

ANDREAS ELPIDOROU

PROFESSOR OF PHILOSOPHY
DIRECTOR OF LIBERAL STUDIES PROGRAM

I specialize in the philosophical study of human emotions—especially boredom. I also write on consciousness, physicalism, the good life, and the history of philosophy.

EDUCATION

2002 - 2006

University of Virginia
B.S. in Physics (High Distinction)

2006 - 2013

Boston University
Ph.D. in Philosophy

EMPLOYMENT

2023 - present

Director, Liberal Studies Program
University of Louisville

2021 - present

Professor, Department of Philosophy,
University of Louisville

2018-2021

Associate Professor (with tenure),
Department of Philosophy, University
of Louisville

2015-2018

Assistant Professor, Department of
Philosophy, University of Louisville

2013-2015

Visiting Assistant Professor,
Department of Philosophy, University
of Louisville

2012-2013

Visiting Lecturer, Department of
Philosophy, Boston University

CONTACT



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SPECIALIZATION

AOS



Philosophy of Psychology and the
Cognitive Sciences

- boredom; emotions

Philosophy of Mind

- consciousness

Metaphysics

- physicalism

AOC



Moral Psychology

- well-being

History of Philosophy

- phenomenology; history of emotions

PUBLICATIONS

Monographs

2. Elpidorou, A. 2020. *Propelled: How Boredom, Frustration, and Anticipation Can Lead Us to the Good Life*. New York: Oxford University Press.
1. Elpidorou, A., & G. Dove. 2018. *Consciousness and Physicalism: A Defense of a Research Program*. New York: Routledge.

Edited volumes and journal issues

5. Elpidorou, A. 2022. *The Moral Psychology of Boredom*. London: Rowman & Littlefield.
4. Elpidorou, A. 2020. "Neglected Emotions." Special issue of *The Monist*, 103 (2), 135-239.
3. Elpidorou, A. 2018. "The Character of Physicalism." Special issue of *Topoi. An International Review of Philosophy*, 37 (3).
2. Dahlstrom, D., Elpidorou, A., W. Hopp. 2015. *Philosophy of Mind and Phenomenology*. New York: Routledge.
1. Elpidorou, A., & L. Freeman. 2014. "The Phenomenology and Science of Emotions." Special issue of *Phenomenology and the Cognitive Sciences*, 13 (4).

Journal articles

46. Danckert, J., & Elpidorou, A. 2023. "In Search of Boredom: Beyond a functional account." *Trends in Cognitive Sciences*.
45. Elpidorou, A. "Boredom, as a concept in phenomenology." *Encyclopedia of Phenomenology*, Springer.
44. Elpidorou, A. 2023. "Jadedness: A philosophical analysis." *Philosophical Studies*, 180: 567–590.
43. Elpidorou, A. 2022. "Boredom and Cognitive Engagement: A functional theory of boredom." *Review of Philosophy and Psychology*. Online first publication.
42. Elpidorou, A., & G. Dove. 2023. "Keeping it Real: Research Program Physicalism and the Free Energy Principle." *Topoi*. Online first publication.
41. Elpidorou, A. "El peso existencial en la paradoja de aburrirse." *Revista de Occidente*, 2023.
40. Elpidorou, A., & J. Gibson. 2022. "Really Boring Art." *Ergo* 8: 30.
39. Elpidorou, A. 2022. "Précis: Propelled: How Boredom, Frustration, and Anticipation Lead Us to the Good Life." *Journal of Philosophy of Emotion* 3 (2): 1-9.
38. Elpidorou, A. 2022. "Replies to Contesi, Hardcastle, Pismenny, and Gallegos." *Journal of Philosophy of Emotion* 3 (2): 44-77.
37. Dove, G., & A. Elpidorou. 2021. "A Dilemma about the Mental." *Organon F*, 28 (4): 867-895.
36. Elpidorou, A. 2021. "Boredom, Human Psychology, and Immortality." *American Philosophical Quarterly*, 58 (4): 259-372.
35. Elpidorou, A., & J. Ros Velasco. 2021. "The Philosophy of Boredom." In *Oxford Bibliographies in Philosophy*.

34. Elpidorou, A. 2021. "Is Boredom One or Many? A functional solution to the problem of heterogeneity." *Mind & Language*, 36 (1): 491-511.
33. Elpidorou, A. 2020. "Neglected Emotions." *The Monist*, 103 (2):135-146.
32. Elpidorou, A. 2018. "On Affect: Function and Phenomenology." *Humana.Mente Journal of Philosophical Studies*, 34: 155-184
31. Elpidorou, A. 2018. "The Good of Boredom." *Philosophical Psychology*, 31 (3): 323-351
30. Elpidorou, A. 2018. "The Bored Mind is a Guiding Mind: Toward a regulatory theory of boredom." *Phenomenology and the Cognitive Sciences*, 17 (3): 455-484.
29. Elpidorou, A. 2018. "Introduction: The Character of Physicalism." *Topoi. An international Review of Philosophy*, 37 (3): 435-455.
28. Elpidorou, A. 2017. "Boredom in Art." *Behavioral and Brain Sciences*, 40, E359.
27. Elpidorou, A. 2017. "Emotions in early Sartre: the primacy of frustration." *Midwest Studies in Philosophy*, XLI: 241-259.
26. Elpidorou, A. 2017. "The Moral Dimensions of Boredom: A call for research." *Review of General Psychology*, 21 (1): 30-48.
25. Dove, G., & A. Elpidorou. 2016. "Embodied Conceivability: How to Keep the Phenomenal Concept Strategy Grounded." *Mind & Language*, 31 (5): 580-611.
24. Elpidorou, A. 2016. "Seeing the Impossible." *The Journal of Aesthetics and Art Criticism*, 74 (1): 11-21.
23. Elpidorou, A. 2016. "Horror, Fear, and the Sartrean Account of Emotions." *The Southern Journal of Philosophy*, 54(2): 209-225.
22. Elpidorou, A. 2016. "A Posteriori Physicalism and Introspection." *Pacific Philosophical Quarterly*, 97(4): 474-500.
21. Freeman, L., & A. Elpidorou. 2015. "Affectivity in Heidegger II: Temporality, Boredom, and Beyond." *Philosophy Compass*, 10/10: 672-684.
20. Elpidorou, A., & L. Freeman. 2015. "Affectivity in Heidegger I: Moods and Emotions in Being and Time." *Philosophy Compass*, 10/10: 661-671.
19. Elpidorou, A. 2015. "The Embodied and Social Dimensions of Free Will: The Value of Phenomenology." *AJOB Neuroscience*, 6(2): 1-2.
18. Elpidorou, A. 2015. "Phenomenal Concepts." In *Oxford Bibliographies in Philosophy*, edited by D. Pritchard. New York: Oxford University Press.
17. Elpidorou, A. 2014. "The Bright Side of Boredom." *Frontiers in Psychology*, 5: 1245.
16. Elpidorou, A., & L. Freeman. 2014. "The Phenomenology of Emotions." *Phenomenology and the Cognitive Sciences*, 13 (4): 507-511.
15. Elpidorou, A. 2014. "Blocking the A Priori Passage." *Acta Analytica*, 29 (3): 285 – 307.
14. Elpidorou, A. 2014. "Reasoning about the Mark of the Cognitive: A response to Adams and Garrison." *Minds and Machines*, 24: 201- 211.
13. Elpidorou, A. 2013. "Having it Both Ways: Consciousness Unique, but not Otherworldly." *Philosophia*, 41 (4): 1181 – 1203.

12. Elpidorou, A. 2013. "Moods and Appraisals: How the phenomenology and science of emotions can come together." *Human Studies*, 36 (4): 565-591, 2013.
11. Elpidorou, A. 2013. "The 'New Mind Revisited' or Minding the Vehicle/Content Distinction: A response to Manzotti and Pepperell." *AI & Society*, 28 (4): 461-466, 2013.
10. Elpidorou, A. 2012. "Are Phenomenal Concepts Perspectival?" *Southwest Philosophy Review*, 28 (1): 43-53, 2012.
9. Elpidorou, A. 2010. "Where's My Mind?" *Avant. The Journal of Philosophical-Interdisciplinary Vanguard*, 3 (1), 2010. (Also published in Polish as: "Gdzie jest mój umysł?" in *Avant*, 3).

Book chapters

8. Elpidorou, A. in press. "The Nature and Value of Boredom." In the *Routledge International Handbook of Boredom*, edited by M. Bieleke, W. Wolff, and C. Martarelli. Routledge.
7. Elpidorou, A. 2022. "Boredom and Poverty: A theoretical model." In *The Moral Psychology of Boredom*, edited by A. Elpidorou. London: Rowman & Littlefield.
6. Elpidorou, A. 2022. "The Moral Significance of Boredom: An introduction." In *The Moral Psychology of Boredom*, edited by A. Elpidorou. London: Rowman & Littlefield.
5. Freeman, L., & A. Elpidorou. 2020. "Fear, Anxiety, and Boredom." In *The Routledge Handbook of Phenomenology of Emotions*, edited by T. Szanto & H. Landweer. New York: Routledge.
4. Elpidorou, A., & L. Freeman. 2019. "Is Profound Boredom Boredom?". In *Heidegger on Affect*, edited by C. Hadjioannou. New York: Palgrave-Macmillan.
3. Elpidorou, A. 2015. "The Significance of Boredom." In *Philosophy of Mind and Phenomenology*, edited by D. Dahlstrom, A. Elpidorou, and W. Hopp (pp. 268 – 283). New York: Routledge.
2. Dahlstrom, D., Elpidorou, A., & W. Hopp. 2015. "Introduction." In *Philosophy of Mind and Phenomenology*, edited by D. Dahlstrom, A. Elpidorou, and W. Hopp (pp. 1 - 11). New York: Routledge.
1. Elpidorou, A. 2010. "Imagination in Non-Representational Painting." In *Reading Sartre: On Phenomenology and Existentialism*, edited by J. Webber (pp. 15-30). London: Routledge.

Book reviews and conference proceedings

9. Elpidorou, A. 2018. "Meaning, Mind, and Knowledge." *The Philosophical Review*, 127 (2): 264-268.
8. Elpidorou, A. 2015. "Istvan Aranyosi: The Peripheral Mind." *Notre Dame Philosophical Reviews*.
7. Elpidorou, A. 2015. "Ted Honderich: Actual Consciousness." *Analysis*, 75(4): 682-684.
6. Elpidorou, A. 2013. "The Oxford Handbook of Contemporary Phenomenology (ed. D. Zahavi)." *Notre Dame Philosophical Reviews*.
5. Elpidorou, A. 2012. "Mark Rowlands: The New Science of the Mind." *Philosophical Psychology*, 25 (5): 771-4.
4. Elpidorou, A. 2011. "Robert D. Rupert: Cognitive Systems and the Extended Mind." *Minds and Machines*, 21 (1): 107-13.
3. Elpidorou, A. 2010. "Alva Noë: Out of Our Heads." *Minds and Machines*, 20 (1): 155-9.

2. Elpidorou, A. 2009. "The Upsurge of Spontaneity and the Rise of Undivided Subject: The Role and Place of Merleau-Ponty in the Dreyfus-McDowell Debate." In *In/visibility: Perspectives on Inclusion and Exclusion*, ed. L Freeman. Vienna: Institut für die Wissenschaften vom Menschen Junior Visiting Fellows' Conference. Vol. XXIV.
1. Freeman, L., & Elpidorou, A. 2009. "In/visibility: Perspectives on Inclusion and Exclusion: Introduction." In *In/visibility: Perspectives on Inclusion and Exclusion*, ed. L Freeman. Vienna: Institut für die Wissenschaften vom Menschen Junior Visiting Fellows' Conference. Vol. XXIV.

Publicly engaged scholarship

8. Elpidorou, A. 2023. "Work is Boring—Use it." *Zocalo Public Square*.
7. Elpidorou, A. 2020. "What Happens If an AI Gets Bored?" *Scientific American*.
6. Elpidorou, A. 2020. "Boredom and Injustice." *The American Philosophical Association Blog*.
5. Elpidorou, A. 2020. "A Brief Guide to Boredom." *Psychology Today*.
4. Elpidorou, A. 2020. "Parenting and Boredom." *Psychology Today*.
3. Elpidorou, A. 2020. "A Pandemic of Boredom." *Oxford University Press Blog*.
2. Elpidorou, A. 2017. "Boredom's Push." *Oxford University Press Blog*.
1. Elpidorou, A. 2015. "The Quiet Alarm." *Aeon Magazine*

WORKS IN PROGRESS

Monographs

2. Elpidorou, A. under contract/in progress. *The Anatomy of Boredom*. Oxford University Press.
1. Elpidorou, A. under contract/in progress. *Killjoy*. Oxford University Press.

Edited volume

1. Elpidorou, A. under contract/in progress. *Boredom in the History of Philosophy*. Routledge Press.

GRANTS

- Research grant by the College of Arts & Sciences at the University of Louisville for a project aimed at the development and validation of a new scale for killjoy (\$2000).

TEACHING EXPERIENCE & MENTORING

Classes taught

at the University of Louisville

Death • Philosophy in Dialogue • The Good Life • Metaphysics • Modern Philosophy • Contemporary Moral Problems • Existentialism • Independent Study (Neuroexistentialism) • Doctoral Project II • Introduction to Philosophy • Philosophy of Emotions • Independent Study (Theories of perception & Comics) • Consciousness • Critical Thinking • Modal Epistemology

at Boston University

Philosophy of Science • Introduction to Ethics • Mind, Brain, and Self • Medical Ethics • Introduction to Philosophy • Great Philosophers • History of Early Modern

Dissertation Supervision

Reader

Eduard Ghita, University of Louisville, 2023.
Christopher Rickels, University of Louisville, 2019 - 2022.
Will Simpson, University of Louisville, 2016-2018.

External reader

Philosophy Ph.D. at Indian Institute of Technology Kanpur, 2022.
Jhotisha Mugon, University of Waterloo, 2020.
Patricia Baratta, University of Guelph, 2019

MEDIA INTERVIEWS

TV

Great Day Live, WHAS 11 (ABC), interviewed by Terry Meiners and Angie Fenton, 01/2019

- <https://www.whas11.com/article/features/great-day-live/look-at-the-bright-side-feeling-frustrated-has-positive-benefits/417-54b5e904-ba48-4a60-95b5-0500822adca3>

Radio & Podcasts

Harvesting Happiness, interviewed by Lisa Cypers Kamen, 09/2022

WFMP-LP 106.5 FM, Louisville FORward Radio. (#174: Critical Thinking for Everyone! | "Propelled" Author, Dr. Andreas Elpidorou | January 6, 2022).

The Dissenter, interviewed by Ricardo Lopes, 05/2021.

Tapestry, CBC, interviewed by Mary Hynes, 04/2021.

Seize the Moment Podcast ("STM Podcast #77: Andreas Elpidorou - How Boredom, Frustration, and Anticipation Lead Us to Growth," December 13, 2020

- <https://seizethemomentpodcast.libsyn.com/stm-podcast-77-andreas-elpidorou-how-boredom-frustration-and-anticipation-lead-us-to-growth>

Real Fiction Radio WERA-FM 96.7 Arlington, VA. Interviewed by Lori Messing McGarry, 09/2020.

- <https://www.realfictionradio.com/post/andreas-elpidorou>

The Good Life podcast by The Investor's Podcast Network ("TGL025: Insights into Happiness & The Good Life with Andreas Elpidorou," August 17, 2020

- <https://www.theinvestorspodcast.com/the-good-life/tgl025-insights-into-happiness-the-good-life-with-andreas-elpidorou/>

Business Matters, BBC World Service, interviewed by Roger Hearing, 03/2018.

Note to Self (WNYC Podcast), interviewed by Manoush Zomorodi, 08/2017.

"Ιδεοδρόμιο," a radio show on Greek public radio (Πρώτο Πρόγραμμα – EPT), interviewed by Eirini Giannara, 08/2017.

WHAS-AM radio and Kentucky Focus, interviewed by Suzanne Duvall, 04/2017.

UofL Today radio show, interviewed by Mark Hebert, 04/2017

NewsTalk Radio (Ireland), interviewed by Sean Moncrieff on October 29, 2015

Radio New Zealand, "The Value of Boredom," August 15, 2015

- www.radionz.co.nz/national/programmes/saturday/audio/201766631/andreas-elpidorou-the-value-of-boredom

Print media

The New York Times, The Well Newsletter, interviewed by Melinda Wenner Moyer for "[How to Be Bored, and What You Can Learn From It](#)", 11/2022

Science News, interviewed by Sujata Gupta for an article on COVID-19 and boredom, 12/2020

Bild der Wissenschaft, interviewed by Christian Wolff for an article on the benefits of boredom, 12/2020.

Print media (continued)

Huffington Post [UK], interviewed by Amy Packham for an article on boredom, 04/2020

Quartz, interviewed by Meghan McDonough for background information, 04/2020

Noticias Magazine (Portuguese newspaper), interviewed by Sofia Teixeira for an article on boredom and coronavirus ("Uma epidemia de tédio"), 04/2020.

Quebec Science, interviewed by Paule des Rivières for an article on the benefits of boredom ("Et si l'ennui était bénéfique?"), 03/2020.

Vogue Australia, interviewed by Remy Rippon. 05/2018.

Weekendavisen (Danish newspaper), interviewed by Anders Boas, 08/2017.

Σχεδία – Περιοδικό Δρόμου (<http://www.shedia.gr/>), interviewed by Maria Papadodimitraki for article titled «Η Μαθησιακή Γοητεία Της Πλήξης», 05/2017.

US News & World Report, interviewed by Michael Schroeder, 12/2016.

- <http://health.usnews.com/wellness/mind/articles/2017-01-03/could-you-benefit-from-boredom>

New York Magazine, interviewed by Melissa Dahl for background information, 09/2016.

University Affairs (<http://www.universityaffairs.ca/>) interviewed by Diane Peters for background information, 09/2016.

Women's Health, interviewed by Lisa Haney for background information, 08/2016.

Nature, "Why Boredom is Anything But Boring," interviewed by Maggie Koerth-Baker, 01/2016.

U.S. Catholic magazine, "The Sound of Silence," interviewed by Pamela Hill Nettleton, 10/2015.

Wired, "Boredom is Interesting," interviewed by Clive Thompson for background information, 07/2015.

MEDIA COVERAGE

The New York Times, The Well Newsletter, "[How to Be Bored, and What You Can Learn From It](#)", by Melinda Wenner Moyer, 11/03/2022.

Lifehacker, "Why You Need Boredom Time Every Week," by Elizabeth Yuko, 02/26/2022.
• <https://lifehacker.com/why-you-need-boredom-time-every-week-1848594122>

Happify, "Beat Boredom with These 3 Tips," by Steve Calechman, 08/2021.

HealthyDebate, "The endless 'existential crisis': Finding meaning in the midst of COVID boredom," by Robin Blades, 02/2021.

JUMPSTART, "Just Do Nothing: Why Being Bored Can Be Good," by Reethu Ravi, 02/2021.

Kirkus Reviews, "3 Indie Books that Take Deep Dives," by Karen Schechner, 01/2021.

Psyche Guides, "How to channel boredom," by James Danckert and John Eastwood, 01/2021
• <https://psyche.co/guides/when-boredom-strikes-respond-by-rediscovering-your-goals>

Vice, "How to Be Bored" by Shayla Love, 12/2020.
• <https://www.vice.com/en/article/v7mzbx/how-to-deal-with-boredom>

So Soir (Belgium), "Quatre activités pour lâcher prise et se déconnecter après le travail," by Audrey Morard, 11/2020.

Clean Plates, "Why the Fridge is Where We Head When We're Bored" by Loneke Blackman Carr., 08/2020.
• <https://www.cleanplates.com/eat/tips-eat/nutrition-boredom/>

Condivisione Democratica (Italy), "Che noia!," by Carla Panetta, 08/2020.

Revista Amar, "Uma epidemia de tédio," 07/2020.

Psychology Today, "Let Waiting and Boredom Be Your Guide" by Peter Toohey, 05/2020.
• <https://www.psychologytoday.com/ca/blog/annals-the-emotions/202005/let-waiting-and-boredom-be-your-guide>

Sophia (Argentina), "El aburrimiento, una invitación a mirar hacia adentro," by Santiago Buompadre, 04/2020.

Huffington Post [UK edition], "We're Really, Really Bored. But Here's Why We Should Embrace It," by Amy Packham, 04/2020.

Stars Insider, "How boredom can be good for you" April 2020, 04/2020.
• <https://www.starsinsider.com/health/427221/how-boredom-can-be-good-for-you>

The Border Mail (Australia), "Sometimes, it's good for us to be bored," by Anthony Perrone, 04/2020.

Psychology Today, "5 Benefits of Boredom," by Shahram Heshmat, 04/2020.

Semana (Colombian weekly magazine), "Aburrirse tiene sus ventajas, la ciencia explica por qué," 04/2020.

Huffington Post [French version], "Pendant le confinement, l'ennui a de nombreux bienfaits," by Marine Le Breton, 03/2020.

Psykologisk.no [Norwegian publication], "Hva er kjedsomhet, og hva forteller denne følelsen oss?" by Rebin Badkan, 01/2020.

Media coverage (continued)

The Concord Insider, "Making Good Health Simple: Looking for a cure for boredom? Here's a tip: Don't" by Crystal Reynolds, 10/2019.

InStyle Australia, "Research Says Boredom Is the Secret to Improved Productivity," by Chelsea Tromans, 09/2019.

Bild, "Darum sollten Sie auch faul sein!," by Volker Weinl, 09/2019.

Entrepreneur, "#5 Things To Do When Boredom Is Taking Over Your Existence At Work", by Priyadarshini Patwa, 09/2019.

Vogue Australia, August issue, "Sweet Nothings", by Remy Rippon (online version: "Science says, taking a break from work can actually boost your productivity"), 08/2019.

Les Echos (French Financial Newspaper), "Pourquoi il faut vous ennuyer cet été", by Corinne Dillenseger.07/2019.

Benefit, "Βαρεθήκατε την δουλειά σας? Οι επιστήμονες λένε ότι αυτό είναι καλό! ", 07/2019.

ÇA M'INTÉRESSE (Magazine), "Les bienfaits insoupçonnés de l'ennui!", 06/2019.

TELEPOLIS Magazine, "Papa, mir ist langweilig!", by Konrad Lehmann, 10/2018.

IFOD—Interesting Facts of the Day, "Why Do We Get Bored?," by John Jennings, 09/2018.

ON AIR Bulgaria, "An Ode to Boredom," by Christina Nigohosyan, 07/2018.

Fairlady, "The Creative Benefits of Boredom," by Liesl Robertson, 05/2018.

Forbes, "Bored At Work? Science Says That's A Good Thing," by David Sturt and Todd Nordstrom, 05/2018.

Business Insider, "17 things you should do if you're bored at work", by Rachel Premack, 05/2018.
New Idea, "The surprising benefits of doing nothing," 03/2018.

"Switching off: The pleasures of idleness", by Harry Lloyd, 03/2018.

Brisbane Times, "Can switching off your social life make you more successful at work?" by Madeleine Dore, 12/2017.

Natilus, "What Boredom Does to You," by Manoush Zomorodi, 10/2017.

BBC, "How Moments of Boredom Help Us Achieve More," by Vivian Giang, 07/2017.

The Federalist, "Why Parents Need To Limit Screens And Make Boredom Great Again," by Brooke Shannon, 06/2017.

France Culture (Podcast and write up), "L'ennui, très tendance," by Brice Couturier, 06/2017.

El Comercio (Peruvian newspaper), "¿Y si la vida fuese una fiesta permanente?, by Hugo Coya [in Spanish], 06/2017.

Lifehacker (India), "To be Bored to Death is the Ultimate Creativity Hack," by Jibu Elias, 05/2017.

Media coverage (continued)

- HRinAsia, "Effective Ways to Conquer Boredom at Work" by Riesty Wulandar, 09/2016.
- Live Science, "The Science of Boredom" by Taylor Kubota, 09/2016.
- Curator, "I'm Bored" by Charity Singleton Craig, 07/2016.
- Everup, "The Benefits of Boredom" by Matt Reimann, 04/2016.
- Psychology Today, "Boredom and Its Perks" by Dena Kouremetis, 02/2016.
- Business Insider, "6 Scientific Benefits of Being Bored" by Rachel Gillett, 01/2016.
- Open Culture, "How to Take Advantage of Boredom, the Secret Ingredient of Creativity" by Colin Marshall, 01/2016.
- The Sydney Morning Herald, "In praise of boredom, setting us free from the trials of endless distraction" by James Adonis, 01/2016.
- Fast Company, "6 Ways the Most Successful People Conquer Boredom at Work" by Sam Harrison, 11/2015.
- HuffingtonPost, "OMG I'm So Bored: Why Millennials Must Learn to Sit Alone in a Room" by Jess Carson, 11/2015.
- U.S. Catholic, "The Sound of Silence" by Pamela Hill, 10/2015.
- The Tribune (India), "Allow Your Kid to Be Bored" by Aditi Garg, 07/2015.
- Peruthisweek, "How much time do you spend staring at a screen?" by Valentina Alvarez, 05/2015.
- VPS.NET, "Does Technology Spell the End of Boredom?" by Jessica Furseth, 05/2015.
- Fast Company, "The Science Behind How Boredom Benefits Creative Thought" by Vivian Giang, 02/2015.

PRESENTATIONS (SELECTED)

Invited

On Boredom: Screen Time, Free Time, and Children Development. Webinar for *Children and Screens*, 05/2013

"The Feeling of Boredom." Boston Phenomenology Circle Symposium, 04/2023.

"The Value of Boredom." Philosophy and Modern Life Series. University of Kentucky, 02/2023.

"Boredom, Poverty, and Social." Vanier College Humanities Symposium. Keynote Address, 01/2022.

"Boredom and Poverty: A theoretical model." 4th International Interdisciplinary Boredom Conference. Online. Keynote Address, 06/2021.

Author-meets-Critics session on *Propelled: How Boredom, Frustration, and Anticipation Lead Us to the Good Life*. Meeting of the Society for Philosophy of Emotion during the 2021 Eastern division meeting of the American Philosophical Association, New York, NY, 01/2021.

invited presentations (continued)

"A New Physicalism for the Scientifically Minded." Virtual Metaphysics of Mind Workshop, University of St. Andrews, 12/2020.

Authors-meet-Critics session on Consciousness and Physicalism. Annual Meeting of the Southern Society for Philosophy and Psychology, Cincinnati, OH, 04/2019.

"Bored Out of My Mind: On the function and value of boredom" Colloquium Series, Department of Philosophy, University of Kentucky, 09/2018.

"What Is Profound Boredom If Not Boredom?" Workshop on Affectivity and Heidegger. University College Dublin, Ireland, 05/2017.

"Boredom and Self-Regulation." Workshop on Boredom and Mind-Wandering. University of Waterloo, Waterloo, Canada, 10/2015.

"Reasons, Causes, and Neuropsychology." SoPhiA: Students of Philosophy Association, Concordia University, Montreal, 01/2012.

"The Epistemology of Mood Revisited: Heidegger and Wittgenstein." European Philosophy Workshop, Harvard University, 12/2010.

"Imagination and Non-Representational Painting." Reading Sartre, École Normale Supérieure, Paris, France, 09/2010.

"Emotions, Imagination, and Abstract Expressionism." Sartre on Perception and Imagination, Cardiff University, Wales, UK, 07/2009.

Refereed (since 2015)

"The Functional View of Boredom." 28th Conference of the European Society for Philosophy and Psychology. Online, 08/2021.

"The Functional View of Boredom." Annual meeting of the European Philosophical Society for the Study of Emotions. Online, 06/2021.

"Is Boredom One or Many?" Annual meeting of the Society of Experimental Social Psychology, Toronto, ON, Canada, 10/2019.

"The Good of Boredom." 3rd Annual Minds Online Conference, 09/2017.

"Boredom, Self-Regulation, and Well-Being." Canadian Philosophical Association, 61st Annual Congress, Toronto, ON, Canada, 05/2017.

"Hempel's Revenge" (co-authored paper with G. Dove). Annual Meeting of the Southern Society for Philosophy and Psychology, Savannah, GA, 03/2017.

"Boredom, Self-regulation, and Well-Being." Annual Convention of the Association for Psychological Science, Chicago, IL, 05/2016.

"The Value of Boredom." Annual Meeting of the Southern Society for Philosophy and Psychology, Louisville, KY, 03/2016.

"Actualist Physicalism." Society for the Metaphysics of Science, Newark, NJ, 10/2015/

"Embodied Conceivability." Society for Philosophy and Psychology (41st Annual Meeting), Durham, NC, 06/2015.

Non-refereed (since 2015)

"The Value of Boredom." REDTalk event at the University of Louisville. 04/2023

Comments on Torin Alter and Derk Pereboom's "Russellian Monism and Structuralism about Physics." Annual Meeting of the Southern Society for Philosophy and Psychology, Louisville, KY, 12/2020.

"Boredom," Pandemic Salon, virtual event organized by the Philosophy Department of York University (Canada), 07/2020.

"New Physicalism for New Mechanism" (with G. Dove). Physicalism and Science: A workshop at the University of Louisville. University of Louisville, 05/2019.

"Boredom and the Good Life." Speaker Series at Highland Presbyterian Church, Louisville, KY. 04/2019.

"The Good Life and Negative Emotions." Engaged scholarship at Stonecrest of Louisville, Senior Living, 02/2019.

"The Bright Side of Frustration." Fast Class at the Louisville Free Public Library, 01/2019.

"The costs and benefits of doing something halfheartedly: comments on Joshua Shepherd's 'Halfhearted Action and Control.'" Invited contributed to online symposium on Brains Blog, 04/2018.

"Boredom and Everydayness: An introduction to Chantal Akerman's Jeanne Dielman, 23 Quai du Commerce, 1080 Bruxelles." Speed Cinema, Speed Art Museum, 03/2017.

"The Moral Dimensions of Boredom. Conference on Neglected Emotions, University of Louisville, 03/2017.

"The Gifts of our Discontent: On the Value of Boredom." CCHS Presents, University of Louisville, 10/2016.

"The Benefits of Boredom." Creative Mornings, Louisville, KY, 12/2015.

"The Metaphysics of Introspection." Department of Philosophy, University of New Mexico, 02/2015.

HONORS, AWARDS & SCHOLARSHIPS

Faculty Fellowship, Commonwealth Center for the Humanities and Society, University of Louisville, 2016-17.

Earhart Fellowship, 2011-12.

A.G. Leventis Foundation Scholarship, 2009-11.

Fulbright Scholarship (Highest National Award), 2002-06.

LANGUAGES

Modern Greek—native

French—intermediate

Ancient Greek—basic reading

ACADEMIC SERVICE

Service to the University

Member of Conflict Review Board Committee (Fall 2021 - present)

Member of Scholars at Risk Committee (Fall 2019 – Spring 2020)

Service to the College

Member of A&S Personnel committee (2021 - present); Chair of A&S Personnel committee (2022-2023)

Member of Research committee (2020 - 2023)—Chair of Research committee for 2020-21.

Member of Advisory Board of the Commonwealth Center for the Humanities and Society (Fall 2021 - present)

Member of COACHE Committee (Spring 2022)

Member of Budget and Planning committee (Fall 2018 - 2021)

Member of Admissions Committee for Humanities Ph.D. (Spring 2018 – Spring 2019)

Organizer Existentialism Reading Group (Fall 2017)

Organizer of a two-day conference on neglected emotions (April 13 – 14, 2017) at the University of Louisville

Service to the Department

Director of Undergraduate Studies/Vice Chair (Fall 2021 – present)

Member PTL Hiring Committee (Fall 2019 – present)

Member M.A. in Applied Philosophy Committee (Fall 2020 – Spring 2021)

Member Search Committee (Spring 2021, Spring 2022)

Member Recruitment Committee (2018 - 2019)

Member Communications Committee (2013 - 2019)

Member Scholarship Committee (Fall 2018 – Spring 2019)

Webmaster of Departmental website (2013 – 2020)

Service to the Profession

Committee member

New Frontiers in Research Fund (NFRF), Multidisciplinary Review Panel, Government of Canada (2019)

Ad hoc reviewer

Journals

Acta Analytica (2015) • AI & Society (2013) • American Philosophical Quarterly (2016) • Analysis (2019) • Australasian Journal of Philosophy (2015, 2019, 2021) • Axiomathes (2015, 2016) • Behavioral Sciences (2022) • Canadian Journal of Philosophy • Current Directions in Psychological Science (2019) • Dialectica (2018) • Dialogue: Canadian Philosophical Review (2015, 2017) • Diametros (2021) • Disputatio (2013) • Ergo (2018) • Erkenntnis (2015, 2017) • European Journal of Psychological Assessment (2021) • Experimental Brain Research (2016) • History of Philosophy Quarterly (2016, 2017) • Husserl Studies (2014) • International Journal of Philosophical Studies (2012) • Journal of Aesthetics and Art Criticism (2013) • Journal of Consciousness Studies (2015) • Journal of Personality (2020) • Journal of Personality Assessment (2015) • Journal of Philosophical Research (x2) • MIND (2017) • Motivation and Emotion (2021) • Music & Science (2023) • Personality and Social Psychology Review (2020) • Phenomenology and the Cognitive Sciences (2013 – 2016 x6, 2018, 2022 x2) • Philosophers' Imprint (2019, 2020) • Philosophia (2016) • Philosophical Psychology (2011, 2014, 2016, 2017, 2022) • Philosophical Quarterly (2017) • Philosophical Studies (2016, 2018, 2019) • Philosophy and Phenomenological Research (2017x2, 2021) • Philosophy of Science (2017) • Proceedings of the National Academy of Sciences of United States of America (2020) • Ratio (2017) • Synthese (2021, 2019, 2017x2, 2016x2) • The Southern Journal of Philosophy (2015, 2017, 2018) • Topoi (x3) (2015) • University of Toronto Quarterly (2016)

Publishers

Bloomsbury (x2) • Cambridge University Press • Oxford University Press • Routledge (x2) • Springer

National grants

Austrian Science Fund • Natural Sciences and Engineering Research Council of Canada (NSERC)

Conferences

Eastern ASA (2013) • SPP (2017) • SSPP (2017)