Peter James Aungle

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EDUCATION

Harvard University   Cambridge, MA
PhD, Psychology   Expected May 2026
Dissertation: "Embodied models of health: how attention, beliefs, and expectations interact to shape health over time"
Committee: Ellen Langer (primary advisor, committee chair), Leah Somerville, Fiery Cushman

University of California at Berkeley   Berkeley, CA
BA, Psychology   May 2009

RESEARCH INTERESTS

Psychological influences on physical health; how mindsets shape performance and health outcomes; improving health and performance by identifying and intervening on limiting beliefs

PUBLICATIONS

Aungle, P., & Langer, E. (2023). Physical healing as a function of perceived time. *Scientific Reports*, *13*(1), 22432. https://doi.org/10.1038/s41598-023-50009-3

Aungle, P., & Langer, E. (2024). The borderline effect for diabetes: when no difference makes a difference. *Frontiers in Psychology*, *15*. https://doi.org/10.3389/fpsyg.2024.1333248

Langer, E., & Aungle, P. (2024). How much do our thoughts shape our health? *Scientific American*. https://www.scientificamerican.com/article/how-much-do-our-thoughts-shape-our-health/

Aungle, P., Holmes, N., & Chen, D. (*revise and resubmit*). *Beyond Statistical Myopia: Replying to a Misguided Critique of Mind-Body Research*. [AMPPS]

RESEARCH IN PROGRESS

Aungle, P. & Langer, E. (i*n prep*). *Embodied models of health: A theoretical framework for mind-body effects on health.*

Aungle, P., Matta, PM., Loecher, M., Chen, D. (*in prep*). *Mind-body economics: formalizing embodied models of health*.

Aungle, P., Zhang, Y., Nagarathinam, V., Paradis, J., Chen, D. (i*n prep*). *A little goes a long way: expressing negative emotion to address conflicts at work.*

Aungle, P., Bross, J., & Langer, E. (i*n progress*). *Healing faster: the effect of healing time expectations on actual healing times after cataract surgery.*

TEACHING EXPERIENCE

Harvard University, Psychology Department

Head Teaching Fellow   Fall 2025
Course: "Health: A Positive Psychology Perspective," (professor of record: Ellen Langer)
Average student rating: TBD
- Collaborated with Professor Langer to create the course syllabus, developed all section materials, taught all 5 discussion sections for the course of approximately 80 students

Head Teaching Fellow   Fall 2023
Course: "Health: A Positive Psychology Perspective," (professor of record: Ellen Langer)
Average student rating: 4.95/5.0
- Collaborated with Professor Langer to create the course syllabus, developed all section materials, led weekly meeting with teaching staff, taught 2 sections

Instructor   2023-2024
Course: "Instructional Styles in Psychology" (sole instructor)
Average student rating: 4.5/5.0
- Designed and taught a required pedagogy course for new graduate student teaching fellows in the psychology department

Psychology Department Pedagogy Fellow   2023-2024
- Provided teaching consultations to teaching fellows in the department, attended weekly workshops at the Derek Bok Center for Teaching and Learning, completed a capstone project to help future psychology pedagogy fellows develop their courses

Teaching Fellow   Spring 2023
Course: "Introduction to Social Psychology" (professor of record: Fiery Cushman)
Average student rating: 4.52/5.0
- Led 2 sections of approximately 20 students each

Teaching Fellow   Fall 2021 & 2022
Course: "Health: A Positive Psychology Perspective," (professor of record: Ellen Langer)
Average student rating: 4.32/5.0
- Led 2 sections in 2021 and 3 sections in 2022 of approximately 15 students each

Teaching Fellow   Spring 2022
Course: "Introduction to Psychological Science" (professor of record: Jason Mitchell
Average student rating: 4.38/5.0
- Led 2 sections of approximately 15 students each

RESEARCH EXPERIENCE

Columbia University   New York, NY
Research Assistant   2018 – 2019

Advisor: Janet Metcalfe
Project: Learning from errors
- Created problem sets for study participants designed to maximize what students learn from errors while preparing for the New York State Math Regents exam
- Consulted on the experimental design, particularly in terms of how to explain common errors and relate to the correct problem-solving process

University of California at Berkeley   Berkeley, CA
Research Assistant   2006 – 2009
Advisor: Darlene Francis
Projects: The development of risk preferences in rat pups; the effects of rank in social hierarchies on behavior in a competitive task
- Helped run a study that tested the effects of prenatal stress on risk-taking behavior in rat pups. We found that prenatally stressed pups were significantly more likely to take physically threatening risks than healthy controls.
- Designed and ran a study to test the effect of within-group social rank on behavior in a competitive task. We paired unfamiliar rats matched for physical signs of dominance but with different within-group social ranks to test whether social rank predicted performance. Higher ranked rats tended to outperform their otherwise comparable peers, but the difference wasn't significant.

University of California at Berkeley   Berkeley, CA
Research Assistant   2007 – 2008
Advisor: Jack Glaser
Project: Implicit motivation to control prejudice
- Ran participants for an experimental study examining the implicit motivation to control prejudice in a "Shooter Task"

PROFESSIONAL EXPERIENCE
Private Tutor, Smarter Test Prep, 2011 – 2021
Independent Options Trader & Investment Analyst, 2014 – 2016
Sales Analyst, Aflac Insurance Company, 2010 – 2011
Business Development Services Analyst, Goldman Sachs Asset Management, 2009 – 2010
Communications Analyst, Hattaway Communications, 2008 – 2009
Press Advance Lead, National Advance Team, Hillary Clinton for President, 2007 – 2008

REFERENCES

Ellen J. Langer, Ph.D.   **Darlene D. Francis, Ph.D.**
Professor of Psychology   Associate Professor
Psychology Department   School of Public Health
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