BORÓKA BÓ

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Updated: July 2026

EXPERTISE

Aging & the Life Course, the Social Life of Time, Technology, the Social Organization of Innovation, Stratification, Methodology (Demographic, AI-Driven, Computational, Network Analysis, Mixed-Methods, Qualitative, Ethnographic), Health, Medical Sociology, Migration

EDUCATION

2021 Ph.D. Sociology & Demography, University of California, Berkeley
Qualifying Exam Fields: Stratification, Migration, Mathematical Demography
Committee members:
Irene Bloemraad, Sociology, University of British Columbia
Daniel Schneider, Public Policy & Sociology, Harvard University
Neil Fligstein, Sociology & Demography, Uni. of California Berkeley
Osagie Obasogie, Law & Public Health, Uni. 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

EMPLOYMENT

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

PUBLICATIONS

Books (Peer Reviewed)

Boróka Bó. *Timeless: Poverty, Wealth, and the Social Life of Time.* McGill-Queen's University Press. 2026. 🔗 Link

- Scholarly Book Award, Canada's Federation for the Humanities & Social Sciences

Journal Articles (Peer Reviewed)

Δ Student Co-Author(s) @ Time of Publication

Boróka Bó & Kamila Kolpashnikova[Δ].2026. Timetables of Belonging: How Unaccompanied Migrant Children Benefit School for All. *Education, Citizenship & Social Justice* (forth.)

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[Δ], Bariol[Δ], Kucherenko[Δ], & Behan[Δ]. 2025. Why Are We Awake? Algorithmic Serendipity and the Sociology of Sleeplessness. *Frontiers*. 🔗 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[Δ]*. 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

Book Chapters (Peer Reviewed)

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

Public Work

Boróka Bó. 2026. Having a baby throws time management into chaos – here are five important lessons from new parents. *The Conversation.* 🔗 Link

Boróka Bó & Kamila Kolpashnikova. 2025. How to get control of your time. *The Conversation.* 🔗 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*. 🔗 Link

Silverman, Sarah, Kimberly Swan, Scott Ziolko & **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.

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

Boróka Bó, Denys Dukhovnov & Judy Wajcman. A Quantum Theory of Sociotemporal Inequality.

Boróka Bó. The Witness Economy: Gendered Labor and the Price of Silence.

Boróka Bó. Silver Linings: Does Extreme Weather Push Late-Career Entrepreneurs Toward a Climate Focus?

GRANTS, FELLOWSHIPS & HONORS

**Other in progress/submitted but not funded work may be available by request*

2025 Canadian Institute for Advanced Research Global Scholars Program ($100,000)
2025 Canadian Institute for Advanced Research 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 Duke University Social Networks & Health NIH Training Fellowship
2021 UC Berkeley Graduate Division Dissertation Grant ($6,000)
2020 UC Berkeley Graduate Division Doctoral Completion Fellowship ($22,000)
2019 UC Berkeley Department of Sociology Leo Lowenthal Fellowship ($15,000)
2019 UC Berkeley Department of Sociology Normative Time Grant ($5,000)
2018 UC Berkeley Edward Hildebrand Research Fellowship, Canadian Studies ($5,000)
2018 UC Berkeley Graduate Division Summer Research Grant ($3,500)
2018 UC Berkeley Department of Demography Research Grant ($23,370)
2017 UC Berkeley Graduate Division Research Grant ($23,370)
2014 USAID, Research Innovation Fellowship ($10,000)
2014 NSF, Graduate Research Opportunities Worldwide Grant ($5,000)
2013 National Science Foundation, Graduate Research Fellowship ($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 China-Europe Forum on Traditional Chinese Medicine: TCM Going Global. Invited Speaker. Brussels, Belgium.
2026 AI, Accessibility, and the Changing Landscape of Data Collection. Princeton University Biosociology 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.

2025 Times that Bind: The School Schedules of Unaccompanied Migrant Children in the United States. Geary Institute for Social Policy, University College Dublin.

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. 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, Essex, UK.

2022 How Time Matters for Well-Being. Faculty of Social Sciences Excellence in Research Presentation, University of Essex.

2021 The Cultural Schemas & Temporal (Un)Knowns of Fatherhood. Department of Demography, University of California, Berkeley, USA.

2020 Sociotemporal Disparities in Canada. Canadian Studies @ UC Berkeley, CA.

2018 Bridging Gaps to Create Inclusive Societies. VI Global Baku Forum, Baku, Azerbaijan.

2017 Intergenerational Dialogues. 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.

Peer Reviewed Conference Presentations

2026 Unequal Feelings: Stratified Access to Belonging & Emotional Well-Being in Retirement. European Sociological Association. Warsaw, Poland

2026 LLM Assisted Time Use Data Collection. International Association for Time Use Research. Lisbon, Portugal

2026 Work and Health: Conceptualizing, Theorizing, and Investigating Linkages. Council of European Studies. Dublin, Ireland

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 and Temporal (Un)Knowns of Fatherhood. British Sociological Association Annual Conference

2022 Reproductive Intentions, Cultural Schemas and Fatherhood. Population Association of America. Atlanta, Georgia

2022 Time for Change: The Cultural Schemas of Fatherhood. Work & Family Research Network. New York, NY

2021 Socioeconomic Status, Time Scarcity and Well-Being in Retirement. Canadian Sociological Association. University of Alberta, Canada

2021 Retiree Experiences During the COVID-19 Pandemic. Canadian Sociological Association. University of Alberta, Canada

2021 Social Psychology of Time, Space, and Social Context. Pacific Sociological Association. San Diego

2020 Good Time, Bad Time: The Cultural Repertoires of Time Scarcity in Retirement. American Sociological Association. San Francisco, CA

2020 Network Effects on Time Scarcity in Retirement. European Population Conference. Padova, Italy. *COVID19 cancellation

2019 Beyond the Time Bind: Gender Inequality and the Tempo of Life in 87 Countries. International Association for Time Use Research. Washington DC.

2019 When You Need to Move Fast but Refuse to Break Things: Conducting Foundation-Supported Rigorous Public-Facing Time Use Research. International Association for Time Use Research. DC.

2018 Time Poverty and Racial Segregation." 40th International Association for Time Use Research. Budapest, Hungary

2018 Examining Residential Ethnic Segregation and Health: Considerations of Time Poverty and Physical Space. Population Association of America. Denver, CO

2018 Beat of Your Own Drummer? The Entanglement of Time and the Embodied Witness in 87 Capital Cities. International Sociological Association. Toronto, Canada

2017 Encounters and their Echoes. American Sociological Association. Montreal, Quebec, Canada

2017 Contextualizing Discrimination and the Internalization of Stereotypes through Socioeconomic and Demographic Processes. International Union for the Scientific Study of Populations. Cape Town, South Africa

2016 Identifying and Engaging with Hidden Populations through the use of 'Big Data', Demographic Forecasting Techniques and Qualitative Methods. Population Association of America. DC.

2014 Residential Proximity of Migrant Children and Intergenerational Temporal Support Exchanges in Romania. Population Association of America. Boston, MA

RESEARCH SUPERVISION

PhD & Postdoctoral Committees

2027 Ruiwen Xu, PhD, University College Dublin

2026 Sarah Maria Simon (Supervisor), PhD, University College Dublin

2026 Haoyu Chen (Supervisor), Postdoc, University College Dublin

2026 Cimara Witte, PhD, University College Dublin

2026 Loghman Hamehmorad, University College Dublin

2025 Sofiya Volvakova, PhD, University College Dublin

2025 Beatrice Hughes, PhD, University College Dublin

2025 Deborah Adayeye, PhD, University College Dublin
2025 Aisling Hudson, PhD, University College Dublin
2025 Carlos Maria Collado Garcia, PhD, University College Dublin
2024 Titas Biswas, PhD, University College Dublin
2023 Yintan Fan (Co-Supervisor), PhD, University of Essex
2021 Bethan Greenwood (Supervisor), 2021—2023 Postdoc, University of Essex

MA Committees

2026 Ziyi Wang (Supervisor), Social Data Science, University College Dublin
2026 Xinyu Hu (Supervisor), Global Solutions, University College Dublin
2026 Hou Yuyao, Sociology, University College Dublin
2026 Neha Adkar, Social Data Science, University College Dublin
2025 Victoria Rech (Supervisor), Sociology, University College Dublin & Trinity
2025 Yanfang Ding (Supervisor), Sociology, UCD & Trinity joint program
2025 Emma Mitchell (Supervisor), Sociology, University College Dublin
2025 Juan A. Martinez (Supervisor), Sociology, University College Dublin
2025 Martinique O'Neal, Sociology, University College Dublin
2025 Cristina Tonna, Social Data Science, University College Dublin
2024 Faith Bass (Supervisor), Social Data Science, University College Dublin
2024 Leonard Reuchlin, Sociology, UCD & Trinity joint program
2024 Robyn McCarthy, Sociology, University College Dublin
2023 Sophie Kabangu (Supervisor), Sociology, University of Essex
2022 Gabrielle Prabhavalkar (Supervisor), Sociology, University of Essex

TEACHING

Research Design	UC Dublin	2023 —
Dissertation Pro Seminar	UC Dublin	2023 —
Research Practicum	UC Dublin	2024 —
Classical Sociological Theory	UC Dublin	2024 — 2026
Sociology of Emotions	UC Dublin	2024
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, LEADERSHIP, & OUTREACH

Professional Offices & Appointments

2026 – present	Elected Executive Council Member & Treasurer of the Sociology of Health & Medicine section @ European Sociological Association
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

Professional Consulting & Methodological Advising

2025 – present	Co-founder & Director of *www.myPoll.AI*, an inclusivity-focused, AI-driven survey platform
2024 – 2025	Organic catalogue of Time. The Institute of Suspended Time
2019 – 2020	Lead Researcher & Data Scientist @ Unlocking Time. US K-12 school time, funded by the Gates Foundation & Abl Schools

Institutional Service

2025 – present	Advisory Board Member of Foróige's Leadership for Life Programme Foróige @ UCD promotes university access to first generation students
2024 – 2025	CoDDL Widening Participation Committee, University College Dublin
2022 – 2023	Employability Development Director @ University of Essex Lead on student employability & skills development
2017 – 2019	Advisor @ UC Berkeley's Chancellor's Innovation Council. Collaboration with the Chancellor's Office & Vice Chancellor for Research to support campus entrepreneurs
2026 – 2027	Equality Studies Centre Conference Organising Committee, UC Dublin

Departmental Service

2024 – present	Web Designer & Developer for the Department of Sociology @ UC Dublin. Development, vision, meeting branding guidelines
2024 – present	Founder & Coordinator of UCD Sociology Department's Alumni Network
2025 – present	Diversities & Inequalities Research Group Co-Chair, UC Dublin
2025 – present	The Scholarly Scroll Sociology Student Journal Faculty Advisor
2018 – 2019	Web Designer & Developer for the Department of Demography @ UC Berkeley

Departmental Committee Membership (2023 —

2024 –	Research Committee, UC Dublin

2024 –	Ethics Committee, UC Dublin
2023 – 2024	Teaching Committee, UC Dublin
2023 – 2024	Athena Swan Committee, UC Dublin

ACADEMIC PROFESSIONALIZATION & MENTORSHIP

2023 – present	Ad Astra Academy Mentor, UC Dublin
2021 – 2022	Canadian Sociological Association's Mentoring Programme Mentored BIPOC PhD students & created professionalization trainings
2012 – 2014	Co-Founder of UCSF's 1st Generation to College Organization

PROFESSIONAL AFFILIATIONS & MEMBERSHIP

2025 – present	Innovation, Equity & Future of Prosperity Working Group, CIFAR
2020 – present	Climate Social Science Network, Brown University
2015 – present	European Sociological Association
2015 – present	European Association for Population Studies
2015 – 2021	Canadian Studies Program, UC Berkeley
2014 – 2024	Interdisciplinary Migration Initiative, UC Berkeley
2014 – present	International Association for Time Use Research
2012 – present	American Sociological Association Selected communities: First- Generation and Working-Class Sociologists

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; Paul & Daisy Soros Fellowship for New Americans; Swiss National Science Foundation