

Curriculum Vitae

Name Jan Rummel (junior research group leader)

Current Positions Principal Investigator of the junior research group cognition and attention regulation

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Education

06/2017 *Venia legendi* for psychology (Privatdozent); Heidelberg University, Germany

12/2011 Ph.D. (Dr. rer. nat.) - University of Marburg, Germany

12/2007 Diploma in psychology - Heidelberg University, Germany

Professional Experience

since 09/2013 Principal investigator of the *Cognition and Attention Regulation Lab (CARL)* at Heidelberg University

02/2011-08/2013 Research associate at the University of Mannheim

08/2010-01/2011 Visiting researcher at Furman University, Greenville, South Carolina

02/2009-08/2010 Research associate at the University of Mannheim

01/2008-02/2009 Research associate at the University of Marburg

Teaching

Spring 2018 Motivation, emotion, and self-regulation (Heidelberg)

Fall 2017 Lecture: Intro to general psychology: Perception and learning

Spring & Fall 2017 Applied aspects of memory research - In daily life, the court, and the classroom (Heidelberg)

Fall 2016 Multinomial modelling in cognitive psychology (Heidelberg)

Fall 2015 Multinomial modelling in cognitive psychology (Heidelberg)

Spring 2015 Motivation, emotion, and self-regulation (Heidelberg)

Fall 2014 Adaptive Memory (Heidelberg)

Spring 2014 Motivation, emotion, and self-regulation (Heidelberg)

Spring 2014 Lab section for research methods course (Heidelberg)

Fall 2013 Working-memory course (Heidelberg)

Fall 2013 Lab section for research methods course (Heidelberg)

Spring 2013 Psychological assessment applied course (Mannheim)

Fall 2012 Social cognition and motivation: The psychology of goals (Heidelberg)

Fall 2012 Psychological assessment theory course (Mannheim)

Spring 2012 Psychological assessment applied course (Mannheim)

Fall 2011 Applied statistics with SPSS® (Mannheim)

Spring 2010 Lab section for research methods course (Mannheim)

Fall 2009 Applied statistics with SPSS® (Mannheim)

Spring 2009 Lab section for research methods course (Mannheim)

Fall 2008 Experimental design and analysis (Marburg)

Spring 2008 Advanced statistics (Marburg)

Grants

06/2015-06/2018	Individual grant from the German Research Foundation (DFG; 2015-2018): "Adaptive mechanisms of mind-wandering: A State-Trait model" (Grant no: RU1996/1-1; 200,000€).
11/2016	Selected Speaker Award at the Annual Meeting of the Psychonomic Society (1,500\$)
2016-2017	„Self-regulation and mindfulness in the classroom“ (with M. Otilie Frenkel, Institute for Sports Sciences; funded by the excellence initiative of the German Research Foundation; 20,000€).
2016-2017	„Effects of internet anonymity on the quality of political online discussions“ (with Wolf J. Schünemann & Sebastian Harnisch, Institute for Political Science; funded by the excellence initiative of the German Research Foundation – DFG; 12,000€).
2015-2016	„Inter-individual differences in mind-wandering and their role for intelligence and personality across different cultures“ (with Dirk Hagemann, Department of Psychology & Manuel Rauchholz, Institute for Cultural Anthropology; funded by the excellence initiative of the German Research Foundation – DFG; 30,000€).
11/2015	DAAD-Travel Grant for attending the Annual Meeting Psychonomic Society
2014-2015	„Self-regulation and exercise behavior“ (with Chris Englert, Institute for Sport Science; funded by the excellence initiative of the German Research Foundation – DFG; 20,000€).
11/2013	DAAD-Travel Grant for attending the Annual Meeting Psychonomic Society
05/2012	Autonomiefonds from the University of Mannheim: <i>Memory for context-bound intentions in older age</i> (2,000€).
08/2011-12/2011	Travel grant from the German Exchange Service (DAAD) for a research stay at Furman University, SC, USA (with Dr. Gilles O. Einstein).

Review Activities

Ad-hoc Reviewing (peer review)	<i>Acta Psychologica; Applied Cognitive Psychology; Behavioral Research Methods; British Journal of Psychology; Cognitive, Affective, & Behavioral Neuroscience; Current Directions on Psychological Science; Consciousness & Cognition; Emotion; European Journal of Ageing; European Journal of Psychological Assessment; European Review of Applied Psychology; Emotion; Experimental Psychology; Frontiers in Psychology; International Journal of Psychophysiology; Journal of Cognitive Psychology; Journal of Gerontology; Journal of Experimental Child Psychology; Journal of Experimental Psychology: Applied; Journal of Experimental Psychology: General; Journal of Experimental Psychology: Human Perception & Performance; Journal of Experimental Psychology: Learning, Memory, & Cognition; Journal of Gerontology; Journal of Memory and Language; Memory; Memory & Cognition; Neuropsychologica; Neuropsychological Rehabilitation; Neuropsychology; PLOS One; Psychiatry Research; Psychonomic Bulletin and Review; Psychology of Sport and Exercise; Psychooncology; Psychophysiology; Quarterly Journal of Experimental Psychology; Social Psychology; Sport, Exercise, & Performance Psychology; Swiss Journal of Psychology</i>
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Memberships

since 01/2013	<i>Association for Psychological Science</i> (full member)
since 06/2012	<i>Psychonomic Society</i> (fellow)
since 01/2012	<i>Deutschen Gesellschaft für Psychologie</i> (full member)
since 01/2009	<i>European Society for Cognitive Psychology</i> (full member)

Publications

- 32 Marevic, I. & **Rummel, J.** (in press). Retrieval-mediated directed forgetting in the item-method paradigm: the effect of semantic cues. *Psychological Research*.
- 31 **Rummel, J.**, Steindorf, L., Marevic, I., & Danner, D. (in press). A validation study of the German complex span tasks and some general considerations on task translation procedures in cognitive psychology. *European Journal of Psychological Assessment*. Advanced online publication.
- 30 Marevic, I., Arnold, N. R., **Rummel, J.** (2018). Item-method directed forgetting and working memory capacity: A hierarchical multinomial modeling approach. *Quarterly Journal of Experimental Psychology*, 71, 1070-1080.
- 29 Meiser, T., **Rummel, J.**, & Fleig, H. (2018). Pseudocontingencies and choice behavior in probabilistic environments with context-dependent outcomes. *Journal of Experimental Psychology: Learning, Memory, & Cognition*, 44, 50-67.
- 28 **Rummel, J.** & Nied, L. (2017). Do drives drive the train of thought? Effects of hunger and sexual arousal on mind wandering behavior. *Consciousness & Cognition*, 55, 179-187.
- 27 Steindorf, L. & **Rummel, J.** (2017). I should not forget the apples – Mind wandering episodes used as opportunities for rehearsal in an interrupted recall paradigm. *Applied Cognitive Psychology*, 31, 424-430.
- 26 **Rummel, J.**, Smeeckens, B. A., & Kane, M. J. (2017). Dealing with prospective memory demands while performing an ongoing task: Shared processing, increased on-task focus, or both?. *Journal of Experimental Psychology: Learning, Memory, & Cognition*, 43, 1047-1062.
- 25 **Rummel, J.**, Wesslein, A.-K., & Meiser, T. (2017). The role of action coordination for prospective memory: Task-interruption demands affect intention realization. *Journal of Experimental Psychology: Learning, Memory, & Cognition*, 43, 717-735.
- 24 Fleig, H., Meiser, T., Ettl, F., & Rummel, J. (2017). Statistical numeracy as a moderator of (pseudo) contingency effects on decision behavior. *Acta Psychologica*, 174, 68-79.
- 23 Kroneisen, M., **Rummel, J.**, & Erdfelder, E. (2016). What kind of processing is survival processing?: Effects of different types of dual-task load on the survival processing effect. *Memory & Cognition*, 44, 1228-1243.
- 22 **Rummel, J.**, Marevic, I., & Kuhlmann, B. G. (2016). Investigating storage and retrieval processes of directed forgetting: A model-based approach. *Journal of Experimental Psychology: Learning, Memory, & Cognition*, 42, 1526-1543.
- 21 Dummel, S. & **Rummel, J.** (2016). Take-the-best and the influence of decision-inconsistent attributes on decision confidence and choice in memory-based decisions. *Memory*, 24, 1435-1443.
- 20 Englert, C. & **Rummel, J.** (2016). I want to keep on exercising but I don't: The negative impact of momentary lacks of self-control on exercise adherence. *Psychology of Sport and Exercise*, 26, 24-31.
- 19 **Rummel, J.** & Meiser, T. (2016). The spontaneous nature of prospective memory retrieval based on cue-processing fluency. *Memory & Cognition*, 44, 89-103.
- 18 Dummel, S., **Rummel, J.**, & Voß, A (2016). Additional information is not ignored: New evidence for information integration and inhibition in take-the-best decisions. *Acta Psychologica*, 163, 167-184.
- 17 Dummel, S., & **Rummel, J.** (2016). Effects of ego-depletion on choice behaviour in a multi-attribute decision task. *Journal of Cognitive Psychology*, 28, 374 - 383.
- 16 Boywitt, C.D., **Rummel, J.**, & Meiser, T. (2015). Commission errors of active intentions: The roles of aging, cognitive load, and practice. *Aging, Neuropsychology, and Cognition*, 22, 560-576.
- 15 Cook, G. I., **Rummel, J.**, & Dummel, S. (2015). Toward an understanding of motivational influences on prospective memory using value-added intentions. *Frontiers in Human Neuroscience*, 9, 278.
- 14 **Rummel, J.** & Boywitt, C. D (2014). Controlling the stream of thought: Working memory capacity predicts adjustment of mind-wandering to situational demands. *Psychonomic Bulletin & Review*, 21, 1309-1315.
- 13 Kuhlmann, B.G. & **Rummel, J.** (2014). Context-specific prospective-memory processing: Evidence for flexible attention allocation adjustments after intention encoding. *Memory & Cognition*, 42, 943-949.

- 12 Wesslein, A.K., **Rummel, J.**, & Boywitt, C.D. (2014). Differential effects of cue-specificity and list-length on the prospective and retrospective prospective-memory components. *Journal of Cognitive Psychology*, 26, 135-146.
- 11 Kroneisen, M., **Rummel, J.**, & Erdfelder, E. (2013). Working memory load eliminates the survival processing effect. *Memory*, 22, 92-102.
- 10 **Rummel, J.** & Meiser, T. (2013). The role of metacognition in prospective memory: Anticipated task demands influence attention allocation strategies. *Consciousness & Cognition*, 22, 931-943.
- 09 **Rummel, J.**, Kuhlmann, B.G., & Touron, D.R. (2013). Performance predictions affect attentional processes of event-based prospective memory. *Consciousness & Cognition*, 22, 729-741.
- 08 Schiel, R. ... **Rummel, J.**, Freytag, P., & Hartman, M. (2013). Effekte systematischer Informationen über psychosoziale Angebote während der ambulanten Strahlentherapie. *Strahlentherapie und Onkologie*, 189, 579-585.
- 07 **Rummel, J.**, Einstein, G. O. & Rampey, H. (2012). Implementation intention encoding in a prospective memory task enhances spontaneous retrieval of intentions. *Memory*, 20, 803-817.
- 06 Meiser, T. & **Rummel, J.** (2012). False prospective memory responses as indications of automatic processes in the initiation of delayed intentions. *Consciousness & Cognition*, 21, 1509-1516.
- 05 **Rummel, J.**, Hepp, J., Klein, S. A. & Silberleitner, N. (2012). Affective state and event-based prospective memory, *Cognition & Emotion*, 26, 351-361.
- 04 Boywitt, C. D. & **Rummel, J.** (2012). A diffusion model analysis of task interference effects in prospective memory. *Memory & Cognition*, 40, 70-82.
- 03 **Rummel, J.**, Boywitt, C. D. & Meiser, T. (2011). Assessing the validity of multinomial models using extraneous variables: An application to prospective memory. *Quarterly Journal of Experimental Psychology*, 64, 2194-2210.
- 02 **Rummel, J.** (2010). Psychological distance to a prospective memory cue influences the probability of fulfilling a delayed intention, *Memory*, 18, 284-292.
- 01 Szameitat, A. J., **Rummel, J.**, Szameitat, D. P. & Sterr, A. (2009). Behavioral and emotional consequences of brief delays in human-computer interaction. *International Journal of Human-Computer Studies*, 67, 561-570.

Invited Talks

- Rummel, J. (2018). Kosten und (potentieller) Nutzen von Phasen des gedanklichen Abschweifens, *University of Tübingen*, 18nd July, 2018.
- Rummel, J. (2018). Die Intentions-Verhaltens-Lücke: Kognitive und motivationale Ursache und mögliche Wege zu ihrer Schließung. *University of Freiburg*, 8th June, 2018.
- Rummel, J. (2018). Die Rolle von Speicherungs- und Abruf Prozessen beim instruierten Vergessen. *University of Hildesheim*, 22nd June, 2018.
- Rummel, J. (2018). Die Rolle von Speicherungs- und Abruf Prozessen beim instruierten Vergessen. *University of Landau*, 2nd May, 2018.
- Rummel, J. (2016). Speicherungs- und Abrufprozesse des willentlichen Vergessens. *Heinrich-Heine-Universität, Düsseldorf*, 15th June, 2016.
- Rummel, J. (2016). Different methods, different processes? Investigating storage and retrieval-based directed forgetting. *University of Mannheim*, 13th May, 2016.
- Rummel, J. (2015). A role for action coordination in the execution of delayed intentions. *University of Bern*, 21th October 2015.
- Rummel, J. (2015). Karrieremöglichkeiten nach der Promotion in Deutschland. Keynote at the 4. Ph.D. workshop „Allgemeine Psychologie“, *University of Jena*, 19th-21th June 2015.
- Rummel, J., Meiser, T., & Fleig, H. (2013). The role of pseudo-contingencies for experience-based decision-making. *University of Heidelberg*, 07th January, 2013.
- Rummel, J. (2011). Resource allocation and prospective memory: The role of strategic monitoring processes. *University of Heidelberg*, 18th April, 2011.
- Rummel, J. (2010). Performance expectancies and intention realization: A closer look at strategic monitoring in prospective memory. *University of North Carolina at Greensboro*, 05th November, 2010.
- Rummel, J. (2010). Multinomial modeling: A basic introduction. Invited workshop at the *Furman University, Greenville, South Carolina*, 08th December, 2010.

Conference contributions (as presenting author)

- Rummel, J. (2018). Context-dependent attentional decoupling and its relation to prospective memory. Talk presented at the 60. *Tagung experimentell arbeitender Psychologinnen und Psychologen*, Marburg, 11.-24. March, 2018
- Rummel, J. (2017). Why reminders work: Evidence for future-directed attention decoupling after the presentation of intention-related stimuli. Talk presented at the *Meeting of the European Society for Cognitive Psychology*, Potsdam/Germany, 3.-6. September, 2017.
- Rummel, J., Steindorf, L., Marevic, I., & Danner, D. (2017). The German translations of the complex span tasks: Reliability, validity, and a test of measurement equivalence with the original task. Poster at the 59. *Tagung experimentell arbeitender Psychologinnen und Psychologen*, Dresden, 26.-29. March, 2017.
- Rummel, J., Smeekens, B. A., & Kane, M. J. (2016). Stay focused! Adding prospective memory demands to a task causes stronger on-task focus. Talk presented at the 6. *International Conference on Memory*, Budapest, Hungary, 17.-22. July, 2016.
- Rummel, J., Wesslein, A.-K., & Meiser, T. (2016). Action Coordination and Prospective Memory: Intention Fulfillment Requires Ongoing-Task Interruption. Talk presented at the 2. *International Meeting of the Psychonomic Society*, Granada, Spain, 5.-8. May, 2016.
- Rummel, J. & Kuhlmann, B. G. (2016). Metacognitive awareness and prospective memory: Understanding the cue-focality effect. Talk presented at the 58. *Tagung experimentell arbeitender Psychologinnen und Psychologen*, Heidelberg, 21.-23. March, 2016.
- Rummel, J., Marevic, I., & Kuhlmann, B. G. (2015). Different Methods, Different Processes? A Multinomial Modeling Approach to the Investigation of Directed-Forgetting Processes. Poster presented at the 56. *Annual Meeting of the Psychonomic Society*, Chicago/USA, 19.-22. November, 2015.
- Rummel, J., Cook, G. I., & Dummel, S. (2015). The value of value-added intentions: Effects of monetary punishments and rewards on prospective memory. Talk presented at the *Swiss Conference on Psychology*, Geneva/CH, 8.-9. September, 2015.
- Rummel, J., Wesslein, A.-K., & Meiser, T. (2015). Ongoing-task Interruption and Prospective Memory. Talk presented at the 57. *Tagung experimentell arbeitender Psychologinnen und Psychologen*, Hildesheim, 8.-11. March, 2015.
- Rummel, J. & Einstein, G. O. (2014). Intention-interference in Prospective Memory: Spontaneous Noticing or Spontaneous Retrieval? Poster presented at the 55. *Annual Meeting of the Psychonomic Society*, Long Beach/USA, 20.-23. November, 2014.
- Rummel, J. & Einstein G. O. (2014). Disentangling Spontaneous Cue-Noticing and Spontaneous Retrieval Processes of Prospective Memory. Talk presented at the 49. *Kongress der Deutschen Gesellschaft für Psychologie*, Bochum/Germany, 21.-25. September 2014.
- Rummel, J. & Boywitt, C. D. (2014). The adaptive regulation of mind-wandering behavior. Poster presented at the 56. *Tagung experimentell arbeitender Psychologinnen und Psychologen*, Gießen, 30th March-2nd April, 2014.
- Rummel, J., Einstein, G. O., & Meiser, T. (2013). The Cognitive Underpinnings of Implementation Intention Encoding in Prospective Memory. Talk presented at the 13th *Biannual Congress of the Swiss Psychological Society*, 24th-27th September 2013, Basel, Switzerland.
- Rummel, J., Kuhlmann, B. G., Touron, D. R. & Meiser, T. (2013). Metacognition and Attention Allocation in Prospective Memory. Talk presented at the 55. *Tagung experimentell arbeitender Psychologinnen und Psychologen*, Vienna/Austria, 24th-27th March, 2013.
- Rummel, J. (2012). Unspecific Intentions Require Specific Attention: Target-Action Mapping Affects Interference From Prospective Memories. Poster presented at the 53. *Annual Meeting of the Psychonomic Society*, Minneapolis/USA, 15.-18. November, 2012.
- Rummel, J., Boywitt, C. D. & Meiser, T. (2012). The role of context for fulfilling delayed intentions. Talk presented at the 54. *Tagung experimentell arbeitender Psychologinnen und Psychologen*, Mannheim/Germany, 01st-04th April, 2012.
- Rummel, J. & Einstein, G. O. (2011). Implementation intentions and spontaneous retrieval in prospective memory. Poster presented at the 5th *International Conference on Memory*, York/UK, 31st July-5th August, 2011.
- Rummel, J. (2011). Focus on your plans: Global versus local processing of delayed intentions. Poster presented at the 16th *EASP General Meeting*, Stockholm/Sweden 12th -16th July, 2011.
- Rummel, J. & Einstein, G. O. (2011). Der Einfluss von Wenn-dann Plänen auf automatische Abrufprozesse im Prospektiven Gedächtnis [The role of if-then plans in spontaneous prospective memory retrieval]. Talk presented at the 53. *Tagung experimentell arbeitender Psychologinnen und Psychologen*, Halle (Saale)/Germany, 13th-16th March, 2011.
- Rummel, J. & Meiser, T. (2010). Resource allocation in prospective memory is modulated by metacognitive beliefs. Talk presented at the 3. *International Conference on Prospective Memory*, Vancouver/Canada, 28th-30th July, 2010.
- Rummel, J. & Meiser, T. (2010). Metakognitive Überzeugungen beeinflussen die Ressourcenallokation im Prospektiven Gedächtnis [Resource allocation in prospective memory as a function of metacognitive beliefs]. Talk presented at the 52. *Tagung experimentell arbeitender Psychologinnen und Psychologen*, Saarbrücken/Germany, 22nd-24th March, 2010.

Rummel, J. & Meiser, T. (2009). Level of construal moderates the specificity effect in event-based prospective memory. Poster presented at the *16. Meeting of the European Society for Cognitive Psychology*, Cracow/Poland, 2nd-5th September, 2009.

Rummel, J. & Meiser, T. (2009). Construal-level moderiert den Spezifitäts-Effekt im ereignisbasierten prospektiven Gedächtnis [Level of construal moderates the specificity effect in event-based prospective memory]. Talk presented at the *51. Tagung experimentell arbeitender Psychologinnen und Psychologen*, Jena/Germany 29th March-1st April, 2009.

Rummel, J. & Szameitat, A. J. (2008). Unsystematic micro-delays in HCI and their effect on the user. Poster presented at the *50. Tagung experimentell arbeitender Psychologinnen und Psychologen*, Marburg/Germany 3rd-5th March, 2008.