

Curriculum VITAE

Jonathan Banks

Associate Professor
Department of Psychology and Neuroscience
College of Psychology
Nova Southeastern University
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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:

NSF Banks (PI)	2222174	\$350,000	9/2022-8/2025
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National Science Foundation Build and Broaden 2.0
Identifying the Role of Mind Wandering in Stress Related Changes in Executive Attention
and Inflammation
Role: PI

Society for Neurosports Banks (PI) \$15,000 6/2022-1/2023
Society for Neurosports contract
Assessment of attention control in teenagers
Role: Banks (PI)

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 Banks (Co-PI) \$15,000 7/24-6/25
President's Faculty Research and Development Grant, Nova Southeastern University
The development and dissemination of The Student Wellness and Emotional Growth
Resiliency (SWAG-R) Program. A 6-week coaching program designed for NSU
undergraduate students to decrease anxiety, depression, and stress and improve
mental health, quality of life, and resiliency.
Role: Co-PI

PFRDG Banks (Co-PI) \$15,000 7/22-6/23
President's Faculty Research and Development Grant, Nova Southeastern University
Does arousal impact visual processes?
Role: Co-PI

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

Welhaf, M. S., Astacio, M. A., & **Banks, J. B.** (in press). Further unpacking individual differences in mind wandering: The role of emotional valence and awareness. *Consciousness and Cognition*.

- Welhaf, M. S. & Banks, J. B. (in press). Effects of emotional valence of mind wandering on sustained attention performance. *Journal of Experimental Psychology: Learning, Memory, and Cognition*.
- Welhaf, M.S., Banks, J. B., & Bugg, J. M., (in press). Age-related differences in mind wandering: The role of emotional valence. *The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*.
- Tartar, J. C., Ricci, A., **Banks, J. B.**, Murphy, H. C., Evans, C., Antonio, J., Tartar, J. L. (2023). The effect of acute aerobic exercise on measures of stress and inflammation in health young adults. *Research Directs in Health Sciences, 3, 1-5*.
- Fernandez, M., **Banks, J. B.**, Gestido, S., & Morales, M. (2023). Bilingualism and the executive functioning trade-off: A latent variable examination. *Journal of Experimental Psychology: Learning, Memory, and Cognition, 49(7), 1119-1144*.
- Banks, J.B.**, Mallick, A.*, Nieto, A.*, Zanesco, A., & Jha, A. (2023) The role of affective interference and mnemonic load in the dynamic adjustment in working memory. *Memory and Cognition, 51, 203-220*
- Tartar, J. L., Astacio, M.*, Chau, M., Lin, L., LeMoire, A., & **Banks, J. B.** (2022). A randomized double-blind placebo-controlled trial of a purported dietary supplement cognitive enhancer in healthy teenage subjects. *Journal of Exercise and Nutrition, 5(3)*.
- Banks, J.B.** & Welhaf, M. S. (2022). Individual Differences in Dimensions of Mind Wandering: The Mediating Role of Emotional Valence and Intentionality. *Psychological Research, 86(5), 1495-1517*.
- Tartar, J. L., **Banks, J. B.**, Marang, M., Pizzo, F., & Antonio, J. (2021). A Combination of Caffeine, TeaCrine®(Theacrine), and Dynamine®(Methyllicberine) Increases Cognitive Performance and Reaction Time Without Interfering With Mood in Adult Male Egamers. *Cureus, 13(12)*.
- 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, 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., Prislun, 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

- Welhaf, M. S., Bugg, J. M., & **Banks, J. B.** (Submitted) Who can strategically modulate mind wandering? A preregistered replication and extension of Seli et al. (2018). *Psychonomic Bulletin and Review*

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?

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

Presentations

Amhan, O.**, Abad, A.**, Bratter, L.**, Lal, S.**, Oquendo, A.*, Hurlbrink, W.*, Tartar, J. L., & **Banks, J.B.** (February, 2024). *Does sleep matter: Examining the impact of REM sleep on affective interference in a working memory task*. Poster presented at the Annual Meeting of the Society for Sports Neuroscience, Davie, FL.

Craig, L.L., Thayer, K. K., **Banks, J.B.** (February, 2024). *Self-compassion: A construct for fostering psychological skills related to sports performance in collegiate athletes*. Poster presented at the Annual Meeting of the Society for Sports Neuroscience, Davie, FL.

Mittal, D.**, Sayani, O., **Banks, J. B.**, Green, K., Allen, C., Caboku, I., & Flisfeder, S. (February, 2024). *Examining the impact of physiological arousal on visual processes*. Poster presented at the Annual Meeting of the Society for Sports Neuroscience, Davie, FL.

Sippin, C.**, Lupoli, A.**, Dharanikota, M.**, Pridgen, J.**, & **Banks, J. B.** (February, 2024). *Understanding the role of working memory and attention control in anticipation timing*. Poster presented at the Annual Meeting of the Society for Sports Neuroscience, Davie, FL.

Craig, L.L., Thayer, K. K., **Banks, J.B.** (February, 2024). *Cultivating Resilience: Self Compassion as a resource to reduce psychological distress in collegiate athletes*. Poster presented at the Society for Clinical Psychology Conference, Atlanta, GA.

Oquendo, A.,* **Banks, J. B.**, & Fernandez, M. F. (November, 2023). *Does Bilingualism impact rates of mind wandering? Evidence from self-report measures and reaction-time variability*. Poster presented at the Annual Meeting of the Psychonomic Society, San Francisco, CA.

Oquendo, A.,* Lal, S.**, Astacio, M. A.* , Welhaf, M. S., & **Banks, J.B.** (November, 2023). *When does mind wandering impact task performance? The role of emotional valence and meta-awareness of mind wandering*. Poster presented at the Annual Meeting of the Psychonomic Society, San Francisco, CA.

- Tartar, J. C., Murphy, H. C., Evans, C., **Banks, J.B.**, Ricci, A., & Tartar, J. L. (November, 2023). *The effect of an acute aerobic exercise on measures of inflammation and cognition in young, health individuals*. Poster presented at the Annual Meeting of the Psychonomic Society, San Francisco, CA.
- Oquendo, A., **Banks, J.B.**, Meier, M. (November, 2023). *Revealing the causal direction between negatively valenced thought and task performance*. Poster presented at the Symposium on Individual Differences in Cognition, San Francisco, CA.
- Bajor, K. L., Lal, S., Vemulapalli, P. S., Koritala, A. C., Buhrman, A. C., Landrum, B. M., & **Banks, J. B.** (2023). *Predictors of attention and attention control failures: The role of arousal, stress, mindfulness, and exercise*. Poster presented at the Annual Meeting of the Society for NeuroSports, Deerfield Beach, FL.
- Astacio, M. A., Welhaf, M. S., Hood, A. V.B., Goller, H. G., **Banks, J. B.** (November, 2022). *Does task demand moderate the impact of emotionally valenced mind wandering on task performance?* Poster presented at the Annual Meeting of the Psychonomic Society, Boston, MA.
- Holtzman, A. S., Mendez, C., Cruz, J., Pandaya, G., Antonio, J., & **Banks, J. B.** (June, 2022). *Examining the influence of exercise on mood following a stressor*. Poster presented at the Annual Meeting of the International Society of Sports Nutrition, Fort Lauderdale, FL.
- Holtzman, A. S., Swanson, M., Cruz, J., Mendez, C., Haardt, T., Koritala, A. C., Akhter, M. C., Ramesh Babu, Y. S., & **Banks, J. B.** (January, 2022). *Preventing Stress from Hijacking Attention: Can exercise or mindfulness protect against stress related attention decrements?* Poster presented at the Annual Meeting of the Society for NeuroSports, Hollywood, FL.
- Holtzman, A. S. *, Griffith, E., Boals, A., & **Banks, J.B.** (November, 2021). *Life stress and mind wandering: The role of event recency and level of processing*. Poster presented at the Annual Meeting of the Psychonomic Society.
- Banks, J. B.** (March, 2021). *Focus you attention: The role of mindfulness and stress in athletic performance*. Paper presented at the Annual Meeting of the Society for NeuroSports, Deerfield Beach, FL.
- Weber, C.**, Ramesh Babu, Y. S.**, Holtzman, A.*, Tartar, J. L., Antonio, J., & **Banks, J. B.** (March, 2021). *Physical fitness and mental muscle: The relationship between exercise frequency, intensity, and cognitive functioning*. Poster presented at the Annual Meeting of the Society for NeuroSports, Deerfield Beach, FL.
- 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., Manimaleth, 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.**, Manimaleth, 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., Manimaleth, 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., Manimaleth, 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.** , 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 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. (2022, October). *Reducing the Impact of Stress: How Mindfulness Training Protects Cognition*. Presentation to the NSU Ambassadors Board, Nova Southeastern University, Davie, Florida.

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., Scanlon, M. J., Panahi, A. (2021, April). *Mental Armor: The science of stress and the protective effects of mindfulness*. Lifelong Learning Institute. Nova Southeastern University.

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

- 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- 2024
- Continuing Contract and Promotion Criteria Committee for the College of Psychology, August 2021- 2023
- Psychology Faculty Search Committee, Chair, 2022-2024
- Internal Review Committee- Chair, B.S. Criminal Justice, 2023- 2024
- Internal Review Committee- Chair, M.P.A. Public Administration, 2019- 2020
- 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

Benita Benny (awarded M.S. 2013)

Brittney Tamayo (awarded M.S. 2013)

Alexandra Srouf (awarded M.S. 2014)

Marlayna Ripley

Matthew Welhaf (awarded M.S. 2016; currently Post-Doctoral Washington University in St. Louis)

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

Paul Brancaleone (awarded M.S. 2018; currently a Ph.D. student at the University of Missouri)

Sara Gorman (awarded M.S. 2019)

Alexandra Nieto (awarded M.S. 2020; currently a PsyD student at Nova Southeastern University)

Anum Mallick (awarded M.S. 2020)

Alyssa Parissi

Amanda Holtzman (awarded M.S. 2022)

Louis Leitenberger

Marc Astacio (Awarded M.S. 2023; currently Visiting Research Coordinator University of Illinois at Urbana-Champaign)
Amar Sayani (2nd Year M.S. student)
Marianne Garay
Alyssa Oquendo ((2nd Year M.S. student)
Jozef Cruz (2nd Year M.S. student)
William Hurlbrink (2nd 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 (awarded MS 2018)
Joanna Witkin (M.S. student- University of Miami)
Michael Long (awarded MS 2019)
Haley G. Hickey (awarded MS 2019; M.S. student- Western Carolina University)
Kayla Thompson (awarded M.S. 2020)
Daniella Branson (awarded M.S. 2021)
Mykola Marang (awarded M.S. 2022)
Lindsay Craig (4th year Ph.D. student)
Antonella Quimbayo (2nd year M.S. student NSU Biology)
Benjamin Lemli (awarded M.S. 2023)
Hannah Murphy (awarded M.S. 2024)