Grace Helton

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EMPLOYMENT

Associate Professor — 2025 — present
University of Rochester, Department of Philosophy

Assistant Professor — 2018 — 2025
Laidlaw Preceptor in the Humanities (honorary appointment) — 2022 — 2025
Princeton University, Department of Philosophy

Visiting Assistant Professor — 2024 — 2025
UCLA, Department of Philosophy

Postdoctoral Fellow — 2016 — 2018
Princeton University, Society of Fellows

Postdoctoral Fellow — 2015 — 2016
University of Antwerp, Centre for Philosophical Psychology

EDUCATION

New York University
Ph.D. in Philosophy — May 2015

University of Nebraska — Lincoln
B.A. in Philosophy, with honors — 2006

AREAS OF SPECIALIZATION

Philosophy of Cognitive Science
Philosophy of Mind
Epistemology (incl. Social Epistemology and Metaphilosophy)
Philosophy of AI & Technology

AREAS OF COMPETENCE

Philosophy of Art
Philosophy of Race
Feminist Philosophy
Philosophy of Disability
Philosophy of Science

PUBLICATIONS

[1] "Viewpoint Convergence as a Philosophical Defect," (forthcoming). *Attitude in Philosophy*, Eds. Sanford Goldberg and Mark Walker. Oxford University Press.

[2] "The Simulation Hypothesis, Social Knowledge, and a Meaningful Life," (2024). *Oxford Studies in Philosophy of Mind*. Vol. 4: 447-460.

[3] "Subjectivity in Film: Mine, Yours, and No One's," with Sara Aronowitz, (2024). *Ergo*: *An Open Access Journal of Philosophy*, Vol. 11.

[4] "On Being a Lonely Brain-in-a-Vat: Structuralism, Solipsism, and the Threat from External World Skepticism," (2024). *Analytic Philosophy*. *65*(3), 353-373.

[5] "Thought Experiments as Tools of Theory Clarification," (2023). *Seemings: New Arguments, New Angles*. Eds. Kevin McCain, Scott Stapleford, and Matthew Steup. Taylor & Francis, 252-270.

[6] "Hot-Cold Empathy Gaps and the Grounds of Authenticity," with Chris Register, (2023). *Synthese*, special issue on Transformative Experience, Authenticity, and Rationality. 202(151), online first.

[7] "Against the Very Idea of a Perceptual Belief," with Bence Nanay (2022). *Analytic Philosophy*. *64(2),* 93-105. *Runner-up, Sanders Prize in Philosophy of Mind*

[8] "Epistemological Solipsism as a Route to External World Skepticism," (2021). *Philosophical Perspectives 35*(1)*,* 229-250.

[9] "If You Can't Change What You Believe, You Don't Believe It," (2020). *Noûs, 54*(3), 501-526. *Nominated, APA Article Prize*

[10] "Amodal Completion and Knowledge," with Bence Nanay, (2019). *Analysis, 79*(3), 415-423.

[11] "Visually Perceiving the Intentions of Others," (2018). *The Philosophical Quarterly, 68*(271), 243-264.

[12] "Recent Issues in High-Level Perception," (2016). *Philosophy Compass, 11*(12), 851-862.

PUBLIC PHILOSOPHY & OTHER WRITINGS

"ChatGPT Is Not Your Friend," guest blog post for *Splintered Mind*, (2026).

"AI and the Degradation of the Human Capacity for Friendship," guest blog post for *Splintered Mind*, (2026).

Untitled Piece for *Ergo* Blog about subjectivity in film, with Sara Aronowitz, (2025).

"The Simulation Hypothesis and Social Knowledge," (2024). audio recording for *Processing: Public Philosophy Audio Series,* hosted by Franklin & Marshall College

IN PROGRESS & UNDER REVIEW

a paper on the possibility and ethics of friendship with AI (in progress)

a paper on the risks of social degradation in virtual reality (committed to edited volume, *Actual Minds and Virtual Reality*)

a paper on the doxastic theory of perception (under review)

"Change and Constancy in Emotional Dynamics (With Grief as a Case Study)" (drafted)

"The 'Constancy' Approach to the Puzzle of Diminishing Emotion" (in progress)

a paper on the epistemology and ethics of treating prolonged grief (in progress)

Emotions and Their Meaning, (in progress), a monograph on the psychology and epistemic significance of the emotions, with a special emphasis on grief, PTSD, and awe (in progress)

AWARDS & NOMINATIONS (since Ph.D.)

Robert Remsen Laidlaw Preceptorship in the Humanities 2022—2025
- honorific appointment at Princeton University "awarded to outstanding assistant professors"
- confers one semester of leave and research funds

Award, 250th Anniversary Fund for Innovation in Undergraduate Education 2022
competitive grant, Princeton University

Nominated, APA Article Prize 2022
For "If You Can't Change What You Believe, You Don't Believe It"

Nominated, President's Award for Distinguished Teaching 2022
Princeton's university-wide teaching award

Runner-up, Marc Sanders Prize in Philosophy of Mind 2021
For "Against the Very Idea of a Perceptual Belief," with Bence Nanay

Early Career Researcher Award, Australian National University 2020
competitive award to fund a visit to ANU, visit postponed due to pandemic

PRESENTATIONS († indicates refereed)

"How Emotions Fade—And Why It Matters"
- Syracuse-Cornell Graduate Conference, Keynote — Sep. 2025
- Emotion & Society Lab, Working Group † — Jul. 2025
- Rutgers University, Cognitive Science — Apr. 2025
- Brown University, Colloquium — Feb. 2025
- UCLA, Ethics Working Group — Nov. 2024
- UC-Boulder, Rocky Mountain Workshop, Keynote — Apr. 2024
- UC-Riverside, Colloquium — Nov. 2023

"Skepticism, Solipsism, and the Simulation Hypothesis"
- NYU, Mind & Language Seminar — Feb. 2024

"Suffering In the Simulation"
- Ethics & Epistemology of VR, Northeastern U. — Apr. 2023
- Philosophy & Virtual Reality, Institute for Future Studies, Stockholm — May 2023

"Emotion and Salience"
- Senior Seminar, Glasgow — Oct. 2023
- Empirical Epistemology Workshop, Glasgow — Sep. 2023
- Faculty Work-in-Progress Lunch, Princeton — Feb. 2023
- Mind & Epistemology Workshop, Princeton — Feb. 2023

"The Simulation Hypothesis and Social Knowledge"
- Siena College, Talk on Chalmers' *Reality+* — March 2023
- APA, Symposium on Chalmers' *Reality+* — Apr. 2023

"The Emotion Model of Implicit Bias"
- UC-Davis, Colloquium — Oct. 2022
- CUNY Grad Center, Cognitive Science Speaker Series — Mar. 2022
- University of Tennessee, Value & Agency Conference † — Sep. 2016

"Thought Experiments Don't Generate New Evidence—
They Clarify Theories"
- Workshop on Seemings & Intuitions
  Fredericton, New Brunswick — June 2022

"Hot-Cold Empathy Gaps and the Grounds of Authenticity"
with Chris Register
- Workshop on Transformative Experience, Yale University — April 2022

"Experimental Psychology and Norms of Rationality"
- Univ.-Massachusetts, Amherst, Colloquium — May 2021

SWIP-NYC, Invited Talk	Jan. 2021
Univ.-Michigan, Invited Talk	Jan. 2020

"Does the Aim of Philosophy Require Convergence?"

Attitude in Philosophy Workshop, New Mexico State U.	Feb. 2022
Ranch Metaphysics Workshop, Tucson	Jan. 2022
UNC—Chapel Hill, Colloquium	Aug. 2021

"Perspectives in Film: Mine, Yours, and No One's," with Sara Aronowitz — Nov. 2020
Workshop on Cognitive Science, Aesthetics, and the Imagined World
Princeton University & University of Arizona

"The Doxastic Theory of Perception"

Mind & Perception Group, Washington U. in St. Louis	Feb. 2022
Eastern APA, Invited Colloquium	Jan. 2020
Rutgers University, Epistemology Seminar	Oct. 2019
Carleton University (Ottawa), Colloquium	Sep. 2019
Southern Soc. for Philosophy & Psychology, Perception Panel	April 2017
University of Antwerp, Belief & Intuition Conference	May 2016

"The Import of Solipsism"

Yonsei International Campus, Social Epistemology Network †	June 2019
Columbia University, Summer Mind Workshop	June 2019
Goethe University Frankfurt, Goethe Epistemology Meeting †	May 2019

"Skepticism & Solipsism"

Philosophy Desert Workshop	Apr. 2019
University of Chicago, Theoretical Philosophy Workshop	Jan. 2019
Princeton University, Skepticism Workshop	May 2018
The Ohio State University, Colloquium	Apr. 2018
CUNY Graduate Center, Colloquium	Oct. 2017
Yale University, MAP/ELLMM Working Group	Oct. 2017
Princeton University, Paper Tigers Group	Oct. 2017
APA Eastern Division Meeting, Society for Skeptical Studies †	Jan. 2017
University of Lisbon, Minds, Selves, & Technology Conference †	July 2016
University of Cambridge, New Directions in Mind Seminar	June 2016

"Unrevisability and The Divide between Perception and Cognition"

Canadian Philosophical Association, Perception & Cognition Panel	June 2018
University of Oslo, The Thought & Sense Conference	Nov. 2017

"The Revisability View of Belief"

The Brains Blog, Minds Online Conference †	Sep. 2015

Consciousness Discussion Group, NYC faculty & student group — April 2015

"Visually Perceiving the Intentions of Others"
CUNY Graduate Center, Cognitive Science Speaker Series — Feb. 2015

"Veridicality Judgments and High-Level Perception"
APA Pacific Division Meeting, Colloquium Session † — April 2013

"Introspection and High-Level Perceptual Disputes"
Consciousness Discussion Group, NYC faculty & student group — Nov. 2012

"Dual-Processing Theory and High-Level Perception" (poster)
Université du Québec à Montréal, Summer School in Cognitive Science † — July 2012

COMMENTS

Comments on Casey O'Callaghan's *A Multisensory Philosophy of Perception*
Central APA — Feb. 2024

Comments on Emmalon Davis' "A Tale of Two Injustices"
Princeton Workshop in Social Philosophy — Feb. 2018

Comments on Ege Yumusak's "Implicit Bias and The Unconscious"
The Brains Blog, Minds Online Conference — Sep. 2017

Comments on Jake Quilty-Dunn's "Perceptual Belief"
Columbia-NYU Graduate Conference — April 2014

Comments on Japa Pallikkathayil's "The Truth about Deception"
Edinburgh Mid-Summer Philosophy Conference — July 2013

Comments on Ross Colebrook's "A Smaller Self"
Columbia-NYU Graduate Conference — April 2013

Comments on Christine Vitrano's "Is Unhappiness Irrational?"
New Jersey Regional Association Philosophy Conference — Nov. 2012

SELECT AWARDS DURING PH.D.

Mellon Dissertation Fellowship — 2013 — 2014

Summer Fellowship, NYU Global Research Institute in London — Summer 2013

Travel Stipend, APA Pacific Division — April 2013

TEACHING

At Princeton — Graduate

Philosophy of Mind: Psychology, Epistemology, & Ethics of Empathy	Spring 2023
Philosophy of Mind: Art and Altered States	Spring 2021
Metaphysics: Mind, Knowledge, and Reality (co-taught)	Spring 2020
Philosophy of Mind: Recent Issues in Philosophy of Psychology	Fall 2018

At UCLA — Undergraduate

Introduction to Philosophy of Mind	Fall 2024
Feminist Philosophy: Metaphysics & Epistemology	Spring 2025 Spring 2024
Junior Seminar: Philosophy of Emotion	Spring 2024
Independent Studies in Philosophy	Spring 2024

At Princeton — Undergraduate

Freshman Seminar: Empathy & Intersubjectivity	Spring 2023
Philosophy of Bias: The Psychology, Epistemology, & Ethics of Stereotypes	Fall 2022 Spring 2020 Spring 2019 Spring 2018 Spring 2017
Introduction to Philosophy of Cognitive Science	Fall 2019 Fall 2017 Fall 2016

At NYU — Undergraduate

Logic	2012 — 2013
Philosophy of Mind	Summer 2011
Metaphysics	Summer 2010

GRADUATE ADVISING (AT PRINCETON)

Units (Graduate Students)

2022-23

Katie Carpenter, "A Causal Theory of Mental State Awareness"
Jazlyn Cartaya, "A God Who Weeps: Silence, Empathy, and Impassibility"
Dane Stocks, "White Ignorant Perspectives"
Megan Wicks, an untitled paper on implicit narrators in narrative art

2020-21

Katie Carpenter, "Agentive Awareness and the Left-Hemisphere 'Interpreter'"
Giulia Weissman, an untitled paper on 'flow' states

Maggie Shea, "Against Agency in 'Flow' States"
C.J. Amour, "Improvisation and 'Flow'" (external student, Humboldt University)

2019-2020
Christen Zimecki, untitled paper on epistemic injustice
Adele Watkins, "Reconsidering Gaslighting"

2018-2019
Haley Brennan, "Clearing Ground for Attention Norms"
Elena di Rosa, "Cudd and the Problem of Pseudo-Oppression"
Joy Shim, "The Can't-Wouldn't Theory of Imaginative Resistance"
Joy Shim, "Communicative Injustice"
Aarthy Vaidyanathan, "The Role of Emotions in Practical Reasoning"
Aarthy Vaidyanathan, "The Patriarchal Predicament"
Noga Gratvol, "The 'Blind Flailing' Model of Perceptual Learning," (visiting student, Hebrew University of Jerusalem)

2017-2018 (while a postdoc in the Society of Fellows)
Alejandro Naranjo Sandoval, "Gatekeeping Generics"
Claudia Yau, "Hermeneutical Injustice in Racial and Ethnic Identity"

Graduate Generals Advising
Joy Shim, "Imaginative Resistance"

External Graduate Advisor (Primary)
C.J. Amour (Humboldt University)
- thesis-length graduate project on high-level perception, 2021-present
- sponsored Amour's visit to Princeton during Spring 2023 semester

Ph.D. Thesis Advising (All as Secondary Advisor)
Aarthy Vaidyanathan, *Anger: Personal, Sociopolitical, and Moral Dimensions* (2023, current position: tenure-track, Ashoka University)

Chris Register, *Explaining the Distinctiveness of Persons* (2023, current position: post-doc, Oxford University)

Kyle Landrum, *On Conflation* (2022, current position: post-doc, University of Antwerp)

Elena di Rosa*, Pride, Shame, and Patriotism* (2021, current position: pursuing J.D. at University of Chicago)

Brett Karlan, *Rationality, Bias, and Mind*: *Essays on Epistemology and Cognitive Science* (2020, current position: tenure-track, Purdue University)

Other Graduate Advising

- led an informal weekly reading group for graduate students on topics in prejudice – Spring & Summer 2018

- supported Alejandro Naranjo Sandoval (main area: Kant) and Adele Watkins (main area: Ancient philosophy) on papers in philosophy of race beyond those in units

UNERGRADUATE ADVISING (AT PRINCETON)

Senior Theses

Ryan Beeler
Yuqi Liang (secondary advisor)
Daniel Afolabi
Harrison Ceruto
Brigid Leach

Junior Projects

Daniel Vogler
Yasmine Shafaie
Jamie Goodwin
Jaspreet Kalsi
Bilal Mubarack
Grace Searle
Christopher Cross

INSTITUTIONAL SERVICE (PRINCETON PHILOSOPHY EXCEPT WHERE STATED)

Organizer, Princeton Workshop on Mind & Epistemology	Spring 2023
Screening Committee for Grad Admissions	Fall 2022 Fall 2018
Chair, Committee on Outreach	2022-23
Co-Organizer (with Sara Aronowitz) Workshop on Cognitive Science, Aesthetics, and the Imagined World	Fall 2020
Committee on Committees, Dean of the Faculty, Princeton University	Spring 2020
Planning Committee, Cognitive Science Program, Princeton University	2019-2020
Final Committee for Grad Admissions	Spring 2021 Spring 2020
Graduate Committee	Spring 2020 Spring 2019
Colloquium Committee	Spring 2020

	Spring 2019 Spring 2018
Appointments Committee	Fall 2018
Panelist, "Publishing in Philosophy"	Oct. 2018
Panelist, "The Philosophy Job Market," Princeton University (UCHV)	Sep. 2019 Sep. 2018
Panelist, "Applying to Philosophy Graduate School"	Sep. 2018
Organizer, Princeton Skepticism Workshop	Spring 2018
Panelist, "Getting the Most Out of Grad School"	Nov. 2019 Oct. 2017
Co-organizer, Belief & Intuition Conference, University of Antwerp	Spring 2016
Co-organizer (with Olla Solomyak) "Surviving Philosophy Grad School," NYU	Fall 2013
Co-organizer, Modularity of Perception Conference, NYU	Fall 2012

SERVICE TO THE PROFESSION

Member, Eastern APA Program Committee	2023 — 2025
Faculty Mentor, Athena in Action Workshop, Princeton University	Jun. 2018
Panelist, Philosophy Compass Workshop, Princeton University	Nov. 2018 Feb. 2018 Feb. 2017
Faculty Mentor, "Marketboost," Philosophy Job Market Support for Women	2017
Organizer, NYC Philosophy of Perception Grad Working Group	2014 — 2015

Referee, *Analysis*, *Australasian Journal of Philosophy*, *Canadian Journal of Philosophy*, Deutsche Forschungsgemeinschaft (German Research Foundation), ESPP/SPP Conference, *Ergo*, *Erkenntnis*, *Mind*, *Mind & Language*, *Noûs*, *Phenomenology & The Cognitive Sciences*, *Philosophers' Imprint*, *Philosophical Studies*, *Philosophy and Phenomenological Review*, *Res Philosophica*, *Synthese*, Eastern APA, Minds Online Conference, Oxford University Press, Philosophers' Cocoon Conference, *Social Theory and Practice*, Society for Philosophy & Psychology Conference, Swiss National Science Foundation

REFERENCES

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New York University
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