

PAUL E. PLONSKIpaul.plonski@swarthmore.edu | paulplonski.com**ACADEMIC APPOINTMENTS**

2024 – current Research Fellow
 2025 – current Part-time Visiting Assistant Professor
 Swarthmore College, Psychology Department

EDUCATION

2020 – 2024 Ph.D. Experimental Psychology and Cognitive Science
 Tufts University
 Dissertation: *U.S. Adults Regulate Emotional Responses to Climate Change Information: Physiology, Subjective Experience, and Climate Change Solutions*

2016 – 2018 M.A. Psychological Sciences
 Northern Arizona University
 Thesis: *Comparing Satipaṭṭhāna-style Mindfulness and Progressive Relaxation Meditation on Neural Responses to Disgust and Unpleasant Emotion*

2008 – 2012 B.S. Psychology (*Cum Laude*)
 Virginia Commonwealth University

MANUSCRIPTS IN PROGRESS

Plonski, P. E. & Urry, H. L. Belief, emotion, and climate change information: Studying emotion regulation and climate change solutions in the United States

Plonski, P. E., Ortnor, C. N. M., & Urry, H. L. Adults in the U.S. use cognitive reappraisal and mindful acceptance in a simulated climate change risk social dilemma.

Plonski, P. E. & Durgin, F. H. Interpersonal emotion regulation via climate change and hope appraisals on valence and arousal of affective images.

Cutler, J. M., Kahn, K. B., & **Plonski, P. E.** The nuanced relationship between attention-based practice and explicit racial prejudice.

PEER-REVIEWED MANUSCRIPTS

Urry, H. L., **Plonski, P. E.**, Patel, P., Cathern, M. D., Taylor, H. A., & Brunyé, T. T. (2026). Urgent, hurry up!!! Perceived time pressure affects fine motor performance via subjective distress in US adults. *Journal of Experimental Psychology: Human Perception and Performance*. <https://doi.org/10.1037/xhp0001386>

Plonski, P. E., Patel, P., Ossenfort, K. L., Taylor, H. A., Brunyé, T. T., & Urry, H. L. (2025). How much time to figure out how to get where? Route planning and subjective stress under time pressure. *PLoS one*, 20(1), e0316382. <https://doi.org/10.1371/journal.pone.0316382>

Röseler, L., Kaiser, L., Doetsch, C., Klett, N., Seida, C., Schütz, A., ... & Zhang, Y. (2024). The replication database: Documenting the replicability of psychological science. The Replication Database: Documenting the Replicability of Psychological Science. *Journal of Open Psychology Data*, 12(1). <https://doi.org/10.5334/jopd.101>

Bjork, J. M., Reisweber, J., Perrin, P. B., **Plonski, P. E.**, & Dismuke-Greer, C. E. (2024). Neurocognitive function and medical care utilization in Veterans treated for substance use disorder. *Substance Abuse Treatment, Prevention, and Policy*, 19(1), 39. <https://doi.org/10.1186/s13011-024-00621-x>

Plonski, P. E., Vassileva, J., Shahidi, R., Perrin, P. B., Carter, W., Goetz, L. L., Brochetti, A., Bjork, J. M. Decision-making and management of self-care in persons with traumatic spinal cord injuries: A preliminary study. (2024). *Journal of Behavioral and Brain Science*, 14(2), 47-63.

Silverstein, P., Elman, C., Montoya, A., McGillivray, B., Pennington, C. R., Harrison, C. H., ... & Syed, M. A. A guide for social science journal editors on easing into open science. (2024). *Research Integrity and Peer Review*, 9:2.

Berry, D. R., Wall, C., Cairo, A., **Plonski, P. E.**, Boman, L. D., Rodriguez, K., & Brown, K. W. (2023). Brief mindfulness instruction predicts anonymous prosocial helping of an ostracized racial outgroup member. *Mindfulness*, 14, 378-394.

Bjork, J. M., Perrin, P. B., **Plonski, P. E.**, Vassileva, J., Goetz, L. L. (2022). Impulsivity and reduced quality of life in persons with paraplegia. *NeuroRehabilitation*, 51(3), 489-497.

Bjork, J. M., Reisweber, J., Burchett, J. R., **Plonski, P. E.**, Konova, A. B., Lopez-Guzman, S., and Dismuke-Greer, C. E. (2021). Impulsivity and medical care utilization in veterans treated for substance use disorder. *Substance Use & Misuse*, 56(12), 1741-1751.

Mason, M. J., Golladay, G., Jiranek, W., Cameron, B., Silverman, J. J., Zaharakis, N. M., and **Plonski, P. E.** (2016). Depression moderates the relationship between pain and the nonmedical use of opioid medication among adult outpatients. *Journal of Addiction Medicine*, 10(6), 408-413.

BOOK CHAPTER

Goodman, R. J., **Plonski, P. E.**, Savery, L. N. (2018). Compassion training from an Early Buddhist perspective: The neurological concomitants of the *Brahmavihāras*. In L.C. Stevens and C. C. Woodruff (Eds.) *The neuroscience of compassion, self-compassion, and empathy* (pp. 235-266). San Diego, CA: Elsevier.

PREPRINTS

Plonski, P. E. & Urry, H. L. (*preprint*). A perspective on emotion regulation and global anthropogenic climate change.

EXTERNAL INVITED TALK

Plonski, P. E. (2025, March). *Emotion regulation and climate change solutions: Effects of reappraisal and acceptance on donation behavior in U.S. adults*. A talk given at the Emotion Regulation Preconference at the Annual Conference of the Society for Affective Science. Portland, OR, USA.

TALKS

Plonski, P. E. (2024, November). *U.S. adults regulate emotional responses to climate change information: Physiology, subjective experience, and climate change solutions*. A talk given to Dr. Tyler Jacob's Demonstrating Emotion-Environment Relationships Lab. Swarthmore, PA, USA.

Plonski, P. E. (2023, December). *Spontaneous emotion regulation in response to climate change information in US adults*. A Three Minute Thesis (3MT) presentation. Somerville, MA, USA.

Plonski, P. E. (2023, September). *Emotion and emotion regulation in response to climate change information: Links to climate change solutions*. A talk given at the Tufts Psychology Research in Affective, Developmental, and Social Psychology Area Meeting. Somerville, MA, USA.

Plonski, P. E. (2022, October). *Emotion regulation and global climate change mitigation*. A talk given at the Tufts Psychology Research in Affective, Developmental, and Social Psychology Area Meeting. Somerville, MA, USA.

Plonski, P. E. (2022, February). *How much time to get where? Wayfinding and subjective stress under time pressure*. A talk given at the Tufts Psychology Research in Affective, Developmental, and Social Psychology Area Meeting. Somerville, MA, USA.

Goodman, R. J., **Plonski, P. E.**, & Cutler, J. (2018, November). *Dispositional mindfulness dampens late positive potential responses to disgust*. Symposium presentation at the International Symposium of Contemplative Research, Phoenix, AZ, USA.

Goodman, R. J. & **Plonski, P. E.** (2018, November). *Mindfulness training increases the amplitude and latency of*

the late positive potential in response to disgusting stimuli. Symposium presentation at the Northern Arizona University Department of Psychological Sciences Colloquia Speaker Series, Flagstaff, AZ, USA.

Plonski, P. E. (2018, March). *Disgust reactivity and regulation in social situations*. A Three Minute Research Project (3MRP) presentation. Flagstaff, AZ, USA.

Plonski, P. E. (2017, November). *Optimizing functional adaptivity of religious beliefs in everyday experience*. A talk given at the Second International Conference on the Evolution of Religion: How Biology, Psychology, and Culture Interact, Santa Ana Pueblo, NM, USA.

CONFERENCE POSTERS *Indicates undergraduate student mentee.

Plonski, P. E., Cutler, J. M., and Goodman, R. J. (2026, March). *Comparing a mindful to relaxing body scan on neural markers of negative emotions*. Society for Affective Science, Pittsburgh, PA, USA. osf.io/jg32x/

Plonski, P. E. and Durgin, F. H. (2025, July). *Climate change and hope ratings modulate valence and arousal ratings of emotional images*. Conference of the Consortium of European Research on Emotion. Grenoble, France. osf.io/we24u/

Plonski, P. E. and Urry, H. L. (2025, March). *Emotion-regulatory responses to climate change information predict solutions differently based on climate change belief*. Society for Affective Science, Portland, OR, USA. osf.io/bsw5x/

Plonski, P. E. and Urry, H. L. (2024, March). *Spontaneous Emotion Regulation in Response to Climate Change Information in US Adults*. Society for Affective Science, New Orleans, LA, USA. osf.io/5uh6b/

Plonski, P. E. and Urry, H. L. (2023, March). *Emotion Regulation and Global Climate Change Mitigation*. Society for Affective Science, Long Beach, CA, USA. osf.io/83txe/

Plonski, P. E., *Bazemore, J., *Froneberger, E., *Kaufman, K., *Velazquez, S., Patel, P., Taylor, H. A., Brunyé, T. T., and Urry, H. L. (2023, March). *Wayfinding Task Performance and Individual Differences in Trait Anxiety and Emotion Regulation*. Eastern Psychological Association, Boston, MA, USA.

Plonski, P. E., Patel, P., Ossenfort, K. L., Taylor, H. A., Brunyé, T. T., and Urry, H. L. (2022, November). *Subjective Stress in a Full-Information 2D Wayfinding Task Under Time Pressure*. Psychonomic Society, Boston, MA, USA, & Online.

Plonski, P. E., Patel, P., Ossenfort, K. L., Taylor, H. A., Brunyé, T. T., and Urry, H. L. (2022, April). *How Much Time to Get Where? Subjective Stress and Wayfinding Under Time Pressure*. Society for Affective Science, Online.

Ossenfort, K. L., **Plonski, P. E.**, Vujovic, L., & Urry, H. L. (April, 2022). *The Moderating Role of Trait Mindfulness in Situation Selection after a Brief Mindfulness Intervention*. Society for Affective Science, Online.

Patel, P., **Plonski, P. E.**, Ossenfort, K. L., Taylor, H. A., Brunyé, T. T., & Urry, H. L. (April, 2022). *Individual Differences in Affective Forecasting under Stress*. Society for Affective Science, Online.

Goodman, R. J. & **Plonski, P. E.** (2019, August). *The neurological foundations of the four brahmavihāras*. American Psychological Association, Chicago, IL.

Plonski, P. E. & Cutler, J. M. (2019, February). *American Political Ideology, Education and Intolerance (2008-2016)*. Society for Personality and Social Psychology, Portland, OR.

Campagnolo, E., Cutler, J., **Plonski, P. E.**, Piper, B., Rolf, A., Kulig, A. R., & Goodman, R. J. (2019, April). *Heightened late positive potential responses to disgust predict reduced disgust experience among mindfulness trainees*. Rocky Mountain Psychological Association, Denver, CO.

Kulig, A. R., Cole, A., **Plonski, P. E.**, Weigel, A., White, M., & Goodman, R. J. (2019, April). *Individual differences in disgust sensitivity predict a neural marker of increased sustained attention to disgust-eliciting emotional stimuli*. Rocky Mountain Psychological Association, Denver, CO.

Rippey, C. S., Miller, M., Cutler, J., **Plonski, P. E.**, Campagnolo, E., Piper, B., & Goodman, R. J. (2019, April). *Dispositional mindfulness and interoceptive awareness predict reduced mortality distress, disgust sensitivity, and prejudice against minorities following meditation training*. Rocky Mountain Psychological Association, Denver, CO.

- White, M., Baker, A., **Plonski, P. E.**, Rippey, C., Campagnolo, E., & Goodman, R. J. (2019, April). *Dispositional mindfulness predicts increased late positive potential responses to disgust and reduced prejudice to the homeless*. Rocky Mountain Psychological Association, Denver, CO.
- Goodman, R. J., **Plonski, P. E.**, & Cutler, J. (2018, November). *Dispositional mindfulness dampens late positive potential responses to disgust*. International Symposium of Contemplative Research, Phoenix, AZ.
- Fleming, L., Wilson, E., **Plonski, P. E.**, & Dmitrieva, N.O. (2018, April). *Measurement Invariance in the Everyday Discrimination Scale: A Comparison of White and Native American Samples*. Western Psychological Association, Portland, OR.
- Berry, D. R., Brown, K. W., Cairo, A. H., & **Plonski, P. E.** (2015, October). *Transcending Social Boundaries with Presence: Brief Mindfulness Training Increases Prosocial Responsiveness Toward Dissimilar Others*. Society of Southeastern Social Psychologists (SSSP), Winston-Salem, NC.

CONFERENCE POSTERS AT UNIVERSITY CONFERENCES *Indicates undergraduate student mentee.

- Kaufman, K.*** & Plonski, P.E. (2024, May). *Exploring Self-Compassion as a Brief Intervention for Climate Change Anxiety*. Tufts University Undergraduate Research and Scholarship Symposium
- Bruno, A.*** & Plonski, P. E. (2023, May). *Belief in Climate Change and Asylum Support in the United States*. Tufts University Undergraduate Research and Scholarship Symposium. <https://osf.io/mdb6s/>
- Kendall, A.*** & Plonski, P. E. (2023, May). *Similarities and Differences in Psychophysiological Effects of Heat and Anger*. Tufts University Undergraduate Research and Scholarship Symposium
- Weigel, A. S., White, M., Cutler, J., **Plonski, P. E.**, & Goodman, R. J. (2019, May). *Dispositional mindfulness does not predict reduced affect misattribution*. Northern Arizona University College of Social and Behavioral Sciences Research Symposium, Flagstaff, AZ.
- Murphy, S.***, Plonski, P. E., & Goodman, R. J. (2018, May). *Conservatism, Social Discomfort, and Subjective Disgust*. Northern Arizona University College of Social and Behavioral Sciences Research Symposium, Flagstaff, AZ.
- Plonski, P. E.** (2017, December). *Subjective Effects of LSD (Lysergic Acid Diethylamide)*. Northern Arizona University College of Social and Behavioral Sciences Research Symposium, Flagstaff, AZ.
- Norris, L. B.***, Plonski, P. E., & Goodman, R. J. (2017, May). *Disgusted by Your Partner?* Northern Arizona University College of Social and Behavioral Sciences Research Symposium, Flagstaff, AZ.
- West, T., Savery, L. N., Parlamen, I., **Plonski, P. E.**, Bush, B., Demakovskiy, J., Beach, D., Urias, A., & Goodman, R. J. (2016, December). *Exploring a Neural Correlate of Self-centric Motivation*. Northern Arizona University College of Social and Behavioral Sciences Research Symposium, Flagstaff, AZ.
- Esposito, M.V., Demakovskiy, J., Beach, D., Urias, A., Pondy, T., **Plonski, P. E.**, Vansumer, K., & Goodman, R. J. (2016, December). *Discrepancies in Performance and Self-Evaluation Accuracy Among Samples From Different Populations*. Northern Arizona University College of Social and Behavioral Sciences Research Symposium, Flagstaff, AZ.
- Wall, C. J., **Plonski, P. E.**, Berry, D. R., & Brown, K. W. (2016, May). *Promoting Prosocial Responsiveness Across Racial Divides Through Mindfulness*. Undergraduate Research Symposium at Virginia Commonwealth University, Richmond, VA.

NON-TRADITIONAL CONFERENCE SESSIONS

- Plonski, P. E.** and Uzdavines, A. (2022, June) *What Do We Mean By Transparency?* A hackathon at the annual meeting of the Society for the Improvement of Psychological Science, Online.
- Uzdavines, A., Nesterak, E., **Plonski, P. E.**, Varazzani, C., Tonge, N. A., Hallenbeck, H. W., Anker, L. (2021, June) *Reform Outside Traditional University Settings*. An unconference at the annual meeting of the Society for the Improvement of Psychological Science, Online.
- Plonski, P. E.**, Patel, P., Ossenfort, K. L., Taylor, H. A., Brunyé, T. T., and Urry, H. L. (2021, April). *Subjective Stress and Wayfinding Under Time Pressure*. A new idea flash talk presented at the annual conference for the Society for Affective Science.

Patel, P., **Plonski, P. E.**, Ossenfort, K. L., Taylor, H. A., Brunyé, T. T., and Urry, H. L. (2021, April). Individual Differences in Affective Forecasting under Stress. A new idea flash talk presented at the annual conference for the Society for Affective Science.

Ossenfort, K. L., Patel, P., **Plonski, P. E.**, Taylor, H. A., Brunyé, T. T., and Urry, H. L. (2021, April). Perceptions of Emotion Regulation Under Stress. A new idea flash talk presented at the annual conference for the Society for Affective Science.

TEACHING EXPERIENCE

Research, Design & Analysis	Swarthmore College	S2025, F2025
Lab Instructor, <i>Experimental Psychology</i>	Tufts University	F2023, S2024
Lab Instructor, <i>Advanced Statistics I (graduate)</i>	Tufts University	F2022
Lab Instructor, <i>Advanced Statistics II (graduate)</i>	Tufts University	S2022
Lab Instructor, <i>Statistics for Behavioral Sciences</i>	Tufts University	F2021
Lab Instructor, <i>Research Methods in Psychology</i>	Northern Arizona University	S2017, F2017, S2018
Teaching Assistant, <i>Social Psychology</i>	Northern Arizona University	S2018
Teaching Assistant, <i>Introduction to Cognitive and Behavioral Neuroscience</i>	Northern Arizona University	F2017

GUEST LECTURES

Affective science and climate change solutions. Prepared for the First Year Seminar in Psychology and Sustainability, F2024, Swarthmore College.

Let's talk about metascience! (That's science about science). Prepared for PSY 32 Experimental Psychology, S2024, Tufts University.

Let's talk about metascience! (That's science about science). Prepared for PSY 32 Experimental Psychology, F2023, Tufts University.

Preregistration and power. A fun and memorable primer. Prepared for PSY 399 Practical Skills in Statistics, S2023, Portland State University.

FUNDING

Tufts Graduate Student Research Competition Grant	2023
Project Title: <i>Emotion Regulation and Climate Change Mitigation</i>	\$1000

HONORS AND AWARDS

Raymond S. Nickerson Innovations in Psychological Science Award	2024
Society for Personality and Social Psychology Travel Award (\$500)	2019
Provost Undergraduate Scholarship, Virginia Commonwealth University	2008-2012

SERVICE

Member, Search Committee for Full-time Lecturer in Statistics, Tufts University	AY 2023-2024
Member, Graduate Student Research Competition Review Committee, Tufts University	AY 2023-2024
Member, Undergraduate Research and Scholarship Symposium Committee, Tufts University	Spring 2024
Member, Graduate Student Mentorship Committee, Tufts University	AY 2021-2023
Member, Graduate Education Committee, Tufts University	AY 2021-2022
Member, Outreach Committee, Society for the Improvement of Psychological Science	2021
Volunteer, Prolific Researcher Forum (compensated with credit)	2021-2022
Chair, Board of Directors, Saving Our Youth VA	2022
<i>de facto</i> Secretary, Board of Directors, Saving Our Youth VA	2019-2021
Member, Board of Directors, Saving Our Youth VA	2018-2019

AY = *academic year*

AFFILIATIONS

American Psychological Association
 Eastern Psychological Association
 Psi Chi, The International Honor Society in Psychology*
 Psychonomic Society
 Society for Affective Science*
 Society for Personality and Social Psychology
 Society for the Improvement of Psychological Science

* = *active membership*

SOFTWARE AND HARDWARE

R, Python, MATLAB	Programming Languages
MPlus, SPSS, Jamovi, JASP	Statistical Analysis
PsychoPy/JS, Inquisit, Gorilla, SuperLab, DirectRT, MediaLab, E-Prime	Stimulus Presentation
Brain Products, BIOPAC, SR Research EyeLink, Compumedics	Physiological Signal Collection
Neuroscan, EGI/Magstim	
REDCap, Qualtrics	Survey Tools
Microsoft Suite, Google Suite, Slack, Github	General
CPRS, CernerWorks	Medical Records

GRADUATE COURSEWORK

Tufts University

Advanced Statistics I & II
 Applied Regression Analysis for Developmental Science
 Cognitive Psychology
 Computational Models in Cognitive Science
 Human Communication
 Introduction To Machine Learning And Data Mining
 Philosophical Foundations of Cognitive Science
 Rigorous and Reproducible Research Practices
 Special Topics in Data Analysis and Interfaces: Statistical Bioinformatics
 Structural Equation Modeling in Developmental Science

Northern Arizona University

Cognitive and Behavioral Neuroscience
 Independent Study: EEG Data Processing in MATLAB with EEGLab and ERPLab
 Intermediate Statistics
 Latent Variable Modeling (Structural Equation Modeling) in MPlus
 Multivariate Statistics
 Psychopharmacology
 Social and Behavioral Epidemiology
 Social Psychology
 Techniques Of Psychological Research

OTHER

Participant, Mind & Life Summer Research Institute (2022)

PRE-DOCTORAL RESEARCH POSITIONS

Senior Research Assistant – VCU Institute for Drug and Alcohol Studies
 Dr. James M. Bjork
 April 2019 – August 2020
 40 hours/week

Research Assistant – Richmond VA Medical Center, McGuire Research Institute

Dr. James M. Bjork

September 2020 – May 2023

No regular hours/week

April 2019 – August 2020

Hours included in Senior Research Assistant position above

August 2018 – April 2019

12 – 16 hours/week

Research Assistant – VCU Clark-Hill Institute for Positive Youth Development

Dr. Terri N. Sullivan

September 2018 – April 2019

6-15 hours/week

Assistant Program Coordinator – National Science Foundation: Research Experience for Undergraduates

Dr. C. Chad Woodruff

May 2017 – July 2017

20 hours/week

Research Coordinator – Contemplative Psychophysiology Research Lab

Dr. Robert J. Goodman

January 2017 – May 2018

20 hours/week

Graduate Student Research Assistant – Contemplative Psychophysiology Research Lab

Dr. Robert J. Goodman

August 2016 – December 2016

20 hours/week

Research Assistant – Commonwealth Institute for Child and Family Studies

Dr. Michael J. Mason

October 2015 – June 2016

16-29 hours/week

Research Assistant – Social and Affective Neuroscience Lab

Dr. Kirk Warren Brown

January 2015 – June 2016

6-15 hours/week

January 2012 – February 2013

9 hours/week

Research Assistant – Attitudes Lab

Dr. Natalie J. Shook

August 2011 – May 2012

9 hours/week