**Benjamin Lira Luttges**

Duckworth Lab

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**Research Interests**

Executive control

Decision making

Self-regulation and motivation

Moral reasoning

**Education**

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| 2021 – 2026 | University of Pennsylvania  PhD in Psychology  Advisor: Dr. Angela Duckworth |
| 2015 – 2017 | Universidad de Lima, Peru  Professional Licensure in Psychology  Thesis Topic: Parental predictors of children’s effortful control  Thesis Advisor: Carolina Camino, M.A. |
| 2009 – 2015 | Universidad de Lima, Peru  B.A., Psychology. GPA 4.0 (18.6/20)  Class Rank: 1st out of 40 psychology graduates |
| 2013 | Katholieke Universiteit Leuven, Belgium  Exchange student in master level courses  Relevant courses: Education, Society and Culture, Cognitive Science, Artificial Intelligence  6 courses (29 credits) |

**Grants and Awards**

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| 2018 | Annual research competition winner, Pontificia Universidad Católica del Perú  Awarded to the Motivation and Emotion Research Group (PUCP).  Basic Psychological Needs in the Context of Poverty  Grant Award: 135 000 and 45 000 PEN (53,576 USD) |
| 2010 – 2015 | Full honors scholarship, Universidad de Lima  Est. Value: 146 523 PEN (43,612 USD) |

**Academic Positions**

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| 2020 | **Predoctoral Visiting Scholar,** University of Pennsylvania  Duckworth Lab, PI: Angela Duckworth  PSYC 005-401: Grit Lab (TA) |
| 2017 – 2019 | **Instructor,** Pontificia Universidad Católica del Perú  PSB229: Motivation and Emotion  2019 – 2: Enrollment 27. 2018 – 1: Enrollment 26.  2019 – 1: Enrollment 51. 2017 – 2: Enrollment: 16.    PSG207: Psychological Test Construction  2018 – 1: Enrollment 49. 2017 – 2: Enrollment 51.    PSG204: Psychological Research  2017 – 2: Enrollment 28. |
| 2018 | **Guest Lecturer,** Universidad Cayetano Heredia  Cognitive Behavioral Intervention Methods |

**Work Experience**

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| 2020 – | **Visiting scholar,** Duckworth Lab, University of Pennsylvania  Duckworth Lab, PI: Angela Duckworth   * Participated in all aspects of the research process: conceptualization, data collection, data analysis, writing, submission and revision. * Mentored an undergraduate researcher and a group of high-school interns. * Designed activities for an undergraduate course on motivation. * Designed and taught a series of lessons on statistical analysis using R. |
| 2016 – 2020 | **Research assistant,** Pontificia Universidad Católica del Perú  Motivation and Emotion Research Group. Projects:   * Basic psychological needs and poverty * Maternal autonomy support * Basic psychological need support and thwarting and engagement in school and university * Autonomy support intervention program * Need support and thwarting in competitive sports |
| 2015 – 2017 | **Lead research analyst,** Cerebrum   * Was responsible for research and intervention programs. * Taught and supervised graduate students’ theses. * Wrote articles for the education community. * Participated in conferences. * Developed content for graduate courses in educational neuroscience. |
| 2016 | **Statistical consultant,** EVACP Consulting   * Carried out psychometric and statistical analysis for a social program impact evaluation for the Peace Corps in Peru. |
| 2015 – | **Thesis advisor**   * Coached and supported +30 undergraduate and graduate students from Universidad de Lima, Pontificia Universidad Católica del Perú, Universidad Peruana de Ciencias Aplicadas in multiple stages of their thesis projects. |
| 2014 – 2015 | **Research and educational psychology intern,** Cerebrum   * Created an intervention program for the development of self-regulation and executive function and designed a tool to evaluate its impact. * Developed content for graduate courses in educational neuroscience. |
| 2013 | **Assistant to Ricardo Braun Ph.D.,** Universidad de Lima   * Edited and reviewed a book manuscript about the philosophy of the mind. |
| 2012 | **Assistant to Sandra Inurritegui Ph.D.,** Universidad de Lima   * Designed the methodology, developed experiments, and coordinated school logistics. |

**Languages**

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| Spanish: Native | English: Advanced | German: Basic |

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# **Test Scores**

Graduate Records Examination (GRE) – Nov 14, 2019.

Verbal: 169 (99th Pc.), Quantitative: 166 (89th Pc.), Analytical Writing: 5.5 (98th Pc.)

Test of English as a Second Language (TOEFL): 119/120 – Sept 28, 2019.

Writing: 30, Speaking: 29, Reading: 30, Listening: 30.

# **Publications**

[Google Scholar](https://scholar.google.com/citations?user=St3vJckAAAAJ&hl=en)

***Published***

Duckworth, A.L., Kautz, T., Defnet, A., Satlof-Bedrick, E., Talamas, S., **Lira, B**., & Steinberg, L. (2021). Students Attending School Remotely Suffer Socially, Emotionally, and Academically. Educational Researcher X(X), X-X. https://doi.org/10.3102/0013189X211031551 [[link](https://journals.sagepub.com/doi/pdf/10.3102/0013189X211031551)]

Caffarena, C., **Lira, B**., Campos, A.L., Rojas-Barahona, C. (2021). Psychometric properties of the Child Behavior Questionnaire (CBQ) in Chile. *Current Psychology X(X) X-X.* <https://doi.org/10.1007/s12144-021-01871-9> [[link](https://doi.org/10.1007/s12144-021-01871-9)]

Herrera, D., Matos, L., Gargurevich, R., **Lira, B.**, Valenzuela, R. (2021). Context matters: Teaching styles and basic psychological needs predicting flourishing and perfectionism in university music students. *Frontiers in Psychology 12.* 1-9. <https://doi.org/10.3389/fpsyg.2021.623312> [[link](https://www.frontiersin.org/articles/10.3389/fpsyg.2021.623312/full)]

**Lira, B.** (2017). The predictive role of parental and maternal emotion regulation, empathy, and alexithymia in toddler’s effortful control. Universidad de Lima Undergraduate Thesis. [[link](http://200.11.53.159/bitstream/handle/ulima/3295/Lira_Luttges_Benjamin.pdf?sequence=1&isAllowed=y)]

Gleichgerrcht, E., **Lira, B.**, Salvarezza, F., & Campos, A.L. (2015). Educational neuromyths among teachers in Latin America. *Mind, Brain, and Education 9*(3). 170–78. https://doi.org/doi:10.1111/mbe.12086. [[link](https://onlinelibrary.wiley.com/doi/pdf/10.1111/mbe.12086)]

Gleichgerrcht, E. & **Lira, B.** (2014). Attention: fostering educational neuroscience 5. Lima: Cerebrum Ediciones.

***Submitted***

Duckworth, A.L., Gardner, M., Quirk, A., **Lira, B**., Stone, C., Rao, A., Hutt, S., D'Mello, S. (2021). Using machine learning to identify motivational themes in college applications. Manuscript submitted for publication.

Matos, L., Herrera, D., Lira, B., Gargurevich, R., Benita, M. (2021) Perceived Teaching Styles, Basic Psychological Needs, Motivation, Engagement, Academic Achievement and Student Well-Being in a Peruvian in a low socioeconomic students’ sample. Manuscript submitted for publication.

***In Prep***

Flynn, K. R., **Lira, B.**, & Duckworth, A.L. (2020). Lesson previews vs. reviews: How the timing of additional instruction affects achievement. Manuscript in preparation.

**Lira, B.**, & Duckworth, A.L. (2020). Grit is about internal motivation. Manuscript in preparation.

**Lira, B.**, Matos, L. (2020). To engage or to disengage. Exploring the unique and interactive role of achievement goals and underlying reasons among Peruvian university students. Manuscript in preparation.

**Lira, B.**, Marquina, V., Campos, A.L. (2020). The effectiveness of an intervention to promote executive function and self-regulation in children. Manuscript in preparation.

Putnam, S., …, **Lira, B.**, et al. (2020). Global temperament project. Manuscript in preparation.

**Lira, B.** & Lopez, F. E. (2020). Conspiracy beliefs, cognitive reflection and belief in science and pseudoscience. Manuscript in preparation.

***Press coverage***

Duckworth et al., (2021) Students Attending School Remotely Suffer Socially, Emotionally, and Academically [[HealthDay](https://consumer.healthday.com/b-7-16-remote-learning-hurt-high-school-students-academically-emotionally-2653777547.html)][[U.S. News](https://www.usnews.com/news/education-news/articles/2021-07-14/remote-students-of-all-races-incomes-suffered-during-pandemic)][[The 74](https://www.the74million.org/article/thriving-gap-remote-learning-v-in-person-high-school-duckworth-survey/)][[District Administration](https://districtadministration.com/6-ways-beat-covid-academic-emotional-thriving-gap/)][[Yahoo](https://in.style.yahoo.com/study-finds-thriving-gap-between-125359913.html)][[Phys Org](https://phys.org/news/2021-07-gap-students-high-school-remotely.html)]

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# **Presentations**

Chalén, J., **Lira B.**, & Herrera, D. (2021, July). Future Orientation, wellbeing, life purpose & academic performance in university students from Lima [Symposia]. 5th international conference on time perspective. Vilnius, Lithuania (Virtual). [[link](https://www.journals.vu.lt/proceedings/article/view/24357/23607)][[link2](https://www.youtube.com/watch?v=TrwW8feD8rU)]

**Lira, B.** (2018, May). The predictive role of parental emotion regulation, empathy, and alexithymia on preschooler's effortful control [Poster presentation]. 22nd Occasional Temperament Conference (OTC). Murcia, Spain.

**Lira, B.** (2016, November). *Self-regulation and its impact in and out of the classroom* [Presentation]. Self-Regulation Seminar: Cerebrum. Puerto Varas, Chile. [[link](https://cerebrum.la/seminarios/seminario-internacional-de-neuroeducacion-fomentando-la-neuroeducacion-en-entornos-educativos-05-11-2016/)]

**Lira, B.** (2016, September). *Educational neuromyths in Latin America* [Conference Session]. Fifth Peruvian Society for Educational Research Conference (SIEP) Seminar. Ayacucho, Peru. [[link](https://www.siep.org.pe/seminariosBienales.php)]

**Lira, B.** (2016, September). *The importance of cognitive regulation in the classroom* [Presentation]. Self-regulation Seminar: Cerebrum. Medellin, Colombia. [[link](https://cerebrum.la/seminarios/seminario-autorregulacion-colombia-09-2016/)]

**Lira, B.** (2015, March). *Neurodiversity and Inclusion in Education* [Panel participant]. International Seminar on Neurodiversity: Cerebrum. Lima, Peru. [[link](https://cerebrum.la/seminarios/sem-neurodiversidad/)]

# **Technical Skills**

Programming: Qualtrics, R, SPSS, Factor, MPlus, MLWin, Psychopy

Statistical Methods: Exploratory and confirmatory factor analysis, multilevel modelling, structural equation modelling, cluster analysis, polynomial regression with response surface analysis (RSA), nonparametric regression methods including logistic, Poisson, and negative binomial regression, and machine learning methods including classification and regression trees (CART), random forests, text analytics and sentiment analysis.

# **Additional Education**

Foundations of Data Analysis – Part I. University of Texas at Austin. MOOC.

The Analytics Edge. MITx. MOOC.

Quantitative Biology Workshop. MITx. MOOC

**Additional Projects**

* [#Investigatips](https://www.youtube.com/channel/UCKG9E_tfspPlfwJDL0ZzC1Q). Video library explaining research methods and statistics. +55K video views. (In Spanish)
* Statistics for Psychologists with R. A series of self-guided tutorials and practice sets exploring common data manipulation, visualization, and analysis tasks in R. Collaboration with Chayce Baldwin
* [R Package.](https://github.com/lirabenjamin/Ben) Custom functions for ordinal alpha, Mahalanobis outlier detection, discriminant validity analysis, and data simulation.
* R Programming. [Web application](https://benjaminliraluttges.shinyapps.io/Version2/) to predict grape harvest dates and volumes based on weather and agricultural data.

**Community Service**

* Volunteer for the program Un Techo Para Mi País, building houses after the Chincha 2007 earthquake. Constructed 5 houses for the benefit of 5 families.
* Volunteer for CPDI, a malnutrition prevention center in Pamplona. Worked with the community to generate appropriate strategies to promote healthy eating habits.
* One hundred and fifty hours of service in the IB-CAS program: building homes, tutoring children, among other service labors.
* Volunteer for the Peruvian Ministry of Education. Conducted interviews with teachers and principals regarding the effectiveness of feedback received by schools after the Census Student Evaluation.

**Organizational Involvement**

Member of Colegio de Psicólogos del Perú (National Association of Psychologists of Peru). CPsP. 31816

**References**

Angela Duckworth Ph.D. in Psychology aduckworth@characterlab.org

Lennia Matos Ph.D. in Psychology lmatosf@pucp.edu.pe

Sandra Inurritegui. Ph.D. in Psychology sinurrit@ulima.edu.pe

Dora Herrera Ph.D. in Psychology diherrer@pucp.edu.pe