

References

Used in the development of the myPath toolkit to help students create an Individual Development Plan

- Ali, A., & Kohun, F. 2006. Dealing with isolation feelings at IS doctoral programs. *International Journal of Doctoral Studies* 121-33.
- Ash, Sarah L., Patti H. Clayton, and Maxine P. Atkinson. 2005. "Integrating Reflection and Assessment to Capture and Improve Student Learning." *Michigan Journal of Community Service Learning* 11(2): 400.
- Bandura, Albert. 1991. "Social Cognitive Theory of Self-Regulation." *Organizational Behavior and Human Decision Processes* 50(2): 248.
- Bindl, U. K., Parker, S. K., Totterdell, P., & Hagger, G. 2012. "Fuel of the self: How mood relates to proactive goal regulation." *Journal of Applied Psychology*, 134.
- Brown, & Latham. 2006. "The Effect of Learning vs. Outcome Goals on Self-Efficacy, Satisfaction and Performance in an MBA Program." *Applied Psychology: An International Review* 55(4): 606-623.
- Canadian Association for Graduate Studies. 2003. "The Completion of Graduate Studies in Canadian Universities." Ottawa, Ontario. Retrieved on April 14, 2017. (http://www.cags.ca/documents/publications/working/completion_grad_studies...)
- Cassuto, Leonard. 2013. "Ph.D. Attrition: How Much Is Too Much?" *The Chronicle of Higher Education*, July 1. Retrieved April 21, 2017 (<http://www.chronicle.com/article/PhD-How-Much-Is/140045>).
- Caza, Brianna Barker, and Amy Wrzesniewski. 2009. "Work shapes well-being." *The oxford handbook of happiness* (1): 693-710.
- Coates, Emma, Jacquie Hetherington, and Andrew K. Macleod. 2008. "Increasing Well-being through Teaching Goal Setting and Planning Skills: Results of a Brief Intervention." *Journal of Happiness Studies* 9(2): 189-206.
- Covington, Martin V. 2000. "Goal Theory, Motivation, and School Achievement: An Integrative Review." *Annual Review of Psychology* 51: 207-275.
- Dancy II, T. Elon, and M. Christopher Brown. 2011. "The Mentoring and Induction of Educators of Color: Addressing the Impostor Syndrome in Academe." *Journal of School Leadership* 21(4): 607-634.

Deci, E. L., & Ryan, R. M. 2000. "The "what" and "why" of goals: Human needs and the self-determination of behavior." *Psychological Inquiry*, 11, 268.

- Hope, N.H., Holding, A. C., Verrill, J., Sheldon, K. M., & Koestner, R. 2018. "The path from intrinsic aspirations to subjective well-being is mediated by changes in basic psychological need satisfaction and autonomous motivation: A large prospective test." *Motivation and Emotion*, 42(1), 1-10.
- Huang, Jason L., Songqi Liu, and Mo Wang. 2014. "Effectiveness of Job Search Interventions: A Meta-Analytic Review." *Psychological Bulletin* 140(4): 1009-1039.
- Jagarski, Carolyn M., and Shamala Kumar. 2006. "Imposters Have Goals Too: The Imposter Phenomenon and its Relationship to Achievement Goal Theory." *Personality and Individual Differences* 40 (1): 147-157.
- Judge, Timothy A., Joyce E. Bono, Amir Erez, and Edwin A. Locke. 2005. "Core Self-Concepts and Job and Life Satisfaction: The Role of Self-Concordance and Goal Attainment." *Journal of Applied Psychology* 90(2): 257-268.
- Kasser, Tim, and Kenneth M. Sheldon. 2001. "Goals, Congruence, and Possibility: A New Empirical Support for Humanistic Theories." *Journal of Humanistic Psychology* 40(1): 30-45.
- Kegan, Robert. 1994. *Over Our Heads: The Mental Demands of Modern Life*. Cambridge, MA: Harvard University Press.
- Kiesler, Charles A. 1971. *The Psychology of Commitment: Experiments Linking Behavior to Belief*. New York, NY: Academic Press.
- Koestner, R., Otis, N., Powers, T. A., Pelletier, L., & Gagnon, H. 2008. "Autonomous motivation, controlled motivation, and goal progress." *Journal of Personality*, 76(5), 1230-1241.
- Koestner, R., Powers, T. A., Carbonneau, N., Milyavskiy, M., & Chua, S. N. 2012. "Distinguishing autonomous and direct goals." *Journal of Personality and Social Psychology*, 102(4), 731-741.

- Pennebaker, James W., and Cindy K. Chung. 2003. "Expressive Writing: Connections to Physical and Mental Health." Pp. 4437 in *The Oxford Handbook of Health Psychology*, edited by H. S. Friedman. New York, NY: Oxford University Press.
- Pyhältö, Kirsi, and Jenni Keskinen. 2012. "Doctoral Students' Sense of Relational Agency in Their Scholarly Communities." *International Journal of Higher Education* 1(2): 1369.
- Ridley, D. Scott, Paul A. Schutz, Robert S. Glanz and Claire E. Weinstein. 1999. "Self-Learning: The Interactive Influence of Metacognitive Awareness and Setting." *The Journal of Experimental Education* 60(4): 2306.
- Rogers, Russell R. 2001. "Reflection in Higher Education: A Concept Analysis." *Innovative Higher Education* 26(1): 357.
- Rosso, B. D., Dekas, K. H., & Wrzesniewski, A. 2010. "On the meaning of work: A theoretical integration and review." *Research in organizational behavior* 30: 91-127.
- Schreier, Laurie A., and Edward Anderson. 2005. "Strength-Based Advising: A New Lens for Higher Education." *NACADA Journal* 25(2): 220.
- Schunk, Dale H. 1983. "Developing Children's Efficacy and Skills: The Roles of Social Comparative Information and Goal Setting." *Contemporary Educational Psychology* 8: 676.
- Schwartz, S. H., & Bardi, A. 2001. "Value hierarchies across cultures: Taking a similarities perspective." *Journal of cross-cultural Psychology* 32(3), 268-290.
- Seligman, Martin E.P. 2002. "Positive Psychology, Positive Prevention, and Positive Therapy." Pp. 3-9 in *Handbook of Positive Psychology*. Ed. R. Snyder and S. J. Lopez. Oxford, UK: Oxford University Press.
- Shalley, Christina E. 1995. "Effects of Coaction, Expected Evaluation, and Goal Setting Creativity and Productivity." *The Academy of Management Journal* 38(2): 183.
- Sheldon, K. M. 2014. "Becoming oneself: The central role of self-ordant goal selection." *Personality and Social Psychology Review* 18(4), 349-365.
- Sheldon, Kennon M., and Andrew J. Elliot. 1999. "Goal Striving, Need Satisfaction, and Longitudinal Well-Being: The Self-Concordance Model." *Journal of Personality and Social Psychology* 76(3): 489-497.
- Shelton, Elisabeth N. 2003. "Faculty Support and Student Retention." *Journal of Nursing Education* 42(2): 676.
- Shushok, Frank, and Eileen Hulme. 2006. "What's Right with You: Helping Students Find and Use Their Personal Strengths." *About Campus* 18: 2.
- Simon, R. A., Aulls, M. W., Dedic, H., Hubbard, K., & Hall, N. C. (2015). Exploring student persistence in STEM programs: a motivational model. *Canadian Journal of Education* 38(1), n1.
- Steger, M. F., Dik, B. J., & Duffy, R. D. 2012. "Measuring meaningful work: The work and meaning inventory (WAMI)." *Journal of Career Assessment* 20(3), 322-337.

Stubb, Jenni, Kirsi Pyhältö, and Kirsti Lonka. 2011. "Balancing between Inspiration and Exhaustion: PhD Students' Experienced Psychological Well-being." *Studies in Continuing Education* 33(1): 350.

Sverdlik, A., Hall, N. C., McAlpine & Hubbard, K. (2018). The PhD experience: A review of the factors influencing doctoral students' completion, achievement, and well-being. *International Journal of Doctoral Studies* 13(1), 361-388.

Thompson, Ted, John Davidson, and Helen Davis. 1998. "Emotional and Affective Responses of Impostors to Academic Success and Failure Outcomes." *Journal of Career Assessment* 6(4) 421-437.