

Pooja Kulkarni

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EDUCATION

Saarland University

PhD student, Social Psychology

(Part of DFG-Funded RTG

2024 - present

2988-Investigating self-regulatory flexibility in everyday life)

University of Mumbai

M.A. Psychology

2021-2023

B.A. Psychology

2018-2021

RESEARCH INTERESTS

Self-Control, Self-Regulation, Education, Emotions, Behavioral Change

PUBLICATION

Hennecke, M., & **Kulkarni, P.** (2024). Metacognitive Knowledge About Self-Control. *Current Opinion in Psychology*, 101861. <https://doi.org/10.1016/j.copsyc.2024.101861>

Kulkarni, P., & Raut, R. (2022). Overcoming COVID-19: Delaying gratification, preventive practices, risk of testing positive and mental health during the pandemic. *Journal of Indian Academy of Psychology*, vol. 48, 356-362 ([PDF](#))

RESEARCH IN PROGRESS

Kulkarni, P., Koopmann, J., & Hennecke, M., (In preparation). Justifications and biases in self-control conflicts

Lopez, R., **Kulkarni, P.**, Goodson, P., Orvell, A., Reis, D., Friese, M., & Denny, B. (under review). Emotion regulation strategy use in response to daily stressors among college students: an experience sampling study

Hu, C., Xu, Z., Lazić, A., Bhattacharya, P.,.....**Kulkarni, P.**,.....Azevedo, F. (2025-accepted). Open Science in the Developing World: A Collection of Practical Guides for Researchers in Developing Countries. *Advances in Methods and Practices in Psychological Science*.

POSTER & PAPER PRESENTATIONS

Kulkarni, P., & Raut, R. (2022). Overcoming COVID-19: Delaying gratification,

- preventive practices, risk of testing positive and mental health during the pandemic (Bombay Psychological Association Annual Conference 2022)
- Kouznetsov, S., **Kulkarni, P.**, Muller, K., Moughan, E., & Lopez, R. (2023). Beyond Screen Time: Associations between motives to use Instagram and mental health indicators (NEPA conference at Worcester State University 2023)
- Kulkarni, P*.**, Gupta, H*., & Jack, D. (2022). “Am I Audible?” Insights from online psychology tutoring in the Global South (APA’s STP Twitter poster conference 2022)
- Kulkarni, P.** (2022) Self-Control strategies used by Indian adults adopting healthier eating habits (Pre-data Poster presented at PsyPAG 2022)
- Kulkarni, P*.**, & Baig, A*. (2023) Addressing the elephants at the roots: Influence of SES, gender, and caste on interest in pursuing a psychology Doctorate in India (UVA Diversifying Scholarship Conference 2023)
- Joshi, P., **Kulkarni, P.**, & Sathe, A. (2021). Impact of online teaching on mental well being of teachers during COVID-19 (KAPMI, Karnataka virtual conference)
- D’Silva, C., **Kulkarni, P.** (2020). Capital Punishment: A threat to Human Rights, a debate. (Presented at S.P. College, Pune 2020)

*Equal contribution

RESEARCH EXPERIENCE

PhD student at Saarland University (RTG 2988)	2024- present
Mentee & collaborator under Prof. Marie Hennecke - Ruhr-University Bochum (Working Remotely)	2022- present
Visiting Scholar & collaborator at SNAP Lab at Worcester Polytechnic Institute (Working Remotely)	2023-present
Project Associate at National Institute of Advanced Studies, Indian Institute of Science Campus	May - September 2024
Associate Research Strategist at MavenMagnet, Mumbai	2023- 2024
Postgraduate research scholar at University of Mumbai	2021-2023
Research intern at Psynergy, Mumbai	June - September 2021

TEACHING & SUPERVISION EXPERIENCE

Supervising Bachelor's and Master's thesis focusing on self-control and self-regulation at Social Psychology Unit, Saarland University 2025- present

Everything Psych 2022

- Taught the Research Methods subject at Everything Psych as a remote tutor, an initiative led by postgraduate students in Nigeria to help Nigerian undergraduates continue studies as the schools and colleges remained shut due to ASUU strikes.

Psych #rstats Club 2022- present

- Conducted workshops on R and statistics
- Prepared slides, R scripts and R markdowns for the sessions
- Compiled accessible resources for learning statistics and R

LEADERSHIP AND OUTREACH EXPERIENCE

Psych #rstats Club (Founder & Director) - A free peer-based learning platform for statistics and R focusing on its application in psychological research. The club adheres to principles of open science, striving to break down barriers to science and education. We have reached about 1000+ undergraduates, graduate students, post-docs, assistant professors and other individuals interested in R and statistics through our social media and workshops. The club was recognised with a SIPS Mission award 2023 and SIPS Grant-in-Aid 2024. ([Club resources](#)) 2022-present

Elected Executive Board member of DFG-Funded RTG 2988 at Saarland University - Research Training Group (RTG) 2988 is a DFG funded graduate program at Saarland university. The projects within the program investigate flexibility and balance as key characteristics of adaptive self-regulation. The executive board serves as a steering committee for day-to-day decisions regarding the RTG. 2024-present

Society for Affective Science Student Committee (Elected International Graduate member-at-large,)- The student committee supports affective science students by coordinating social and professional initiatives for SAS students. As the DEI student representative for SAS responsibilities include assisting with the Diversity travel awards for international students. Also served on the newsletter committee for the 2025 conference. 2023-2025

**Psyperspective (A students club, Core Committee) at Department
of Applied Psychology, University of Mumbai**

2021

TALKS AND WORKSHOP EXPERIENCE

Getting started with R, R Markdown & its Benefits (October 2023): Invited R workshop for Psychological Science Accelerator's South Asian Journal Club. Co-hosted with Munna R. Shainy. The workshop introduced the programming language R, beginning with how to install R and RStudio, providing a basic run-through of various features, functions, and activities that can be carried out in R, along with demonstrating a few fundamental statistical tests. Attendees were familiarized with the RMarkdown as a tool for generating reproducible code and promoting open science practices. ([Recordings](#))

R for Psychology Training Program (May 2024): Served as a facilitator for a 4-day training program for ARISA Foundation. Personally delivered a session on utilizing R markdown and OSF to improve reproducibility in psychological research. ([Recordings](#))

Faculty Training in R for Social Science Research (February 2024): Facilitated a week long faculty training to the Department of Psychology, Christ University, Bangalore, as the founder of Psych #rstats Club. The training introduced the faculty members to R, Rstudio, and basic and advanced statistical tests and packages in R. The training focused on utilizing R for improving reproducibility and also introduced them to Open science Framework (OSF) and showed them how to upload code and data and produce anonymous links to it when required for peer review publication process. ([Recordings](#))

Finding Mentorship, Collaborators and Teammates in Academia (July 2023): Invited session for Simply Neuroscience's Neurathon workshop series. This session covered the importance of finding good mentorship, collaborators and teammates in academia. The session included ways to seek out mentors and collaborators, and how to be a great team player. Resources on various freely accessible mentorship programs were also provided during the session. ([Recordings](#))

Navigating Academic Twitter as an International Student (September 2022): Invited for a talk alongside Nikita Ghodke by Everything Psych. The talk was meant for Nigerian undergrad and graduate students to help them utilize twitter to network and find opportunities for international students. ([Recordings](#))

SKILLS

- R, JAMOV, OpenSesame, PsychoPy, Atlas.ti, Python, PowerPoint, Excel
- Web development - beginner level (HTML, CSS, SQL, Bootstrap, PHP)
- Descriptive and inferential statistics
- Collaborative spirit, Problem solving, Empathy

PROFESSIONAL DEVELOPMENT

- PHP, HTML, CSS, BOOTSTRAP Certification course by Intershala
- Multilevel Modelling workshop by CenterStat

- R Programming By DataCamp
- Summer Undergraduate Research Education Program (SUREP) by University of Georgia

HONORS AND AWARDS

- Awarded a 2500 USD grant-in-aid by Society for the Improvement of Psychological Science (SIPS) for Psych #rstats Club (2024)
- Society for the Improvement of Psychological Science (SIPS) Mission Awards for Psych #rstats Club (2023)
- Elected International Graduate Student member-at-large for SAS Student Committee (2023-2024)
- Won 3rd place for a Co-authored paper on Capital Punishment at a state level Philosophy research paper presentation and seminar on Human Rights organized by Philosophy department, S.P. College, Pune. (2020)
- Lion 's Club (Vasai) Medal for securing a rank in SSC Boards (2015)
- Carmel Educational Group Academic Excellence Award (2015)