

Thomas Beuchot

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Education

Ecole normale supérieure-PSL

Ph.D. in cognitive science

- **Thesis subject:** "The cognitive science of giving and its applications to policy making"
- **Advisor:** Coralie Chevallier
- **Summer school (2025):** The Human Mind and Open Society: Political Intuitions (Central European University, Budapest)

2024-...

Paris, France

Ecole normale supérieure-PSL

ENS Diploma (DENS) in cognitive science (Cogmaster, social sciences major), analytic philosophy minor

- **Visiting:** Wellbeing Research Center, Oxford University, England (2023)
 - "How comparable is life satisfaction data from different surveys? The survey fingerprint problem and a solution", with A. Prati
- **Fellowship:** Happier Lives Institute, Remote (2022)
- **Internships:** Institut Jean Nicod, ENS-PSL, Paris (2021-2024)
 - "Early life unpredictability and attitudes towards risk and ambiguity: a wheel of fortune task", with C. Chevallier & D. Nettle (2023-2024)
 - "Is there a deprivation threshold? A longitudinal analysis", with D. Nettle (2022-2023)
 - "Variations in human personality with resource availability: a meta-analytic review", with M. Boon-Falleur & N. Baumard (2022)
 - "Beyond genres: what attracts us in a movie plot", with V. Thouzeau & N. Baumard (2021-2022)

2021-2024

Paris, France

HEC Paris

Master in Management (Programme Grande Ecole)

- **Award:** Accessit for a dissertation on meaning and leadership
- **BCG consulting academy:** Analyst for COM'IN

2019-2024

Paris, France

IPESUP

Intensive economic preparatory class (ECE)

2017-2019

Paris, France

Publications

The psychology of poverty: A blind spot for behavioural public policies

Beuchot, T., Nettle, D., Chevallier, C., (accepted at *Communications Psychology*)

Carving Stories at Their Natural Joints

Dubourg, E., Thouzeau, V., **Beuchot, T.**, [...], Baumard, N. (under review at *Perspectives on Psychological Science*)

Work in progress

Socio-economic conditions and human personality: a meta-analytic review

Beuchot, T., Boon-Falleur, M., Portier, A., Baumard, N., Chevallier, C (in prep)

How comparable is life satisfaction data from different surveys? The survey fingerprint problem and a solution

Beuchot, T., Prati, A. (in prep)

Early life unpredictability and attitudes towards risk and ambiguity: a wheel of fortune task

Beuchot, T., Ciranka, S., Chevallier, C., Nettle, D. (in prep)

Personality, Cognition, and Story Preferences Worldwide

Dubourg, E., Thouzeau, V., Freynet, R., **Beuchot, T.**, Darcy, G., Chevallier, C., Baumard, N. (in prep)

Conference talks

2025 – European Human Behaviour and Evolution Association, Newcastle
"Variations in human personality with resource availability: a meta-analytic review" (long talk)

2024 – French network for the Evolutionary Study of Humans, Lausanne
"Why does personality exist? The self-plasticity theory" (long talk)

2024 – Human Behavior and Evolution Society, Aarhus
"Variations in human personality with resource availability: a meta-analytic review" (blitz talk)

Teaching

Altruism and careers: psychological and interdisciplinary perspectives, Undergraduate, Lecturer and course coordinator 2025
PSL University, taught with Juliette Michelet *Paris, France*

- Undergraduate course for the *Sciences pour un monde durable* undergraduate program at PSL University. In this course, we seek to help students build a high-impact career plan based on scientific evidence, their psychological characteristics, and real-world feedback. To this end, we present and discuss interdisciplinary works in cognitive science, psychology, economics and philosophy, and apply these insights through practical exercises. Teaching load: 16 hours (2025)

Causal statistics for Treatment Models, Graduate, Teaching Assistant 2025, 2026
ENS-PSL, taught with Marc Gurgand *Paris, France*

- Undergraduate course for the Economics Department at ENS-PSL. The aim of this course is to train students in statistical methods for estimating causal relationships, based on experiments or quasi-experiments. Teaching load: 18 hours (2025), 8 hours (2026)

Psychology and the sustainable transition, Undergraduate, Lecturer and course coordinator 2024, 2026
PSL University, taught with Aurore Grandin and Mélusine Boon-Falleur *Paris, France*

- Undergraduate course for the *Sciences pour un monde durable* undergraduate program at PSL University. In this course, we present and discuss works in social cognition, cognitive psychology and behavioural economics that aim at providing a better understanding of the obstacles to the shift towards a more sustainable society, and that help identify levers that have been used and tested in public policy. Teaching load: 14 hours (2024), 6 hours (2026)

Undergraduate Institut Jean Nicod Seminar, Undergraduate, Organiser 2025
ENS-PSL, facilitated with other researchers at the Institut Jean Nicod *Paris, France*

- Undergraduate seminar for interns working at the Institut Jean Nicod. In this seminar, students present what they are working on and talk about their scientific and methodological questions; other students and researchers provide feedback to help them make the most out of their internships. Facilitation load: 8 hours (2025)

Mentoring in programming and statistics, Undergraduate, Lecturer 2024
PSL University, taught with Valentin Thouzeau *Paris, France*

- Undergraduate course for the Sciences des données, arts et cultures undergraduate program at PSL University. In this course, we help students develop practical skills in statistics and machine learning. My lectures focus on psychometrics and new methods in machine learning to assess personality. Teaching load: 3 hours

Guest lectures

2024 – Human behavior, Cultures, and Societies, ENS-PSL, Paris

"Why does personality exist? Evidence from genomics" (Guest lecture)

2022 – Education, Innovation, Society Seminar, EHESS, Paris

"Socio-emotional skills: how to measure them? How do they change with socio-economic status?" (Guest lecture)

2022 – Statistics, Sciences pour un monde durable, PSL University, Paris

"Personality 101" (Guest lecture)

Public engagement in science

Reports

The wellbeing cost-effectiveness of StrongMinds and Friendship Bench: Combining a systematic review and meta-analysis with charity-related data ([link](#))

McGuire, J., Dupret, S., [...], Michelet, J., **Beuchot, T.** (2024), Happier Lives Institute

Policies for wellbeing: A brief scoping review ([link](#))

Beuchot, T. (2022), Happier Lives Institute

General audience talks

2025 – Sommet de l'altruisme efficace, Paris

"Effective Altruism: For everyone?"

2024 – Automnales de l'altruisme efficace, Châtenay-sur-Seine

"Cultural change and effective altruism"

2024 – Automnales de l'altruisme efficace, Châtenay-sur-Seine

"10 common misconceptions about mental health"

2024 – Forum des métiers, Sciences Po Paris, Paris

"Fulfillment and Impact: How to build a career that suits you?"

2023 – Automnales de l'altruisme efficace, Mandres-les-Roses

"Personality and effective altruism"

2023 – Nuit Européenne Des Chercheurs, Brest

"Interactive experience and game on psychological consequences of inequalities"

Non-academic experience

Self-employed, Cognitive science consultant

Cognitive science consultant for Noèse and Maki People

2022-2025

Paris, France

- **Career guidance:** Creation of psychometric tests based on the theoretical models of the Big Five, RIASEC, Schwartz' values, PERMA, and CHC model of intelligence
- **Hiring:** Validation of psychometric tests (Big Five, cognitive abilities)

DeepSelf, Co-founder (student-entrepreneur)

Cofounder of a platform using AI and psychometric tests to increase engagement at work

2020-2022

Paris, France

- AI For Tomorrow contest 2020 (finalist)
- IMT Starter contest 2020 (finalist)

JobTeaser, User researcher

Creation of career guidance tools and definition of the user research methodology

2021

Paris, France

Rising Up, R&D assistant & Marketing and partnership assistant

Design of training content on soft skills, communication and partnership strategy

2020

Paris, France

Supervision

Graduate students

- **Augustin Portier** (Master in cognitive science, ENS-PSL): "Variations in human personality traits with resource availability: a meta-analytic review" 2024-2025

Undergraduate students

- **Livia Giudicelli** (CPES-PSL): "The psychological gap in preferences for charitable interventions: a cross-cultural study" 2024-2026
- **Léonnie Bouvet** (Chimie Paris-PSL): "Why does personality exist? The self-plasticity theory" 2024-2025
- **Tom Mallet** (Dauphine-PSL): "Why do we disagree with each other? Motivations underlying communication styles" 2024-2025

Service

Onboarding coordinator - ENS-PSL

Integration of new lab members and management of onboarding procedures for the Evolution and Social Cognition lab 2025-2026
Paris, France

Reviewer

Open Mind: Discoveries in Cognitive Science (03-2025; 06-2025) 2025
Paris, France

Lab meeting organiser - ENS-PSL

Organisation of the weekly lab meetings for the Evolution and Social Cognition lab 2024-2025
Paris, France

Host - Cognitations Podcast

"EP #2 | Cognitive Approaches to Studying Culture | Olivier Morin", "BONUS EP | Meet the Hosts & Season 2 Announcements" 2023-now

Board member & President - Effective Altruism France

Project management, hiring and strategic support for a non-profit on positive impact 2019-2025
Paris, France

- Board member from 2023 to 2025
- Volunteer since 2019

Co-founder - Effective Altruism ENS-PSL

Running of a student group with conferences on the best ways to have a positive impact 2021-2022
Paris, France

Co-founder and Vice-President - Psych'HEC

Running of a student group that offers psychological support for students 2019-2020
Paris, France