

Octavia H. Zahrt

Curriculum Vitae

Department of Organizational Behavior
Stanford Graduate School of Business
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Education

Ph.D., Organizational Behavior, Stanford University, Stanford, CA, Expected 2020.

B.A., European Social and Political Studies. University College London, London, England, 2015.
Graduated with 1st Class Honors.

Paris Institute of Political Studies, Exchange Program, 2013-2014.

Research Areas

Organizational Behavior, Social and Health Psychology

Current Projects

Unintended Symbolic Effects of Workplace Health Promotion (with Jeffrey Pfeffer and Francis Flynn).

Promoting Health and Negotiation Performance through Physical Activity (with Margaret Neale and Marily Oppezzo).

Leveraging Wearable Fitness Trackers to Promote Adaptive Mindsets, Physical Activity, and Health (with Alia Crum and James Landay).

Adverse Effects of Public Health Guidelines on Physical Activity and Health (with Alia Crum).

Improving Student Achievement and Well-Being by Fostering Diverse Friendship Networks (with Katherine Woolf).

Publications

Manuscripts under Revision and Review

Zahrt, O. H., & Crum, A. J. (in press). Perceived Physical Activity and Mortality: Evidence from Three Nationally Representative U.S. Samples. *Health Psychology*.

Conference Presentations

O. H. Zahrt (Chair), & B. P. Turnwald (Co-chair). “Rethinking Health Behavior Change”, Symposium presented at the Society for Personality and Social Psychology (SPSP) Annual Convention 2017. Presenters: **O. H. Zahrt**, B. P. Turnwald, R. Lenne, & W. Wood.

O. H. Zahrt, & A. J. Crum. “Effects of Public Health Messages About Physical Activity on Health-Related Mindsets and Health Outcomes”, Presentation at the American Public Health Association Annual Meeting 2016.

O. H. Zahrt, D. R. Carney, & J. K. Maner, “Effects of Power, Social Status, Hierarchical Instability, and Gender on Prosocial Behavior”, Poster presented at the SPSP Annual Convention 2016.

Selected Awards

2017 SPSP Graduate Travel Award for the SPSP Annual Convention. Awarded based on the excellence of the submitted conference abstract and on the strength of the applicant’s scholarly achievements.

2017 SPSP Diversity Fund Graduate Travel Award for the SPSP Annual Convention. Awarded based on the excellence of the applicant’s scholarly record and with the goal to increase diversity within personality and social psychology.

2015 The Dean’s List, Faculty of Arts and Humanities, University College London. A commendation to undergraduate students excelling in their chosen field.

2015 Fourth Year Sessional Prize, Department of European Social and Political Studies, University College London. Awarded to students with the best overall performance in department.

2012 German National Academic Foundation Scholarship. Awarded to students of outstanding academic achievements and potential.

Research Experience

Undergraduate Research Assistant, 2013-2015. Department of Psychology, University College London. Collaborated with Katherine Woolf on an intervention to encourage interethnic friendships and reduce the ethnic achievement gap.

Visiting Researcher, Summer 2014. Haas School of Business, UC Berkeley. Worked in Dana Carney’s Social and Nonverbal Behavior Lab. Developed and conducted a study on the impact of social hierarchies on prosocial behavior.

Undergraduate Research Assistant, Summer 2013. Department of Psychology, Stanford University. Worked in Gregory Walton’s lab on a social-psychological intervention study to ease freshmen’s transition into college. Worked in Michael Frank’s Language and Cognition Lab on a study about children’s language development.

Undergraduate Research Assistant, Summer 2012. Department of Communication, Stanford University. Worked with Clifford Nass and Danielle Lottridge on an fMRI study investigating differences in neural activity of heavy and light multitaskers. Trained and certified Level 3 MR Operator in the Stanford Center for Cognitive and Neurobiological Imaging (CNI).

Service

Ad Hoc Reviewer for *Appetite*, 2016.

President of the UCL European Society, 2012 - 2013. University College London. Responsible for approx. 300 members of a student organization; directed a committee of 7 delegates; led UCL-wide social, cultural, careers events; supervised the publication of the Eureka magazine.

Technical Skills

R, statistical data analysis (advanced)

MediaLab, experimental design (advanced)

Java, programming language (basic)

Languages

English, fluent

French, fluent

German, native speaker

Latin, good knowledge