

Erin Westgate

Assistant Professor at University of Florida

Gainesville, FL, US

Erin Westgate studies boredom, interest, and thinking (...and why it's so hard for so many people).

Biography

Erin Westgate is an assistant professor of psychology in the College of Liberal Arts and Sciences, where she studies boredom, interest and why some thoughts are more engaging than others. Much of her research has been on the conditions under which people enjoy or do not enjoy their own thoughts. She has extended that work to the larger question of why people become bored, developing a new model of boredom that explains what boredom is, why we experience it, and what happens when we do. As part of this, she is investigating our desire for a life full of interesting, perspective-changing experiences - or a ?psychologically rich? life.

Areas of Expertise

Happiness, Boredom, Emotion, Social Psychology, Social Cognition, Psychological Richness

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