

Research summary

Aims—to develop and evaluate design patterns that help people self-regulate their use of smartphones and laptops.

Methods—controlled studies, user surveys, interviews, co-design workshops, web scraping, behaviour logging.

I am passionate about open and transparent research. Since 2018, I have shared materials, analysis scripts, and data for all my first-authored work, and written my papers as reproducible documents in R Markdown¹.

Research positions

2021 — present

Postdoctoral Researcher

Carlsberg Foundation & Dept. of Computer Science, University of Oxford

Education

2016 — 2021

DPhil in Computer Science, University of Oxford

Supervisor: Sir Nigel Shadbolt²

Thesis: Examining the effectiveness of design patterns for digital self-control

2012 — 2013

MSc in Cognitive and Evolutionary Anthropology, University of Oxford

Supervisor: Oliver Curry³

Thesis: Fundamental motivations and risk-taking

2011 — 2016

MA in the Study of Religion & Psychology, Aarhus University

Supervisor: Uffe Schjødt⁴

Thesis: Religion as a cultural tool for cognitive control

2007 — 2011

BA in the Study of Religion & Psychology, Aarhus University

Supervisors: Jesper Sørensen⁵ and Kristoffer Laigaard Nielbo⁶

Thesis: Priming effects of religious concepts on moral judgment

Major grants and funding

2021 — 2023

Carlsberg Foundation Visiting Fellowship at University of Oxford⁷ (DKK 700,000 (~£80k)), Understanding Personal Digital Self-Control Struggles and Appropriate Interventions

2020

van Houten Fund⁸ (~£12k), The Reducing Digital Distraction (ReDD) Workshop for Oxford University students.

Supervisor: Maureen Freed.

2019 — 2020

EPSRC Doctoral Prize⁹ (~£28k), Supporting End-User Autonomy Over Digital Device Use.

Supervisor: Nigel Shadbolt. Mentor: Max Van Kleek.

¹ Last updated: March 2022

Awards & honours

2020	<p>Winner of the 2020 Oxford Three Minute Thesis competition¹⁰, Mathematical, Physical and Life Sciences Division, University of Oxford</p> <p>Commendation Certificate for the Reducing Digital Distraction Workshop, MPLS Impact Awards¹¹, University of Oxford</p>
2019	<p>Best Talk Award, 2019 Oxford Computer Science Conference, University of Oxford</p> <p>Best Paper Honorable Mention Award for "Self-Control in Cyberspace...", CHI'19: ACM Conference on Human Factors in Computing Systems</p>
2018	<p>Best Paper Award for "Third party tracking...", WebSci'18: ACM Conference on Web Science, Amsterdam</p>
2017	<p>DOMUS Prize for Outstanding Research Communication, Linacre College, University of Oxford</p>

Publications

Conference publications

(fully reviewed, archival)

In computer science, top-tier conferences (<30% acceptance rate) are as, or more impactful than journals, see doi.org/fgjt2h

2021	C6	<p>How the Design of YouTube Influences User Sense of Agency K. Lukoff, U. Lyngs, H. Zade, V. Liao, J. Choi, K. Fan, S. Munson, A. Hiniker CHI'21: ACM Conference on Human Factors in Computing Systems</p>
2020	C5	<p>From Ancient Contemplative Practice to the App Store: Designing a Digital Container for Mindfulness K. Lukoff, U. Lyngs, S. Gueorguieva, E. S. Dillman, A. Hiniker, S. A. Munson DIS'20: ACM conference on Designing Interactive Systems</p>
	C4	<p>"I Just Want to Hack Myself to Not Get Distracted": Evaluating Design Interventions for Self-Control on Facebook U. Lyngs, K. Lukoff, P. Slovak, W. Seymour, H. Webb, M. Jirotko, J. Zhao, M. Van Kleek, N. Shadbolt CHI'20: ACM Conference on Human Factors in Computing Systems</p>
2019	C3	<p>Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools U. Lyngs, K. Lukoff, P. Slovak, R. Binns, A. Slack, M. Inzlicht, M. Van Kleek, N. Shadbolt CHI'19: ACM Conference on Human Factors in Computing Systems 🏆 Best paper honourable mention (top 5%)</p>
2018	C2	<p>Third party tracking in the mobile ecosystem R. Binns, U. Lyngs, M. Van Kleek, J. Zhao, T. Libert, N. Shadbolt WebSci'18: ACM Web Science Conference 🏆 Best paper award (top 2 papers)</p>
	C1	<p>"It's Reducing a Human Being to a Percentage": Perceptions of Justice in Algorithmic Decisions R. Binns, M. Van Kleek, M. Veale, U. Lyngs, J. Zhao, N. Shadbolt CHI'18: ACM Conference on Human Factors in Computing Systems</p>

Journal articles (fully reviewed, archival)

- 2021 J3 **Before and after GDPR: tracking in mobile apps**
K. Kollnig, R. Binns, M. Van Kleek, J. Zhao, U. Lyngs, C. Tinsman, N. Shadbolt
Internet Policy Review, 10(4)
- J2 **Designing for Youth-Centered Moderation and Community Governance in Minecraft**
K. Salen Tekinbaş, K. Jagannath, U. Lyngs, P. Slovák
TOCHI: ACM Transactions on Computer-Human Interaction
- 2016 J1 **Hearing in Colour: How Expectations Distort Perception of Skin Tone**
U. Lyngs, E. Cohen, W. Hattori, M. Newson, D. Levin
JEP:HPP: Journal of Experimental Psychology: Human Perception and Performance, 42(12), 2068-2076

Book chapters

- 2021 B1 **Robot Accident Investigation: a case study in Responsible Robotics**
A. F.T. Winfield, K. Winkle, H. Webb, U. Lyngs, M. Jirotko, C. Macrae
Springer: : Software Engineering for Robotics [12](#), Cavalcanti et al. (eds.), pp. 165-187

Extended abstracts and workshop papers

(lightly reviewed)

- 2022 A10 **Designing to Support Autonomy and Reduce Psychological Reactance in Digital Self-Control Tools**
K. Lukoff, U. Lyngs, L. Alberts
CHI'22 Workshop: *Self-Determination Theory in HCI: Shaping a Research Agenda*, ACM CHI Conference on Human Factors in Computing Systems
- 2020 A09 **The ReDD Workshop: A Template for Supporting People in Regaining Control Over Digital Device Use**
U. Lyngs, M. Freed, K. Lukoff, P. Slovak, M. Van Kleek
CHI'20 Workshop: *Rethinking Mental Health Resources*, ACM Conference on Human Factors in Computing Systems
- A08 **Further Exploring Communal Technology Use in Smart Homes: Social Expectations**
M. Kraemer, U. Lyngs, H. Webb, I. Flechais
CHI'20 EA: ACM Conference on Human Factors in Computing Systems
- A07 **"What Could Possibly Go Wrong?" Logging HRI Data for Robot Accident Investigations**
K. Winkle, M. Jirotko, U. Lyngs, C. Macrae, H. Webb, A. Winfield
HRI'20 Companion: ACM/IEEE International Conference on Human-Robot Interaction
- 2019 A06 **Putting Self-Control at the Centre of Digital Wellbeing**
U. Lyngs
CHI'19 Workshop: *Designing for Digital Wellbeing*, ACM Conference on Human Factors in Computing Systems

2018	A05	So, Tell Me What Users Want, What They Really, Really Want! U. Lyngs, R. Binns, M. Van Kleek, N. Shadbolt CHI'18 EA (alt.chi): ACM Conference on Human Factors in Computing Systems
	A04	A Cognitive Design Space for Supporting Self-Regulation of ICT Use U. Lyngs CHI'18 EA: ACM Conference on Human Factors in Computing Systems
2017	A03	'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance U. Lyngs CHI'17 EA: ACM Conference on Human Factors in Computing Systems
	A02	'It's More Fun With My Phone': A Replication Study of Cell Phone Presence and Task Performance U. Lyngs, R. McKay CogSci'17: 39th Annual Conference of the Cognitive Science Society
	A01	Curiosity, ICTs, and Attention Management U. Lyngs CHI'17 Workshop: <i>Designing for Curiosity: An Interdisciplinary Workshop</i> ¹³ , ACM Conference on Human Factors in Computing Systems

Publicly available research code & data

2021		Data, materials, and analysis for "Before and after GDPR..." [J3] K. Kollnig, R. Binns, M. Van Kleek, J. Zhao, U. Lyngs, C. Tinsman, N. Shadbolt https://osf.io/35xps/
		Data, materials, and analyses for my DPhil thesis "Ulysses in Cyberspace..." U. Lyngs https://osf.io/ed3wh/
2020		Data, materials, and analysis for "'I Just Want to Hack Myself..." [C4] U. Lyngs, K. Lukoff, P. Slovak, W. Seymour, H. Webb, M. Jirotko, J. Zhao, M. Van Kleek, N. Shadbolt https://osf.io/qtg7h/
2019		Data, materials, and analysis for "Self-Control in Cyberspace..." [C3] U. Lyngs, K. Lukoff, P. Slovak, R. Binns, A. Slack, M. Inzlicht, M. Van Kleek, N. Shadbolt https://osf.io/zyj4h/
2018		Data and analysis for "Third party tracking..." [C2] R. Binns, U. Lyngs, M. Van Kleek, J. Zhao, T. Libert, N. Shadbolt https://osf.io/4nu9e/

Research dissemination

Press

2021		Interviewed on the Danish radio program 'Kortsluttet' (<i>short-circuited</i>) on P1, in the episode 'Død over digitale distraktioner' (<i>Death to digital distractions</i>) ¹⁴
2018		Our paper "Third Party Tracking in the Mobile Ecosystem" [C2] covered in the Financial Times ¹⁵ , BBC ¹⁶ , The Times ¹⁷ , Business Insider ¹⁸ , and more

Podcasts

- 2021 Pod2 **Brainstorm podcast (Danish)**¹⁹, Slip nu den telefon! Fire gode råd til at undgå tidsrøvende distraktioner på nettet (*Let go of that phone! Four pieces of good advice for avoiding time-wasting distractions on the web*)
- 2020 Pod1 **University of Oxford Podcasts**²⁰, Your Digital Life During Lockdown

Talks

All first-authored conference publications listed above were also presented as talks at their respective conferences and are not listed again in this section.

- 2022 T36 **Goodenough College & University of Oxford, Colloquium on AI and Regulation, Venice**
Self-Control in Cyberspace: The Attentional Challenges of Computing Technology
- 2021 T35 **University of Oxford, Community call: executable manuscripts**, Reproducible Research Oxford²¹
Reproducible academic papers with R Markdown, RStudio, Zotero, Google Docs, and LaTeX templates²²
- T34 **University of Oxford, Human Centred Computing**²³, Dept. of Computer Science
"Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions
- T33 **University of Copenhagen, International Seminar organised by the DISTRACT**²⁴ **project: Studying the Digital Backlash**, Copenhagen Center for Social Data Science
"Where has my cognitive prime time gone?" Understanding digital self-control struggles and appropriate interventions
- T32 **KulturRummet Thy, Thy 360**²⁵, **local event**, Thisted Library, Denmark
Selvkontrol i cyberspace (*Self-control in cyberspace*)
- T31 **University of Copenhagen, DISTRACT**²⁶ **project**, Copenhagen Center for Social Data Science
The Reducing Digital Distraction workshop as research tool: methods and preliminary results
- T30 **University of Copenhagen, Human-Centred Computing Section**²⁷, Dept. of Computer Science
Reproducible and Replicable Research
- T29 **University of Oxford, Human Centred Computing**²⁸, Dept. of Computer Science
R Markdown in 7 Minutes
- T28 **University of Oxford, Human Centred Computing**²⁹, Dept. of Computer Science
Reproducible and Replicable Research
- 2020 T27 **University of Oxford, Guest lecture in Interaction Design (IDE)**³⁰, Dept. of Computer Science
Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control

	T26	University of Copenhagen, DISTRACT³¹ , Copenhagen Center for Social Data Science Self-Control in Cyberspace: Examining Tools of Resistance in the Battle for Online Attention
	T25	University of Copenhagen, COINACT³² , Institute of Psychology Cognitive Control in Cyberspace
	T24	University of Oxford, Seminars at Linacre College³³ 'I Just Want to Hack Myself to Not Get Distracted': Do Design Interventions for Self-Control on Facebook Work?
	T23	University of Oxford , Oxford Centre for Hindu Studies, online lecture series (6 videos) ³⁴ for a general audience What Can Digital Humanities Offer Hindu Studies?
	T22	University of Oxford, Śākta traditions project³⁵ , Oxford Centre for Hindu Studies Deus ex Machina: What Can Digital Humanities Offer Hindu Studies?
	T21	University of Washington, Design. Use. Build. (DUB) alliance³⁶ 'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook
	T20	Google, Digital Wellbeing³⁷ Digital Wellbeing in Practice: Designing for Digital Self-Control
	T19	University of Copenhagen, Human-Centred Computing Section³⁸ , Dept. of Computer Science Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
	T18	University of Oxford, Digital Ethnography Group (OxDEG)³⁹ , Oxford Internet Institute Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies
	2019 T17	University of Oxford, R user group Oxford⁴⁰ , St. Peter's College Reproducible research with R Markdown, featuring article and PhD thesis writing
	T16	Indian Institute of Technology (IIT) Bombay, Best of CHI2019 , Mumbai (videolink) Q&A: Self-Control in Cyberspace
	T15	University of Oxford, 2019 Oxford Computer Science Conference⁴¹ , Dept. of Computer Science Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools
2018	T14	University of Oxford, Workshop for new DPhil (PhD) students , Dept. of Computer Science "Owning" Your DPhil
	T13	2019 CHI Conference on Human Factors in Computing Systems, Designing for Digital Wellbeing Workshop⁴² , Glasgow, UK Putting Self-Control at the Centre of Digital Wellbeing
	T12	BBC, Conference on AI, Society & the Media , BBC Radio Theatre, New Broadcasting House, London So, Tell Me What Users Want, What They Really, Really Want!

	T11	UnBias⁴³ Hackathon, CodeBase , Edinburgh Hacking the Attention Economy
	T10	University of Oxford, Human Centred Computing⁴⁴ , Dept. of Computer Science Evaluating Anti-Distracted Browser Extensions for Facebook
2017	T09	PubhD⁴⁵, science communication and pints , St Aldate's Tavern, Oxford How to Build Minimally-Distracting Technology
	T08	University of Oxford, SOCIAM: The Theory and Practice of Social Machines⁴⁶ project meeting , Jesus College Distraction and Self-Regulation in Social Machines
	T07	University of Oxford, DOMUS Research Communication Competition , Linacre College Ulysses in Cyberspace: How Anti-Distracted Apps Can Guide Digital Design
	T06	University of Oxford, 2017 Oxford Computer Science Conference⁴⁷ , Dept. of Computer Science ICTs and Attention Management: Evaluating the Emerging Anti-Distracted Market
	T05	University of Oxford, Being Responsible in Research: Opportunities and Challenges workshop, Human Centred Computing⁴⁸ , Dept. of Computer Science Battle of the Social Machines: Attention Management in the Information Age
	T04	SOCIAM: The Theory and Practice of Social Machines⁴⁹ , project meeting at Brockenhurst, UK Attention Management in the Information Age
2015	T03	Aarhus University, Religion, Cognition and Culture⁵⁰ research unit , Institute of Culture and Society Religion: A Culturally Evolved Tool for Self-Control
2014	T02	26th Annual Human Behavior and Evolution Society Conference⁵¹ , Natal, Brazil Fundamental Motivations and Risk-Taking: Loss Aversion in Context
2012	T01	Homo Experimentalis: Experimental Approaches in The Study of Religion⁵² , Brno, Czech Republic Effort, Loss Aversion and Religion

Discussion panels

2021	D3	Roundtable discussion on mental health during the COVID pandemic , Coping with Isolation and Loneliness - a Conversation,
2019	D2	Futures Thinking Conference⁵³ , Psychology and Futurity, roundtable discussion on mental health
	D1	2019 Oxford Computer Science Conference⁵⁴ , Computing Everything? The Limits of Algorithmic Learning, moderated panel discussion with Richard Evans (Deepmind), Peter Millican, Hao Ni, and Luba Elliott

Poster presentations

2018	P7	University of Oxford, Connected Life Conference 2018 55 , Oxford Internet Institute What the Anti-Distracted Market Tells Us About Digital Technology and Self-Regulation
	P6	2018 CHI Conference on Human Factors in Computing Systems, 3rd Symposium on Computing and Mental Health 56 , Montreal, Canada A Cognitive Design Space for Supporting Self-Regulation of ICT Use
2017	P5	39th Annual Conference of the Cognitive Science Society 57 , London "It's More Fun With My Phone": A Replication Study of Cell Phone Presence and Task Performance
	P4	University of Oxford, Connected Life Conference 2017 58 , Oxford Internet Institute Ulysses in Cyberspace: Evaluating the Anti-Distracted Market
	P3	2017 CHI Conference on Human Factors in Computing Systems, Designing for Curiosity Workshop 59 , Denver, Colorado Curiosity, ICTs and Attention Management: Evaluating the Emerging Anti-Distracted Market
2014	P2	Central European University, Morality: Evolutionary Origins and Cognitive Mechanisms 60 , Budapest Wild Cooperation: Studying Real-World Reciprocity Using Couchsurfing.org
2011	P1	33rd Annual Conference of the Cognitive Science Society 61 , Boston, MA Priming Effects of Religious Concepts on Moral Judgment – Between Mean Values and Variation

Blog posts

2021	B10	ulriklyngs.com , How to Adapt Any LaTeX Template for Use With R Markdown in Four Steps 62
2019	B09	UX Collective (Medium) , 367 Tools of Resistance in the Battle for Online Attention 63
	B08	ulriklyngs.com , How to Use Pandoc Filters for Advanced Customisation of Your R Markdown Documents 64
	B07	ulriklyngs.com , How to Create New Chunk Options in R Markdown 65
2018	B06	ulriklyngs.com , How to Build Safari App Extensions 66
	B05	ulriklyngs.com , R packages for CHI papers with R Markdown 67
	B04	ulriklyngs.com , How to Write ACM Articles with R Markdown 68
2017	B03	Connected Life Conference 2017 , Ulysses in Cyberspace 69
	B02	ulriklyngs.com , Making Statistics Make Sense 70
2016	B01	ulriklyngs.com , Digging Science Out of a Hole: The Reproducibility Index 71

Teaching experience

- 2021 **Instructor, Reproducible research with R Markdown**⁷², Oxford|Berlin Summer School on Open Research⁷³
25 early career researchers (MSc, PhD, and postdocs). Taught a 2-hour workshop on workflows for reproducible data analysis and paper writing.
- 2020 **Teaching assistant, Big Data Analytics**⁷⁴, Oxford Internet Institute, University of Oxford
20 master's students. Taught the practical part of the class on analysing and visualising non-normally distributed data in R and RStudio
- 2019 **Instructor, Reproducible research with R Markdown**⁷⁵, TIER Faculty Development Workshop⁷⁶, St. Anne's College, University of Oxford
20 staff and faculty from research institutions across Europe. Developed and taught a 2-day master class in reproducible research
- 2013 **Teacher, Introduction to Evolutionary Psychology**, Oxbridge International Summer School⁷⁷
10 high school students. Organised and taught a 2-week course with group and individual tutorials
- 2010 — 2011 **Teaching assistant, Philosophy, theory of science, and university history**, Dept. for the Study of Religion, Aarhus University
20 undergraduate students. Taught a weekly supplementary seminar to the main lecture series

Software

R packages

- 2019 — present **oxforddown**⁷⁸, for reproducible thesis writing in R Markdown, formatted with a traditional University of Oxford LaTeX template
- 2019 — present **pagedown-cv**⁷⁹, for dynamically generating a curriculum vitae from data held in a spreadsheet into a variety of output formats, using R Markdown and the pagedown R package
- 2018 — 2020 **chi-2021-rmd-template**⁸⁰, **chi20-papers-rmarkdown**⁸¹, **chi-proc-rmd-template**⁸² & **chi-ea-template**⁸³, for writing reproducible submissions in R Markdown to the ACM CHI conference

Apps

- 2021 — present **Newsfeed toggle for Facebook**⁸⁴, browser extension that hides distracting UI elements on Facebook in the Safari browser on Mac and iOS
- 2019 — present **"No Distractions" for YouTube**⁸⁵, browser extension that hides distracting UI elements on YouTube in the Safari browser on Mac and iOS
- 2019 — present **HighlightAds for Google Search**⁸⁶, browser extension that adds a background color to search results on Google that are ads in the Safari browser on Mac
- 2019 — present **"No Distractions" for Twitter**⁸⁷, browser extension that hides distracting UI elements on Twitter in the Safari browser on Mac

Service

- 2016 — present **Reviewer** ACM Transactions on Computer-Human Interaction (TOCHI)⁸⁸, ACM CHI Conference⁸⁹, Computer-Supported Cooperative Work and Social Computing⁹⁰, International Journal of Human-Computer Studies⁹¹
- 2018 — 2020 **Steering group member** Transparent Statistics in Human-Computer Interaction⁹²
- 2017 — 2018 **President of the Computer Science Graduate Society (CoGS)** Dept. of Computer Science, University of Oxford
- 2018 **Main conference organiser and General Chair** Oxford Computer Science Conference 2018, Dept. of Computer Science, University of Oxford
- 2016 — 2017 **DPhil representative in the Computer Science Graduate Society (CoGS)** Dept. of Computer Science, University of Oxford
- 2012 — 2016 **Executive committee member in the London Evolutionary Research Network⁹³ (LERN)** London, UK
- 2008 — 2012 **Chairman of the Society for the Study of Religion (RvF)⁹⁴** Dept. for the Study of Religion, Aarhus University

Selected work experience

- 2020 — present **Data Scientist and Digital Humanities Consultant**, Śākta Traditions⁹⁵, Oxford Centre for Hindu Studies, University of Oxford
I provide practical support and consultancy on natural language processing methods for analysis and visualisation of large text corpora, using reproducible workflows in R Markdown.
- 2019 — 2020 **Research Assistant**, RoboTIPS: Developing Responsible Robots for the Digital Economy⁹⁶
Developed accident scenarios and investigation processes to inform responsible innovation in social robotics, with researchers at the Dept. of Computer Science in Oxford (lead: Prof. Marina Jirotko), and the Bristol Robotics Facility (lead: Prof. Alan Winfield).
- 2017 — 2019 **Web developer**, Dept. of Computer Science, University of Oxford: SOCIAM: The Theory and Practice of Social Machines⁹⁷
Built sociam.org⁹⁸, which archives outputs of a 5.5 year EPSRC research project involving 55+ researchers, 40+ projects, and 400+ publications. Developed from scratch in Drupal 7, assisted by two summer interns. Ongoing maintenance, feature development, and content curation.
- 2017 — 2019 **Bartender**, Linacre College, University of Oxford
- 2013 — 2016 **Festival Producer and Manager**, Institute of Art and Ideas⁹⁹, London
Generated ideas and wrote programme copy for 250+ panel debates for the internationally renowned philosophy and music festival HowTheLightGetsIn¹⁰⁰; interviewed (600+) and booked (150+) speakers, including Cory Doctorow, Aubrey de Grey, and Simon Baron-Cohen; led and managed a research team division of two full-time staff plus a music team of three full-time staff.

Professional development

- 2018 **Invited participant to the Global Dialogue for Happiness**, World Government Summit¹⁰¹, Dubai
- 2017 **Leading for Impact**¹⁰² fellow, 4-month leadership training programme at Saïd Business School, University of Oxford

Minor grants and funding

- 2021 **Junior Research Fellow Grant, Lucy Halsall Fund**¹⁰³ (£292), Initial validation of measures for digital self-control
- 2018 **Student Research Competition Grant** (\$500), CHI'18: ACM Conference on Human Factors in Computing Systems
- 2017 **Workshop Travel Grant** (€400), Designing for Curiosity, CHI'17: ACM Conference on Human Factors in Computing Systems
- Student Research Competition Grant** (\$500), CHI'17: ACM Conference on Human Factors in Computing Systems
- 2013 **Lienhard & Bagby Research Grant** (£1,000), Institute of Social & Cultural Anthropology, University of Oxford
- 2008 **Summer School Scholarship** (~€1000), University of Helsinki
- Undergraduate Travel Grant** (DKK 1200), Aarhus University

Personal skills & volunteering

- 2017 — present **Founding Band Member**, The Karaoke Collective¹⁰⁴
Inventor, MC and drummer; the KC is a group of seasoned musicians in Oxford and London where we blend the fun of karaoke with the magic of a live band.
- 2017 — 2019 **Computer Science Ambassador**, Dept. of Computer Science, University of Oxford
I gave regular talks about my group's and my personal research to 14-18 year old students from schools in the UK visiting the Dept. of Computer Science
- 2017 — 2019 **Steering committee member, Oxford Scandinavian Society**, Co-organiser of 'sittnings' (traditional Scandinavian dinner- and drinking parties), movie nights, summer BBQs and more. Webmaster at oxfordscandinavian.com
- 2017 **Head of Entertainment, Linacre College Ball**, Planned, contracted, and produced 15+ acts, including a 30-piece swing band, funk orchestra, live karaoke, glitter fairy, space hopper race, treasure hunt and drumming DJ
- 2013 — 2016 **Interview Coach**, Oxbridge Interviews, Oxfizz¹⁰⁵
Provided interview training to 30+ teenagers from families not traditionally going to university wishing to apply to Oxford or Cambridge

Links

1. <https://rmarkdown.rstudio.com>
2. <https://www.jesus.ox.ac.uk/people/professor-sir-nigel-shadbolt-freng-frs>
3. <https://www.oliverscottcurry.com>
4. [https://pure.au.dk/portal/en/persons/uffe-schjoedt\(c2b0d5e1-b9e5-4ff1-9866-7009bc63827e\).html](https://pure.au.dk/portal/en/persons/uffe-schjoedt(c2b0d5e1-b9e5-4ff1-9866-7009bc63827e).html)
5. [https://pure.au.dk/portal/da/persons/jesper-soerensen\(6eb687a7-1af7-48c0-bad1-cc9cc0ba3054\).html](https://pure.au.dk/portal/da/persons/jesper-soerensen(6eb687a7-1af7-48c0-bad1-cc9cc0ba3054).html)
6. [https://pure.au.dk/portal/en/persons/kristoffer-laigaard-nielbo\(aef8887c-d4e9-4270-9031-1a15553f5590\).html](https://pure.au.dk/portal/en/persons/kristoffer-laigaard-nielbo(aef8887c-d4e9-4270-9031-1a15553f5590).html)
7. https://www.carlsbergfondet.dk/da/Forskningsaktiviteter/Bevillingsstatistik/Bevillingsoversigt/CF20_0678_Ulrik-Lyngs
8. <https://governance.admin.ox.ac.uk/van-houten-fund>
9. <https://epsrc.ukri.org/skills/students/dta/doctoralprize/>
10. <https://www.ox.ac.uk/students/three-minute-thesis-competition>
11. <https://www.mpls.ox.ac.uk/news/mps-impact-awards-2020-winners-announced-at-winter-reception>
12. <https://link.springer.com/book/10.1007/978-3-030-66494-7>
13. <https://dl.acm.org/doi/10.1145/3027063.3027064>
14. <https://www.dr.dk/radio/p1/kortsluttet/kortsluttet-62?fbclid=iwar2cnu58gu19ym6m0zv48z2tcwqni56xsxmszkkuqne9efjqwg8w4zgylw>
15. <https://ig.ft.com/mobile-app-data-trackers/>
16. <https://www.bbc.co.uk/news/technology-45952466>
17. <https://www.thetimes.co.uk/article/personal-data-harvesting-by-mobile-phone-apps-is-out-of-control-pb2m2kwkj>
18. <https://www.businessinsider.com/google-and-facebook-big-data-apps-oxford-study-finds-2018-10?r=UK&IR=T>
19. <https://videnskab.dk/kultur-samfund/slip-nu-den-telefon-fire-gode-raad-til-at-undgaa-tidsroevende-distraktioner-paa>
20. <https://podcasts.ox.ac.uk/your-digital-life-during-lockdown>
21. <https://ox.ukrn.org>
22. <https://youtu.be/aU0uetWJXis>
23. <https://hcc.cs.ox.ac.uk>

- <https://sodas.ku.dk/projects/distract/>↵
25. <https://thy360.dk/event/selvkontrol-i-cyberspace/8500>↵
 26. <https://sodas.ku.dk/projects/distract/>↵
 27. <https://di.ku.dk/english/research/human-centred-computing/>↵
 28. <https://hcc.cs.ox.ac.uk>↵
 29. <https://hcc.cs.ox.ac.uk>↵
 30. <https://hip.cat/emax/teaching>↵
 31. <https://sodas.ku.dk/projects/distract/>↵
 32. <https://psychology.ku.dk/coinact/>↵
 33. <https://www.linacre.ox.ac.uk/event-type/linacre-seminar>↵
 34. https://www.youtube.com/playlist?list=PLklUogDmN_nAEqQphmDffOMBp5ljN-jXA↵
 35. <http://saktatraditions.org>↵
 36. <https://dub.washington.edu/seminar.html>↵
 37. <https://wellbeing.google>↵
 38. <https://di.ku.dk/english/research/human-centred-computing/>↵
 39. <https://www.oii.ox.ac.uk/research/projects/oxdeg/>↵
 40. <https://twitter.com/rusersoxford>↵
 41. <https://oxfordcsc.com>↵
 42. <https://digitalwellbeingworkshop.wordpress.com>↵
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