

## MICHAŁ NOWAK

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### EDUCATION

Jagiellonian University, Institute of Psychology PhD candidate, Psychology	Cracow, Poland 2015-present
University of Lodz, Institute of Psychology Master of Science, Psychology	Lodz, Poland 2015
University of Lodz, Department of Philology Master of Arts, English Studies	Lodz, Poland 2013

### RESEARCH EXPERIENCE

Jagiellonian University <b>Full-time Researcher</b> Advisor: prof. Edward Nęcka Project: "Behavioral, cognitive, and neural mechanisms of self-control" -planning and execution of experimental and correlational studies -statistical analysis of data -article writing	Cracow, Poland 2015-2018
Jagiellonian University <b>Part-time Researcher / Student Intern</b> Advisor: prof. Edward Nęcka Project: "Behavioral, cognitive, and neural mechanisms of self-control" -planning and execution of experimental and correlational studies -statistical analysis of data -article writing -development of a psychometric tool for the assessment of trait self-control	Cracow, Poland 2014-2015
Durham University <b>Student Intern</b> Advisor: prof. Hellen Ball Internship at Parent-Infant Sleep Lab - execution of experimental and correlational studies	Durham, UK 2013

## INDIVIDUAL RESEARCH PROJECTS

Jagiellonian University  
Principal Investigator  
Project: "The influence of alternative costs on the level of performance and the subjective sensation of cognitive effort in cognitive control tasks"  
NCN research grant PRELUDIUM 14 for young scientists.

Cracow, Poland  
2018-2021

Jagiellonian University  
Principal Investigator  
Project: "Alternative costs in tasks requiring cognitive control"  
DSC research grant for young scientists.

Cracow, Poland  
2018-2019

## CONFERENCE PRESENTATIONS

Nowak, M., Wójcik, N. The Influence of Opportunity Costs Level on Cognitive Control Tasks Performance in a Dual-Task Paradigm. Poster presentation at 9th European Working Memory Symposium (EWOMS-9), Pavia, 2018.

Nowak, M. Opportunity Costs and the Sensation of Effort in Executive Function Tasks. Poster presentation delivered at 20<sup>th</sup> Conference of the European Society for Cognitive Psychology, Potsdam, Germany, 2017.

Wójcik, N., Nowak, M. 'Stop it and do something else' - cognitive fatigue as a signal to change the course of action (in the context of self-control). Poster presentation delivered at 20<sup>th</sup> Conference of the European Society for Cognitive Psychology, Potsdam, Germany, 2017.

Wójcik, N., Nowak, M., Orzechowski, J., Gruszka, A., Nęcka, E. The Significance of a Componential Approach in Assessing Self-Control and Cognitive Control Relations. Poster presentation delivered at Conference of The International Society for the Study of Individual Differences, Warsaw, Poland, 2017.

Nowak, M., Bańbura, A. Fatigue as an adaptive signal in the context of self-control behaviors. Oral presentation delivered at 4<sup>th</sup> Annual Conference Of Polish Society For Human And Evolution Studies, Cracow, Poland, 2017.

Nowak, M., Wójcik, N., Orzechowski, J., Gruszka, A., Nęcka, E. Self-control and executive function tasks relations: A multi-dimensional approach. Poster presentation delivered at Cognitive Neuroscience of Executive Functions, Padua, Italy, 2017.

Wójcik, N., Nowak, M., Orzechowski, J., Gruszka, A., Nęcka, E. Integrating behavioural and cognitive levels of self-control: the role of different self-control dimensions and self-related stimuli in resistance to distraction. Poster presentation delivered at Motivation and Social Perception, Gdansk, Poland, 2016.

## PEER-REVIEWED PUBLICATIONS

Nęcka, E., Korona-Golec, K., Hlawacz, T., Nowak, M., & Gruszka-Gosiewska, A. (2019). The relationship between self-control and temperament: a contribution to the self-control definition debate. *Current Issues in Personality Psychology*, 7(1), 24-31.

Nęcka, E., Gruszka, A., Orzechowski, J., Nowak, M., & Wójcik, N. (2018). The (In) significance of Executive Functions for the Trait of Self-Control: A Psychometric Study. *Frontiers in psychology*, 9, 1139.

Wujcik, R., Nowak, M., & Nęcka, E. (2017). Enhancement of Executive Control through Short-term Cognitive Training: Far-transfer Effects on General Fluid Intelligence. *Polish Psychological Bulletin*, 48(1), 72-78.

Nęcka, E., Wujcik, R., Orzechowski, J., Gruszka, A., Janik, B., Nowak, M., & Wójcik, N. (2016). NAS-50 and NAS-40: New scales for the assessment of self-control. *Polish Psychological Bulletin*, 47(3), 346-355.

## PhD SCHOLARSHIPS

Jagiellonian University PhD Scholarship from subsidy funds	Cracow, Poland 2018/2019
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Jagiellonian University PhD Scholarship for bilateral exchange – a one-semester stay at Indiana University, Bloomington, USA (received January, 2018)	Cracow, Poland 2018
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Jagiellonian University PhD Scholarship for bilateral exchange – a short-term visit to Freie-Universitat Berlin, Berlin, Germany	Cracow, Poland 2018
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Jagiellonian University, Institute of Psychology PhD Scholarship from subsidy funds	Cracow, Poland 2017/2018
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Jagiellonian University, Institute of Psychology PhD Scholarship from subsidy funds	Cracow, Poland 2016/2017
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Jagiellonian University, Department of Philosophy Scholarship for the best PhD students	Cracow, Poland 2017/2018
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