

EMPLOYMENT & PROFESSIONAL APPOINTMENTS

- Assistant Professor**, Department of Sociology
University College Dublin, Ireland 2023 ~
- Assistant Professor**, Department of Sociology
University of Essex, UK 2021 – 2023

EDUCATION

- 2021 Ph.D. Sociology & Demography, University of California, Berkeley
M.A. Sociology, University of California, Berkeley
M.A. Mathematical Demography, University of California, Berkeley
M.S. Traditional Chinese Medicine, Colorado Chinese Medicine University
- 2012 B.A. Sociology, Summa Cum Laude, University of Colorado, Boulder

PUBLICATIONS

Books

- Boróka Bó**. Timeless: Poverty, Wealth, and the Social Life of Time. McGill-Queen's University Press.
Autumn 2026. [Link](#)

Journal Articles

- Boróka Bó** & Matumo Ramafikeng. 2025. The Social Anatomy of Pain: Friendship Loss, Sociotemporal Disparities, & Persistent Physical Pain. SSM - Population Health. [Link](#)
- Boróka Bó**, O'Sullivan, Bariol, Kucherenko, & Behan. 2025. Why Are We Awake? Algorithmic Serendipity and the Sociology of Sleeplessness. Frontiers in Sociology. [Link](#)
- Andersson, Matthew, Paul Froese, & **Boróka Bó**. 2023. Out of Time, Out of Mind? Perceived Time Scarcity & Mental Well-Being. Time & Society 7(1). [Link](#)
- Boróka Bó**. 2022. Good Time, Bad Time: Socioeconomic Status, Time Scarcity, & Well-Being in Retirement. American Journal of Sociology 128(2). [Link](#)
- Boróka Bó**. 2022. Time Availability as a Mediator between Socioeconomic Status & Health. Social Science & Medicine - Population Health 19(101238). [Link](#)

Boróka Bó & Denys Dukhovnov*. 2022. Tell me who's your neighbor & I will tell you how much time you've got. *Population, Space & Place* 3(28). *co-first authors. [Link](#)

Boróka Bó. 2020. Beyond the Time Bind: Gender Inequality & the Tempo of Life in 87 Countries. *Time & Society* 29(3): 892-915. [Link](#)

Boróka Bó, Zachary Zimmer & Codrina Rada. 2020. The Structure & Determinants of Intergenerational Support Exchange Flows in an Eastern European Setting. *Research on Aging*, 42(9-10). [Link](#)

Boróka Bó. 2019. Structure versus Agency: A Cross-National Examination of Discrimination & the Internalization of Negative Stereotypes. *European Societies*, 21(3). [Link](#)

Boróka Bó. 2014. Fragmented Histories, Fragmented Selves: Body Weight Preoccupation among Women in Post-Communist Romania. *J. of Int. Women's Studies*, 15(2). [Link](#)

Peer-Reviewed Book Chapters

Bohler-Muller, Narnia & **Boróka Bó**. 2016. Transformative constitutionalism, power & consensus: Are the courts in charge? in *State of the Nation South Africa*. HSRC. [Link](#)

Wilkins, Amy, Stefanie Mollborn & **Boróka Bó**. 2014. Constructing Difference. in *Handbook of the Social Psychology of Inequality*. Springer. [Link](#)

Other Publications

Boróka Bó & Kamila Kolpashnikova. 2025. How to get control of your time. *The Conversation: Academic rigor, journalistic flair*. Impact: ~26,000 Readers. [Link](#)

Boróka Bó, Maged Ali, Michael Steinke, & Bethan Greenwood. 2022. Building with Nature: Oyster Reefs for Coastal Protection. Invited article for *Mersea Life*. [Link](#)

Boróka Bó. 2022. How to spend time wisely: Life lessons from retirees for younger people. *The Conversation: Academic rigor, journalistic flair*. Impact: ~38,000 Readers. [Link](#)

Silverman, Sarah, Kimberly Swan, Scott Ziolkó & **Boróka Bó**. 2020. Time for Change? Findings from a Survey of Time Use in Schools. *Insights Report for the Gates Foundation*. [Link](#)

Boróka Bó. 2009. Caviar. *The Iowa Review* 39(1), 8–8. [Link](#)

Manuscripts Under Review & In Progress

Boróka Bó. The Sociotemporal Determinants of Entrepreneurial Diffusion in Older Ages. (R&R)

Boróka Bó & Kamila Kolpashnikova. Timetables of Belonging: How Unaccompanied Migrant Children Benefit School for All. (under review)

Kamila Kolpashnikova, Amber Gazso & **Boróka Bó**. Doing Care & Caregiver Time. (under review)

Boróka Bó & Judy Wajcman. A Quantum Theory of Sociotemporal Inequality. (in progress)

GRANTS, FELLOWSHIPS & HONORS

- 2025 CIFAR Azrieli Global Scholars Program (\$100,000)
- 2025 CIFAR Catalyst Grant (\$50,000)
- 2024 Enterprise Ireland Horizon Europe Scheme (€15,909)
- 2024 UK Academy of Medical Sciences Climate Change Networking Grant (£24,916)
- 2023 Best Research Impact by an Early Career Researcher, University of Essex
- 2023 Stanford University CASBS Summer Diversity Institute Fellow
- 2022 UKRI Economic & Social Research Council Impact Acceleration Grant (£15,000)
- 2021 UC Berkeley Graduate Division Dissertation Grant (\$6,000)
- 2021 Duke University Social Networks & Health NIH Training Fellowship
- 2020 UC Berkeley Graduate Division Doctoral Completion Fellowship (\$22,000)
- 2019 UC Berkeley Department of Sociology Normative Time Grant (\$5,000)
- 2019 UC Berkeley Department of Sociology Leo Lowenthal Fellowship (\$15,000)
- 2019 UC Berkeley Edward Hildebrand Research Fellowship, Canadian Studies (\$5,000)
- 2018 UC Berkeley Department of Demography Research Grant (\$23,370)
- 2018 UC Berkeley Graduate Division Summer Research Grant (\$3,500)
- 2017 UC Berkeley Graduate Division Research Grant (\$23,370)
- 2014 NSF, Graduate Research Opportunities Worldwide Grant (\$5,000)
- 2014 USAID, Research Innovation Fellowship (\$10,000)
- 2013 National Science Foundation, Graduate Research Fellowship (NSF GRFP) (\$138,000)
- 2012 Paul & Daisy Soros Fellowship for New Americans (\$90,000)

PRESENTATIONS

Invited Talks

- 2026 From Enumerators to Algorithms: AI, Accessibility, and the Future of Survey Research. Max Plank Institute for Demographic Research, Germany.
- 2026 AI, Accessibility, and the Changing Landscape of Data Collection. Princeton University AI Research Group. Princeton, USA.

- 2026 From Door-to-Door to Algorithm: Democratising Survey Research in the Age of Artificial Intelligence. University of Oxford, UK.
- 2026 Victory Run: Tracking Senior Entrepreneurship with Inclusive AI-Powered Surveys. Trinity College Dublin, Ireland.
- 2025 Sociotemporal Determinants of Entrepreneurial Diffusion in Older Ages. Canadian Institute for Advanced Research, Innovation, Equity & the Future of Prosperity, Toronto.
- 2023 Building with Nature. Introducing King Charles III & Queen Consort Camilla to Essex's Adaptation & Mitigation Project, Colchester Castle, UK.
- 2023 Time Scarcity & Well-Being in Retirement. Department of Sociology, Stockholm University, Sweden.
- 2023 Socioeconomic Status, Time Scarcity, & Well-Being in Retirement. Department of Family Studies & Gerontology, Mount Saint Vincent University, Halifax, Nova Scotia, Canada.
- 2023 The Surprising Links Between Downtime & Well-Being. Public-facing seminar, Universität Potsdam, Germany.
- 2022 Building with Nature for Cryosphere Solutions. 27th Conference of the Parties to the United Nations Framework Convention on Climate Change, Sharm el-Sheikh, Egypt.
- 2022 Building with Nature for Ecosystem-Based Coastal Defense & Economic Resiliency. Colchester Borough Council's Environment & Sustainability Panel, Colchester, Essex, UK.
- 2021 The Cultural Schemas & Temporal (Un)Knowns of Fatherhood. Department of Demography, University of California, Berkeley, USA.
- 2018 Bridging Gaps to Create Inclusive Societies. VI Global Baku Forum, Baku, Azerbaijan.
- 2017 Intergenerational Dialogues: World Leaders & Emerging Thought-Leaders. Global Young Leaders' Forum, Baku, Azerbaijan.
- 2015 A Situation Analysis of the Hungarian Roma Refugees of Toronto. Munk School of Global Affairs, University of Toronto, Canada.

Campus Talks

- 2025 Times that Bind: The School Schedules of Unaccompanied Migrant Children in the United States. Geary Institute for Social Policy, University College Dublin.
- 2022 How Time Matters for Well-Being. Faculty of Social Sciences Excellence in Research Presentation, University of Essex.
- 2021 Time for Change: The Cultural Schemas & Temporal (Un)Knowns of Fatherhood. The Centre for Intimate & Sexual Citizenship, University of Essex.
- 2020 Sociotemporal Disparities: The Canadian Experience. Department of Canadian Studies @ UC Berkeley, CA.

Recent Conference Presentations

- 2026 Unequal Feelings: Stratified Access to Belonging & Emotional Well-Being in Retirement. European Sociological Association. Warsaw, Poland.
- 2026 Work and Health: Conceptualizing, Theorizing, and Investigating Linkages. Council of European Studies. Dublin, IE.
- 2026 Association of Time Availability with Mortality Disparities Among Community Dwelling Older Adults in the US. Sociological Association of Ireland. Belfast, UK.
- 2024 School Start Times & Women's Labor Force Participation. International Association for Time Use Research. Corfu, Greece.
- 2024 Institutional Temporal Synchronies & Women's Labor Force Participation. European Sociological Association. Porto, Portugal.
- 2024 School Start Scrambles: The Interplay of Sociotemporal Factors on Women's Labor Force Participation. European Population Conference. Edinburgh, Scotland.
- 2023 Social Network Member Loss, Sociotemporal Disparities, & Physical Pain. Canadian Sociological Association Annual Conference. York University, Toronto.
- 2023 Social Support & Social Networks. American Sociological Association Annual Conference. Philadelphia, PA.
- 2022 Time for Change: The Cultural Schemas & Temporal (Un)Knowns of Fatherhood. British Sociological Association Annual Conference. London, UK.
- 2022 Reproductive Intentions, Cultural Schemas & Fatherhood. Population Association of America. Atlanta, Georgia.
- 2022 Time for Change: The Cultural Schemas of Fatherhood. International Association for Time Use Research. Montreal, CA.
- 2021 Socioeconomic Status, Time Scarcity & Well-Being in Retirement. Canadian Sociological Association. University of Alberta, Canada.

RESEARCH SUPERVISION

PhD & Postdoctoral Committees

- | | |
|---|---|
| Sarah Maria Simon (Supervisor), 2026 PhD, UCD | Sofiya Volvakova, 2025 PhD, UCD |
| Loghman Hamehmorad, 2026 PhD, UCD | Beatrice Hughes, 2025 PhD, UCD |
| Carlos Maria Collado Garcia, 2025 PhD, UCD | Titas Biswas, 2024 PhD, UCD |
| Deborah Adayeye, 2025 PhD, UCD | Yintan Fan (Co-Supervisor), 2023 PhD, Essex |
| Aisling Hudson, 2025 PhD, UCD | Bethan Greenwood (Supervisor), 2021–2023 Postdoc, Essex |

MA Students Supervised

- | | |
|-----------------------------------|---|
| Ziyi Wang, 2026 MA, UC Dublin | Emma Mitchell, 2025 MA, UC Dublin |
| Xinyu Hu, 2026 MA, UC Dublin | Juan Antonio Martinez, 2025 MA, UC Dublin |
| Victoria Rech, 2025 MA, UC Dublin | Faith Bass, 2024 MA, UC Dublin |

Yanfang Ding, 2025 MA, UC Dublin

BA Students Supervised

Fiona Brosnan, 2023 – 2026 BA, Honors

Andrea Uchime, 2025 BA, Independent Study

Eva Bariol, 2024 BA, Independent Study

Aidan O'Sullivan, 2024 BA, Independent Study

Nicole Kucherenko, 2024 BA, Independent Study

Molly Behan, 2024 BA, Independent Study

TEACHING

Classical Sociological Theory	UC Dublin	2024 –
Sociology of Emotions	UC Dublin	2024
Research Practicum	UC Dublin	2024 –
Research Design	UC Dublin	2023 –
Dissertation Pro Seminar	UC Dublin	2023 –
Social Psychology	U of Essex	2022
Quantitative Methods	U of Essex	2021 – 2023
Qualitative Methods	U of Essex	2022
Global Health & Aging	UC Berkeley	2018
Contemporary Immigration in Global Perspective	UC Berkeley	2018
International Environmental Politics	UC Berkeley	2017
Economic Demography	UC Berkeley	2017
Evaluation of Evidence	UC Berkeley	2016 – 2017
Demographic Methods	UC Berkeley	2015
Global Health & Aging	UC San Francisco	2014
Race & Class in Health Inequality	UC San Francisco	2013

SERVICE

2025-present	Co-founder & Director of myPoll.AI , an inclusivity-focused, AI-driven survey platform.
2025-present	Advisory Board Member of Foróige's Leadership for Life Programme. Foróige @ UCD promotes university access to first generation students.
2024-present	Web Designer & Developer for the Department of Sociology @ UC Dublin. Development, vision, meeting branding guidelines.

- 2024-present Director @ **Chronos Kairos Labs. CKL** is a collaborative professional association dedicated to actively engaging researchers, policymakers, & industry leaders to aid the application of temporal research to global challenges.
- 2021-present External Expert @ **Eurofound** on Quality-of-Life Initiatives.
Advice, peer review, assess projects & tenders.
- 2020-present **Barcelona Time Use Initiative for a Healthy Society, Invited Expert.**
Working toward the creation of socially responsible time use policies.
- 2022-2023 Building with Nature for Ecosystem-Based Coastal Defense @ **City of Colchester**
Project lead, climate adaptation & mitigation.
- 2022-2023 Employability Development Director @ **University of Essex.**
Lead on student employability & skills development.
- 2021-2022 **Canadian Sociological Association's** Mentoring Programme.
Individually mentor BIPOC PhD students & provide professionalization group trainings on academic job market components.
- 2019-2020 Lead Researcher & Data Scientist @ **Unlocking Time.**
Research temporal rhythms in US k-12 schools to provide insights for equitable & student-centered scheduling.
- 2018-2019 **Web Designer & Developer** for the Department of Demography @ UC Berkeley.
Development, vision, meeting UC branding guidelines.
- 2017-2019 Graduate Student Advisor @ **UC Berkeley's, Chancellor's Innovation Council.**
Collaboration with the Chancellor's Office & the Office of the Vice Chancellor for Research to support entrepreneurship @ UC Berkeley.
- 2012-2014 Co-Founder of **UCSF's 1st Generation to College Organization.**
Advocating for & representing the needs of first generation students on campus.
Building collaborative relationships, linking faculty, students & industry.

Other Service Activity

Equality Studies Centre Conference on Social Class, Organising Committee, UC Dublin, 2026 –
 Founder & Coordinator of UC Dublin Sociology Department's Alumni Network, 2024 –
 Diversities & Inequalities Research Group Co-Chair, UC Dublin, 2025 –
 The Scholarly Scroll Sociology Student Journal Faculty Advisor, 2025 –
 Research Committee, UC Dublin, 2024 –
 Ethics Committee, UC Dublin, 2024 –
 CoDDL Widening Participation Committee Member, UC Dublin, 2024 – 2025
 Athena Swan Committee Member, UC Dublin, 2023 – 2024
 Ad Astra Academy Mentor, UC Dublin, 2023 –

AD HOC REVIEWER

American Sociological Review; American Journal of Sociology; Canadian Journal on Aging; Gender & Society; The Gerontologist; Population Research & Policy Review; Population, Space & Place; Population Studies; Social Problems; Theory & Society; Sociological Forum; Swiss National Science Foundation