

**Christopher M. Elmi**  
**Curriculum Vitae**  
celmi2@illinois.edu

## **RESEARCH**

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My research focuses on motivational and self-regulatory processes that affect goal pursuit within a lifespan developmental context. In particular, I am interested in changes in motivational orientation during goal pursuit between younger and older adults. I am also interested in the use and usefulness of backup plans, specifically, the effect reserving and replacing one's primary plan with a backup plan has on a person's performance, motivational orientation, and well-being.

## **EDUCATION**

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Ph.D.	Educational Psychology: Counseling University of Illinois, Urbana-Champaign Adviser: Christopher M. Napolitano, PhD Dissertation: <i>The Impact of Fitness and the Therapeutic Relationship</i>	<b>Expected 07/2027</b>
Ph.D.	Psychology University of Zurich, Switzerland Adviser: Alexandra M. Freund, PhD Co-adviser: Christopher M. Napolitano, PhD Honors: Cum Laude Dissertation: <i>Shift Happen: Changes in Goal Orientation</i>	<b>2023</b>
M.S.	Psychology Jacobs University Bremen, Germany Adviser: Sonia Lippke, PhD Honors: Magna Cum Laude Thesis: <i>Does Place Attachment Always Link to Higher Quality of Life in International Students? The Psychological Mechanisms of Loneliness</i>	<b>2018</b>
B.A.	Psychology California Polytechnic University, Pomona, CA	<b>2010</b>
A.S.	Behavioral Science Mount San Antonio College	<b>2008</b>

## RESEARCH POSITIONS

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- Research Assistant** **2018 – Present**  
 Project Title: *Age-related differences in the use and utility of backup plans: Comparing contingency and redundancy*  
 Developmental Psychology: Adulthood  
 University of Zurich, Switzerland  
 PI: Alexandra M. Freund, PhD & Christopher M. Napolitano, PhD
- Research Assistant** **2017 – 2018**  
 Project Title: *Success in Career, Studies, and Life*  
 Health Psychology & Behavioral Medicine  
 Jacobs University Bremen, Germany  
 PI: Sonia Lippke, PhD
- Research Assistant** **2011 – 2013**  
 Project Title: *Temporal Patterning of Alcohol Consumption Among Older Adults & Suicide Among the Elderly*  
 Department of Human Services  
 California State University, Fullerton  
 PI: Melanie Horn-Mallers, PhD & Laura Zettel-Watson, PhD

## CLINICAL POSITIONS

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- Practicum Counselor** **2023 – Present**  
*Counseling Center*  
 University of Illinois, Urbana-Champaign  
 Supervisor: Kurt Hegeman
- Peer Advisor** **2017 – 2018**  
*Psychological Student Counseling*  
 Jacobs University Bremen  
 Supervisor: Sau (Florence) Yu
- Coordinator** **2011 – 2013**  
*Art Therapy for Children*  
 California Mental Health Connection  
 Supervisor: Elisa Jimenez, PhD

## TEACHING POSITIONS

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- University of Illinois, Urbana-Champaign** **2023 – Present**  
 Instructor – EPSY 430: Adolescent Development

Instructor – EPSY 220: Career Theory and Practice **2022 – Present**

Instructor – EPSY 202: Exploring Cultural Diversity **2022 – 2023**  
*Fall 2022 – List of Teachers Ranked as Excellent by Their Students*

### **HIGHLIGHTED COURSEWORK**

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**University of Illinois at Urbana-Champaign**, Champaign-Urbana, Illinois **2022 – Present**  
 Theories of Counseling, Multicultural Counseling, Counseling Pre-Practicum, Ethics and Professional Seminar, Vocational Psychology, Longitudinal Data Analysis, Analysis of Messy Data in SEM

**University of Zurich**, Zurich, Switzerland **2018 – 2022**  
 Managing Conflicts, Mental Clarity & Decision Making, Energy and Stress Management: How to Perform in the Storm, Introduction to Data Analysis with R, Introduction to Mixed Models (“Multilevel Modeling”) in R, Advanced Mixed and Multilevel Models in R: Generalized Mixed Models, Latent Growth Models, and Multilevel Structural Equation Modeling, Longitudinal Data Analysis with Structural Equation Modeling in R

### **PUBLICATIONS**

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#### Accepted

**Elmi, C.**, Napolitano, C. M., Freund, A. M., (in press) *Shift Happens: Goal Orientation Shifts During Goal Pursuit*. *European Psychologist*.

#### In Preparation

**Elmi, C.**, Napolitano, C. M., Freund, A. M., *Motivational Shifts During the Corona Virus Crisis*.

**Elmi, C.**, Napolitano, C. M., Freund, A. M., *Empirical Evidence for Shifts in Goal Orientation*.

Napolitano, C. M., Sewell, M., Yoon, H., **Elmi, C.**, Roberts, B., *Self-Regulation: A Character Development Perspective in the Handbook of Character Development*.

### **PRESENTATIONS**

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**Elmi, C.**, Napolitano, C.M., Freund, A. M., (2022, March). Comparing two types of backup plans: Redundant vs. contingent backup plans. Poster presented at Tagung experimentell arbeitender Psycholog:innen (Conference of Experimental Psychologists).

Horn Mallers, M., Zettel-Watson, L., **Elmi, C.**, (2013, April). *Temporal Patterning of Alcohol Consumption Among Older Adults*. Poster presented at the 33rd annual conference for the California Council on Gerontology & Geriatrics.

Horn Mallers, M., Zettel-Watson, L., **Elmi, C.**, (2012). *Temporal Patterning of Alcohol Consumption Among Older Adults*. Poster presented at the annual conference for the Gerontological Society of America.

## **AFFILIATIONS, HONORS & TRAINING CERTIFICATES**

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Student Member of the American Psychological Association (APA)	<b>2022 – Present</b>
Psychological Student Counseling (Jacobs University Bremen)	<b>2016 – 2018</b>
Intercultural Competence (InterCultur in cooperation with Jacobs University Bremen)	<b>2017</b>
Student Member of Psi Chi Honor Society (California Polytechnic University, Pomona)	<b>2008 – 2010</b>

## **STUDENT ADVISING**

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### **Undergraduate student advisor for:**

David Pablo Firnenbrug <b>Thesis Title:</b> The Way is the Goal: The influence of the Goal Focus on Self-Regulation of Affect During Difficult Goal Pursuit University of Zurich	<b>Fall 2021</b>
Daniela Saito Vrbova <b>Thesis Title:</b> There is More Than One Way to Skin a Catfish: Equifinality and Commitment to Means and Goals During Goal Pursuit University of Zurich	<b>Spring 2021</b>
Ines Pacheco Lopes <b>Thesis Title:</b> Thinking About Losing Weight While Eating Ice Cream: Affect and Rumination when Goals are not a Piece of Cake University of Zurich	<b>Fall 2020</b>

## COMPUTER AND TECHNICAL SKILLS

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**People Management:** PeopleSoft

**Platforms:** Prolific, MTurk, Qualtrics, SoSciSurvey

**Data Analysis:** R, SPSS

**Analytic Techniques:** Linear and Non-Linear Modeling in SEM and HLM, Latent Class Analysis, Latent Change Score Analysis, Analysis of Variance, Regression, Factor Analysis, Power Analysis, Cluster Analysis, Data Visualization, Missing Data Management

## LANGUAGES

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English (Mother Tongue), German (Fluent, CEFR C1), Spanish (Intermediate, CEFR B1), Farsi (Intermediate, CEFR A2)

## REFERENCES

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Alexandra M. Freund, PhD  
Professor of Psychology  
University of Zurich, Switzerland  
Binzmuehlestrasse 14/11  
CH-8050 Zurich, Switzerland  
[freund@psychologie.uzh.ch](mailto:freund@psychologie.uzh.ch)

Christopher M. Napolitano, PhD  
Associate Professor of Educational Psychology  
University of Illinois at Urbana-Champaign  
1310 South Sixth Street, Office 220D  
Champaign, IL, 61820  
[cmn@illinois.edu](mailto:cmn@illinois.edu)

Lisa Kinderman, PsyD  
Clinical Assistant Professor of Educational Psychology  
University of Illinois at Urbana-Champaign  
1310 South Sixth Street, Office 220D  
Champaign, IL, 61820  
[lisakind@illinois.edu](mailto:lisakind@illinois.edu)

Ryan Best, PhD  
Assistant Professor of Life-Span Developmental Psychology  
West Virginia University  
1124 Life Sciences Building – P.O. Box 6040  
Morgantown, WV, 26506  
[ryan.best@mail.wvu.edu](mailto:ryan.best@mail.wvu.edu)