

Taylor Heffer

ASSISTANT PROFESSOR

Ontario Tech University, Oshawa

+1 857 706 9988 | theffer@fas.harvard.edu | 0000-0001-5586-5640 | [tvheffer](#)

Academic Appointments

Assistant Professor

ONTARIO TECH UNIVERSITY

Oshawa, ON

2024-present

Education and Training

Postdoctoral (NSERC) Fellow

HARVARD UNIVERSITY

Cambridge, MA

2022-23

PhD, Lifespan Development Psychology

BROCK UNIVERSITY

St. Catharines, ON

2017-22

MA, Lifespan Development Psychology

BROCK UNIVERSITY

St. Catharines, ON

2015-17

BA, Honors Psychology and Child and Youth

BROCK UNIVERSITY

St. Catharines, ON

2011-15

Honors and Awards

Academic and Research

Natural Sciences and Engineering Research Postdoctoral Fellowship

HARVARD UNIVERSITY

Cambridge, MA

2022

- Application ranked 1st in psychology

Student Presentation Award (Second Place)

DEVELOPMENT CONFERENCE

Alberta, Canada

2022

Faculty of Social Science Research Assistantship

BROCK UNIVERSITY

2022

Susan Sydor Graduate Scholarship

BROCK UNIVERSITY

2022

Ontario Graduate Scholarship

BROCK UNIVERSITY

2021

Ralph D. Morris Graduate Student Award

BROCK UNIVERSITY

2019

Match of Minds

BROCK UNIVERSITY

2019

Dean of Graduate Studies Excellence Scholarship

BROCK UNIVERSITY

2018-20

Joseph-Armand Bombardier Canada Graduate (PhD)

SOCIAL SCIENCES AND HUMANITIES RESEARCH COUNCIL

2017-20

Jack M. Miller Excellence in Research Award

BROCK UNIVERSITY

2017

Distinguished Graduate Student Award MA and PhD

BROCK UNIVERSITY

2017/20

Certificate of Academic Excellence (MA Thesis)

CANADIAN PSYCHOLOGICAL ASSOCIATION

2017

Library Open Access Publishing Fund	2017
BROCK UNIVERSITY	
Ontario Graduate Scholarship	2016
BROCK UNIVERSITY	
Joseph-Armand Bombardier Canada Graduate Scholarship (MA)	2015
SOCIAL SCIENCES AND HUMANITIES RESEARCH COUNCIL	
Research Fellowship & Match	2015
BROCK UNIVERSITY	
Entrance Scholarship	2015
BROCK UNIVERSITY	
Ontario Graduate Scholarship (Declined)	2015
BROCK UNIVERSITY	

Leadership and Community Engagement

Scotiabank Graduate Award	2020/21
BROCK UNIVERSITY	
Barb Daly Excellence and Student Leadership	2020
BROCK UNIVERSITY	
Dr. Liette Vasseur Graduate Scholarship	2020
BROCK UNIVERSITY	
President Surgite Award	2020
BROCK UNIVERSITY	
Wendy Murphy Memorial Fund (Peer nominated)	2020
BROCK UNIVERSITY	

Publications

Refereed Published Academic Papers (19):

1. **Heffer, T.**, Van Noordt S.J.R., & Willoughby, T. (2023). Developmental trajectories of sensitivity to threat in children and adolescents predict larger medial frontal theta differentiation during response inhibition. *Social Cognitive and Affective Neuroscience*.
2. Shahid, H., **Heffer, T.**, Borg, M. E., *Buma-Wiens, A., & Willoughby, T. (2022). Differentiating profiles of vaping, alcohol, and cannabis use among early adolescents. *The Journal of Early Adolescence*.
3. Willoughby, T., **Heffer, T.**, Borg, M. E. (2022). Deliberate Self-injury in Children and Associations with Negative Adjustment. *JAMA Pediatrics*.
4. Van Noordt S.J.R., **Heffer, T.**, Willoughby, T. (2021). A developmental examination of medial frontal theta dynamics and inhibitory control. *NeuroImage*.
5. **Heffer, T.**, & Willoughby, T. (2021). Investigating the consistency of threat-related ERPs among children and adolescents. *Cognitive Affective Behavioral Neuroscience*.
6. Willoughby, T., **Heffer, T.**, Van Noordt S.J.R., Desjardins, J., Segalowitz, S., Schmidt, L. (2021). An ERP investigation of children and adolescents' sensitivity to wins and losses during a peer observation manipulation. *Developmental Cognitive Neuroscience*.
7. Willoughby, T., **Heffer, T.**, Good, M., Magnacca, C. (2021). Is adolescence a time of heightened risk taking? An overview of types of risk-taking behaviors across age groups. *Developmental Review*.
8. Willoughby, T., Dykstra, V.W., **Heffer, T.**, *Braccio., J. Shahid, H., (2021). A long-term study of what best predicts graduating from university versus leaving prior to graduation. *Journal of College Student Retention: Research, Theory & Practice*.
9. **Heffer, T.**, *Lundale, C., Wylie, B.E., Willoughby, T. (2021). Investigating sensitivity to threat with the Behavioral Inhibition Scale (BIS) among children, adolescents and adults: The role of negatively-phrased questions.

10. **Heffer, T.**, & Willoughby, T. (2021). A person-centered examination of emotion dysregulation, sensitivity to threat, and impulsivity among children and adolescents: An ERP study. *Developmental Cognitive Neuroscience*.
11. Willoughby, T., **Heffer, T.**, Dykstra, V.W., Shahid, H., *Braccio., J. (2020). A person-centred analysis of first-year university students: Associations with psychosocial adjustment across seven years and post-university outcomes. *Journal of Youth and Adolescence*. 49(12), 2459-2475.
12. **Heffer, T.**, & Willoughby, T. (2020). A longitudinal study investigating trajectories of sensitivity to threat and their association with alpha asymmetry among children and adolescents. *Developmental Cognitive Neuroscience*. 46, 100863. <https://doi.org/10.1016/j.dcn.2020.100863>
13. **Heffer, T.**, & Willoughby, T. (2020). Sensitivity to negative feedback among children and adolescents: An ERP study comparing developmental differences between high-worriers and low-worriers. *Cognitive, Affective, & Behavioral Neuroscience*, 20, 624-635. <https://doi.org/10.3758/s13415-020-00791-8>
14. **Heffer, T.**, Wylie, B.E., & Willoughby, T. (2019). An investigation of adolescents' reported and self-perceived risk-taking. *The Journal of Early Adolescence*, 40(6), 772-788.
15. **Heffer, T.**, Good, M., Daly, O., MacDonell, E., Willoughby, T. (2019). The longitudinal association between social media use and depressive symptoms among adolescents and young adults: An empirical reply to Twenge et al. (2018). *Clinical Psychological Science*, 7(3), 462-470.

- This work is included as one of the most read articles in this journal in the last 6 months

16. **Heffer, T.**, & Willoughby, T. (2018). The role of emotion dysregulation: A longitudinal investigation of the interpersonal theory of suicide. *Psychiatry Research*, 260, 379-383.
17. **Heffer, T.**, & Willoughby, T. (2017). A count of coping strategies: A longitudinal study investigating an alternative method to understanding coping and adjustment. *PloS one*, 12(10).
18. Willoughby, T., **Heffer, T.**, & Hamza C.A. (2015). The link between nonsuicidal self-injury and acquired capability for suicide: A longitudinal study. *Journal of Abnormal Psychology*, 1110-1115.
19. Hamza, C. A., Willoughby, T., & **Heffer, T.** (2015). Impulsivity and nonsuicidal self-injury: A review and meta-analysis. *Clinical Psychology Review*, 3813-24. doi : 10.1016/j.cpr.2015.02.010.

Non-refereed publications:

1. Gallant, C., & **Heffer, T.** (2016). A Collaborative Approach to Graduate Training at Brock University. *Canadian Psychological Association*, Mind Pad.

Presentations

Invited Talks

Psychology Department Research Talk

ONTARIO TECH UNIVERSITY

April 2023

Affective Neuroscience and Development Lab

HARVARD UNIVERSITY

Feb 2021

Developing Brains in Context Lab

UNIVERSITY OF OREGON

Nov 2020

Youth Engagement Committee

BROCK UNIVERSITY

2018/19/22

- Invited to discuss research and facilitate youth involvement in research

Panelist: Career Night

PSYCHOLOGY SOCIETY, BROCK UNIVERSITY

March, 2018

Panelist: Graduate School Information Session

PSYCHOLOGY DEPARTMENT, BROCK UNIVERSITY

Nov, 2017

Symposiums

1. Symposium Chair & Speaker. Factors that affect social behavior among children, adolescents, and emerging adults with anxiety-related temperament styles. Development 2022. (Alberta, Canada)
 - Awarded 2nd best student talk

Conference Presentations

1. **Heffer, T.**, Omary, A., Flournoy, J.C., Baum, G.L., Barch D.M., HCP-D Consortium, Somerville, L.H. (2023, March). The impact of reward and punishment history on response inhibition from childhood to early adulthood. Research accepted to the Society for Affective Science conference.
2. Omary, A., **Heffer, T.**, Flournoy, J. C., Baum, G. L., Curtis, M., Colich, N. L., Mair, P., Barch, D. M., HCP-D Consortium, & Somerville, L. H. (2023, April). Testing the mediating role of pubertal hormones on age-related changes and sex differences in adolescent behavioral inhibition and Activation [Poster presentation]. Social & Affective Neuroscience Society 2023 Conference.
3. **Heffer, T.**, van Noordt, S.J.R., Willoughby, T. (2021). The role of medial frontal theta among children and adolescents with consistently high threat sensitivity. Research presented at the Virtual FLUX Congress
4. **Heffer, T.**, Willoughby, T. (2021, April). Investigating the consistency of threat-related ERP's among children and adolescents. Research presented to the Virtual Society for Research on Child Development Conference.
5. **Heffer, T.**, Willoughby, T. (2020, September). A person-centered examination of regulation, sensitivity to threat, and impulsivity among children and adolescents: An ERP study. Research accepted to the Virtual FLUX Congress.
6. **Heffer, T.**, Willoughby, T. (2020, canceled). Investigating Children and Adolescent Worriers' Neural Sensitivity to Negative Feedback: Comparing Pubertal Status and Grade Level. Research accepted to Society for Research on Adolescence Conference, San Diego, CA.
7. **Heffer, T.**, Willoughby, T. (2019, September). Right Alpha Activation Moderates the Stability of Punishment Sensitivity Over Time. Research presented at Society for Psychophysiological Research Conference, Washington, DC.
8. Willoughby, T., **Heffer, T.**, van Noordt, S., Desjardins, J., Segalowitz, S., Schmidt, L. (2019, August). An ERP investigation of children and adolescents' sensitivity to wins and losses during a perceived peer observation manipulation. Research presented at the FLUX Congress, New York, New York.
9. **Heffer, T.**, Willoughby, T. (2019, August). Investigating ERP Consistency across Child and Adolescent Worriers in Tasks Measuring Sensitivity to Punishment. Research presented at the FLUX Congress, New York, New York.
10. **Heffer, T.**, Willoughby, T. (2019, March). An ERP Study Investigating Sensitivity to Punishment among High and Low Worriers. Research presented at the Society for Research on Child Development Conference, Baltimore, Maryland.
11. Wylie, B., **Heffer, T.**, Willoughby, T. (2019, March). Adolescent Risk-Taking: A Comparison of Self-Reported Behaviors and Self-Perceptions. Research presented at the Society for Research on Child Development Conference, Baltimore, Maryland.
12. Ilieff, M., Hamza, C. A., Willoughby, T. & **Heffer, T.** (2019, March). Maladaptive and adaptive perfectionism and nonsuicidal self-injury. Poster presented at the International Society for the Study of Self-Injury.
13. **Heffer, T.**, Willoughby, T. (2018, May). Investigating the Role of Worry in Children and Adolescents: An EEG Study. Symposium presented at Development 2018 Conference, Brock University.
14. **Heffer, T.**, Willoughby, T. (2018, May). Worry, Sleep Problems and Alcohol Use: A Longitudinal Study. Research presented at Development 2018 Conference, Brock University.
15. Willoughby, T., Desjardins, J., Segalowitz, S., Schmidt, L., **Heffer, T.**, Semplonius, T. (2018, May). An ERP Investigation of Children and Adolescents' Sensitivity to Wins and Losses during a Perceived Peer Observation Manipulation. Symposium presented at Development 2018 Conference, Brock University.
16. **Heffer, T.**, Willoughby, T. (2018, April). A Longitudinal Study of Emotion Regulation and Problem Behaviours. Research presented at Society for Research on Adolescence Conference, Minneapolis, Minnesota

17. **Heffer, T.**, Willoughby, T. (2017, May). The Role of Emotion Dysregulation: A Longitudinal Investigation of the Interpersonal Theory of Suicide. Research presented at Association for Psychological Science Conference, Boston, Massachusetts.
18. **Heffer, T.**, Willoughby, T. (2017, April). A Count of Coping Strategies: A Longitudinal Study Investigating Repertoire Richness and Adjustment. Research presented at Society for Research in Child Development Conference, Austin, Texas.
19. **Heffer, T.**, Willoughby, T. (2017, April). The Association between NSSI and Suicide Ideation: The role of Maladaptive Perfectionism. Research presented at Society for Research in Child Development Conference, Austin, Texas.
20. **Heffer, T.**, Willoughby, T., & Hamza C.A. (2016, March). The link between nonsuicidal self-injury and acquired capability for suicide: A longitudinal study. Research presented at the Society for Research on Adolescence Conference, Baltimore, Maryland.
21. **Heffer, T.**, Willoughby, T., (2015, April). Investigating Joiner's Theory of Suicide: Identifying Predictors of Suicide Ideation in a Sample of University Students. Annual Ontario Psychology Undergraduate Thesis Conference, London, Ontario, Canada

Teaching

Instructor Positions

Instructor: Data Science for Academic and Applied Research

BROCK UNIVERSITY (UNDERGRADUATE 4TH YEAR COURSE)

Jan 2022

[R] is for research: A beginner's guide to using R

BROCK UNIVERSITY (4 WORKSHOPS HELD)

August 2022/23

Invited Guest Lectures

Adolescence and Emerging Adulthood

WESLEYAN UNIVERSITY (UNDERGRADUATE 3RD YEAR COURSE)

April 2023

Data Science for Academic and Applied Research

BROCK UNIVERSITY (UNDERGRADUATE 4TH YEAR COURSE)

Nov 2020

Adolescent Development

BROCK UNIVERSITY (UNDERGRADUATE 3RD YEAR COURSE)

March 2019

Other Teaching Activities

Data Science for Academic and Applied Research

APPRENTICESHIP AT BROCK UNIVERSITY (UNDERGRADUATE 4TH YEAR)

Jan 2020/21

Teaching Assistantships

BROCK UNIVERSITY

- PSYC 4P08: Data Science for Academic and Applied Research (2020/21)
- PSYC 2P12: Lifespan Development (2015/18/19)
- PSYC 4P07: Transition to workplace (2018)
- PSYC 3P39: Statistics (2016/17)
- PSYC 3P18: Adolescent Development (2016)
- PSYC 3P77: Social Development (2015)

Project Teach

ANDL, HARVARD UNIVERSITY

2022

- Co-created and taught a seminar for 7th grade students on developmental cognitive neuroscience topics

Resiliency Class: Brock University

NAMIBIA, AFRICA

2013

- Created and taught lessons in Math/English to grades 8-12 for three weeks

Mentoring

Undergraduate Students

HARVARD UNIVERSITY

- Jady Mathews (Honors thesis)
- Nicole Uribe (Research Assistant)

BROCK UNIVERSITY

- Cody Ellis (Honors thesis)
- Annelise Wiens (Honors thesis & Independent study)
- Joelle Braccio (Independent study)
- Carly Lundale (Honors thesis & Independent study)

Honors & Distinctions Awarded to Mentees

Faculty of Social Science Student Research Award

ANNELISE WIENS, BROCK UNIVERSITY

2021

Honors thesis: Certificate of Excellence

CARLY LUNDALE, CANADIAN PSYCHOLOGICAL ASSOCIATION

2020

Knowledge Mobilization

Community Research Talk

PATHSTONE MENTAL HEALTH

2019

- presented research to over 100 staff at Pathstone Mental Health

Infographics

BROCK HEALTHY YOUTH PROJECT PARTNERS (E.G., WHO; UNICEF, MENTAL HEALTH COMMISSION OF CANADA; NIAGARA REGION SCHOOL BOARD)

2019

Media Interviews

HEFFER ET AL., 2019; CLIN.PSYC.SCI.

2019

- The results from one of my first-author publications was distributed widely and received extensive media attention, as follows:
 - Association for Psychological Science. (2019, February 27). Longitudinal Data Show No Evidence of Teens' Social Media Use Leading to Depression. Retrieved from <https://www.psychologicalscience.org/observer/longitudinal-data-show-no-evidence-of-teens-social-media-use-leading-to-depression> (also featured in Science Daily)
 - Psychology Today. (2019, February 22). Is Tech Really Hurting Teens?[Press release]. Retrieved from: <https://www.psychologytoday.com/us/blog/brainstorm/201902/is-tech-really-hurting-teens>.
 - Brock News. (2019, February 14). Brock researchers find no evidence social media use predicts future depression. [Press release]. Retrieved from: <https://brocku.ca/brock-news/2019/02/brock-researchers-find-no-evidence-social-media-use-predicts-future-depression>
 - Also distributed in Curaçao Chronicle, Psych Central, Medical News Today, Drugs.com, Consumer Affairs; Daily Mail, The Times, etc.

Research and Teaching Development

Introduction to fMRI

CENTER FOR BRAIN SCIENCE, HARVARD

2022

Bystander intervention training

HARVARD UNIVERSITY

2022

Using R for Reproducible Research Course

BROCK UNIVERSITY

2021

Global R Studio Conference

VIRTUAL

2021

Advanced R workshop: A Tidyverse Language Perspective

HARVARD'S WOMEN IN PSYC

2021

ARGH Coding Club

INFORMAL R USERS GROUP AT BROCK UNIVERSITY

2019/20

Datathon R Workshop

BROCK UNIVERSITY

2019

EEG Workshop

BROCK UNIVERSITY

2017-19

- One-week workshop focusing on EEG analysis

Impedance Workshop

MINDWARE TECHNOLOGIES, OHIO

2018

- Two-day workshop on data collection and data cleaning

Data Visualization and Programing Workshop

BROCK UNIVERSITY

2018

- Two-day workshop using Python for data visualization

Introduction to Computer Programming for Experimental Psychology

BROCK UNIVERSITY (GRAD-LEVEL COURSE)

2018

- Introduction to MATLAB programming language

TA Advanced Certificate in Teaching and Learning in Higher Education

CENTRE FOR PEDAGOGICAL INNOVATION, BROCK UNIVERSITY

2017

TA Certificate in Teaching and Learning in Higher Education

CENTRE FOR PEDAGOGICAL INNOVATION, BROCK UNIVERSITY

2016

Longitudinal Data Analysis

BROCK UNIVERSITY (GRAD-LEVEL COURSE)

2016

3-day R Workshop

BROCK UNIVERSITY

2015

Service

Mentorship meetups (Committee Member)

HARVARD UNIVERSITY

2022-23

Undergraduate Workshops

BROCK UNIVERSITY

2016-21

- Created and facilitated annual workshops (e.g., Thinking about Grad school?; Getting Involved in Research; External Scholarship Applications)

Psychology Social Committee (Committee Member)

BROCK UNIVERSITY

2017-22

Brock University Featured Graduate Student

BROCK UNIVERSITY

2020

Development 2018 Psychology Conference (Volunteer)

BROCK UNIVERSITY

2018

Psychology Department Recruitment Group (Committee Member)

BROCK UNIVERSITY

2017-18

Psychology Social Committee (Graduate Student Representative)

CANADIAN PSYCHOLOGICAL ASSOCIATION

2016-19

Psychology Graduate Committee (Graduate Student Representative)

BROCK UNIVERSITY

2016-17

Recruitment Events (Graduate Student Volunteer)

BROCK UNIVERSITY

2016-19

Psychology Department Committee (Graduate Student Representative)

BROCK UNIVERSITY

2015-16