristina Eichel:** The Role of Mindfulness and Emotional Stability in Performance Monitoring | **Mira Fischer:** Dynamic Feedback, Locus of Control, and Academic Self-Efficacy: Evidence from a Field Experiment on Motivation in School | **Amir Ghoniem:** Metacognitive Perspectives Towards Impulses: How Individuals Perceive Impulses and its Effects on Self-Control | **Roland Imhoff:** Trait Self-Control Predicts Temptation Avoidance in Cold but not Hot Situations | **Katharina Köster:** Social Comparison and Self-Control: Motivational Influences on the Selection of Comparison Standards and Dimensions | **Dirkje Pril:** Gender Differences in the Effect of Disinhibition on Sexual Behavior / Mate Selection | **Sarah Rom:** On Trading Off Labor and Leisure: A Process Model of Perceived Opportunity Costs

**SATURDAY, JUNE 25<sup>th</sup>**
**KOMED Map 2**

8:30 – 9:00

Morning Tea / Coffee

9:00 – 9:40

Denise de Ridder

Smart Self-Control Strategies:  
Beyond Effortful Inhibition

9:40 – 10:20

Wilhelm Hofmann

An Integrative Theory of Self-Control

10:20 – 10:40

BREAK

Coffee / Tea

10:40 – 11:20

Iris Schneider

The Path of Ambivalence:  
Using Mouse Trajectories to Investigate  
Conflict toward Healthy and Unhealthy Foods

11:20 – 12:00

Kentaro Fujita

Understanding Self-Control from a  
Construal-Level Perspective

12:00 – 14:00

Lunch BREAK at MAYBACH

Maybachstr. 111, 50670 Köln, Map 4

14:00 – 15:00

Roy Baumeister &  
Michael InzlichtDiscussion:  
The Future of Ego Depletion Research

15:00 – 15:30

BREAK

Coffee / Tea

15:30 – 16:10

Yaacov Trope

When the Tail Wags the Dog:  
Self-Control Failure Revisited

16:10 – 16:50

Malte Friese

Self-control trainings:  
What we (do not) know so far

16:50

Wilhelm Hofmann

Closing Remarks

18:00

Will's Guided Walk from MATERNUSHAUS (Map 1)  
to BELGISCHER HOF (Map 5)

19:30

Farewell Dinner at  
BELGISCHER HOF

Brüsseler Str. 54, 50674 Köln, Map 5

**SUNDAY, JUNE 26<sup>th</sup>**
**DEPARTURE**



1. **Maternushaus (Hotel)**  
Kardinal-Frings-Str. 1-3, 50668 Köln
2. **Komed Im Mediapark (Venue)**  
Im Mediapark 6, 50670 Köln
3. **Brewery Paffgen (Dinner on Fri)**  
Friesenstr. 64-66, 50670 Köln
4. **Maybach (Lunch on Sat)**  
Maybachstr. 111, 50670 Köln
5. **Belgischer Hof (Dinner on Sat)**  
Brüsseler Str. 54, 50674 Köln

## CONTACT

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