

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 Inattentive Blindness?
Role: PI

Submitted grants:

NSF Perception Action and Cognition Banks (PI) Submitted 1/2021
Identifying the Role of Mind Wandering in Stress Related Changes in Executive
Attention and Inflammation
Role: Principal Investigator

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. & Welhaf, M. S. (2021). Individual Differences in Dimensions of Mind Wandering: The Mediating Role of Emotional Valence and Intentionality. *Psychological Research*.

Banks, J.B., Antonio, J., Holtzman, A. S.*, Marang, M., Weber, C.**, Alvarez-Beaton, A.**, Patel, A.** & Tartar, J. T. (2021) Creatine and Cognitive Functioning: What is the role of Exercise Frequency? *Journal of the Society for Neurosports. NeuroSports: Vol. 1 , Article 9.*

Tartar, J. L., Hiffernan, F. S., Freitas, K. E., Fins, A. I., & **Banks, J. B.** (2021). A functional adenosine deaminase polymorphism associates with evening melatonin levels and sleep quality. *Journal of Circadian Rhythms, 19(1):5, 1-10.*

Tartar, J. L., Serrano, J. M.*, Thompson, K.*, Thomas, J. D.*, & **Banks, J. B.** (2020). Sex Matters: Anxiety and Aggression Predict Cortisol Responsivity in Men but not Women. *Neuroendocrinology Letters. 41(7), 101-108.*

Boals, A., & **Banks, J.B.** (2020). Stress and cognitive functioning during a pandemic: Thoughts from stress researchers. *Psychological Trauma: Theory, Research, Practice, and Policy, 12(S1), S225-S257.*

Garcia, J. R., Manimaleth, R., Czartoryski, P., Napolitano, P., Watters, H., Weber, C.**, Alvarez-Beaton, A.**, Nieto, A. C.*, Patel, A.**, Peacock, C., **Banks, J. B.**, Tartar, J., & Antonio, J. (2020). A comparative study of body composition assessment techniques: DXA and InBody 270. *Journal of Exercise and Nutrition, 3(3), 10.*

Goller, H. G., **Banks, J.B.**, & Meier, M. (2020). An individual differences investigation of the relations among life event stress, working memory capacity, and mind

- wandering: A preregistered replication-extension study. *Memory & Cognition*, 48, 759-771.
- Banks, J. B.**, Jha, A. P., Hood, A. V. B.*, Goller, H. G.**, & Craig, L. L.** (2019). Reducing the TUTs that hurt: The impact of a brief mindfulness induction on emotionally valenced mind wandering. *Journal of Cognitive Psychology*, 31:8, 785-799.
- Serrano, J., **Banks, J. B.**, Fagan, T. J., Tartar, J. L. (2019). The influence of Val158Met COMT on physiological stress responsivity. *Stress*, 22(2):276-279.
- 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., Siemsen, 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., Mallick, A., Nieto, A., Zanesco, A., & Jha, A. (submitted) The role of affective interference and mnemonic load in the dynamic adjustment in working memory. *Memory and Cognition*.

Revise and Resubmit Manuscripts

Banks, J.B., Welhaf, M. S.*, Hood, A. V. B.*, & Goller, H. G.** (Revise and resubmit decision). Does task demand alter emotionally valenced mind wandering?

Fernandez, M., **Banks, J. B.**, Gestido, S., & Morales, M. (Revise and resubmit decision). Bilingualism and the executive functioning trade-off: A latent variable examination. *Journal of Experimental Psychology: Learning, Memory, and Cognition*.

Manuscripts in preparation

Banks, J.B., Welhaf, M. S., Hood, A. V. B., & Boals, A (In Prep). Does mindfulness predict stress, mind wandering, or self-reported cognitive functioning?

Banks, J. B., Brancaleone, P. J.*, & Holtzman, A. S.* (In Prep) Mind wandering in the laboratory and daily life: The role of emotional valence and intentionality dimensions. *Journal of Experimental Psychology: Learning, Memory, and Cognition*.

Presentations

Mallick, A.*, Nieto, A.*, Parisi, A.*, Witkin, J. E., Jha, A. P., & **Banks, J. B.** (November, 2020). *Individual differences in the dynamic upregulation of cognitive control*. Poster presented at the Annual Meeting of the Psychonomic Society.

Welhaf, M. S., Hood, A. V. B., Hutchison, K. A., **Banks, J. B.**, Boals, A. (November, 2020). Mindfulness, anxiety, mind wandering, and self-reported cognitive functioning: A latent variable examination. Poster presented at the Annual Meeting of the Psychonomic Society.

Weber, C.**, Alvarez-Beaton, A.**, Patel, A.**, Napolitano, P., Watters, H., Garcia, J., Manimalath, R., Antonio, J., & **Banks, J. B.** (September, 2020). *Impact of creatine on cognitive functioning: Does exercise frequency matter?* Poster presented at the Annual Meeting of the International Society of Sports Nutrition, Daytona Beach, FL.

Napolitano, P., Watters, H., **Banks, J. B.**, Manimalath, R., Tartar, J. L., Garcia, J., Czartoryski, P., Weaver, C., Jiannine, L., Peacock, C., Alvarez-Beaton, A.**, Nieto, A. C.*, Weber, C. **, Patel, A.**, & Antonio, J. (September, 2020). *Does creatine supplementation alter total body water?* Poster presented at the Annual Meeting of the International Society of Sports Nutrition, Daytona Beach, FL.

Nieto, A. C.*, Welhaf, M. S., Mallick, A.*, & **Banks, J. B.** (November, 2019). *Attention restraint, working memory capacity, and mind wandering: Do emotional valence or intentionality matter?* Poster presented at the Annual Meeting of the Psychonomic Society, Montreal, Quebec, Canada.

Garcia, J., Weber, C **, Alvarez-Beaton, A.**, Patel, A.***, Nieto, A.*, Napolito, P., Watters, H., Manimalath, R., **Banks, J. B.**, & Antonio, J. (November, 2019). *Creatine and Cognitive Functioning: Part 1 Body Composition*. Poster presented at the Annual Society for NeuroSports Conference, Deerfield Beach, FL.

Weber, C **, Alvarez-Beaton, A.**, Patel, A.***, Nieto, A.*, Napolito, P., Watters, H., Garcia, J., Manimalath, R., Antonio, J., & **Banks, J. B.** (November, 2019). *Creatine and Cognitive Functioning: Part 2*. Poster presented at the Annual Society for NeuroSports Conference, Deerfield Beach, FL.

- Suarez, S. A.** , Poulsen, M.** , Nieto, A. C.* , **Banks, J. B.** (November, 2019). *The Mindful Athlete: How mindfulness may improve athletic performance*. Poster presented at the Annual Society for NeuroSports Conference, Deerfield Beach, FL.
- Blanar, C., **Banks, J. B.**, & Gering, E. (November, 2019). *Playing with a parasite: Is Toxoplasma gondii affecting athletes?* Poster presented at the Annual Society for NeuroSports Conference, Deerfield Beach, FL.
- Giovino, R.* , Zacka, E. J.** , & **Banks, J. B.** (August 2019). *Death related thoughts: A mortality salience study*. Poster presented at the American Psychological Association, Chicago, IL.
- Chitraacharige, C.** , Weber, C. ** , Thompson, B.** , Jetmore, D.** , & **Banks, J.B.** (April, 2019). *Feral mind wandering: Exploring predictors of mind wandering in the lab and real world*. Poster presented at Life Sciences South Florida, Boca Raton, FL.
- Craig, L.** , Goller, H. G.** , Holtzman, A. S., Zacka, E.** , Hood, A. V. B.* , **Banks, J. B.** (November, 2018). *What the TUT? Examining the causes and consequences of emotionally valenced mind wandering*. Poster presented at the Annual Meeting of the Psychonomic Society, New Orleans, LA.
- Hood, A. V. B., **Banks, J. B.**, Hutchison, K. A. (November, 2018). *Working memory capacity and dissociations of emotional valence and intensity on subjective and objected reports of mind wandering*. Poster presented at the Annual Meeting of the Psychonomic Society, New Orleans, LA
- 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.** , Brancaleone, 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 inattentive 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. (2021, July). *Your Brain Under Pressure: The Role of Stress, Mindfulness, and Other Protective Factors*. Presentation to Leadership team at American Welding Society, Doral, Florida.
- Banks, J.B. (2020, April). *Mindfulness: Mental armor during a time of stress*. Shark Chat at Nova Southeastern University College of Psychology.
- Banks, J. B. (2020, March). *Attention, Stress, and Mindfulness*. Behavioral Science Brownbag talk at the University of North Texas.

Banks, J. B. (2020, March). *Cognitive Psychology: What is it?* Learning Lunch at University School at Nova Southeastern University.

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

Media

Miami Herald story on Canine/Human interaction.

<https://www.miamiherald.com/living/health-fitness/article64676597.html>

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-Chair, Nova Southeastern University, 2016- Present
- Graduate Curriculum Committee-Member, Nova Southeastern University, 2011-2016
- Academic Review Committee- Nova Southeastern University, 2019- Present
- Internal Review Committee- Chair, M.P.A. Public Administration, 2019- Present
- Internal Review Committee- B.S. Behavioral Neuroscience, 2018-2019
- Internal Review Committee- M.S. in Experimental Psychology, 2018- 2019
- Laboratory Space Advisory Committee, Member, Fall 2018-2019
- Neuroscience Faculty Search Committee 2017-2019
- Ph.D. Assessment Task Force, Summer 2015-2016
- 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*
- *Applied Cognitive Psychology*
- *Behavioral Medicine*
- *British Journal of Psychology*
- *Cognition*
- *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*
- *Psychoneuroendocrinology*
- *Quarterly Journal of Experimental Psychology*
- *Stress and Health*

Major Professor/Research Advisor

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