

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 and Matumo Ramafikeng. 2025. "The Social Anatomy of Pain: Friendship Loss, Sociotemporal Disparities, and Persistent Physical Pain." *Social Science & Medicine - Population Health*. [Link](#)

Andersson, Matthew, Paul Froese, and **Boróka Bó**. 2023. "Out of Time, Out of Mind? Perceived Time Scarcity and Mental Well-Being" *Time and Society* 7(1). [Link](#)

Boróka Bó. 2022. "Good Time, Bad Time: Socioeconomic Status, Time Scarcity, and Well-Being in Retirement." *American Journal of Sociology* 128(2). [Link](#)

Boróka Bó. 2022. "Time Availability as a Mediator between Socioeconomic Status and Health." *Social Science & Medicine - Population Health* 19(101238). [Link](#)

Boróka Bó and Denys Dukhovnov*. 2022. "Tell me who's your neighbor and I will tell you how much time you've got: the spatiotemporal consequences of ethnic residential segregation." *Population, Space & Place* 3(28). [Link](#)

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

Boróka Bó, Zachary Zimmer, Codrina Rada. 2020. “The Structure and 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 and 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 and **Boróka Bó.** 2016. “Transformative constitutionalism, power and consensus: Are the courts in charge?” in *State of the Nation South Africa*. HSRC. [↪ Link](#)

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

Other Publications

Boróka Bó and Kamila Kolpashnikova. 2025. “How to get control of your time” *The Conversation: Academic rigor, journalistic flair*. [↪ Link](#)

Boróka Bó, Maged Ali, Michael Steinke, and 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, Denys Dukhovnov and Kara Anderson. “School Schedule Scrambles: School Level Sociotemporal Factors and Women's Labor Force Participation” (R&R)

Boróka Bó, Aidan O’Sullivan, Eva Bariol, Nicole Kucherenko, and Molly Behan. “Why Are We Awake? Algorithmic Serendipity and the Sociology of Sleep” (under review)

Boróka Bó and Kamila Kolpashnikova. “Times that Bind: Organizational Change and the School Schedules of Unaccompanied Migrant Children in the United States” (under review)

Kamila Kolpashnikova, Amber Gazso and **Boróka Bó.** “Doing Care: Bridging the Gap Between ‘Doing Gender’ and Caregiver Time” (under review)

Boróka Bó. “Small-World Networks and Senior Entrepreneurship: The Sociotemporal Determinants of Opportunity” (under review)

GRANTS, FELLOWSHIPS & HONORS

2025	Canadian Institute for Advanced Research Azrieli Global Scholars Program (\$100,000)
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 and Social Research Council Impact Acceleration Grant (£15,000)
2021	UC Berkeley Graduate Division Dissertation Grant (\$6,000)
2021	Duke University Social Networks and 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 and 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, <i>Colchester Castle</i> .
2023	“Time Scarcity and Well-Being in Retirement.” Department of Sociology, <i>Stockholm University</i> , Sweden.
2023	“Socioeconomic Status, Time Scarcity, and Well-Being in Retirement.” Department of Family Studies and Gerontology, <i>Mount Saint Vincent University</i> , Halifax, Nova Scotia.
2023	“The Surprising Links Between Downtime and Well-Being.” Public-facing seminar, <i>Universität Potsdam</i> , Germany.
2022	“Building with Nature for Cryosphere Solutions.” <i>27th Conference of the Parties to the United Nations Framework Convention on Climate Change</i> , Sharm el-Sheikh, Egypt.
2022	“Building with Nature for Ecosystem-Based Coastal Defence & Economic Resiliency.” <i>Colchester Borough Council's Environment and Sustainability Panel</i> , Colchester, Essex, UK.
2021	“The Cultural Schemas and Temporal (Un)Knowns of Fatherhood.” <i>Department of Demography, University of California, Berkeley</i> .

- 2018 “Bridging Gaps to Create Inclusive Societies.” *VI Global Baku Forum*, Baku, Azerbaijan.
- 2017 “Intergenerational Dialogues: World Leaders and Emerging Thought-Leaders.” *Global Young Leaders’ Forum*, Baku, Azerbaijan.
- 2015 “A Situation Analysis with Area Based Socioeconomic and Demographic Measures 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 and Temporal (Un)Knowns of Fatherhood.” The Centre for Intimate and Sexual Citizenship, University of Essex.
- 2020 “Sociotemporal Disparities: The Canadian Experience.” Department of Canadian Studies @ UC Berkeley, CA.

Recent Conference Presentations

- 2025 “The Sociotemporal Determinants of Entrepreneurial Diffusion in Older Ages” Aging & Social Change. Linköping University, Sweden.
- 2024 “School Start Times and Women's Labor Force Participation” International Association for Time Use Research. Corfu, Greece.
- 2024 “Institutional Temporal Synchronies and 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, and Physical Pain.” Canadian Sociological Association Annual Conference. York University, Toronto.
- 2023 “Social Support and 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. London, UK.
- 2022 “Reproductive Intentions, Cultural Schemas and 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 and Well-Being in Retirement.” Canadian Sociological Association. University of Alberta, Canada.

RESEARCH SUPERVISION

Name	Department	Degree
Bethan Greenwood	U. of Essex Environmental Studies	Postdoctoral Scholar
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 and 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, and the broader community to aid the application of temporal research to global challenges.

Meridies

2025-present *Editorial Board Member @ Meridies*, published by Edizioni Efesto
Meridies promotes interdisciplinary collaboration across the social sciences.

Institute at Brown for Environment and Society (IBES)

2023-present *Climate Social Science Network Scholar*

Health, Equity, Family and Technology Lab (HEFT) at Western University

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

Eurofound

2021-present *External Expert on Quality-of-Life Initiatives*
Advice, peer review, assess projects and tenders.

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.

Colchester City Council

2022-2023 *Building with Nature for Ecosystem-Based Coastal Defence.*
Project lead, climate adaptation and mitigation.

University of Essex

2022-2023 *Employability Development Director*
Lead on student employability and skills development.

Canadian Sociological Association

2021-2022 *Mentoring Programme for Black, Indigenous & Racialized Graduate Students*
Individually mentor BIPOC PhD students and provide professionalization group trainings on academic job market components.

Unlocking Time: Funded by the Bill & Melinda Gates Foundation and Abl Schools

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

University of California Berkeley, Department of Demography

2018-2019 *Web Designer and 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 and 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 and representing the needs of first gen students on campus.
Building collaborative relationships, linking faculty, students and 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