

You are kindly invited to the public defense to obtain the degree of:

DOCTOR OF PSYCHOLOGY
&
DOCTOR OF PHILOSOPHY IN PSYCHOLOGY

of
Jennifer Pickett

Which will take place on Thursday, October 31st at 16h
Promotiezaal (D2.01) – Brussels Humanities, Sciences & Engineering Campus
Pleinlaan 2 – 1050 Brussel

**THE EFFECTS OF COUNTERDISPOSITIONAL BEHAVIOR:
AN INTEGRATIVE APPROACH TO PERSONALITY**

JURY

INTERNAL:

**Prof. dr. Tim Vantilborgh (Chair),
Vrije Universiteit Brussel**
**Prof. dr. Sara De Gieter,
Vrije Universiteit Brussel**
**Prof. dr. Edina Docí,
Vrije Universiteit Brussel
Vrije Universiteit Amsterdam**

EXTERNAL:

**Prof. dr. Bart Wille,
Ghent University**
**Prof. dr. Saija Mauno,
University of Jyväskylä**

PROMOTORS

**Prof. dr. Joeri Hofmans,
Vrije Universiteit Brussel**
**Prof. dr. Filip De Fruyt,
Ghent University**
**Prof. dr. Taru Feldt,
University of Jyväskylä**

You are also invited to the reception at D.2 Trappenhal at the VUB afterwards.

Please confirm your attendance before October 24th via email: jennifer.pickett@vub.be

How to get to the VUB?

<http://www.vub.ac.be/campus/brussels-humanities-sciences-engineering-campus>

SUMMARY

In everyday life, people often behave in ways that are counter to their personality traits. Take for example an introverted individual who needs to give a presentation, or a conscientious person who needs to rush because of a tight deadline. In this dissertation, we study the affective, motivational and energetic consequences of such counterdispositional behaviors using four experience sampling studies on normal employees and one qualitative study focusing on people who work in extreme environments. Our main findings show that momentary deviations from the trait level are typically—but not always—associated with lower levels of wellbeing, lower levels of motivation and lower levels of energy. In its entirety, this dissertation cultivates a better understanding of the significances and complexities of counterdispositional behavior.

CURRICULUM VITAE

During college in Ohio, Jen went to Alaska for one summer, and stayed for 20 years. She got hooked on Alaska's commercial fishing industry, where she fished all over before anchoring down in Cordova, on the Gulf of Alaska. She was one of the few women who owned and operated her own fishing boat. After five years of fishing solo for salmon, she got a grant and returned to university. She received a Bachelor of Arts in Outdoor Studies, with a minor in Wilderness Therapy and a Master's in Counseling Psychology from the Alaska Pacific University. After a few more fishing seasons, Jen secured a PhD position at the University of Jyväskylä in Finland, and one year later she joined the research group of Work and Organizational Psychology at the Vrije Universiteit Brussel. During her PhD, she published several papers in both applied and personality journals. In a couple of weeks, Jen will start a position as a post-doc researcher at the VUB to research, you guessed it, fishermen.