

Curriculum VITAE

Jonathan Banks

Associate Professor
Department of Psychology and Neuroscience
College of Psychology
Nova Southeastern University
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Fort Lauderdale, FL 33314
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Education

University of North Texas, Denton, TX, August 2007- August 2011

- Ph.D., Experimental Psychology

North Carolina State University, Raleigh, NC, August 2001 – December 2004

- M.S. Psychology, December 2004
- Developmental Psychology Program

North Carolina State University, Raleigh, NC, August 1998 – May 2001

- B.A., Psychology, May 2001

University of South Carolina, Columbia, SC, August 1997 – May 1998

- Marine Science Program

Professional Experience

Director of Experimental Psychology Graduate Program, Nova Southeastern University,
Fort Lauderdale, FL, August 2016- Present

Associate Professor, Nova Southeastern University, Fort Lauderdale, FL, April 2016-
Present

Assistant Professor, Nova Southeastern University, Fort Lauderdale, FL, August 2011-
April, 2016

Project Coordinator, National Research Center on Rural Education Support, Center for
Developmental Science, University of North Carolina at Chapel
Hill, Chapel Hill, NC, January 2005- August 2007

GRANTS

External:

STP Banks(co-PI)

\$2,000

Spring 2012

STP Faculty Development Small Grant, The Society for the Teaching of Psychology,
Research initiative in psychology for high school students: a first-year pilot program.
Role: co-PI

Internal:

PFRDG 335450 Banks (PI) \$9,952 6/17-5/18
President's Faculty Research and Development Grant, Nova Southeastern University
Why does the mind wander? An investigation into predictors of mind wandering.
Role: PI

PFRDG 335376 Banks (PI) \$9,952 6/14-5/15
President's Faculty Research and Development Grant, Nova Southeastern University
Can mindfulness meditation prevent stress induced cognitive impairments?
Role: PI

PFRDG 335896 Banks (PI) \$9,952 6/12-5/14
President's Faculty Research and Development Grant, Nova Southeastern University
Examining the mechanisms involved in stress induced working memory impairments
Role: PI

Dean's Mini-Grant Banks (PI) \$1,500 10/11-8/12
Farquhar College of Arts and Sciences, Nova Southeastern University
Can Working Memory Predict Susceptibility to Inattentional Blindness?
Role: PI

Submitted grants:

NIH R15 Banks (Co-Investigator) Submitted 02/2015
An Integrative Analysis of Chronic Sleep Restriction's Effect on Cancer Risk
Role: Co-Investigator

NIH R21 Banks (Senior Personnel) Submitted 10/2012
A Novel Approach to Test Multisensory Emotion Processing after Sleep Loss.
Role: Senior Personnel

Teaching Experience

Undergraduate

- Introduction to Psychology,
 - Nova Southeastern University
 - University of North Texas
- Introduction to Quantitative Psychology, Nova Southeastern University
- Cognitive Processes, Nova Southeastern University
- Social Psychology, Nova Southeastern University
- Experimental Methods, University of North Texas
- Experimental Methods Laboratory, University of North Texas

Graduate

- Psychological Quantitative Data Analysis I, Nova Southeastern University
- Psychological Quantitative Data Analysis II, Nova Southeastern University
- Cognitive/Affective Bases of Behavior, Nova Southeastern University
- History and Systems in Experimental Psychology, Nova Southeastern University
- Grant Writing and Getting Published, Nova Southeastern University

Publications and Presentations

*Indicates graduate student author

** Indicates undergraduate student author

Papers

Banks, J. B., McCoy, C.**, & Trzcinski, C. (2018). The impact of a brief canine interaction on college students. *Human Animal Interaction Bulletin, 6(1)*, 1-13.

Banks, J. B., Welhaf, M. S. *, Hood, A. V. B.*, Boals, A., & Tartar, J. L. (2016). Examining the role of emotional valence of mind wandering: All mind wandering is not equal. *Consciousness and Cognition, 43*, 167-176.

Banks, J. B., & Boals, A. (2016). Don't think about it: Understanding the role of mind wandering in stress related working memory impairments. *Cognition and Emotion, 31 (5)*, 1023-1030. DOI:10.1080/02699931.2016.1179174

Ebersole, C. R., Atherton, O. E., Belanger, A. L., Skulborstad, H. M., Allen, J. M., **Banks, J. B.**, Baranski, E., Bernstein, M. J., Bonfiglio, D. B. V., Boucher, L., Brown, E. R., Budiman, N. I., Cairo, A. H., Capaldi, C. A., Chartier, C. R., Cicero, D. C., Chung, J. M., Coleman, J. A., Conway, J. G., Davis, W. E., Devos, T., Fletcher, M. M., Grahe, J. E., German, K., Hicks, J. A., Hermann, A. D., Honeycutt, N., Humphrey, B., Janus, B., Johnson, D. J., Joy-Gaba, J. A., Juzeler, H., Keres, A., Kinney, D., Kirshenbaum, J., Klein, R. A., Lucas, R. E., Lustgraaf, C. J. N., Martin, D., Menon, M., Metzger, M., Moloney, J. M., Morse, P. J., Prislin, R., Razza, T., Re, D. E., Rule, N. O., Sacco, D. F., Sauerberger, K., Shrider, E., Shultz, M., Siensen, C., Sobocko, K., Summerville, A., Sternglanz, R. W., Tskhay, K. O., Vaughn, L. A., van Allen, Z., Walker, R. J., Weinberg, A., Wilson, J. P., Wirth, J. H., Wortman, J., & Nosek, B. A. (2016). Many Labs 3: Evaluating participant pool quality across the academic semester via replication. *Journal of Experimental Social Psychology, 67*, 68-82.

Banks, J., B., Tartar, J. L., & Tamayo, B. A.* (2015). Examining factors involved in stress related working memory impairments: Independent or conditional effects? *Emotion, 15(6)*, 827-836.

Gobin, C. M.*, **Banks, J. B.**, Fins, A. I., & Tartar, J. L. (2015). Poor sleep quality is associated with increased negativity bias and decreased sustained attention. *Journal of Sleep Research, 24*, 535-542.

- Alomari, R.A*. Fernandez, M., **Banks, J.B.**, Acosta, J.* & Tartar, J.L. (2015). Acute stress dysregulates the LPP ERP response to emotional pictures and impairs sustained attention: Time-sensitive effects. *Brain Sciences*, 5, 201-219.
- Benny, B.*, & **Banks, J.B.** (2015) Under pressure: An examination of the predictors of choking. *Journal of Individual Differences*, 36 (2), 93-100.
- Banks, J. B.**, Welhaf, M. S.*, & Srour, A.* (2015). The protective effects of brief mindfulness meditation training. *Consciousness and Cognition*, 33, 277-285.
- Boals, A., Hayslip, B., & **Banks, J.B.** (2014). Age differences in autobiographical memories of negative events. *International Journal of Aging and Human Development*, 78(1), 47-65.
- Banks, J. B.**, Tartar, J. L., & Welhaf, M.** (2014). Where's the Impairment: An Examination of Factors that Impact Sustained Attention Following a Stressor. *Cognition and Emotion*, 28, 856-866. DOI: 10.1080/02699931.2013.857643
- Rodriguez, C., Ruggero, C. J., Callahan, J. L., Kilmer, J. N., Boals, A., & **Banks, J. B.** (2013). Does Risk for Bipolar Disorder Heighten the Disconnect between Objective and Subjective Appraisals of Cognition? *Journal of Affective Disorders*, 148, 400-405.
- Boals, A. & **Banks, J. B.** (2012). Effects of traumatic stress and perceived stress on everyday cognitive functioning. *Cognition and Emotion*, 26, 1335-1343.
- Viena, T. D.*, **Banks, J. B.**, Barbu, I. M.*, Schulman, A. H., Tartar, J. L. (2012). Differential effects of mild chronic stress on cortisol and SIgA response to an acute stressor. *Biological Psychology*, 91, 307-311.
- Boals, A., **Banks, J. B.**, & Hayslip, B. (2012). A self-administered mild form of exposure therapy of older adults. *Aging and Mental Health*, 16, 154-161.
- Boals, A., Hayslip Jr. B., Knowles, L., & **Banks, J. B.** (2012). Perceiving a negative event as central to one's identity partially mediates age differences in PTSD symptoms. *Journal of Aging and Health*, 24, 459-474.
- Boals, A., vanDellen, M. R., & **Banks, J. B.** (2011). The relationship between self-control and mental and physical health: The mediating effects of avoidant coping. *Psychology and Health*, 26, 1049-1062.
- Morgan, H. **, **Banks, J.B.**, & Boals, A. (2011). Social anxiety and word use: How environments can influence words. *Journal of Young Investigators*, 21, 71-83.

Boals, A., **Banks, J. B.**, Schuettler, D., & Hathaway, L. M. (2011). Coping with Stressful Events: Use of Cognitive Words in Stressful Narratives and the Meaning-Making Process. *Journal of Social and Clinical Psychology, 30*, 378-403.

Hathaway, L.M., Boals, A., & **Banks, J.B.** (2010). PTSD symptoms and dominant emotional response to a stressful event: An examination of DSM-IV criterion A2. *Anxiety, Stress, and Coping, 23*, 119-126.

Hannum, W. H., Irvin, M. J., **Banks, J. B.**, & Farmer, T. W. (2009). Distance education use in rural schools. *Journal of Research in Rural Education, 24*(3), 1-15.

Farmer, T. W., Leung, M-C, **Banks, J. B.**, Schaefer, V., Andrews, B., & Murray, R. A. (2006). Adequate yearly progress in small rural schools and rural low-income schools. *The Rural Educator*, Summer 2006, 1-7.

Baker-Ward, L., Eaton, K., & **Banks, J. B.** (2005). Young soccer players' reports of a tournament win or loss: Different emotions, different narratives. *Journal of Cognition and Development, 6*, 507-527.

Book Chapters

Leclerc, C.M., & **Banks, J. B.** (2011). When things don't do to plan: Shifting areas, programs, or schools. In P. J. Giordano, S. F. Davis, & C. A. Licht (Eds.). *Your Graduate Training in Psychology: Suggestions for Success* (pp. 41-52). Thousand Oaks, CA: Sage Publications.

Boals, A., Kraha, A., **Banks, J. B.**, & Schuettler, D. (2010). Defining traumatic events: An examination of the A criteria. In S. J. Egan (Ed.), *Post-Traumatic Stress Disorder (PTSD): Causes, Symptoms and Treatment* (pp.177-188). New York: Nova Science Publishers, Inc.

Submitted Manuscripts

Banks, J.B., Welhaf, M. S.*, Hood, A. V. B.*, & Goller, H. G.** (submitted). Does task demand alter emotionally valenced mind wandering? *Journal of Experimental Psychology: Learning, Memory, and Cognition*.

Banks, J. B., Jha, A. P., Hood., A. V. B.*, Goller, H. G.**, & Craig, L. L.** (submitted). Reducing the TUTs that hurt: The impact of a brief mindfulness induction on emotionally valenced mind wandering. *Journal of Experimental Psychology: Learning, Memory, and Cognition*.

Serrano, J., **Banks, J. B.**, Fagan, T. J., Tartar, J. L. (submitted). The influence of Val158Met COMT on physiological stress responsivity. *Stress*

In Preparation

Banks, J.B., Welhaf, M.S.*, Hood, A. V. B.*, Brancalone, P. J.*, & Boals, A. (in preparation). Investigating the role of mindfulness on stress, mind wandering, and cognitive functioning.

Welhaf, M.S.*, **Banks, J. B.**, & Hood, A. V. B.* (in preparation). Affecting the wandering mind: The role of affect on working memory and mind wandering.

Welhaf, M.S.* & **Banks, J. B.** (in preparation). If you're happy and you know it: Examining the impact of metacognitive training on working memory, positive affect, and need for cognition.

Presentations

Holtzman, A. S.**, Craig, L.**, Zacka, E.**, **Banks, J. B.**, (April, 2018). *Disengaging the wandering mind: Examining the role of emotional valence*. Poster presented at Life Sciences South Florida, Miami, FL.

Hood, A. V. B.*, Hickey, H. G.**, Brancalone, P. J.*, **Banks, J. B.** (November, 2017). *Don't think about it: Examining the impact of thought suppression on emotionally valenced mind wandering*. Poster presented at the Annual Meeting of the Psychonomic Society, Vancouver, B.C..

Craig, L.**, Zacka, E.**, Boltson, A.**, & **Banks, J. B.** (April, 2017). *Changing your thoughts: The impact of a brief mindfulness training*. Poster presented at Life Sciences South Florida, Palm Beach Gardens, FL.

Welhaf, M. S.*, Hood, A. V. B.*, & **Banks, J. B.** (November, 2016). *Narrowing the wandering mind: The impact of an affect manipulation on working memory task performance and number of mind wandering topics*. Poster presented at the Annual Meeting of the Psychonomic Society, Boston, MA.

Welhaf, M. S.*, Hood, A. V. B*., **Banks, J. B.**, & Boals, A (November, 2015). *A tale of three TUTs: The role of emotional valence in cognitive task performance*. Poster presented at the Psychonomic Society, Chicago, IL.

Banks, J. B., Welhaf, M. S. *, & Srour, A.* (November, 2014). *Brief mindfulness meditation training reduces stress-related working memory decrements*. Poster presented at the Psychonomic Society, Long Beach, CA.

Gobin, C.*, Fins, A. I., **Banks, J. B.**, & Tartar, J. L. (November, 2013). *The effect of chronotype on stress response, sustained attention, and emotional memory*. Poster presented at the annual meeting of the Society for Neuroscience, San Diego, CA.

Collins, W. M., **Banks, J. B.**, & Berger, R.** (November, 2013). *Individual differences in working memory capacity and eye witness identification*. Poster presented at the Psychonomic Society, Toronto, ON, Canada.

- Banks, A. J., Albert, J., Banks, C. H., & **Banks, J. B.** (April, 2013). *Does the type of personal response system have a correlation to your students' success?* Paper presented at the annual meeting of the American Chemical Society, New Orleans, LA.
- Albert, J. L., Banks, A., **Banks, J. B.**, & Banks, C. (January, 2013). *Clickers versus cell phones: A comparison of student response systems and their effect on student achievement in a large lecture chemistry course.* Paper presented at the annual meeting of the Association of Science Teacher Education, Charleston, S.C.
- Tamayo, B. *, Tartar, J. L., Alomari, R. *, & **Banks, J. B.** (October, 2012). *Cortisol, alpha-amylase, and mind wandering: Possible mechanisms behind stress induced changes in attention.* Poster presented at the annual meeting of the Society for Advancement for Hispanics/Chicanos and Native Americans in Science, Seattle, W.A.
- Akhi, M. B. **, **Banks, J. B.**, & Tartar, J. L. (October, 2012). *An EMG classroom demonstration of the effect of acute stress on muscle performance: A Brain Awareness Week project.* Poster presented at the annual meeting of the Society for Neuroscience, New Orleans, LA.
- Albert, J., Banks, A., & **Banks, J. B.** (2012, March) *A comparison of student response systems and their effect on student achievement in a large chemistry course.* Paper presented at the annual meeting of the Eastern Educational Research Association, Hilton Head, S.C.
- Belanger, A., L. **, **Banks, J. B.**, Mathews, N. **, Brannick, R. **, Considine, D. **, & Boals, A. (2011, May). *Individuals differences in working memory capacity and stereotype threat.* Poster presented at the annual meeting of the Association for Psychological Science, Washington D.C.
- Morgan, H. C. **, Connally, M. L. **, Borchers, S. **, **Banks, J. B.**, Rhoton, J. **, Belanger, A. L. **, Kraha, A., Boals, A. (2011, May). *Gender and social anxiety effects on word use.* Poster presented at the annual meeting of the Association for Psychological Science, Washington D.C.
- Banks, J. B.**, Belanger, A. **, & Boals, A. (2010, October). *Cognitive predictors of inattention and change blindness.* Poster presented at the annual meeting of The Southwest Cognition Conference (ARMADILLO), College Station, TX.
- Banks, J. B.**, Morgan, H. **, Kraha, A., Belanger, A. **, Londoño, M. **, Rhoton, J. **, & Boals, A. (2010, May). *The Impact of Stress on Executive Functioning.* Poster presented at the annual convention of the American Psychological Society, Boston, MA.

- Hathaway, L. M., **Banks, J. B.**, Boals, A., & Cox, R. J. (2009, August). *PTSD symptoms and emotional response to traumatic events*. Poster presented at the annual convention of the American Psychological Association, Toronto, Canada.
- Steward, J. M., Schuettler, D., Boals, A., & **Banks, J. B.** (2009, May). *Effects of trauma intensity on post-traumatic growth: Depression, social support, and coping*. Poster presented at the annual convention of the American Psychological Society, San Francisco, CA.
- Banks, J. B.**, Defee, J. **, Dove, R. **, Boals, A., & Gerber, M. ** (2008, May). *Use of cognitive words in emotional and non-guided descriptions of stressful events*. Poster presented at the annual convention of the American Psychological Society, Chicago, IL.
- Hannum, W., Farmer, T., **Banks, J. B.**, Irvin, M., Keane, J., & de la Varre, C. (2007, June). *Enhancing rural online learning*. Paper presented at IES Research Conference, Washington, DC.
- Hannum, W. H., **Banks, J. B.**, Barber, J., Farmer, T., Manturuk, K., Robertson, D., & Veal, W. (2006, April). *Analysis of distance education use in rural schools*. Paper presented at annual meeting of the American Educational Research Association, San Francisco, CA.
- Hannum, W. H., **Banks, J. B.**, Barber, J., Sylva, M., Talvitie-Siple, J. & Veal, W. (2005, November). *The status of distance education in rural schools*. Paper presented at the Research Symposium of the National Rural Education Association, Tucson, AZ.
- Kainz, K., **Banks, J. B.**, & Murray, A. (2005, November). *The current status of the work of the national research center on rural education support*. Paper presented at the National Rural Education Association Convention, Tucson, AZ.
- Banks, J. B.**, Eaton, K., & Law, D. (2004, May). *Four alternative measures of coherence*. Poster presentation at the annual convention of the American Psychological Society, Chicago, IL.
- Hess, T.M., Germain, C.M., **Banks, J.B.**, Hefner, K., & Heinz, B. (2004, April). *Social accountability effects on age differences in recollection: An investigation of aging-related selectivity*. Poster presentation at the Cognitive Aging Conference, Atlanta.
- Oke, B. & **Banks, J. B.** (2003, April). *Children's intrusive thoughts about an important event*. Paper presentation at Carolinas Psychology Conference, Raleigh, NC.
- Eaton, K., Baker-Ward, L., Conners, J., & **Banks, J. B.** (2002, April). *Same event, different outcome: How emotion affects young soccer players' reports of the big*

game. Paper included in Gabrielle Principe (Chair), Representing and Reporting Experience: Factors Affecting Individual Differences in Accuracy and Construction. Symposium presented at the Conference on Human Development, Charlotte, NC.

Banks, J. B. & LeVere, T. E. (2002, February). *MTM: A new metric for working memory*. Poster presentation at the annual meeting of the North Carolina Cognition Group, Chapel Hill, NC.

Bratton, K.M., **Banks, J.B.**, Thakur, J. & Klein, K. (2002, February). *Intrusive thoughts and the cost of suppression*. Poster presentation at the Annual meeting of the North Carolina Cognition Group, Chapel Hill, NC.

Bratton, K.M., & **Banks, J. B.** (2002, April). *Working memory depletion due to suppression*. Poster presentation at the annual meeting of the North Carolina Psychological Foundation, Charlotte, NC.

Banks, J. B., & Klein, K. (2001, March) *The relationship between attitude accessibility and emotion complexity*. Poster presented at Southeastern Psychological Association Meeting, Atlanta, GA.

Invited Lectures

Banks, J. B. (2014, April). *Sliding down the razor blade of life: A journey into research*. Undergraduate Student Symposium, Nova Southeastern University.

Professional Activities

Membership in Professional Organizations

- Association for Psychological Science
- Associate Member of Psychonomic Society
- Society for the Teaching of Psychology

University and Departmental Service

- Graduate Curriculum Committee- Nova Southeastern University, 2011- Present
- Internal Review Committee- B.S. Behavioral Neuroscience, Fall 2018- Present
- Laboratory Space Advisory Committee, Member, Fall 2018- Present
- Ph.D. Assessment Task Force, Summer 2015-Present
- Internal Review Committee- M.S. Leadership, Summer 2014- Summer 2017
- Financial Support for Student Conference Travel: College Committee: Fall 2013
- Co-Organizer, South Florida Psychology Bowl, April 2012 and April 2013
- Co-Organizer, NSU Behavioral Neuroscience Summer Training Program, 2012 and 2013
- Experimental Program Search Committee- Graduate Student Representative, University of North Texas, 2010-2011

- Experimental Program Representative, Graduate Association of Students in Psychology, University of North Texas, 2009-2011
- Treasurer, Graduate Association of Students in Psychology, North Carolina State University, 2003-2004

Honors

- Outstanding Graduate Student, Psychology Department, 2011
- Outstanding Teaching Fellow, Psychology Department, 2011
- Ronald E. McNair Post-Baccalaureate Achievement Program mentor recognition, 9/2009
- Ronald E. McNair Post-Baccalaureate Achievement Program mentor recognition, 9/2010

Ad-Hoc Reviewer

- *Anxiety, Stress, and Coping*
- *Behavioral Medicine*
- *British Journal of Psychology*
- *Consciousness and Cognition*
- *Frontiers in Psychology*
- *Journal of Aging and Health*
- *Journal of Experimental Psychology: General*
- *Journal of Experimental Psychology: Learning, Memory, and Cognition*
- *Journal of Personality*
- *Journal of Psychological Inquiry*
- *Mindfulness*
- *Personality and Individual Differences*
- *PLOS ONE*
- *PsyCH*
- *Psychological Medicine*
- *Stress and Health*

Major Professor/Research Advisor

Benita Benny (awarded M.S. 2013)

Brittney Tamayo (awarded M.S. 2013)

Alexandra Srour (awarded M.S. 2014)

Marlayna Ripley

Matthew Welhaf (awarded M.S. 2016; currently Ph.D. Student at University of North Carolina at Greensboro)

Audrey Hood (awarded M.S. 2017; currently Ph.D. Student at Montana State University)

Paul Brancaleone (awarded M.S. 2018)

Sara Gorman (2nd year M.S. student)

Alexandra Nieto (1st year M.S. student)

Anum Mallick (1st year M.S. student)

Committee Member

Eric Silk (awarded Ph.D. 2012)
Rima Alomari (awarded MS 2013)
Juliana Acosta (awarded MS 2014)
Christina Gobin (awarded MS 2014)
Neymi Orozco (awarded MS 2014)
Brandi Viparina (awarded MS 2014)
Jackie McDowell (awarded MS 2015)
Brittney Gonzales (awarded MS 2016)
Chris Oehler (awarded MS 2016)
Sarah Lyle (awarded MS 2017)
Samantha Gestido (2nd year MS student)
Joanna Witkin (M.S. student- University of Miami)
Michael Long (1st year M.S. student)
Haley G. Hickey (M.S. student- Western Carolina University)