

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 Currency of Time. Under Contract w/ McGill-Queen's University Press

Journal Articles

Boróka Bó & Matumo Ramafikeng. 2025. The Social Anatomy of Pain: Friendship Loss, Sociotemporal Disparities, & Persistent Physical Pain. Social Science & Medicine - 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).  [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*. [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 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, Denys Dukhovnov & Kara Anderson. School Schedule Scrambles & Women's Labor Force Participation. (under review)

Boróka Bó & Kamila Kolpashnikova. The School Schedules of Unaccompanied Migrant Children in the United States. (under review)

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

Boróka Bó. Small-World Networks & Senior Entrepreneurship. (under review)

Boróka Bó & Judy Wajcman. Schrödinger's Schedules: When Social Time Collapses. (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

2023	Building with Nature. Introducing King Charles III & Queen Consort Camilla to Essex's Adaptation & Mitigation Project, Colchester Castle.
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.
- 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 Defence & 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.
- 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.

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

- 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

Name	Department	Degree
Bethan Greenwood	U. of Essex Environmental Studies	Postdoc
Yintan Fan	U. of Essex Sociology	PhD

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

Chronos Kairos Labs (CKL)

2024-present	Director CKL is the leading 501(c)(3) nonprofit professional association dedicated to actively engaging researchers, policymakers, & industry leaders to aid the application of temporal research to global challenges.
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Meridies

2025-present	Editorial Board Member @ Meridies, published by Edizioni Efest Meridies promotes interdisciplinary collaboration across the social sciences.
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Institute at Brown for Environment & Society (IBES)

2023-present	Climate Social Science Network Scholar
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Health, Equity, Family & Technology Lab (HEFT) at Western University

2024-present	Board of Advisors Promotes & contributes to ethical & objective open social science research within the areas of technology, health, equity & family.
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Eurofound

2021-present	External Expert on Quality-of-Life Initiatives Advice, peer review, assess projects & tenders.
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Barcelona Time Use Initiative for a Healthy Society

2020-present	Healthy Time Use Campaign's Expert Lab Working toward the creation of socially responsible time use policies.
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Colchester City Council

2022-2023	Building with Nature for Ecosystem-Based Coastal Defence. Project lead, climate adaptation & mitigation.
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University of Essex

2022-2023	Employability Development Director Lead on student employability & skills development.
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Canadian Sociological Association

2021-2022	Mentoring Programme for Black, Indigenous & Racialized Graduate Students Individually mentor BIPOC PhD students & provide professionalization group trainings on academic job market components.
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Unlocking Time: Funded by the Bill & Melinda Gates Foundation & Abl Schools

2019-2020 Lead Researcher & Data Scientist
Research temporal rhythms in US k-12 schools to provide insights for equitable & student-centered scheduling.

University of California Berkeley, Department of Demography

2018-2019 Web Designer & Developer
Created a new website for the Department of Demography. Development, vision, meeting UC branding guidelines.

University of California Berkeley, Chancellor's Innovation Council

2017-2019 Graduate Student Advisor
Collaboration with the Chancellor's Office & the Office of the Vice Chancellor for Research to support entrepreneurship @ UC Berkeley.

University of California San Francisco, UCSF's 1st Generation to College Organization

2012-2014 Co-Founder
Advocating for & representing the needs of first gen students on campus. Building collaborative relationships, linking faculty, students & industry.

AD HOC REVIEWER

Swiss National Science Foundation; 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