Ulrik Lyngs

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https://ulriklyngs.com

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 Markdown[1].

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 Shadbolt[2] Thesis: Examining the effectiveness of design patterns for digital self-control
2012 — 2013	**MSc in Cognitive and Evolutionary Anthropology**, University of Oxford Supervisor: Oliver Curry[3] Thesis: Fundamental motivations and risk-taking
2011 — 2016	**MA in the Study of Religion & Psychology**, Aarhus University Supervisor: Uffe Schjødt[4] Thesis: Religion as a cultural tool for cognitive control
2007 — 2011	**BA in the Study of Religion & Psychology**, Aarhus University Supervisors: Jesper Sørensen[5] and Kristoffer Laigaard Nielbo[6] Thesis: Priming effects of religious concepts on moral judgment

Major grants and funding

2021 — 2023	**Carlsberg Foundation Visiting Fellowship at University of Oxford**[7] (DKK 700,000 (~£80k)), Understanding Personal Digital Self-Control Struggles and Appropriate Interventions
2020	**van Houten Fund**[8] (~£12k), The Reducing Digital Distraction (ReDD) Workshop for Oxford University students. Supervisor: Maureen Freed.
2019 — 2020	**EPSRC Doctoral Prize**[9] (~£28k), Supporting End-User Autonomy Over Digital Device Use. Supervisor: Nigel Shadbolt. Mentor: Max Van Kleek.

Awards & honours

Winner of the 2020 Oxford Three Minute Thesis competition[10], Mathematical, Physical and Life Sciences Division, University of Oxford

Commendation Certificate for the Reducing Digital Distraction Workshop, MPLS Impact Awards[11], University of Oxford

Best Talk Award, 2019 Oxford Computer Science Conference, University of Oxford

Best Paper Honorable Mention Award for "Self-Control in Cyberspace...", CHI'19: ACM Conference on Human Factors in Computing Systems

Best Paper Award for "Third party tracking...", WebSci'18: ACM Conference on Web Science, Amsterdam

DOMUS Prize for Outstanding Research Communication, Linacre College, University of Oxford

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

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

2020 — C5
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

C4
"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. Jirotka, J. Zhao, M. Van Kleek, N. Shadbolt
CHI'20: ACM Conference on Human Factors in Computing Systems

2019 — C3
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%)

2018 — C2
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)

C1
"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

Journal articles (fully reviewed, archival)

2022 **J4** **The Goldilocks Level of Support: Using User Reviews, Ratings, and Installation Numbers to Investigate Digital Self-Control Tools**
U. Lyngs, K. Lukoff, L. Csuka, P. Slovák, M. Van Kleek, N. Shadbolt
IJHCS: International Journal of Human-Computer Studies, 166

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, 28(4)

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. Jirotka, C. Macrae
Springer: : Software Engineering for Robotics12, Cavalcanti et al. (eds.), pp. 165-187

Extended abstracts and workshop papers

(lightly reviewed)

2022 **A11** **Leveraging Self-Regulation Research When Designing for Digital Wellbeing**
U. Lyngs, K. Lukoff
AVI'22 Workshop: *Designing for Meaningful Interactions and Digital Wellbeing*, International Conference on Advanced Visual Interfaces

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. Jirotka, *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: *Designing for Curiosity: An Interdisciplinary Workshop*13, ACM Conference on Human Factors in Computing Systems

Publicly available research code & data

2022	**Data, materials, and analysis for "The Goldilocks Level of Support…" [J4]** *U. Lyngs*, K. Lukoff, L. Csuka, P. Slovák, M. Van Kleek, N. Shadbolt https://osf.io/cdqub/
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. Jirotka, 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' (*short-circuited*) on P1, in the episode 'Død over digitale distraktioner' (*Death to digital distractions*)[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	T38	**Kynapse**[21], Paris, France Self-Control in Cyberspace
	T37	**AVI'22: International Conference on Advanced Visual Interfaces, Designing for Meaningful Interactions and Digital Wellbeing workshop**[22], Rome, Italy Leveraging Self-Regulation Research When Designing for Digital Wellbeing
	T36	**Goodenough College & University of Oxford, Colloquium on AI and Regulation**, Venice, Italy Self-Control in Cyberspace: The Attentional Challenges of Computing Technology
2021	T35	**University of Oxford, Community call: executable manuscripts**, Reproducible Research Oxford[23] Reproducible academic papers with R Markdown, RStudio, Zotero, Google Docs, and LaTeX templates[24]
	T34	**University of Oxford, Human Centred Computing**[25], 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**[26] **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**[27]**, local event**, Thisted Library, Denmark

Selvkontrol i cyberspace *(Self-control in cyberspace)*

T31   **University of Copenhagen, DISTRACT**[28] **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**[29], Dept. of Computer Science

Reproducible and Replicable Research

T29   **University of Oxford, Human Centred Computing**[30], Dept. of Computer Science

R Markdown in 7 Minutes

T28   **University of Oxford, Human Centred Computing**[31], Dept. of Computer Science

Reproducible and Replicable Research

2020   **T27**   **University of Oxford, Guest lecture in Interaction Design (IDE)**[32], Dept. of Computer Science

Ulysses in Cyberspace: The Theory and Practice of Digital Self-Control

T26   **University of Copenhagen, DISTRACT**[33], Copenhagen Center for Social Data Science

Self-Control in Cyberspace: Examining Tools of Resistance in the Battle for Online Attention

T25   **University of Copenhagen, COINACT**[34], Institute of Psychology

Cognitive Control in Cyberspace

T24   **University of Oxford, Seminars at Linacre College**[35]

'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)[36] for a general audience

What Can Digital Humanities Offer Hindu Studies?

T22   **University of Oxford, Śākta traditions project**[37], Oxford Centre for Hindu Studies

Deus ex Machina: What Can Digital Humanities Offer Hindu Studies?

T21   **University of Washington, Design. Use. Build. (DUB) alliance**[38]

'I Just Want to Hack Myself to Not Get Distracted': Evaluating Design Interventions for Self-Control on Facebook

T20   **Google, Digital Wellbeing**[39]

Digital Wellbeing in Practice: Designing for Digital Self-Control

T19   **University of Copenhagen, Human-Centred Computing Section**[40], Dept. of Computer Science

Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies

T18   **University of Oxford, Digital Ethnography Group (OxDEG)**[41], Oxford Internet Institute

Digital Wellbeing in Practice: Examining the Effectiveness of Digital Self-Control Strategies

2019	T17	**University of Oxford, R user group Oxford**[42], 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 Conference**[43], Dept. of Computer Science
		Self-Control in Cyberspace: Applying Dual Systems Theory to a Review of Digital Self-Control Tools
	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 Workshop**[44], Glasgow, UK
		Putting Self-Control at the Centre of Digital Wellbeing
2018	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	**UnBias**[45] **Hackathon, CodeBase**, Edinburgh
		Hacking the Attention Economy
	T10	**University of Oxford, Human Centred Computing**[46], Dept. of Computer Science
		Evaluating Anti-Distraction Browser Extensions for Facebook
2017	T09	**PubhD**[47]**, 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 Machines**[48] **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-Distraction Apps Can Guide Digital Design
	T06	**University of Oxford, 2017 Oxford Computer Science Conference**[49], Dept. of Computer Science
		ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market
	T05	**University of Oxford, Human Centred Computing**[50] **workshop:** *Being Responsible in Research: Opportunities and Challenges* **workshop**, Dept. of Computer Science
		Battle of the Social Machines: Attention Management in the Information Age
	T04	**SOCIAM: The Theory and Practice of Social Machines**[51], project meeting at Brockenhurst, UK
		Attention Management in the Information Age
2015	T03	**Aarhus University, Religion, Cognition and Culture**[52] **research unit**, Institute of Culture and Society
		Religion: A Culturally Evolved Tool for Self-Control

2014	T02	**26th Annual Human Behavior and Evolution Society Conference**[53], **Natal, Brazil**
		Fundamental Motivations and Risk-Taking: Loss Aversion in Context
2012	T01	**Homo Experimentalis: Experimental Approaches in The Study of Religion**[54], **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 Conference**[55], Psychology and Futurity, roundtable discussion on mental health
	D1	**2019 Oxford Computer Science Conference**[56], 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**[57], Oxford Internet Institute
		What the Anti-Distraction 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**[58], Montreal, Canada
		A Cognitive Design Space for Supporting Self-Regulation of ICT Use
2017	P5	**39th Annual Conference of the Cognitive Science Society**[59], 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**[60], Oxford Internet Institute
		Ulysses in Cyberspace: Evaluating the Anti-Distraction Market
	P3	**2017 CHI Conference on Human Factors in Computing Systems, Designing for Curiosity Workshop**[61], Denver, Colorado
		Curiosity, ICTs and Attention Management: Evaluating the Emerging Anti-Distraction Market
2014	P2	**Central European University, Morality: Evolutionary Origins and Cognitive Mechanisms**[62], Budapest
		Wild Cooperation: Studying Real-World Reciprocity Using Couchsurfing.org
2011	P1	**33rd Annual Conference of the Cognitive Science Society**[63], 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[64]

2019 B09 **UX Collective (Medium)**, 367 Tools of Resistance in the Battle for Online Attention[65]

B08 **ulriklyngs.com**, How to Use Pandoc Filters for Advanced Customisation of Your R Markdown Documents[66]

B07 **ulriklyngs.com**, How to Create New Chunk Options in R Markdown[67]

2018 B06 **ulriklyngs.com**, How to Build Safari App Extensions[68]

B05 **ulriklyngs.com**, R packages for CHI papers with R Markdown[69]

B04 **ulriklyngs.com**, How to Write ACM Articles with R Markdown[70]

2017 B03 **Connected Life Conference 2017**, Ulysses in Cyberspace[71]

B02 **ulriklyngs.com**, Making Statistics Make Sense[72]

2016 B01 **ulriklyngs.com**, Digging Science Out of a Hole: The Reproducibility Index[73]

Teaching experience

2021 **Instructor, Reproducible research with R Markdown**[74], Oxford|Berlin Summer School on Open Research[75]
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**[76], 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**[77], TIER Faculty Development Workshop[78], 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 School[79]
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`[80], for reproducible thesis writing in R Markdown, formatted with a traditional University of Oxford LaTeX template

2019 — present	`pagedown-cv`[81], 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`[82], `chi20-papers-rmarkdown`[83], `chi-proc-rmd-template`[84] & `chi-ea-template`[85], for writing reproducible submissions in R Markdown to the ACM CHI conference

Apps

2021 — present	**Newsfeed toggle for Facebook**[86], browser extension that hides distracting UI elements on Facebook in the Safari browser on Mac and iOS
2019 — present	**"No Distractions" for YouTube**[87], browser extension that hides distracting UI elements on YouTube in the Safari browser on Mac and iOS
2019 — present	**HighlightAds for Google Search**[88], 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**[89], 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)[90], ACM CHI Conference[91], Computer-Supported Cooperative Work and Social Computing[92], International Journal of Human-Computer Studies[93]
2018 — 2020	**Steering group member** Transparent Statistics in Human-Computer Interaction[94]
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 Network**[95] **(LERN)** London, UK
2008 — 2012	**Chairman of the Society for the Study of Religion (RvF)**[96] Dept. for the Study of Religion, Aarhus University

Selected work experience

2020 — present	**Data Scientist and Digital Humanities Consultant**, Śākta Traditions[97], 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 Economy[98]
	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 Jirotka), 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 Machines[99]
	Built sociam.org[100], which archives outputs of a 5.5 year EPSCR 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 Ideas[101], London
	Generated ideas and wrote programme copy for 250+ panel debates for the internationally renowned philosophy and music festival HowTheLightGetsIn[102]; 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 Summit[103], Dubai |
| 2017 | **Leading for Impact**[104] **fellow**, 4-month leadership training programme at Saïd Business School, University of Oxford |

Minor grants and funding

2022	**Junior Research Fellow Grant, Lucy Halsall Fund**[105] (£500), US research travel: visit to Human Centered Design & Engineering[106], UW, Seattle; participation in CHI'22[107], New Orleans, Louisiana
2021	**Junior Research Fellow Grant, Lucy Halsall Fund**[108] (£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 Collective[109]
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, Oxfizz[110]
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↵

5. 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↵

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/mpls_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=iwar2cnu58gu19ym6m0zv48z2tcwqni56xsxmiszkkuqne9efjqwg8w4zgylw

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://www.kynapse.fr

22. https://sites.google.com/view/design4dwb

23. https://ox.ukrn.org

24. https://youtu.be/aU0uetWJXis

25. https://hcc.cs.ox.ac.uk

26. https://sodas.ku.dk/projects/distract/

27. https://thy360.dk/event/selvkontrol_i_cyberspace/8500

28. https://sodas.ku.dk/projects/distract/

29. https://di.ku.dk/english/research/human_centred_computing/

30. https://hcc.cs.ox.ac.uk

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