

Anthony L. Burrow

Psychology | Cornell Human Ecology

Current Positions at Cornell University

Professor, Department of Psychology

Director, Purpose Science and innovation Exchange

Academic and Professional Appointments

- 2026- Professor, Department of Psychology, Cornell
- 2025- Director, Purpose Science and innovation Exchange
- 2023-26 SUNY University Faculty Senate
- 2021-26 Ferris Family Associate Professor of Life Course Studies, Department of Psychology
- 2020-26 Director, Bronfenbrenner Center for Translational Research, Cornell
- 2020-26 Senior Associate Dean for Outreach and Extension, Cornell
- 2024-25 Co-director, National Scientific Council for the Developing Adolescent
- 2020-23 Provost's Fellow for Public Engagement, Cornell
- 2019-24 Member, Human Subjects Institutional Review Board, Cornell
- 2017-26 Associate Professor, Department of Psychology, Cornell
- 2011-17 Assistant Professor, Department of Human Development, Cornell
- 2007-11 Assistant Professor, Department of Psychology, Loyola University Chicago
- 2015-25 Director, Program for Research on Youth Development and Engagement, Cornell
- 2005-07 Postdoctoral Fellow, Multicultural Research Institute, University of Notre Dame

Education

- 2005 Ph.D. developmental psychology, Florida International University
- 2002 M.A. developmental psychology, Florida International University
- 1998 B.A. psychology, University of North Carolina at Chapel Hill

Honors

- 2026 SUNY Chancellor's Award for Excellence in Faculty Service, Cornell University
- 2023 Fellow, Ivy+ Faculty Advancement Network Leadership
- 2022 Spielberger EMPathy Award - American Psychological Association
- 2022 Named a 4-H Trailblazer by the National 4-H Council
- 2020 President's and Provost's Faculty Award for Excellence in Research, Teaching, and Service through Diversity, Cornell University
- 2019 Invited member, National Scientific Council for the Developing Adolescent
- 2019 Engaged Scholar Prize – Cornell University
- 2015 SUNY Chancellor's Award for Excellence in Teaching, Cornell University
- 2015 Faculty Partner Award – Office of Academic Diversity Initiatives, Cornell University
- 2008 Youth Purpose Research Award – Stanford Center on Adolescence
- 2005 Multicultural Postdoctoral Research Fellowship – University of Notre Dame

- 2005 Outstanding Graduate Student in Developmental Psychology Annual Award
- 2004 Minority Fellowship Award - American Psychological Association
- 2000 McKnight Doctoral Fellowship – Florida Education Fund

Funding:

- 2026-29 Principal Investigator. Translational Fellowship in Purpose Science. (\$3,573,089). Bezos Family Foundation.
- 2025-28 Principal Investigator. The Purpose Commons: Advancing the Science of Purpose to Catalyze Youth Well-Being. (\$3,000,000). John Templeton Foundation.
- 2023-26 Principal Investigator. Purpose grows here: Developing and testing a purpose-focused professional development workshop for extension educators. (\$148,570). USDA – National Institute of Food and Agriculture (Federal Capacity Funds).
- 2023-24 Principal Investigator. Support for translational research within BCTR. Silicon Valley Community Foundation. (\$600,000).
- 2021-22 Principal Investigator. The contribution project. Hopelab. (\$68,809).
- 2020-22 Principal Investigator. GripTape: Investigating the value of personalized learning journeys in positive youth development. Silicon Valley Community Foundation. (\$1,800,000).
- 2020-22 Principal Investigator. Program for research on youth development and engagement - Continuation. Morgan Foundation, (\$600,000).
- 2019-22 Principal Investigator. Building participatory research Tools to Engage 4-H Youth in Campus-Community Research Partnerships. USDA – National Institute of Food and Agriculture (Federal Capacity Funds) (\$154,260).
- 2019-20 Principal Investigator. Youth Investigators. Engaged Cornell Undergraduate Curriculum Grant (\$71,210).
- 2016-19 Principal Investigator. Exploring the Development of Purpose in 4-H Youth Development Programs. USDA – National Institute of Food and Agriculture (Hatch) (\$57,250).
- 2016-19 Principal Investigator. Building Campus-Community Collaboration through the Program for Research on Youth Development and Engagement (PRYDE). CU Agricultural Experiment Station Federal Formula (Smith-Lever) (\$55,600).
- 201618 Co-Principal Investigator with K. Pillemer (PI). Program for Research on Youth Development and Engagement. Morgan Foundation, (\$1,200,000).
- 2013-15 International Collaborator. Exploring Purpose Exploration: What Does it Mean to Look for a Life Direction? (PI: P. Hill). Social Sciences and Humanities Research Council, Canada. (\$68,247)
- 2012-13 Principal Investigator. Intervening on Purpose and Meaning in Adolescence. Bronfenbrenner Center for Translational Research, Pilot Study Program – Cornell University. (\$7,200).
- 2012-15 Co-Principal Investigator. Relations between perceived discrimination and romantic relationship functioning among African American couples. (PI: T. De Hart). National Science Foundation. (\$150,000).

- 2012-17 Consultant. Culturally-Specific HIV Prevention for Latino Adolescent Alcohol Abusers. (PI: L. Hernandez). National Institute of Alcohol Abuse and Alcoholism. (\$167,725).
- 2011-12 Principal Investigator. The Deleterious Consequences of Everyday Racial Microaggressions: Comparing African-Americans and Black Immigrants in Post-Civil Rights America. LUC Multidisciplinary Research Grant. (\$30,000).
- 2009-10 Consultant. Enhancing Resilience to Stress and Violence Exposure in Low-Income Urban African American Youth. Loyola University Stimulating Multidisciplinary Research Grant. PI: M. Richards (\$17,000).
- 2008-09 Principal Investigator. An Accelerated Longitudinal Study of Profiles of Purpose in Adolescence. Stanford Center on Adolescence. (\$9,560).
- 2006-07 Principal Investigator. Development and Testing of a Daily Racial Identity Salience Evaluation. Institute for Scholarship in the Liberal Arts (ISLA), University of Notre Dame. (\$10,215).
- 2006-07 Principal Investigator. American Psychological Association Minority Fellowship Program, Grant supporting on-going data collection, #1 R13 MH075625. (\$2,448).

Books:

Hill, P. L., & Burrow, A. L. (Eds.). (2025). *Purpose in Life as Ancient but Nascent: Perspectives from Psychology, Philosophy, and Human Development*. Cambridge University Press.

Burrow, A. L., & Hill, P. L. (Eds.). (2020). *The Ecology of Purposeful Living across the Lifespan*. Springer Nature.

Publications:

+current advisee; *former advisee

*Zhu, G., *Ratner, K., & Burrow A. L. (in press). Investigating the reciprocity between daily emotions and perceived learning progress in self-directed learning. *Cognition and Emotion*.

Xie, H., Ratner, K., & Burrow, A. L. (in press). Establishing validity and measurement invariance of the Claremont Purpose Scale among adolescents from diverse racial–ethnic backgrounds. *Journal of Research on Adolescence*.

+Davis, C. J., Spearman, S. R., & Burrow A. L. (in press). Perceived, desired, and discrepant control: Initial cross-sectional evidence for a metacognitive calibration framework for depression risk. *Cognitive Therapy and Research*.

Ong, L. Q., Wolk, M. W., Burrow, A. L., Lohani, M., Hill, P. L., Sin, N. L. (in press). Anticipated discrimination in daily life: Predictors, stress appraisals, and responses. *PLOS One*.

+Davis, C. J., & Burrow A. L. (in press). The paradox of perceived control: A contextual approach to emotion regulation. *Emotion*.

Burrow A. L., & *Ratner, K. (in press). Within-person fluctuations in daily purpose moderate the association between trait purpose and adolescent adjustment. *Journal of Research on Adolescence*.

+Davis, C. J., Lyman, C., Levinbook, E., & Burrow, A. L. (in press). Strengthening self-continuity to reduce depressive symptoms and derailment: a multiphase mixed-methods randomized controlled trial. *Journal of Consulting and Clinical Psychology*

+Davis, C. J., Spearman, S. R., & Burrow A. L. (in press). The role of perceived control in the stress – anxiety pathway: Exploring temporal dynamics and contextual boundaries. *Clinical Psychological Science*.

Brooks, J. R., Douglas, R. D., Burrow, A. L., Phillips, M. Walker, R. L., & Busby, D. R. (in press). And still, we rise: A mixed-methods study examining derailment, post-traumatic stress, and resilience among black adults during the COVID-19 pandemic. *Cultural Diversity and Ethnic Minority Psychology*.

Wolk, M., Ong, L. Q., Sin, N. L., Burrow, A. L., Pfund, G., & Hill, P. L. (in press). Discrimination in daily life: Effects on sense of purpose and derailment. *Current Psychology*.

Creim, M., & Burrow, A. L. (2025). The psychology and the mens rea of purpose (and goals). *Syracuse Law Review*, 75, 33.

*Ratner, K., Xie, H., *Zhu, G., Estevez, M., & Burrow, A. L. (2025). Trajectories and predictors of adolescent purpose development in self-driven learning. *Child Development*, 96(2), 691-704.

+King, A., +Davis, C., Sade, Proudfoot, D., & Burrow, A. L. (2025). The identity disclosure matrix: A conceptual framework for why and how we share our identities. *Identity: An International Journal of Theory and Research*, 25(2), 227-241.

+Davis, C. & Burrow, A. L. (2024). Perceived control ameliorates the impact of adverse childhood experiences on downstream mental health. *Child Abuse & Neglect*, 157, 107015.

Burd, K., Burrow, A. L., & Gyll, M. (2024). Pulling away from the trigger: The influences of purpose in life and self-affirmation on decisions to shoot. *Frontiers in Cognition*, 3, 1397643.

+Davis, C. & Burrow, A. L. (2024). Derailment is associated with increased depressed mood at lower levels of stress: An experimental approach. *Journal of Affective Disorders*, 363, 320-330.

*Ratner, K., *Zhu, G., Li, Q., *Rice, M., Estevez, M., & Burrow, A. L. (2024). Derailment in adolescence: Factor analytic structure and correlates. *Journal of Research on Adolescence*, 34(3), 1099-1106.

*Zhu, G., Zheng, J., *Ratner, K., *Li, Q., Estevez, M. & Burrow, A. L. (2024). How trait and state positive emotions, negative emotions, and self-regulation relate to adolescents' perceived daily learning progress. *Contemporary Educational Psychology*, 77, 102275.

Pfund, G., Burrow, A. B., & Hill, P. L. (2024). Purpose in daily life: Diving into within-person sense of purpose variability. *Journal of Research on Personality*, 109, 104473.

Hill, P. L., Morstead, T., Pfund, G. N., Burrow, A. L., DeLongis, A., & Sin, N. L. (2024). Examining changes in sense of purpose before, during, and after COVID-19 vaccination. *Vaccine*, 42, 1087-1093.

Burrow, A. L., Hill, P. L., *Stanley, M., & *Sumner, R. (2024). The role of purpose in the stress process: A homeostatic account. *Journal of Research on Personality*, 108, 104444

*Ratner, K., *Zhu, G., +Li, Q., Estevez, M., & Burrow, A. L. (2023). Purpose and goal pursuit as a self-sustaining system: Evidence of daily within-person reciprocity among adolescents in self-driven learning. *Journal of Personality*, DOI: 10.1111/jopy.12911

Burrow, A. L. (2023). Beyond finding purpose: Motivating a translational science of purpose acquisition. *International Journal of Environmental Research and Public Health*, 20, 6091.

*Ratner, K., *Zhu, G., +Li, Q., Estevez, M., & Burrow, A. L. (2023). Interacting with supportive adults predicts greater same-day psychosocial functioning among adolescents in a self-driven learning program. *Journal of Adolescence*.

*Ratner, K., +Li, Q., *Zhu, G., Estevez, M., & Burrow, A. L. (2023). Daily adolescent purposefulness, daily subjective well-being, and individual differences in autistic traits. *Journal of Happiness Studies*, 24, 967-989.

Hill, P. L., Burrow, A. L., Allemand, M. (2023). Trust in purpose, or trust and purpose?: Institutional trust influences the association between sense of purpose and COVID-19 vaccination. *Journal of Psychosomatic Research*, 165, 111119.

*Ratner, K., Burrow, A. L., Mendle, J., & Thoemmes, F. (2023). Derailment and depression in college: Tests of three-year predictive capacity and moderation by self-reflection, brooding, perfectionism, and cognitive flexibility. *Journal of Counseling Psychology*, 70, 212.

*Zhu, G., & Burrow, A. L. (2023). Gains in youth resilience during self-driven learning may be moderated by their pathways to purpose. *Journal of Positive Psychology*, 18, 841-852.

*Zhu, G., & Burrow, A. L. (2023). Profiles of personal and ecological assets: Adolescents' motivation and engagement in self-driven learning, *Current Psychology*, 42, 14025-14037.

Fuller-Rowell, T. E., Nichols, O. I., El-Sheikh, M., Burrow, A. L., Ong, A. D., & Ryff, C. D. (2022). The pandemic and social experience: For whom did discrimination and social isolation increase? *Cultural Diversity and Ethnic Minority Psychology*.

Urganci, B., Ong, A. D., Burrow, A. L., & De Hart, T. (2021). Mean level and variability in affect and perceived regard: A dyadic daily diary study of African American couples. *Journal of Social and Personal Relationships*.

*Zhu, G., & Burrow, A. L. (2022). Youth voice in self-driven learning as a context for interdisciplinary learning. *Journal of Educational Studies and Multidisciplinary Approaches*, 2, 1.

Ong, A. D., Urganci, B., Burrow, A. L., De Hart, T. (2022). The relational wear and tear of everyday racism among African American couples. *Psychological Science*, 33, 1187-1198.

*Ratner, K., Burrow, A. L., Mendle, J., & Hill, P. (2022). A prospective study of college student depressive symptoms, sense of purpose, and response to a COVID-19 campus shutdown. *Personality and Individual Differences*, 189, 111475.

Hamilton, H., Peterson, J., Burrow, A. L., & De Hart, T. (in press). Do I like you? Effects of daily negative events and implicit self-esteem on daily implicit partner regard. *Social Psychological and Personality Science*.

*Ratner, K., Porcelli, S., & Burrow, A. L. (2022). Purpose in life, urgency, and the propensity to engage in risky and self-destructive behaviors. *Motivation and Emotion*, 46, 59-73.

*Ratner, K., Burrow, A. L., Thoemmes, F., & Mendle, J. (2022). Invariance of the derailment scale-6: Testing the measurement and correlates of derailment across adulthood. *Psychological Assessment, 34*, 320-334.

Hill, P., L., Klaiber, P., & Burrow, A. L., DeLongis, A., & Sin, N. L. (2022). Purposefulness and daily life in a pandemic: Predicting daily affect and physical symptoms during the first weeks of the COVID-19 response. *Psychology and Health, 37*, 985-1001.

Pfund, G. N., *Ratner, K., Allemand, M., Burrow, A. L., & Hill, P. L. (2022). When the end feels near: Sense of purpose predicts well-being as a function of future time perspective. *Aging and Mental Health, 26*, 1178-1188.

Burrow, A. L., *Ratner, K., Porcelli, S., & *Sumner, R. (2022). Does purpose grow here? Exploring 4-H as a context for cultivating youth purpose. *Journal of Adolescent Research, 37*, 471-500.

*Rosenfeld, D. L., Balcetis, E., Bastian, B., Berkman, E. T., Bosson, J. K., Brannon, T. N., Burrow, A. L., ... Tomiyama, A. J. (2022). Psychological science in the wake of COVID-19: Social, methodological, and meta-scientific considerations. *Perspectives on Psychological Science, 17*, 311-333.

Hill, P., L., Klaiber, P., & Burrow, A. L., DeLongis, A., & Sin, N. L. (2022). Great, purposeful expectations: Predicting daily purposefulness during the COVID-19 response. *Journal of Positive Psychology, 17*, 89-101.

Hill, P. L., Sin, N., Almeida, D., & Burrow, A. L. (2022). Sense of purpose predicts daily positive events and attenuates their influence on positive affect. *Emotion, 22*, 597-610.

Burrow, A. L., *Agans, J. P., *Creim, M., & +Jeon, H. J. (2021). Are all purposes worth having?: Integrating content and strength in purpose research. *Human Development, 65*, 100-112.

Hill, P.L., Burrow, A.L., & Strecher, V. (2021). Sense of purpose in life predicts greater willingness for COVID-19 vaccination. *Social Science & Medicine, 284*, 114193.

Hill, P. L., & Burrow, A. L. (2021). Why youth are more purposeful than we think. *Child Development Perspectives, 15*, 281-286.

*Ratner, K., & Burrow, A. L. (2021). Derailment within the landscape of psychopathology. *Current Opinion in Psychology, 41*, 21-27.

Hill, P. L., Sin, N., & Burrow, A. L. (2021) Associations between everyday discrimination and sleep in an ethnically diverse sample: Tests of moderation by ethnicity and sense of purpose. *Annals of Behavioral Medicine, 55*, 1246-1252.

Hill, P. L., Allemand, M., & Burrow, A. L. (2021). Moving beyond promoting happiness in gerontology interventions. *Age and Aging, 50*, 62-64.

Fuller-Rowell, T. E., Nichols, O. I., Burrow, A. L., Ong, A. D., Chae, D. H., & El Sheikh, M. (2021). Day-to-day fluctuations in experiences of discrimination: Associations with sleep and the moderating role of internalized racism among African American college students. *Cultural Diversity and Ethnic Minority Psychology, 27*, 107-117.

Burrow, A. L., & Hill, P. L. (2020). Purpose by design or disaster: Preserving a sense of purpose amid environmental uncertainty. *Journal of Environmental Psychology, 69*, 101436.

Hill, P. L., & Burrow, A. L. (2020). Derailment as a risk factor for greater mental health issues following pandemic. *Psychiatry Research, 289*, 113093.

*Ratner, K., Burrow, A. L., & Hill, P. L. (2020). Autistic traits and purpose in life: Associations with pathways to purpose and perceived adult status. *Emerging Adulthood, 8*, 420-427.

Hill, P. L., Lewis, N. A., & Burrow, A. L. (2020). Purpose after retirement during COVID-19: Trying to find direction in retirement communities. *American Journal of Geriatric Psychiatry, 28*, 788-789.

Peditto, K., Shepley, M., Sachs, N., Mendle, J., & Burrow, A. L. (2020). Inadequacy and impact of facility design for adolescents and young adults with cancer. *Journal of Environmental Psychology, 69*, 101418.

*Ratner, K., Burrow, A. L., & Mendle, J. (2020). The unique predictive value of discrete depressive symptoms on derailment. *Journal of Affective Disorders, 270*, 65-68.

*Agans, J. P., Burrow, A. L., Kim, E. S., Garbo, C., Schroeder, M., Graf, S., & Davis, T. (2020). "You're going to burn some bridges if you come at it the wrong way": Reflecting on the realities of research-practice partnerships. *Community Development, 51*, 36-52.

*Jeon, H. J., Wang, Q., Burrow, A. L., & *Ratner, K. (2020). Perspectives of future health in self and others: The moderating role of culture. *Journal of Health Psychology, 25*, 703-712.

*Ratner, K., Burrow, A. L., Burd, K. A., & Hill, P. L. (2019). On the conflation of purpose and meaning in life: A qualitative study of high school and college student conceptions. *Applied Developmental Science, 1-21*.

Elmore, K. C., *Sumner, R., Tiffit, M., Forstrom, M., & Burrow, A. L. (2019). Building collaborative youth development research-practice partnerships through Cooperative Extension. *Children and Youth Services Review, 105*, 104413

Mwilambwe-Tshilobo, L., Ge, T., Chong, M., Ferguson, M.A., Misic, B., Burrow, A.L., Leahy, R., & Spreng, R.N. (2019). Loneliness and meaning in life are reflected in the intrinsic network architecture of the brain. *Social Cognitive & Affective Neuroscience, 14*, 423-433.

Hill, P. L., Cheung, F., Kubel, A., & Burrow, A. L. Life engagement is associated with higher GDP among societies. (2019). *Journal of Research in Personality, 78*, 210-214.

*Ratner, K., Mendle, J., Burrow, A. L., & Thoemmes, F. (2019). Depression and derailment: A cyclical model of mental illness and perceived identity change. *Clinical Psychological Science, 7*, 735-753.

Burrow, A. L., Hill, P. L., *Ratner, K., & Fuller-Rowell, T. (2018). Derailment: Conceptualization, measurement and adjustment correlates of perceived change in self and direction. *Journal of Personality and Social Psychology.*

*Ratner, K., & Burrow, A. L. (2019). Identity and purpose as building blocks for wisdom. In R. J. Sternberg & J. Glück (Eds.), *Cambridge Handbook of Wisdom* (pp. 519-550). Cambridge University Press.

Hill, P. L., Burrow, A. L., Allemand, M. (2018). Considering multiple methods for differentiating conceptually close constructs: Examples from the field of positive psychology. *Social and Personality Psychology Compass*, 12, e12417.

*Sumner, R., Turner, A., & Burrow, A. L. (2018). Diversity and inclusion as essential elements of 4-H youth development programs. *Journal of Youth Development*, 13.

Ong, A. D., & Burrow, A. L. (2018). Affective reactivity to daily racial discrimination as a prospective predictor of depressive symptoms in African American graduate and post-graduate students. *Development and Psychopathology*, 30, 1649-1659.

*Sumner, R., Burrow, A. L., & Hill, P. L. (2018). The development of purpose in life among adolescents who experience marginalization: Potential opportunities and obstacles. *American Psychologist*, 73, 740-752.

Burrow, A. L., Agans, J. P., & Rainone, N. (2018). Exploring purpose as a resource for promoting youth program engagement. *Journal of Youth Development*, 13, 164-178.

Hill, P. L., Sin, N., Turiano, N. A., Burrow, A. L., & Almeida, D. (2018). Sense of purpose buffers against daily stress reactivity. *Annals of Behavioral Medicine*, 52, 724-729.

Burrow, A. L., Hill, P. L., *Ratner, K., & *Sumner, R. (2018). A better tomorrow: Towards a stronger science of youth purpose. *Research in Human Development*, 15, 167-180.

*Rosenfeld, D. L., & Burrow, A. L. (2018). Development and validation of the dietarian identity questionnaire: Assessing self-perceptions of animal product consumption. *Appetite*, 127, 182-194.

*Ratner, K., & Burrow, A. L. (2018). Autistic features in the general population: Implications for sensing purpose in life. *Journal of Positive Psychology*, 13, 494-501.

Hill, P. L., Turiano, N., & Burrow, A. L. (2018). Early life adversity as a predictor of sense of purpose during adulthood. *International Journal of Behavioral Development*, 42, 143-147.

*Rosenfeld, D., & Burrow, A. L. (2017). Vegetarian on purpose: Understanding the motivations of plant-based dieters. *Appetite*, 116, 456-463.

*Burd, K., & Burrow, A. L. (2017). Conceptualizing similarities and differences between purpose in life and self-affirmation. *Social and Personality Psychology Compass*, 11, e12366.

*Rosenfeld, D. L., & Burrow, A. L. (2017). The unified model of vegetarian identity: A conceptual framework for understanding plant-based food choices. *Appetite*, 112, 78-95.

Burrow, A. L., & *Rainone, N. (2017). How many likes did I get?: Purpose moderates links between positive social media feedback and self-esteem. *Journal of Experimental Social Psychology*, 69, 232-236.

Ong, A. D., & Burrow, A. L. (2017). Microaggressions and daily experience: Depicting life as it is lived. *Perspectives on Psychological Science, 12*, 173-175.

*Sumner, R. A., *Stanley, M. J., Burrow, A. L. (2017). Room for debate (and derogation): Negativity of readers' comments on Black authors' online content. *Psychology of Popular Media Culture, 6*, 113-122.

Hill, P. L., Turiano, N., Mroczek, D., & Burrow, A. L. (2016). The value of a purposeful life: Sense of purpose predicts greater income and net worth. *Journal of Research in Personality, 65*, 38-42.

Ong, A. D., Burrow, A. L., & Cerrada, C. (2016). Seeing the other in the self: The impact of Barack Obama and cultural socialization on perceptions of self-other overlap among African Americans. *Social Cognition, 34*, 589-603.

*Ratner, K., Burrow, A. L., & Thoemmes, F. The effects of exposure to objective coherence on perceived meaning in life: A preregistered direct replication of Heintzelman, Trent, and King (2013). (2016). *Royal Society Open Science, 3*, 160431.

Hill, P. L., Burrow, A. L., & *Sumner, R. (2016). Sense of purpose and parent-child relationships in emerging adulthood. *Emerging Adulthood, 4*, 436-439.

Burrow, A. L., Hill, P. L., & *Sumner, R. (2016). Leveling mountains: Purpose attenuates links between perceptions of effort and steepness. *Personality and Social Psychology Bulletin, 42*, 94-103.

Burrow, A. L. & Spreng, R. N. (2016). Waiting on purpose: A small but reliable association between purpose in life and impulsivity. *Personality and Individual Differences, 90*, 187-189.

Hill, P. L., Burrow, A. L., & Bronk, K. C. (2016). Persevering with positivity and purpose: An examination of purpose commitment and positive affect as predictors of grit. *Journal of Happiness Studies, 17*, 257-269.

Burrow, A. L. (2015). Illuminating pathways to civic purpose. *Human Development, 58*, 131-136.

Hill, P. L., Burrow, A. L., *Sumner, R., & Young, R. (2015). Life is pretty meaningful and/or purposeful? On connotations, contexts, and consequences. Commentary on: Heintzelman, S. J., & King, L. A. Life is pretty meaningful. *American Psychologist, 70*, 574-575.

*Stanley, M. J., & Burrow, A. L. (2015). The distance between selves: The influence of self-discrepancy on purpose in life. *Self and Identity, 14*, 441-452.

*Sumner, R. A., Burrow, A. L., & Hill, P. L. (2015). Identity and purpose as predictors of subjective well-being in emerging adulthood. *Emerging Adulthood, 3*, 46-54.

Burrow, A. L., *Stanley, M., *Sumner, R., & Hill, P. L. (2014). Purpose in life as a resource for increasing comfort with ethnic diversity. *Personality and Social Psychology Bulletin, 40*, 1507-1516.

Hill, P. A., *Sumner, R. A., Burrow, A. L. (2014). Understanding the pathways to purpose: Examining personality and well-being correlates across adulthood. *Journal of Positive Psychology, 9*, 227-234.

Burrow, A. L., *Sumner, R., & Ong, A. D. (2014). Perceived change in life satisfaction and daily negative affect: The moderating role of purpose in life. *Journal of Happiness Studies*, 15, 579-592.

Burrow, A. L., & Hill, P. L. (2013). Derailed by diversity?: Purpose buffers the relationship between ethnic composition on trains and passenger negative mood. *Personality and Social Psychology Bulletin*, 39, 1610-1619.

Hill, P. L., Burrow, A. L., & *Sumner, R. (2013). Addressing important questions in the field of adolescent purpose. *Child Development Perspectives*, 7, 232-236.

Ong, A. D., Burrow, A. L., Fuller-Rowell, T. E., Ja. N., & Sue D. W. (2013). Racial microaggressions and daily well-being among Asian Americans. *Journal of Counseling Psychology*, 60, 188-199.

Burrow, A. L., & Hill, P. L. (2012). Flying the unfriendly skies?: The role of forgiveness and race in the experience of racial microaggressions. *Journal of Social Psychology*, 152, 639-653.

Ong, A. D., Burrow, A. L., & Fuller-Rowell, T. (2012). Positive emotions and the social broadening effects of Barack Obama. *Cultural Diversity and Ethnic Minority Psychology*, 18, 424-428.

Gaylord-Harden, N., Burrow, A. L., & Cunningham, J. A. (2012). A cultural-asset framework for investigating successful adaptation to stress in African American youth. *Child Development Perspectives*, 6, 264-271.

Hill, P. L., & Burrow, A. L. Viewing purpose through an Eriksonian lens. (2012). *Identity: An International Journal of Theory and Research*, 12, 74-91.

Burrow, A. L., & Hill, P. L. (2011). Purpose as a form of identity capital for positive youth adjustment. *Developmental Psychology*, 47, 1196-1206.

Burrow, A. L., & Hill, P. L. (2011). Purpose. In R. J. Levesque (Ed). *Encyclopedia of Adolescence* (pp. 2261-2266). New York, New York, Springer.

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Torres, L., Driscoll, M. W. & Burrow A. L. (2010) Racial microaggressions and psychological functioning among highly achieving African-Americans: A mixed-methods approach. *Journal of Social and Clinical Psychology*, 29, 1074-1099.

Hill, P. L., Burrow, A. L., +O'Dell, A. C., & Thornton, M. A. (2010). Classifying adolescents' conceptions of purpose in life. *Journal of Positive Psychology*, 5, 466-473.

Burrow, A. L., & Ong, A. D. (2010). The moderating role of racial identity in exposure and reactivity to daily racial microaggressions. *Self and Identity*, 9, 383-402.

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Hill, P. L., Alleman, M. & Burrow, A. L. (2010). Identity development and forgivingness: Tests of basic relations and meditational pathways. *Personality and Individual Differences*, 49, 497-501.

Hill, P. L., Burrow, A. L., Lapsley, D. K., & Brandenberger, J. W. (2010). Purpose orientations and development in emerging and middle adulthood. *Journal of Applied Developmental Psychology*, 31, 173-179.

Ong, A. D., Fuller-Rowell, T., Burrow, A. L. (2009). Racial discrimination, racial microaggressions, and the stress process. *Journal of Personality and Social Psychology*, 96, 1259-1271.

Burrow, A. L., †Tubman, J. G., & Gil, A. G. (2007). Heterogeneity in patterns of sexual risk behaviors among African-American Youth: Associations with general and race-specific factors. *Journal of Community Psychology*, 35, 447-462.

Burrow, A. L., †Tubman, J. G., & Montgomery, M. J. (2006). Racial identity: Towards an integrated developmental psychological literature. *Identity: An International Journal of Theory and Research*, 6, 317-339.

Burrow, A. L., †Tubman, J. G., & †Finley, G. E. (2004). Adolescent adjustment in a nationally collected sample: Identifying group difference by adoption status, adoption subtype, developmental stage and gender. *Journal of Adolescence*, 27, 367-282.

Burrow, A. L., Burrow, J. L., & Burrow, B. J. (2003). Transracial adoption: The black white controversy. In E. Farmer, J. Rojewski, and B. Farmer (Eds.), *Diversity in America: Visions of the Future*, pp. 141-158.

Burrow, A. L., & †Finley, G. E. (2004). Transracial, same-race adoptions and the need for multiple measures of adolescent adjustment. *American Journal of Orthopsychiatry*, 74, 577– 583.

Burrow, A. L. & †Finley, G. E. (2001). Issues in transracial adoption and foster care. *Adoption Quarterly*, 5, 1-4.

Conferences Designed, Hosted, or Chaired.

American Psychological Association - Division 45 Society for the Psychological Study of Culture, Ethnicity, and Race Research. (2023). Co-chair Program Committee. San Diego, CA

Human Flourishing in Diverse Developmental Contexts. (2022). Co-hosted with the Center for Integrative Developmental Science. Cornell University [held virtually].

Purpose in Context: Ecological Perspectives. (2018). 3rd Annual PRYDE conference on Purpose in Life. Cornell University. Ithaca, NY.

Purpose in a Diverse Society. (2017). 2nd Annual PRYDE conference on Purpose in Life. Washington University in St. Louis. St. Louis, MO.

Purpose and Health Across the Lifespan. (2016). 1st Annual PRYDE conference on Purpose in Life. Half Moon Bay, CA.

Selected Invited Talks:

Burrow, A. L. (2026) *Purpose in practice: How meaning sustains our work*. Howard Hughes Medical Institute. Washington, D. C.

Burrow, A. L. (2025). *Purpose in Life: 5 things to know, 3 things to question, and 1 thing to avoid*. Cornell Alumni Leadership Council. Philadelphia, PA.

Burrow, A. L. (2024). *Supporting positive development for youth after the election*. Panel discussion hosted by the UCLA Center for the Developing Adolescent.

Burrow, A. L. (2024). *A question of purpose*. ACT for Youth Mental Health webinar series. Cornell University.

Burrow, A. L. (2024). *A question of purpose*. Stanford Center for Adolescence – Consensus Meeting. Palo Alto, CA.

Burrow, A. L. (2024). *Youth purpose in the context of education and curricula*. Uncommon Schools, annual directors meeting. Hamburg, NJ.

Burrow, A. L. (2023). *A question of purpose*. University of Maine College of Cooperative Extension Annual Meeting. Orono, ME.

Burrow, A. L. (2023). *Cultivating youth purpose*. Opportunity Youth Forum at the Aspen Institute. Aspen, CO.

Burrow, A. L. (2023). *Purpose as an ecological asset*. President's Council of Cornell Women – annual convening. Cornell University.

Burrow, A. L. (2023). *Cultivating youth purpose*. Expanded Learning Opportunities – Innovation Invitational. Beyond School Bells. University of Nebraska – Lincoln.

Burrow, A. L. (2023). *A question of purpose*. Moral Psychology Speaker Series. Cornell University.

Burrow, A. L. (2022). *Intricate challenges of youth development pave an opportunistic agenda for translational research*. Keynote address given at the Society for Research on Child Development: Holistic Developmental Science, St. Louis, MO.

Burrow, A. L. (2022). *Youth purpose*. Keynote address given at the New York State 4H annual conference. Milan, NY.

Burrow, A. L. (2022). *A question of purpose*. Invited talk given at the Spielberger EMPathy Symposium. American Psychological Association, Minneapolis, MN.

Burrow, A. L. (2022). *Purpose in life as a psychological resource*. Invited talk given at the 4H Positive Youth Development Academy.

Hauser, J., Case, A., & Burrow, A. L. (2021). *Pivoting when the unexpected happens*. Presentation given at the Cornell Translational Research Summer Institute, virtual conference.

- Burrow, A. L. (2021). *Purpose in life during a pandemic*. Invited talk given at the Berger Institute, Claremont McKenna College.
- Burrow, A. L. (2020). *The importance of inclusion and representation in translational science*. Community Research Academy. Weill Cornell Medicine, New York City, NY.
- Burrow, A. L. (2020). *So that tomorrow is better*. Keynote address given at the Men of Color Council annual conference. Rome, NY.
- Burrow, A. L. (2019). *Recruiting and retaining diverse research participants*. Outreach presentation given at the Bronfenbrenner Center for Translational Research – Summer Research Institute. Cornell University.
- Burrow, A. L. (2019). *Youth Investigators*. Outreach presentation given at the 4-H spring in-service hosted by Cornell Cooperative Extension. Cornell University.
- Burrow, A. L. (2018). *Purpose in life*. Talk given at the Current Work in Social Psychology speaker series. Yale University.
- Burrow, A. L. (2017). *Intruding microaggressions*. Talk given at the Society for Philosophy and Psychology annual meeting, Johns Hopkins University, Baltimore, MD.
- Burrow, A. L. (2016). *Purpose as a unifying concept: Promoting positive youth development in New York State 4H programs*. Talk given at the New York State Annual Conference for 4H Educators. Geneva, NY.
- Burrow, A. L. (2016). *Purpose in life: Evidence of a psychological resource*. Talk given at the Residential Child Care Project International Conference. Lake George, NY.
- Burrow, A. L. (2016). *Purpose in life: Evidence of a psychological resource*. Talk given at Stephen F. Austin University, Honors College. Nacogdoches, TX.
- Burrow, A. L. (2016). *Racial microaggressions: Contexts, correlates, and consequences*. Talk given at the Stephen F. Austin University, Psychology Department. Nacogdoches, TX.
- Burrow, A. L. (2014) *Racial microaggressions: Contexts, consequences, and conversations*. Talk given at the Department of Psychology. Carleton University. Ottawa, Canada.
- Burrow, A. L. (2013) *Racial microaggressions: Contexts, consequences, and conversations*. Talk given at the Office of Faculty Development and Diversity. Cornell University.
- Burrow, A. L. (2012). *Purpose in life during adolescence*. Talk given at the Department of Behavioral and Social Sciences & the Center for Alcohol and Addiction Studies. Brown University.
- Burrow, A. L. (2012). *Purpose in life during adolescence*. Talk given at the Bronfenbrenner Center for Translational Research: Annual Youth Research Update. Ithaca, NY.

Burrow, A. L. (2012). *Racial identity in the stress process*. Talk given at the Office of Academic Diversity Initiatives. Cornell University.

Burrow, A. L. (2012). *Purpose as an asset for positive adjustment*. Talk given at the Bronfenbrenner Center for Translational Research. Cornell University.

Recent Conference Presentations and Panels:

Burrow, A. L., & Davis, C. (March, 2026). *An overview and initial investigation of the Contribution Project*. Talk delivered at the biennial meeting of the Society for Research on Adolescence. Toronto, Canada.

Davis, C., Davis, R., & Burrow, A. L. (2026). *Who engages and when? Sense of purpose, identity content, and civic action on social media among a national youth sample*. Society for Research on Adolescence. Toronto, Canada.

Davis, C.J., & Burrow, A.L. (2026). Beyond benevolence: How altruistic acts can trigger psychological distress. *Society of Personality and Social Psychology Annual Conference*. Chicago, IL.

Davis, C., & Burrow, A. L. (2025). *The Contribution Project: How opportunities to contribute enhance well-being and vary by social status*. Society for the Study of Human Development. Lexington, KY.

Davis, R., Burrow, A. L., & Ratner, K. (2025). *Affect-dependent purpose: Investigating within-person associations between daily purpose and affect as predictors of grit and resilience among youth*. Society for the Study of Human Development. Lexington, KY.

Burrow, A. L. (2025). *The Contribution Project*. Presented at Public Good U: Strengthening the case for public higher education. Albany, NY.

Hou, X., Ratner, K., Estevez, M., & Burrow, A. L. (2025). *Construct validity and ethnic-racial measurement invariance of the Claremont Purpose Scale among adolescents*. Society for Research on Child Development, Minneapolis, MN.

Creim, M., Burrow, A.L. (2024). *Race, Medical Malpractice & Expert Testimony on Systemic Bias*. Annual Conference of the American Psychology-Law Society, Los Angeles, CA.

Creim, M., Burrow, A.L. (2024). *Race in the Hiring of Law Professors and Perceptions of Fields of Law*. Annual Conference of the American Psychology-Law Society, Los Angeles, CA

Ratner, K., Gladstone, J. R., Zhu, G., Li, Q., Estevez, M., & Burrow, A. L. (2024). *Purpose and goal pursuit as a self-sustaining system of motivation in adolescence* Society for Research on Adolescence Annual Meeting, Chicago, IL.

Urganci, B., Williamson, H.C., DeHart, T., & Burrow, A.L. (2024). *Household Income Moderates Effects of Financial Strain on Relationship Quality Among African American Couples*. International Association for Relationship Research Conference, Boston, MA.

Ian M. Michel, Elizabeth K. Farkouh, Jadran Qurratulaine, Jonathan Torrens-Burton, Punnose K. Kattil, Anthony L. Burrow, Wojciech Pawlina, J. & Michael Bostwick. (2024). *Sense of Purpose and Course Performance Among Medical Students in a First Year Anatomy Course*. Kern National Network Conference for Flourishing in Medicine in Milwaukee, WI

Ong, L.Q., Wilson, M.E., Burrow, A.L., Lohani, M., Hill, P.L., & Sin, N.L. (2023). Anticipated discrimination in daily life: Correlates with Perceived Stressfulness and Control. American Psychosomatic Society, San Juan, Puerto Rico.

Ratner, K., Li, Q., Zhu, G., Rice, M., Estevez, M., & Burrow, A. L. (2023). Derailment in adolescence: The daily well-being and psychosocial correlates of feeling “off-course” in life. Society for Research on Adolescence Annual Meeting, San Diego, CA.

Rice, M., Li, Q., Ratner, K., Zhu, G., Estevez, M., & Burrow, A. L. (2023). Leveraging the cognitive ecology framework as a tool to evaluate adolescent self-driven learning. Society for Research on Adolescence Annual Meeting, San Diego, CA.

Zhu, G., Ratner, K., Li, Q., Estevez, M., & Burrow, A. L. (2022). Youth self-regulation profiles in self-driven learning: Relations between daily learning progress, affect, motivation, and environmental mastery. Association for Psychological Science Annual Convention, Chicago, IL.

Ratner, K., Li, Q., Zhu, G., Estevez, M., & Burrow, A. L. (2022). Adolescents’ daily purpose predicts daily subjective well-being and autistic traits fail to moderate benefits. Association for Psychological Science Annual Convention, Chicago, IL.

Li, Q., Ratner, K., Zhu, G., Estevez, M., & Burrow, A. L. (2022). Adolescent level and variability of purpose in daily life predicts perceived belongingness in a self-driven learning program. Association for Psychological Science Annual Convention, Chicago, IL.

Yohannes, M., Boatman, A., Carpenter, E., Newman, A., Shi, C., Ratner, K., Li, Q., Zhu, G., Estevez, M., & Burrow, A. L. (2021). GripTape Research Summaries: A template for enriching late adolescent and emerging adult studies with translational research and engaged scholarship principles. Society for the Study of Emerging Adulthood 10th Biannual Meeting, Virtual Conference.

Urganci, B., Ong, A.D., Burrow, A.L., & DeHart, T. (2021). Mean level and variability in affect and perceived regard among African American Couples. Paper presented at the Society for Personality and Social Psychology. San Francisco, CA.

Urganci, B., Ong, A.D., Burrow, A.L., & DeHart, T. (2021). Affective Reactivity to Daily Discrimination as a Predictor of Relationship Quality among African American Couples. Paper presented at International Association for Relationship Research Conference, Virtual Conference.

Burrow, A. L. (March 2021). When mattering really matters: A panel discussion on the development of meaning, purpose, contribution, and social inequities. University of California – Berkeley.

Burrow, A. L. (February 2021). Is purpose findable? Links between sense of purpose and wellbeing may hinge on acquisition beliefs. Presented at the Society for Personality and Social Psychology.

Morehouse, M., Burrow, A. L., & *Ratner, K. (February 2021). Mental health identity among emerging adults. Society for Personality and Social Psychology Annual Meeting, Virtual Conference.

*Ratner, K., Porcelli, S., & Burrow, A. L. (February 2021). On the association between sense of purpose, dispositional urgency, and recent risk behaviors. Presented at the Society for Personality and Social Psychology.

Burrow, A. L. (October, 2019). Paradise lost and found: Sense of purpose attenuates links between derailment and distress. Presented at the Society for the Study of Human Development biennial conference. Portland, OR.

*Ratner, K., & Burrow, A. L. (October, 2019). Trajectories of depressive symptoms and derailment among first-year racial minority and non-minority students. Society for the Study of Emerging Adulthood. Toronto, Canada.

Stevens, C., Burrow, A. L., Mendle, J., & *Ratner, K. (October, 2019). Examining racial identity as a psychological buffer against social anxiety for first-year college students. Society for the Study of Emerging Adulthood. Toronto, Canada.

Burrow, A. L. (March, 2019). Unreaped benefits: Racial discrimination and the disruption of positive experience. Presented at the International Convention of Psychological Science, Paris, France.

Burrow, A. L. (July, 2018). The Study of Microaggressions: Where are we, and where do we need to go? Plenary session panel discussant. American Psychological Association - Division 45 Research Conference, Austin, TX.

Burrow, A. L. (April, 2018). Navigating with purpose: Evidence of a sharable resource. Presented at the Midwestern Psychological Association Annual Meeting, Chicago, IL.

Burrow, A. L., & *Majano, R. (April, 2018). Purpose and moral licensing. Presented at the Biennial Meeting of the Society for Research on Adolescence, Minneapolis, MN.

Burrow, A. L., Agans, J., +Jeon, H. J., *Creim, M. (October, 2017). In defense of Darth Vader: Uncloaking the substance and significance of purpose content. Society for the Study of Human Development, Providence RI.

*Rosenfeld, D. L., & Burrow, A. L. (August, 2017) Conceptualizing and measuring vegetarianism as a social identity. American Psychological Association Annual Conference, Washington, DC.

*Ratner, K., & Burrow, A. L. (August, 2017). Autistic features in the general population: Implications for sensing purpose in life. Presented at the 125th annual meeting of the American Psychological Association, Washington, D. C.

*Rosenfeld, D. L., & Burrow, A. L. (August, 2017) Conceptualizing and measuring vegetarianism as a social identity. American Psychological Association Annual Conference, Washington, DC.

*Ratner, K., & Burrow, A. L. (August, 2017). Autistic features in the general population: Implications for sensing purpose in life. Presented at the 125th annual meeting of the American Psychological Association, Washington, D. C.

Agans, J., Burrow, A. L., & *Rainone, N. (April, 2017). Investigating how purpose in life influences youth program learning and engagement. Poster presented at the conference of the Society for Research in Child Development, Austin TX.

Burrow, A. L., & Hill, P. L. (March, 2016). Purpose in life and the generation of useful explanations. Presented at the Society for Research on Adolescence. Baltimore, MD.

Burrow, A. L. (May, 2015). Purpose as protection in the context of diversity. Presented at the Association for Psychological Science Annual Convention, New York City, NY.

*Sumner, R., & Burrow, A. L. (February, 2015). Purpose in life reduces whites' preference for living in a predominantly white city. Poster to be presented at the Society for Personality and Social Psychology Annual Convention, Long Beach, CA.

Burrow, A. L. (2014, March) Intervening on purpose and meaning during adolescence. Presented at the Biennial Meeting of the Society for Research on Adolescence, Austin, TX.

*Sumner, R., & Burrow, A. L. (2014, February). Investigating readers' reactions to online content written by Black authors. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Austin, TX.

Burrow, A. L. (2013, November). The role of purpose in negotiating diverse contexts. Society for the Study of Human Development. 8th Biennial Meeting. Ft. Lauderdale, Florida.

Burrow, A. L., *Stanley, M. J., *Sumner, R., +King, A., & +Sparkman, J. E. (2013, May). Purpose in life as a source of greater comfort with diversity. Presented at the Association for Psychological Science Annual Convention. Washington, D.C.

Fuller-Rowell, T., Ong, A. D., & Burrow, A. L. (2013, May). Day-to-day fluctuations in perceived discrimination predict changes in daily physical symptoms and sleep quality. Presented at the Association for Psychological Science Annual Convention. Washington, D.C.

– Please contact me if you need a full listing of workshops, talks, & conference presentations, & chaired panels.

Book Reviews

Kerry Ann Rockquemore & David L. Brunsma. *Beyond Black: Biracial Identity in America*. Thousand Oaks, CA, Sage, 2002. ISBN: 0-7619-2322-5 (pbk.). Reviewed for *Identity: An International Journal of Theory and Research* 3(4), pp. year: 2003.

Courses Designed and Taught at Cornell University:

- Translating the Science of Purpose
- Nearest Neighbor: Translational research course in partnership with New York state 4-H.
- Adolescence
- Transitions to Adulthood
- Seminar on Emerging Adulthood
- Racial & Ethnic Identity Development

Courses Taught Elsewhere:

- | | |
|-----------------------------------------------------------------|-----------------------------------------------------|
| <input type="checkbox"/> Racial and Ethnic Identity Development | Loyola University Chicago |
| <input type="checkbox"/> Developmental Psychology | Loyola University Chicago |
| <input type="checkbox"/> Psychology of Adolescence | Loyola University Chicago, University of Notre Dame |
| <input type="checkbox"/> Psychology of Race | University of Notre Dame |
| <input type="checkbox"/> Human Growth and Development | Florida International University |
| <input type="checkbox"/> Multicultural Psychology | University of Notre Dame |