
Scott N Cole, PhD CPsychol, FHEA

Department of Psychology

Email: cole.s.n80@gmail.com

York St. John University,

Phone (mobile): +44 (0)7962 367669

York, YO13 7EX.

Twitter: @ScottColePsych

United Kingdom

Personal academic website: www.scottcole.co.uk

Current Position: Senior Lecturer, York St. John University

RESEARCH INTERESTS

My principal research interest concerns autobiographical memory and future-oriented cognition. Specifically, my research aims to develop a greater understanding of *'future thinking'*; a popular and emerging topic with ramifications for cognitive, clinical and health psychology. I have conducted laboratory-based and clinical research involving healthy and brain-damaged individuals to attempt to uncover the cognitive mechanisms of episodic future thinking, and the clinical implications of future thinking disorders. I currently have an active team of research assistants helping in conducting funded research into Involuntary Future Projections. I am also dedicated to increasing the public understanding of psychology, hence my experience writing popular science articles and presenting in the *3 Minute Thesis* competition.

EDUCATION

PhD Psychology (University of Leeds), 2008-2012

Thesis: *Cognitive and mnemonic characteristics of episodic future thinking*. Supervision by Prof. Catriona Morrison and Prof. Martin Conway. Examiner: Prof. Judi Ellis

MSc Memory and its Disorders (University of Leeds) *Distinction* 2006-2007

Dissertation: *A Case study of Confabulation (awarded poster prize and accepted as a scientific article)*, Supervised by Dr. Chris Moulin and Prof. Martin Conway. Modules included: Advanced Research Methods, Neuropsychological Assessment of Memory Disorders, Neuroscience of Memory, Systematic Research Review ('Errorless Learning in different patient populations').

BSc Psychology (University of Liverpool) 2:1 2000-2003

Dissertation: *Priming and recognition with real-life complex scenes: A model for future neuroimaging studies*. Supervisors: Prof. D. Montaldi & Prof. A. R. Mayes

PEER- REVIEWED PUBLICATIONS

1. Cole, S. N & Kvavilashvili, L. (2019). [Spontaneous and deliberate future thinking: a dual process account. *Psychological Research*](#) (in press).
DOI: <https://doi.org/10.1007/s00426-019-01262-7>
2. Cole, S. N. & Kvavilashvili, L. (2019) Spontaneous future cognition: The past, present and future of an emerging topic. *Psychological Research*, 83 (4),
DOI: <https://doi.org/10.1007/s00426-019-01193-3>

3. Hamilton, J. & Cole, S. N. (2017). Imagining possible selves across time: Characteristics of self-images and episodic thoughts. *Consciousness & Cognition*, *52*, 9-20. doi:10.1016/j.concog.2017.04.015
4. Conway, M. A., Loveday, C. & Cole, S. N. (2016). The Remembering-Imagining System. *Memory Studies*, *9*, 256-265.
5. Cole, S. N., Morrison, C., Barak, O., Pauly-Takacs, K., & Conway, M. A. (2016). Amnesia and Future Thinking: Exploring the Role of Memory in the Quantity and Quality of Future Thoughts. *British Journal of Clinical Psychology*, *55*, 206-224. doi:10.1111/bjc.12094
6. Cole, S. N., Staugaard, S., & Berntsen, D. (2016). Inducing Involuntary and Voluntary Mental Time Travel using a laboratory paradigm. *Memory and Cognition*, *44*, 376-389. doi: 10.3758/s13421-015-0564-9
7. Cole, S. N. & Berntsen, D. (2016). Do Future Thoughts Reflect Personal Goals? Current Concerns and Mental Time Travel into the Past and Future. *Quarterly Journal of Experimental Psychology*, *69*, 273-284. doi: 10.1080/17470218.2015.1044542
8. Cole, S. N., Fotopoulou, A., Oddy, M., Moulin, C. J. A. (2014). Implausible Future Events in a Confabulating Patient with an Anterior Communicating Artery Aneurism. *Neurocase*, *20*, 208-224. doi: 10.1080/13554794.2012.741259
9. Cole, S. N., Morrison, C. M. & Conway, M. A. (2013). Episodic Future Thinking: Linking Neuropsychological Performance and Episodic Detail in Young and Old Adults. *Quarterly Journal of Experimental Psychology*, *66*, 1687-1706. doi: 10.1080/17470218.2012.758157.**
10. Cole, S. N., Gill, N., Conway, M. A. & Morrison, C. M. (2012). Mental Time Travel: Effects of Trial Duration on Episodic and Semantic Content. *Quarterly Journal of Experimental Psychology*, *65*, 2288-2296. doi: 10.1080/17470218.2012.740053.

BOOK REVIEWS AND COMMENTARIES

Cole, S. N. (2017). A timely dose of theory in Future Thinking research. *The Quarterly Journal of Experimental Psychology*, *70* (2), doi: 10.1080/17470218.2016.1245347

=Cole, S. N., & =Pauly-Takacs, K. (2017) Is obesity linked with episodic memory impairment? A commentary on Cheke, Simons & Clayton (2016). *The Quarterly Journal of Experimental Psychology*, *70* (3), 590-591. doi: 10.1080/17470218.2016.1173075

TEXTBOOK CONTRIBUTIONS

Cole, S. N. (expected, late 2017). Confabulation: A pathological form of false memory. In CJA Moulin and C Souchay (Ed.) *Memory*, A textbook by the British Psychological Society. **

POPULAR SCIENCE ARTICLES

Cole, S. N. (2013). Imagining our future...and changing it. *The Psychologist*, *26* (11), 840-841. [Writing competition piece] **

Cole, S. N. (2013). Looking back to look forward: The new science of memory and future thinking, *Mental Notes Magazine, Fall Issue*. [available only via subscription]

Cole, S. N. (2012). The Joy of RECs (Research Ethics Committees): The life-cycle of a National Health Service ethics application. *Psychology Postgraduate Affairs Group Quarterly (British Psychological Society)*, 82, 26-29.

TEACHING RESPONSIBILITIES

Lecturer (York St. John University) Sept, 2015-Present

Module Leader: Cognition (Level 1, 2019+), Cognitive Psychology (Level 2, 2015-2019), Neuropsychology (Optional Level 3 Module), Dissertation Module (all Level 3 students, organizing workshops etc.)

Teaching: On Cognitive Psychology (Level 1), MSc Modules: Psychological Methods; Doctorate of Counselling Modules: Assessment

Visiting Lecturer (Heriot-Watt University, Scotland) Yearly sessions (2015-2017)

Lecture on 'Memory and Imagination' for a Final Year Lecture on a Module entitled: Memory Development and Reliability

Seminar Co-leader (Aarhus University, Denmark) Autumn, 2013

Organising module structure, appointing guest lecturers and running sessions on a module entitled 'Topics on Autobiographical Memory', an English module for International Undergraduate and Masters students. Involved assessing 6- or 20-page reports from each student (depending on level).

Associate Lecturer (Residential School-Open University) 2010-2012

Level 3 Projects. Lead Supervisor of around 6 cognitive psychology small group projects (consisting of 1-3 students), designing and conducting experiments. Included individuals from diverse backgrounds including those with special needs.

Associate Lecturer (Leeds Beckett University) 2009-2012

Level 1 Research Methods Practicals: Lab-based statistics teaching using SPSS. Involves leading weekly teaching sessions and assessment of Laboratory Reports.

Postgraduate Teaching Assistant (University of Leeds) 2008-2012

Level 1 Research Methods Seminars, including assessing and giving formative feedback on Practical Reports. Level 2 Teaching Assistant on Mini Projects (cognitive psychology). Level 3 project supervision on a PhD experiment, the data from which led to a Rapid Communication on Trial Durations (Cole et al., 2012)

English Teacher (University of Hubei, China) 2004-2005

Included designing and running oral English classes for a range of undergraduate and postgraduate classes (inc. world studies, psychology) at a Chinese University.

EMPLOYMENT HISTORY

Postdoctoral Research Fellow, Centre on Autobiographical Memory Research (CON AMORE), 2013-2014

- Involved in designing and implementing research projects on memory and future thinking, aligned with the research objectives of the centre and my personal research interests.
- Amongst other research duties, including contributing to research meetings and producing written articles, I was responsible for three research assistants on a social memory experiment and two research assistants on a six-month laboratory-based project at Aarhus University.
- I co-led and organised a teaching module on Autobiographical Memory (in English) for International Undergraduate and Masters Students

Assistant Psychologist, Brain Injury Rehabilitation Trust (Kerwin Court) 2007-2008

- Explained rehabilitation programmes of around 16 inpatients to rehabilitation workers in a neurorehabilitation centre in West Sussex.
- Led daily ‘morning meetings’ for all inpatients, led educational psychology sessions for patients, conducted behavioural observations and data analysis, relayed progress of rehabilitation programmes to multi-disciplinary clinical team (including occupational therapists, physiotherapists, keyworkers).

Rehabilitation Support Worker, Brain Injury Rehabilitation Trust (Daniel Yorath House, Leeds, UK) 2006-2007

- Supporting rehabilitation programmes for around 16 inpatients (e.g., cooking, shopping, work programmes), to increase patient independence

ADMINISTRATIVE DUTIES

Symposium organiser and co-chair, “Multiple Functions of Future Thinking” at the Society for Applied Memory and Cognition, Cape Cod, USA June, 2019

Research Network Administrator Creator and administrator of the Spontaneous Future Cognition research network (on JISCmail). 2017-Present

Workshop Organiser, “Involuntary Future Projections: In healthy adults and psychological disorders” July, 2017

Symposium Co-Organiser, “Case studies in episodic memory” 2016

Organised a chair and four international speakers covering neuropsychology, cognitive neuroscience and clinical psychology for the International Conference on Memory, July 2016 in Budapest, Hungary.

Symposium Organiser, “*Functions of Future Thoughts*,” 2015

Organised a chair and four international speakers covering health, cognitive neuroscience and clinical psychology for the inaugural International Convention of Psychological Science (an APS event), 12-14 March 2015 in Amsterdam, The Netherlands.

Module Co-Leader ‘*Topics on Autobiographical Memory*’, 2013

Organising module structure, appointing guest lecturers and running sessions on a module entitled an English module for International Undergraduate and Masters students at Aarhus University, Denmark. Involved assessing 6- or 20-page reports from each student (depending on level).

GRANTS AND AWARDS

2020-2021 - Awarded a Grant (£3,500) from the Experimental Psychology Society investigating memory using EEG at York St John University.

2017 – Obtained Internal York St John (QR) funding consulting on a project led by Prof. Reason on Disability in Theatre.

2016-2017 – Awarded a Small Grant (£2,250) from the Experimental Psychology Society investigating Involuntary Future Projections at York St John University.

2015 – Awarded Research Funding by the Dream Science Foundation of 5000 USD.

2015- Awarded a *Grindley Grant* from the Experimental Psychological Society (UK) to attend a symposium at the International Convention of Psychological Science (an APS event), 12-14 March 2015 in Amsterdam, The Netherlands . Maximum £500 expenses.

2013- One year membership to the British Psychological Society, for writing a New Voices article for *The Psychologist*

2013 - Awarded a *Grindley Grant* from the Experimental Psychological Society (UK) in to attend a talk in the Experimental Psychology Society Lancaster Meeting. Approximately £200 travel expenses.

2012 - Commendation for ‘Tweet Your Thesis’ competition for the University of Leeds postgraduate conference.

2008 – Awarded poster prize for “Past and Future Confabulation: A case study of MW” at ESRC Workshop on Recollection. Approximately £250 travel expenses.

TALKS AND POSTER PRESENTATIONS

“Spontaneous future thinking: Another route to prospection”. Invited talk at Bradford University, on 11th December, 2019

“The effect of coping skills on depression, anxiety, and autobiographical memory retrieval.” Poster presented at the Special Interest Meeting in Autobiographical Memory and Psychopathology on 5-6th December, 2019.

Discussant in “Spontaneity in Future Thinking: A Forward-Looking Research Symposium”, European Society for Cognitive Psychology, Tenerife, 25-28th September, 2019.

“Perceived Functions of Involuntary and Voluntary Future Thoughts” at the Society for Applied Memory and Cognition, Cape Cod, 5-9th June, 2019

“The Science of Future Thinking”. Invited talk at the annual British Science Festival 12th September 2018 at University of Hull.

“The effects of mental simulation on behaviour” Invited Psychology Department seminar, 11th October 2018 at University of Hertfordshire and October the 24th at Swansea University.

“Candidate mechanisms underlying spontaneous future thinking: A summary of three studies”, Mind wandering and Mindfulness conference, Northumbria University, 22nd July 2018.

“The effect of pulvinar damage on emotional processing of internally-generated past and future events”, Symposium Talk, Federation of European Societies of Neuropsychology, 13-15 September 2017.

“The Effect of Pulvinar Damage on Emotional Processing of Simulated Scenes”, Symposium Talk, International Conference on Memory, 17-22nd July 2016.

“The Goal-relatedness of Voluntary and Involuntary Future Thoughts Elicited in a Laboratory Task”, Invited Symposium Talk, Biannual Congress of the Swiss Psychological Society, Geneva, September 8-9th 2015.

“The use of mental rehearsal to promote achievement of functional rehabilitation goals following acquired brain injury (ABI)” (Co-author), Poster Presentation, Neuropsychological Rehabilitation Special Interest Group of the World Federation of Neurorehabilitation (WFNR), Australia, 6-7th July 2015.

“Episodic Future Thinking: The role of current and future concerns”, Symposium Talk, International Convention of Psychological Science (an APS event), Amsterdam, 12-14 March 2015.

“Mental Time Travel: Developing a Laboratory Paradigm for Inducing both its Involuntary and Voluntary Types”, Invited Seminar Talk, Department of Psychology, University of Hull, February, 2015.

“Inducing Involuntary and Voluntary Mental Time Travel in a Laboratory Paradigm”, Talk, Great Yorkshire Memory Meeting, University of Leeds, December, 2014

“Differentiating Event Simulations: The Past, Imagined Past and Future” Poster, Social Perspectives on Autobiographical Memory, June, 2013.

“Deconstructing the Differences between Memory and Imagination” Talk, Experimental Psychology Society, Lancaster Meeting, April, 2013.

“Remembering your past to imagine your future”. ‘Three Minute Thesis’ Finalist Talk at Showcase Postgraduate Conference, University of Leeds, December, 2012.

“Exploring Subprocesses of Imagined Future Events”. Poster, International Conference on Memory, University of York, 31 July-5 August, 2011.

“The self and its role in constructing autobiographical future events”. Poster, Theoretical Perspectives on Autobiographical Memory, Aarhus University, Denmark. 13-16 June, 2010

“Autobiographical memory and its role in constructing imagined future events”. Talk, Greater Yorkshire Memory meeting, University of Hull, 4th December, 2009.

“Past and Future Confabulation: A case study of MW”. Poster Presentation, Recollection Workshop (ESRC-funded), Descartes University Paris, France. 18th December 2008. Awarded Poster Prize

“Emotion, Drives and Confabulation”, Data Blitz Presentation (Talk), Emotion Conference, International Neuropsychanalysis Society (ESRC-funded), King’s College London, 14th December 2007.

ADDITIONAL SCHOLARLY ACTIVITIES

ADJUNCT REVIEWER

Acta Psychologica, British Journal of Psychology, British Journal of Clinical Psychology, Journal of Cognitive Psychology, Memory, Neuropsychanalysis, Quarterly Journal of Experimental Psychology

PERSONAL DEVELOPMENT

Attended a week residential neuroanatomy course hosted by Bangor University, entitled Visceral Mind. September, 2017

MENTOR

I joined the University of Liverpool Alumni Mentoring scheme on a voluntary basis in 2014. Based on my experience in clinical research, I currently Mentor an Undergraduate Psychology student. I am currently mentoring a technician at York St John in their research objectives.

PUBLIC ENGAGEMENT and KNOWLEDGE TRANSFER

- Finalist in a University-wide competition for postgraduates (Three Minute Thesis, December, 2012) in which I conducted a talk to around 100 postgraduates, researchers and judges about my thesis. I was also given a commendation for my Twitter Conference entry in which I summarized my thesis in six tweets. Further information can be found here: <http://www.pgrconference.leeds.ac.uk/>
- I presented a talk describing my research at an Older Adults Open Day (April, 2011), linked with the Leeds Older Adult Participant Panel. Under the remit of community-based research, these sessions enabled researchers and older adults to exchange ideas about priorities for future research.
- I developed and presented a two hour workshop entitled ‘how accurate is your memory?’ to school-aged children as part of a University Widening Participation scheme (August, 2010). The workshop was designed to raise aspirations, boost confidence and encourage those who would like to be involved in psychology-related careers.
- I developed and ran sessions for Enterprise Day for adults in the local community interested in psychology research (2009). The session involved a presentation on research related to my PhD and included a part in which attendees could voluntarily participate in some research.

- I have continually contributed to departmental Open Days for prospective students giving advice about pursuing a career in psychology.

MEMBERSHIPS

2017-Present, Full Member, *Psychonomic Society*

2017-Present. Full Member of the *British Neuropsychological Society*.

2014 – Present. Full Member of the *Experimental Psychology Society*.

2013 – Present, Chartered Member of the *British Psychological Society*,

REFEREES

1.Professor Dorthe Berntsen	2.Professor Martin Conway	3.Professor Catriona Morrison	4.Professor Judi Ellis
Centre Leader	Head of Department	Head of Department	School Director of Research
Centre on Autobiographical Memory Research (CON AMORE), Aarhus, Denmark	City University, London	Heriot Watt University, Edinburgh	University of Reading
Postcode:8000	Postcode:EC1V 0HB	Postcode: EH14 4AS	Postcode:RG6 7BE
Office: 0045 87165868	Office: 020 7040 8703	Office:0131 451 3468	Office:0118 3786415
dorthe@psy.au.dk	Martin.Conway.1@city.ac.uk	C.Morrison2@bradford.ac.uk	j.a.ellis@reading.ac.uk
Previous employer	Previous PhD supervisor	Previous PhD supervisor	External PhD Examiner

ACADEMIC TRANSFERABLE SKILLS

- Eight years of high-level teaching experience in Psychology (including attending oral communication training run by the Staff Development Unit, University of Leeds)
- Advanced knowledge of Microsoft Excel, Word, E Prime software, SPSS.
- Competent in working within a diverse research team consisting of clinical and academic members and preparing scientific papers for publication

- Eight years' experience of public speaking and presenting scientific research to diverse audiences.
- Continued ability to design, implement and publish original experiments as first author in high quality International journals.
- I am a good surfer; I have a beautiful girlfriend
