

## CURRICULUM VITAE

**June J. Pilcher, Ph.D.**

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### Education

- 1989 The University of Chicago: Biopsychology - M.A., Ph.D.  
Research Concentration: Function of Sleep
- 1985 University of Munich and Max Planck Institute for Psychiatry, Munich, Germany  
Curricular Concentration: Neurosciences and Psychology  
Research Concentration: Sleep and Biological Rhythms
- 1984 University of Southern Mississippi - B.A., B.S.  
Major: Psychology and Computer Science  
Minor: Mathematics

### Professional Experience

Clemson University, Clemson, SC

2009 - present Alumni Distinguished Professor of Psychology

2014 - present Associate, Human Factors Institute

2012 - present Faculty Scholar, Clemson University School of Health Research (formerly called: Institute for Advancement of Health Care)

2016 - 2018 Faculty Fellow for Global Learning, Office of Global Engagement

2015 - 2017 Affiliated Faculty, Real-Time Intelligence for Smart Electric Grid Operations (RISE)

2015 - 2017 Affiliated Faculty, Eugene T. Moore School of Education PhD program in Learning Sciences

2005 - 2009 Professor of Psychology

2001 - 2005 Associate Professor of Psychology

Sigma Xi: The Scientific Research Society

2019 - 2021 and 2016 - 2018 Sigma Xi Distinguished Lecturer

U.S. Agency for International Development, Washington, DC

2018 - 2019 Jefferson Science Fellow; awarded through the National Academies of Sciences, Engineering, and Medicine's Fellowships Office of Policy and Global Affairs

American University of Rome, Rome, Italy

2018 Summer Study abroad program leader, Clemson University  
Visiting lecturer

Finnish Institute of Occupational Health and University of Oulu, Oulu, Finland

2017 Summer Fulbright Specialist in Public/Global Health; awarded through the U.S. Bureau of Educational and Cultural Affairs Programs and Fulbright Finland

Webster University, Vienna, Austria  
2014 Summer Visiting lecturer  
University of Vienna, Social, Cognitive, & Affective Neuroscience Unit and The Sigmund Freud Museum, Vienna, Austria  
2011 - 2012 Fulbright-Freud Visiting Scholar; awarded through the Fulbright Program for U.S. Scholars and Fulbright Austria  
University of Maryland, Center for Advanced Study of Language, Silver Spring, MD  
2003 - 2010 Adjunct Professor; SME on fatigue and stress  
U.S. Department of Transportation, Federal Railroad Administration, Washington, DC  
1997 - 2004 Consultant, Volpe National Transportation Systems Center  
1998 - 2003 North American Rail Alertness Partnership, SME on fatigue and stress  
Bradley University, Peoria, IL  
1998 - 2001 Associate Professor of Psychology  
1992 - 1998 Assistant Professor of Psychology  
Walter Reed Army Institute of Research (WRAIR), Division of Medical Neurosciences, Washington, DC  
1989 - 1992 Research psychologist  
Max Planck Institute, Munich, Germany  
1989 Summer Visiting research psychologist  
The University of Chicago, Chicago, IL  
1985 - 1989 Graduate researcher, teaching assistant  
Loyola University of Chicago, Chicago, IL  
1988 - 1989 Visiting lecturer  
Max Planck Institute and the University of Munich, Munich, Germany  
1984 - 1985 German Academic Exchange Service (DAAD) Fellow; awarded through the Fulbright Program for U.S. Students

### **Active Military Service**

1989 - 1992 Commissioned officer in U.S. Army, Captain, Research psychologist  
Permanent duty station: Division of Medical Neurosciences, Walter Reed Army Institute of Research, Washington, D.C.  
1978 - 1982 Enlisted in U.S. Navy, Petty Officer 2<sup>nd</sup> Class, Hospital corpsman  
Permanent duty stations: Naval hospitals, Memphis, TN. and Okinawa, Japan

### **Professional Awards and Honors**

Fulbright Specialist Roster Candidate, U.S. Department of State's Bureau of Educational and Cultural Affairs and the Institute of International Education's Council for International Exchange of Scholars (2015 - 2020)  
University Research, Scholarship and Artistic Achievement Award, Clemson University (2018, inaugural cohort) <https://www.clemson.edu/research/awards/ursaaa.html>  
Creative Inquiry Mentor Incentive Award, Creative Inquiry and Undergraduate Research, Clemson University (2016)  
Dean's Award for Interdisciplinary Collaboration Teaching/Service, College of Business and

Behavioral Science, Clemson University (2016)  
Researcher of the Month, Clemson University Libraries, Clemson University (2016, February)  
The Class of '39 Award for Excellence, Clemson University (2015)  
<https://www.clemson.edu/faculty-staff/faculty-senate/excellence.html>  
Inaugural Researcher of the Month, Clemson University Libraries, Clemson University (2014, January)  
Recognized in "The Difference Makers Project," Clemson housing, Division of Student Affairs, Clemson University (2011, 2012, 2013)  
Board of Trustees Award for Faculty Excellence, Clemson University (2011, 2012)  
Outstanding Researcher of the Year Award, Sigma Xi Chapter, Clemson University (2011)  
Fellow, Association for Psychological Science (2010)  
Master Faculty Address, New Student Convocation, Clemson University (2010)  
Phil and Mary Bradley Award for Mentoring in Creative Inquiry, Clemson University (2010)  
Douglas W. Bradbury Award, Honors College, Clemson University (2009)  
Senior Scholar Research Excellence Award, College of Business and Behavioral Science, Clemson University (2006)  
Best Presentation - Mentor Award, Student Research/Creative Achievement Exhibition, Bradley University (2000, 2001)  
Bradley University Research Mentor Award (1997)  
Who's Who among America's Teachers (nominated by Bradley University student, 1996)  
Sigma Xi, The Scientific Research Society (1994)  
Century Fellowship, The University of Chicago (1985 - 1989)  
Phi Kappa Phi, National Honor Society (1984)  
Thomas Freaney Award for Excellence in Psychology, University of Southern Mississippi (1984)  
Psi Chi, National Honor Society in Psychology (1983)  
Kappa Mu Epsilon, Mathematics Honor Society (1983)

**Peer-Reviewed Publications** (\*student collaborators)

**Pilcher, J. J., \*Erikson, D. N., & \*Yochum, C. A.** (2020). Fighting the freshman fifteen: Sleep, exercise, and BMI in college students. *American Journal of Health Promotion*. doi: 10.1177/0890117120969065

**Pilcher, J. J., \*Morris, D. M., \*Limyansky, S. E., & \*Bryant, S. A.** (2020). The effect of using activity workstations on heart rate variability during complex cognitive tasks. *Journal of American College Health*. doi: 10.1080/07448481.2020.1782919

**Pilcher, J. J. & \*Morris, D. M.** (2020). Sleep and organizational behavior: Implications for workplace productivity and safety. *Frontiers in Psychology, 11*, 45. doi: 10.3389/fpsyg.2020.00045

\*Jordan, K. A., Gagnon, R. J., Anderson, D. M., & **Pilcher, J. J.** (2018). Enhancing the college student experience: Outcomes of a leisure education program. *Journal of Experiential Education, 41*(1), 90-106. doi: 10.1177/1053825917751508

**Pilcher, J. J., Switzer, F. S. III, \*Munc, A., \*Donnelly, J, \*Jellen, J. C., & Lamm, C.** (2018). Psychometric properties of the Epworth Sleepiness Scale: A factor analysis and item-

response theory approach. *Chronobiology International*, 35(4), 533-545. doi: 10.1080/07420528.2017.1420075

\*Morris, D. M., **Pilcher, J. J.**, \*Mulvihill, J. B., & \*Vander Wood, M. A. (2017). Performance awareness: Predicting cognitive performance during simulated shiftwork using chronobiological measures. *Applied Ergonomics*, 63, 9-16. doi: 10.1016/j.apergo.2017.03.009

\*Morris, D. M., **Pilcher, J. J.**, & Powell, R. B. (2017). Task dependent cold stress during expeditions in Antarctic environments. *International Journal of Circumpolar Health*, 76(1), 1379306. doi: 10.1080/22423982.2017.1379306

**Pilcher, J. J.**, \*Morris, D. M., \*Bryant, S. A., Merritt, P. A., & \*Feigl, H. B. (2017). Decreasing sedentary behavior: Effects on academic performance, meta-cognition, and sleep. *Frontiers in Neuroscience*, 11, 219. doi: 10.3389/fnins.2017.00219

\*Morris, D. M. & **Pilcher, J. J.** (2016). The cold driver: Cold stress while driving results in dangerous behavior. *Biological Psychology*, 120, 149-155. doi: 10.1016/j.biopsycho.2016.09.011

**Pilcher, J. J.** & \*Bryant, S. A. (2016). Implications of social support as a self-control resource. *Frontiers in Behavioral Neuroscience*, 10, 228. doi: 10.3389/fnbeh.2016.00228

**Pilcher, J. J.**, \*Jennings, K. S., \*Phillips, G., & McCubbin, J. A. (2016). Auditory attention and comprehension during a simulated night shift: Effects of task characteristics. *Human Factors*, 58(7), 1031-1043. doi: 10.1177/0018720816654377

**Pilcher, J. J.** & \*Baker, V. C. (2016). Task performance and meta-cognitive outcomes when using activity workstations and traditional desks. *Frontiers in Psychology*, 7, 957. doi: 10.3389/fpsyg.2016.00957

\*Morris, D. M., **Pilcher, J. J.**, & Switzer III, F. S. (2015). Lane heading difference: An innovative model for drowsy driving detection using retrospective analysis around curves. *Accident Analysis & Prevention*, 80, 117-124. doi: 10.1016/j.aap.2015.04.007

**Pilcher, J. J.**, \*Callan, C., & \*Posey, J. L. (2015). Sleep deprivation affects reactivity to positive but not negative stimuli. *Journal of Psychosomatic Research*, 79(6), 657-662. doi: 10.1016/j.jpsychores.2015.05.003

**Pilcher, J. J.**, \*Morris, D. M., \*Donnelly, J., & \*Feigl, H. B. (2015). Interactions between sleep habits and self-control. *Frontiers in Human Neuroscience*, 9, 284. doi: 10.3389/fnhum.2015.00284

\*McClelland, L. E., Switzer, F. S., III, & **Pilcher, J. J.** (2013). Changes in decision-making in nurses across a 12-hour day shift. *Occupational Medicine*, 63(1), 60-65. doi: 10.1093/occmed/kqs189

**Pilcher, J. J.**, \*Geldhauser, H. A., \*Beeco, J. A., & Lindquist, T. A. (2013). Controlled attention and sleep deprivation: Adding a self-regulation approach? *International Journal of Psychological Studies*, 5(1), 71-83. doi: 10.5539/ijps.v5n3p71

McCubbin, J. A., \*Peach, H., Moore, D. D., & **Pilcher, J. J.** (2012). Decreased cognitive/CNS function in young adults at risk for hypertension: Effects of sleep deprivation. *International Journal of Hypertension*. doi: 10.1155/2012/989345. (special edition: IJH-Perspectives on Behavioral Medicine)

**Pilcher, J. J.**, \*Vander Wood, M. A., & \*O'Connell, K. L. (2011). The effects of extended work under sleep deprivation conditions on team-based performance. *Ergonomics*, 54(7), 587-596.

\*McClelland, L. E., **Pilcher, J. J.**, & Moore, D. D. (2010). Oculomotor measures as predictors of performance under sleep deprivation conditions. *Aviation, Space and Environmental Medicine*, 81(9), 833-842.

McCubbin, J. A., **Pilcher, J. J.**, & Moore, D. D. (2010). Blood pressure increases during a simulated night shift in persons at risk for hypertension. *International Journal of Behavioral Medicine*, 17, 314-320.

\*Odle-Dusseau, H. N., \*Bradley, J. L., & **Pilcher, J. J.** (2010). Subjective perceptions of the effects of sustained performance under sleep-deprivation conditions. *Chronobiology International*, 27(2), 318-333.

Battisto, D. B., Pak, R., \*Vander Wood, M. A., & **Pilcher, J. J.** (2009). Using a task analysis to describe nursing work in acute care patient environments. *Journal of Nursing Administration*, 39(12), 537-547.

\*Walker, A. D., Muth, E. R., \*Odle-Dusseau, H. N., Moore, D. & **Pilcher, J. J.** (2009). The effects of 28 hours of sleep deprivation on respiratory sinus arrhythmia during tasks with low and high controlled attention demands. *Psychophysiology*, 46, 217-224.

\*McClelland, L. E. & **Pilcher, J. J.** (2007). Assessing subjective sleepiness during a night of sleep deprivation: Examining the internal state and behavioral dimensions of sleepiness. *Behavioral Medicine*, 33(1), 17-26.

**Pilcher, J. J.**, \*Band, D., \*Odle-Dusseau, H. N., & Muth, E. R. (2007). Human performance under sustained operations and sleep deprivation conditions: Toward a model of controlled attention. *Aviation, Space and Environment Medicine*, 78(5, Suppl.), B15-24.

**Pilcher, J. J.**, \*McClelland, L. E., Moore, D. D., Haarmann, H., \*Baron, J., Wallsten, T. S., & McCubbin, J. A. (2007). Language performance under sustained work and sleep deprivation conditions. *Aviation, Space and Environmental Medicine*, 78(5, Suppl.), B25-38.

McCubbin, J. A., **Pilcher, J. J.**, Britt, T. W., & Wallsten, T. (2006). Stress and fatigue in foreign language professionals: Implications for global security. *Forum on Public Policy Online* (<http://www.forumonpublicpolicy.com/archive06/mccubbin.pdf>).

**Pilcher, J. J.**, Popkin, S. M., \*Adkins, K., & \*Roether, L. (2005). Self-report naps in irregular work schedules. *Industrial Health*, 43(1), 123-128.

**Pilcher, J. J.**, \*Teichman, H. M., Popkin, S. M., \*Hildebrand, K. R., & Copen, M. K. (2004). Effect of day length on sleep habits and subjective on-duty alertness in irregular work schedules. *Transportation Research Record*, 1865, 72-79.

Schmitt, D. P., & **Pilcher, J. J.** (2004). Evaluating evidence of psychological adaptation: A construct validity approach. *Psychological Science*, 15(10), 643-649.

**Pilcher, J. J.**, Pury, C. L. S., & Muth, E. R. (2003). Assessing subjective daytime sleepiness: An internal state versus behavior approach. *Behavioral Medicine*, 29(2), 60-67.

**Pilcher, J. J.**, \*Anderson, J., \*Edwards, G., & Copen, M. K. (2002) Work- and sleep-related predictors of subjective on-duty alertness in irregular work schedules. *Transportation Research Record*, 1803, 16-21.

**Pilcher, J. J.**, Nadler, E., & Busch, C. (2002). Effects of hot and cold temperature exposure on performance: A meta-analytic review. *Ergonomics*, 45(10), 682-698.

Masi, A. T., White, K. P., & **Pilcher, J. J.** (2002). Biopsychosocial perspectives of fibromyalgia syndrome in populations: Support for person-centered models of care, teaching, and research. *Seminars in Arthritis and Rheumatism*, 32(2), 71-93.

**Pilcher, J. J.,** \*Michalowski, K. R., & \*Carrigan, R. D. (2001). The prevalence of day-time napping and its effect on night sleep. *Behavioral Medicine, 27*(2), 71-76.

**Pilcher, J. J.,** & Copen, M. K. (2000). Work/rest cycles in railroad operations: Effects of shorter-than 24-hour shift work schedules and on-call schedules on sleep. *Ergonomics, 43*(5), 573-588.

**Pilcher, J. J.,** \*Lambert, B. J., & Huffcutt, A. I. (2000). Differential effects of permanent and rotating shifts on self-report sleep length: A meta-analytic review. *Sleep, 23*(2), 155-163.

**Pilcher, J. J.,** \*Schoeling, S. E., & \*Prosansky, C. M. (2000). Self-report sleep habits as predictors of subjective sleepiness. *Behavioral Medicine, 25*, 161-168.

**Pilcher, J. J.,** & Sessions, G. R. (1999). Differential effects of zolpidem, triazolam and diazepam on performance in a radial maze task. *Psychobiology, 27*(4), 491-499.

**Pilcher, J. J.** (1998). Affective and daily event predictors of life satisfaction in college students. *Social Indicators Research, 43*(3), 291-306.

**Pilcher, J. J.,** & \*Ott, E. S. (1998). The relationships between sleep and measures of health and well-being in college students: A repeated measures approach. *Behavioral Medicine, 23*(4), 170-178.

Sessions, G. R., **Pilcher, J. J.,** & Elmsore, T. F. (1998). Scopolamine-induced impairment in concurrent fixed-interval responding in a radial maze task. *Pharmacology, Biochemistry and Behavior, 59*(3), 641-647.

**Pilcher, J. J.,** \*Ginter, D. R., & \*Sadowsky, B. (1997). Sleep quality versus sleep quantity: Relationships between sleep and measures of health, well-being, and sleepiness in college students. *Journal of Psychosomatic Research, 42*(6), 583-596.

**Pilcher, J. J.,** Sessions, G. R., & \*McBride, S. A. (1997). Scopolamine impairs spatial working memory in the radial maze: An analysis by error type and choice. *Pharmacology, Biochemistry and Behavior, 58*(2), 449-459.

**Pilcher, J. J.,** & \*Walters, A. S. (1997). How sleep deprivation affects psychological variables related to college students' cognitive performance. *Journal of American College Health, 46*(3), 121-126.

**Pilcher, J. J.,** & Huffcutt, A. I. (1996). Effects of sleep deprivation on performance: A meta-analysis. *Sleep, 19*(4), 318-326.

**Pilcher, J. J.,** Bergmann, B. M., Refetoff, S., Fang, V. S., & Rechtschaffen, A. (1991). Sleep deprivation in the rat: XIII. The effect of hypothyroidism on sleep deprivation symptoms. *Sleep, 14*(3), 201-210.

**Pilcher, J. J.,** Bergmann, B. M., Fang, V. S., Refetoff, S., & Rechtschaffen, A. (1990). Sleep deprivation in the rat: XI. The effect of guanethidine-induced sympathetic blockade on the sleep deprivation syndrome. *Sleep, 13*(3), 218-231.

Everson, C. A., Gilliland, M. A., Kushida, C. A., **Pilcher, J. J.,** Fang, V. S., Refetoff, S., Bergmann, B. M., & Rechtschaffen, A. (1989). Sleep deprivation in the rat: IX. Recovery. *Sleep, 12*, 60-67.

**Pilcher, J. J.,** & Schulz, H. (1987). The interaction between EEG and transient muscle activity during sleep in humans. *Human Neurobiology, 6*, 45-49.

Haustein, W., **Pilcher, J.,** Klink, J., & Schulz, H. (1986). Automatic analysis overcomes limitations of sleep stage scoring. *Electroencephalography and Clinical Neurophysiology, 64*, 364-374.

### Peer-Reviewed Book Chapters (\*student collaborators)

**Pilcher, J. J. & \*Morris, D. M.** (2016). Sleep habits and self-control: Possible interactions between sleep and daily decision making. In C. Saunders (Ed.), *Psychology of self-control: New research* (pp. 1-14). Hauppauge, NY: Nova Science Publishers, Inc.

**Pilcher, J. J.** (2013). Sleep and athletes. In C. A. Kushida (Ed.), *Encyclopedia of sleep* (Vol. 2) (pp. 711-713). Waltham, MA: Academic Press.

**Pilcher, J. J.** (2013). Sleep and shiftwork. In C. A. Kushida (Ed.), *Encyclopedia of sleep* (Vol 2) (pp. 714-717). Waltham, MA: Academic Press.

**Pilcher, J. J., \*Burnett, M. L., & McCubbin, J. A.** (2012). Measurement of sleep and sleepiness. In M. Wang, R. R. Sinclair, & L. Tetrick (Eds.), *Research methods in occupational health psychology: Measurement, design, and data analysis* (pp. 49-60). New York: Routledge Taylor & Francis Group.

**Pilcher, J. J.** (2005). The effects of shift work on sleep. In C. Kushida (Ed.), *Sleep deprivation: Basic science, physiology, and behavior* (pp. 157-166). New York, NY: Marcel Dekker.

**Pilcher, J. J., & \*Odle-Dusseau, H. N.** (2005). Impact on self-reported sleepiness, performance, effort, and motivation. In C. Kushida (Ed.), *Sleep deprivation: Clinical issues, pharmacology, and sleep loss effects* (pp. 251-260). New York, NY: Marcel Dekker.

Bergmann, B., Everson, C., Gilliland, M., Kushida, C., Obermeyer, W., **Pilcher, J.**, Prete, F. & Rechtschaffen, A. (1989). Sleep deprivation and thermoregulation. In: J. Horne (Ed.), *Sleep '88* (pp. 91-95). New York: Gustav Fischer Verlag.

### Manuscripts under Review (\*student collaborators)

\*Morris, D. M., Kassner, M. P., & **Pilcher, J. J.** (under review). Thermal stress limits self-control self-efficacy in those with high and low trait-self-control but does not impact self-control performance.

**Pilcher, J. J. & \*Morris, D. M.** (under review). A practical review of self-control measurement methodologies.

### Other Publications

**Pilcher, J. J.** (2016). Invited Commentary: Angiogenesis, aging, and Alzheimer's disease. *American Scientist*, 104(2), 85.

**Pilcher, J. J.** (2015). Sleep: The pattern of life. *Phi Kappa Phi Forum*, 95(4), 14-16.

**Pilcher, J. J.** (2013). The human brain: All systems go! *Phi Kappa Phi Forum*, 93(1), 8-9.

**Pilcher, J. J.** (2013). I remember: Memories of an academic neophyte. *Clemson World Magazine* 67(1), 10-11.

**Pilcher, J. J.** (2012, September 19). Clemson to Vienna, the journey of a Fulbright-Freud scholar and martial arts enthusiast. *Clemson Discovery Blog*. EurekAlert!  
[https://www.eurekalert.org/pub\\_releases/2012-09/cu-cp091912.php](https://www.eurekalert.org/pub_releases/2012-09/cu-cp091912.php)

**Peer-Reviewed Abstract and Proceedings Publications – Conference Presentations** (total: 62; citations for last 5 years below, complete list available on request; \*student collaborators)

**Pilcher, J. J.**, Bisson, J. B., & \*Scircle, E. J. (2020). The impact of short-term bright green light exposure in partially sleep-deprived persons [Abstract]. *Sleep*, 43 (Suppl.), A67-A68.

\*Morris, D. M., & **Pilcher, J. J.** (2019). Never mind, it's too cold: Thermal stress and a decrease in self-control self-efficacy. In *Proceedings of the Human Factors and Ergonomics Society 63rd Annual Meeting*, 63, 1018-1022.

\*Morris, D. M., **Pilcher, J. J.**, Allard-Keese, C. M., & Speziale, B. J. (2018). Creative Inquiry: A platform for match-making in research. In R. L. Miller & A. Martinez (Eds.) *Teaching Tips: A Compendium of Conference Presentations on Teaching, 2016-17*, 304-305. <http://teachpsych.org/resources/Documents/ebooks/teachingtips2.pdf>

\*Morris, D. M., \*Erno, J. M., & **Pilcher, J. J.** (2017). Electrodermal response and automation trust during simulated self-driving car use. In *Proceedings of the Human Factors and Ergonomics Society 61st Annual Meeting*, 61, 1759-1762.

\*Morris, D. M., & **Pilcher, J. J.** (2017). The use of portable physiological equipment in psychological teaching. In R. L. Miller & T. Collette (Eds.) *Teaching Tips: A Compendium of Conference Presentations on Teaching, 2015-16*, 212-214. <http://teachpsych.org/ebooks/teachingtips>

\*Morris, D. M., Powell, R. B., & **Pilcher, J. J.** (2016). Antarctica: Cold stress risks during occupational and leisure activities. *Proceedings of the Human Factors and Ergonomics Society 60th Annual Meeting*, 60, 1775-1779.

**Other Peer-Reviewed Conference Presentations** (total: 67; citations for last 5 years below, complete list available on request; \*student collaborators)

\*Kent, H., \*Klaasmeyer, M., \*Wilkison, V., \*Schmidt, L., \*Mack, N., Bisson, J., Sanborn, S., & **Pilcher, J. J.** (2020, April). *Using Bouncy Bands within a Classroom to Maintain Attention*. Abstract accepted for poster presentation at the annual meeting of the Southeastern Psychological Association, New Orleans, LA. In-person conference cancelled (COVID-19).

\*Erikson, D. N., \*Yochum, C. A., & **Pilcher, J. J.** (2019, May). *Fighting the freshman fifteen: The impact of sleep and exercise on BMI among college students*. Poster presentation at the 31<sup>st</sup> Annual Association of Psychological Science Convention, Washington, DC.

\*Scircle, E. J., Bisson, J. B., \*Morris, D. M., & **Pilcher, J. J.** (2019, May). *Let there be light: Immediate effects of bright light exposure on partially sleep-deprived college students*. Poster presentation at the 31<sup>st</sup> Annual Association of Psychological Science Convention, Washington, DC.

Bisson, J. B., Sanborn, S. M., \*Dame, A. & **Pilcher, J. J.** (2019, March). *The effect of bouncy bands on classroom behavior*. Poster presentation at the Society for Research in Child Development Biennial Meeting, Baltimore, MD.

Nagy, S., **Pilcher, J. J.**, & Amerson, R. (2018, October) *Becoming a strategic priority in word and deed*. Presentation at Association of American Colleges & Universities Global Engagement and Spaces of Practice Conference, Seattle, WA.



\*Roberts, A. S., **Pilcher, J. J.**, & Rosopa, P. J. (2018, April). *The influence of body temperature and mental state on cognitive performance under sleep deprivation*. Poster presentation at the Southeastern Human Factors Applied Research Conference, Clemson, SC.

\*Hulett, T. L., \*Harrill, P. S., \*Diaz, E., \*Spencer, J. H., \*Soman, A. K., \*Morris, D. M., & **Pilcher, J. J.** (2018, March). *Move to improve: FitDesks make reading more enjoyable without impairing comprehension*. Poster presentation at the 64<sup>th</sup> Annual Meeting of the Southeastern Psychological Association, Charleston, SC.

\*Old, A. E., \*Benfield, E. J., \*Harley, L. A., \*McGill, S. L., Bisson, S. L., Sanborn, S. M., & **Pilcher, J. J.** (2018, March). *Exercising attention: The effect of bouncy bands on classroom behaviors*. Poster presentation at the 64<sup>th</sup> Annual Meeting of the Southeastern Psychological Association, Charleston, SC.

**Pilcher, J. J.**, Rintamäki, H., & \*Morris, D. M. (2017, June). *Impact of circadian rhythms and cold stress on health*. Invited presentation at the International Congress of Arctic Social Sciences (ICASS) IX, Umeå, Sweden.

\*Morris, D. M., & **Pilcher, J. J.** (2017, May). *Resist: A methodological toolkit for measuring self-control*. Poster presentation at the 29<sup>th</sup> Annual Association of Psychological Science Convention, Boston, MA.

**Pilcher, J. J.**, \*Morris, D. M., \*Hulett, T. L., & \*Macpherson, V. K. (2017, May). *Home sweet home: Study habits predict perception of activity workstations*. Poster presentation at the 29<sup>th</sup> Annual Association of Psychological Science Convention, Boston, MA.

Bisson, J. B., Sanborn, S. M., Fleming, D. S., & **Pilcher, J. J.** (2017, April). *Wiggle while you work: The effect of bouncy band use on classroom outcomes*. Poster presentation at the Society for Research in Child Development Biennial Meeting, Austin, TX.

\*Cashman, J. M., \*Limyansky, S. E., \*Macpherson, V. K., & **Pilcher, J. J.** (2017, March). *Effects of low-intensity activity on academic performance and mental health*. Poster presentation at the 63<sup>rd</sup> Annual Meeting of the Southeastern Psychological Association, Atlanta, GA.

\*Morris, D. M., \*Diaz, E., \*Wilkes, M. J., & **Pilcher, J. J.** (2017, March). *Beware of dog: Sleep deprivation and night driving*. Presentation at the 63<sup>rd</sup> Annual Meeting of the Southeastern Psychological Association, Atlanta, GA.

\*Morris, D. M., \*Hamilton, G. L., \*Howard, E. E., & **Pilcher, J. J.** (2017, March). *Reading your opponent: Health risk interactions in collegiate athletes*. Poster presentation at the 63<sup>rd</sup> Annual Meeting of the Southeastern Psychological Association, Atlanta, GA.

\*Morris, D. M., **Pilcher, J. J.**, Allard-Keese, C. M., & Speziale, B. J. (2017, March). *Creative inquiry: A platform for match-making in research*. Presentation at the 29<sup>th</sup> Annual Southeastern Conference on the Teaching of Psychology, Atlanta, GA.

\*Morris, D. M., \*Erno, J. M., \*Finlayson, M. S., \*Campbell, M. R., \*Wilson, G. A., \*Henry, M. R., \*Greene, S. T., \*Smith, E. M., & **Pilcher, J. J.** (2017, February). *Unexpected health risks associated with self-driving cars*. Presentation at the 2017 University of South Florida Health Research Day, Tampa, FL.

\*Jordan, K. A., Gagnon, R. J., \*Harris, B. S., \*Walters, K. A., Anderson, D. M., & **Pilcher, J. J.** (2016, October). *Staying balanced: Positive outcomes of leisure education in college students*. Presentation at National Recreation and Park Association Conference, St. Louis, MO.

\*Elder, A. L., **Pilcher, J. J.**, & Rosopa, P. J. (2016, May). *Affective predictors of performance during sleep deprivation*. Poster presentation at the 28<sup>th</sup> Annual Association of Psychological Science Convention, Chicago, IL.

\*Morris, D. M., **Pilcher, J. J.**, \*Bryant, S. A., \*Limyansky, S. E., \*Macpherson, V. K., & \*Drummond, C. N. (2016, May). *The active heart: Physical activity moderates heart rate variability during cognitive tasks*. Poster presentation at the 28<sup>th</sup> Annual Association of Psychological Science Convention, Chicago, IL.

**Pilcher, J. J.** (2016, May). *Stress: Just another day in the life*. Presentation at the 2016 Research Symposium: Building a Culture of Transdisciplinary Research, Clemson University, Clemson, SC.

\*Morris, D. M., \*Macpherson, V. K., \*Limyansky, S. E., & **Pilcher, J. J.** (2016, March). *Think warm thoughts: Electroencephalography during cold stress*. Poster presentation at the 62<sup>nd</sup> Annual Meeting of the Southeastern Psychological Association, New Orleans, LA.

\*Szubski, E. C., \*Rummel, E. G., \*Roberson, T. A., \*Jellen, J. C., Lamm, C., & **Pilcher, J. J.** (2016, March). *Differences in sleep consistency and sleep habits across American and Austrian cultures*. Poster presentation at the 62<sup>nd</sup> Annual Meeting of the Southeastern Psychological Association, New Orleans, LA.

\*Jordan, K. A., \*Walters, K., Anderson, D., & **Pilcher, J. J.** (2016, March). *The impact of leisure skills courses on college student experience*. Presentation at the 38<sup>th</sup> Annual Southeastern Recreation Research Conference, Asheville, NC.

\*Morris, D. M., & **Pilcher, J. J.** (2016, March). *Applied psychophysiological demonstrations in higher education*. Friday Night Live: Portable, Compelling, and Pedagogically Sound Classroom Demonstrations, Presentation at the 28<sup>th</sup> Annual Southeastern Conference on the Teaching of Psychology, Atlanta, GA.

\*Morris, D. M., & **Pilcher, J. J.** (2016, March). *The use of portable physiological equipment in psychological teaching*. Poster presentation at the 28<sup>th</sup> Annual Southeastern Conference on the Teaching of Psychology, Atlanta, GA.

**Mentor for Student Presentations at Non-Refereed Research Forums and Events** (total: 105; citations for last 5 years below, complete list available on request; \*student collaborators)

\*Holsenback, R., \*Oldenburg, A., \*Klaasmeyer, M., \*Kent, H., \*Wilkison, T., \*Schmidt, L., Sanborn, S., **Pilcher, J.J.**, & Bisson, J. (2020, April). *Set in Motion: The Effects of Bouncy Bands on "Off-Task" Motor Behavior in Children with Dyslexia*. Abstract accepted for poster presentation at Clemson University 15th Annual Focus on Creative Inquiry Forum, Clemson, SC. In-person conference cancelled (COVID-19).

\*Six, S. G., \*Matsick, C. S., \*Landwehr, S. L., \*Powell, E. N., \*Thayer, K. M., \*Winterlind, E. L., & **Pilcher, J. J.** (2020, April). *Brain Tips: Smart & Savvy Student's Guide to a More Successful Life*. Abstract accepted for poster presentation at Clemson University 15th Annual Focus on Creative Inquiry Forum, Clemson, SC. In-person conference cancelled (COVID-19).

\*Soman, A. K., \*Dorsey, L. L., \*Ginsberg, B. J., \*Galloway, S. M., \*Walker, E. E., & **Pilcher, J. J.** (2020, April). *Study while Working: FitDesks Provide an Alternative Study Method without Negatively Affecting Emotional Wellbeing*. Abstract accepted for poster presentation at

Clemson University 15th Annual Focus on Creative Inquiry Forum, Clemson, SC. In-person conference cancelled (COVID-19).

\*Dame, A. E., \*Strawsburg, G., \*Noel, S. M., \*Kent, H. W., \*Klaasmeyer, A. M., \*Knight, C. E., Bisson, J. B., Sanborn, S. M., & **Pilcher, J. J.** (2019, April). *The fun of fidgeting: Children's view of bouncy bands*. Poster presentation at Clemson University's 14th Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Koger, E. M., \*Whaley, T. A., \*Knox, A. L., \*Barker, K. L., \*Six, S. G. & **Pilcher, J. J.** (2019, April). *Smart and Savvy Students: Clemson University Brain Tips*. Poster presentation at Clemson University 14<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Scircle, E. J., \*Erikson, D. N., Bisson, J. B., & **Pilcher, J. J.** (2019, April). *Effects of Bright Light Exposure on College Students' Feelings of Daytime Sleepiness*. Poster presentation at Clemson University 14<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Spencer, J. H., \*Soman, A. K., \*Whaley, T. A., & **Pilcher, J. J.** (2019, April). *Healthy Body Healthy Mind: Diet, Sleep, and Exercise Associated with Mental Health and Enthusiasm in College Students*. Poster presentation at Clemson University 14<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Benfield, E. J., \*Renwick, L. E., \*Callahan, B. K., \*Dame, A. E., \*Old, A. E., \*Strawsburg, G. W., Bisson, J. B., Sanborn, S. M., & **Pilcher, J. J.** (2018, April). *Functional fidgeting: The effect of gender on classroom behavior during Bouncy Band use*. Poster presentation at Clemson University 13<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Harrill, P. S., \*Hulett, T. L., \*Spencer, J. H., \*Soman, A. K., \*Whaley, T. A., \*Morris, D. M., & **Pilcher, J. J.** (2018, April). *FitDesks in the classroom: Light physical activity makes reading more enjoyable without impairing comprehension*. Poster presentation at Clemson University 13<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Koger, E. M., \*Cantz, P. K., \*Chiles, N. H., \*Neal, J. K., \*Whaley, T. A., \*Knox, A. L., & **Pilcher, J. J.** (2018, April). *Smart and Savvy Students: Clemson University Brain Tips*. Poster presentation at Clemson University 13<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Roberts, A. S., **Pilcher, J. J.**, & Rosopa, P. J. (2018, April). *Feelings in rhythm: The influence of circadian rhythm on the relation between mental state and cognitive performance under sleep deprivation*. Poster presentation at Clemson University 2018 Graduate Research and Discovery Symposium (GRADS), Clemson, SC. [Awarded 3<sup>rd</sup> place for College of Behavioral, Social, and Health Science]

\*Scircle, E. J., & **Pilcher, J. J.** (2018, April). *Daytime sleepiness in college students: Sleep deprived or sunlight deprived?* Presentation at 2018 ACC Meeting of the Minds: Undergraduate Research Conference, Boston College, Boston, MA.

\*Yochum, C. A., \*Smith, E. M., \*Holt, T. J., \*Erickson, D. N., \*Morris, D. M., & **Pilcher, J. J.** (2018, April). *The effects of exercise, nutrition, and sleep habits on weight in college students*. Poster presentation at Clemson University 13<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Erno, J. M., \*Wilson, G. A., \*Campbell, M. R., \*Meloy, J. K., \*Maad, H. J., \*Morris, D. M., & **Pilcher, J. J.** (2017, April). *Risk moderates heart rate variability during autonomous vehicle use*. Poster presentation at the 2017 L. Starling Reid Undergraduate Psychology Conference, Charlottesville, VA.

\*Boyk, M., \*McIntyre, B., \*Kouser, A., \*Anzola, Z., \*Schwiekert, M., \*Askins, D., & **Pilcher, J. J.** (2017, April). *Smart & savvy students: Life hacks*. Electronic poster presentation at Clemson University 12<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Campbell, R. R., \*Wilson, G., \*Erno, J., \*Meloy, J., \*Maad, H., \*Morris, D. M., & **Pilcher, J. J.** (2017, April). *Paving the way: A simulation based methodology for self-driving car research*. Electronic poster presentation at Clemson University 12<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Cashman, J. M., \*Diaz, E., \*Harrill, P. S., \*Hulett, T. L., \*Soman, A. K., \*Spencer, J. H., \*Morris, D. M., & **Pilcher, J. J.** (2017, April) *FitDesks for finals: Movement and its benefits on grades*. Electronic poster presentation at Clemson University 12<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Harley, L. A., \*Pruitt, H. S., \*McGill, S. L., \*Old, A.E., \*Bennett, K. N., \*Benfield, E. J., \*Renwick, L. E., Bisson, J. B., Sanborn, S. M., & **Pilcher, J. J.** (2017, April). *Active not distractive: The effect of bouncy band use on classroom behavior*. Electronic poster presentation at Clemson University 12<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Wilkes, M. J., \*Smith, E. M., \*Scircle, E. J., \*Diehl, K. L., \*Morris, D. M., & **Pilcher, J. J.** (2017, April). *Slow and steady: Speed-accuracy tradeoff during sleep deprivation*. Poster presentation at Clemson University 12<sup>th</sup> Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Clancy, K. E., \*Dickson, A. N., \*Myers, C. M., \*Kinard, S. L., \*Sharpe, T. L., \*Hiott, C. B., & **Pilcher, J. J.** (2016, April). *Smart and savvy students: Broadcasting the brain*. Poster presentation at Clemson University 11th Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Finlayson, M. S., \*Greene, S. T., \*Sullivan, A. M., \*Campbell, R. M., \*Morris, D. M., & **Pilcher, J. J.** (2016, April). *Autonomous vehicles: A physiological stress response to simulated dangerous driving*. Poster presentation at Clemson University 11th Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Jordan, K. A., \*Walters, K. Anderson, D., & **Pilcher, J. J.** (2016, April). *The impact of leisure skills courses on college students' experience*. Poster presentation at 2016 CBSHS/CoED Research Forum, Clemson University, Clemson, SC.

\*Limyansky, S. E., \*Diaz, E., \*Drummond, C. N., \*Macpherson, V.K., \*Cashman, J. M., & **Pilcher, J. J.** (2016, April). *Comparing activity levels in high school athletes during studying*. Poster presentation at 2016 CBSHS/CoED Research Forum, Clemson University, Clemson, SC.

\*Macpherson, V. K., \*Limyansky, S. E., \*Drummond, C. N., \*Morris, D. M., & **Pilcher, J. J.** (2016, April). *Low intensity physical activity reduces autonomic coactivation and heart rate variability during stressful cognitive tasks*. Poster presentation at Clemson University 11th Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Morris, D. M., \*Hamilton, G. L., Powell, R. B., & **Pilcher, J. J.** (2016, April). *Journey to the bottom of the earth: Occupational risk in Antarctica*. Poster presentation at Clemson University 4rd Annual Graduate Research and Discovery Symposium, Clemson, SC. [Awarded 3<sup>rd</sup> place for College of Business and Behavioral Science]

\*Morris, D. M., \*Limyansky, S. E., \*Macpherson, V. K., \*Hamilton, G. L., \*Wilkes, M. J., \*Yochum, C. A., & **Pilcher, J. J.** (2016, April). *Training under cold stress improves future impulse control*. Poster presentation at 2016 CBSHS/CoED Research Forum, Clemson University, Clemson, SC.

\*Roberson, T. A., \*Pruitt, H. S., \*McGill, S. L., \*Harley, L. A., Bisson, J. B., Sanborn, S. M., Fleming, D. S., & **Pilcher, J. J.** (2016, April). *Bouncing to success: How does in classroom bouncy band usage impact attention?* Poster presentation at Clemson University 11th Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Szubski, E. C., \*Roberson, T. A., \*Old, A. L., \*Jellen, J. C., Lamm, C., & **Pilcher, J. J.** (2016, April). *Culture sleep habits: A comparison of Austria and America.* Poster presentation at 2016 CBSHS/CoED Research Forum, Clemson University, Clemson, SC.

\*Wilkes, M. A., \*Diaz, E., \*Morris, D. M., & **Pilcher, J. J.** (2016, April). *Beware of dog: Sleep deprivation and night driving.* Poster presentation at Clemson University 11th Annual Focus on Creative Inquiry Symposium, Clemson, SC.

\*Morris, D. M. & **Pilcher, J. J.** (2016, March). *Sleep, self-control, and health care: Lessons learned as an educator and researcher.* Poster presentation at 2016 Medical Education/Research Conference, Greenville Health System, Greenville, SC.

### **Committee Chair for Student Theses and Dissertations (Clemson University)**

#### Graduate:

Drew M. Morris (Doctoral Dissertation, 2018). Evidence for Self-Control Recalibration during Thermal Stress

Drew M. Morris (Master Thesis, 2015). The Cold Driver: Driving Performance under Thermal Stress

Janet Donnelly (Master Thesis, 2014). Awake at Night: Implications of Sleep Deprivation on Working Memory

Melissa A. Vander Wood (Master Thesis, 2008). Actual and Self-Assessed Performance on a Logical Reasoning Task during a Night of Total or Partial Sleep Deprivation

Laura E. McClelland (Doctoral Dissertation, 2007). Examining the Effects of Fatigue on Decision Making in Nurses: A Policy-Capturing Approach

David A. Band (Master Thesis, 2004). The Ability of Automated Fatigue Measures to Monitor and Predict Simulated Driving Performance

#### Undergraduate:

Emily J. Scircle (Honors Thesis, 2019). Daytime Sleepiness in College Students: Sleep Deprived or Sunlight Deprived

Carolyn Yochum (Honors Thesis, 2018). The Effects of Exercise, Nutrition, and Sleep Habits on Weight in College Students

Margaret Wilkes (Honors Thesis, 2017). The Effects of Sleep Deprivation and Stress on Cognitive Performance and the Speed-Accuracy Tradeoff

Jessica Cashman (Honors Thesis, 2017). The Effects of Low-Intensity Activity on Depression, Anxiety, Stress, and Academic Performance

Cameron Drummond (Honors Thesis, 2016). The Effects of Light Activity on Sleep Quality

Victoria C. Baker (Honors Thesis, 2015). The Effects of Low-Intensity Activity on Simultaneous Execution of Cognitive Tasks

Stewart Bryant (Honors Thesis, 2015). The Implications of Social Support as a Self-Regulatory Resource

Phillip Smith (Honors Thesis, 2015). Sleep Habits, Social Context, and their Gender-Mediated Relationships with Moral Decision Making

Katherine L. Sullivan (Honors Thesis, 2015). Relationships between Morale, Engagement, Affect and Performance Measures during Sleep Deprivation

James F. Williams (Honors Thesis, 2014). The Effect of Sleep on Life Satisfaction and Quality of School Experience in Undergraduates: A Model of Sleep-School Conflict and Sleep-School Facilitation

Elena Garifallou (Honors Thesis, 2013). The Effect of Dream Recall on Emotional Reactivity to Stimulating Photographs and Emotional Expression in the Eyes

Laura Lamantia (Honors Thesis, 2013). The Relationship between Emotional Expressiveness and Affective State after Waking from Dreaming

Kristen Jennings (Honors Thesis, 2011). The Effects of Total Sleep Deprivation on Auditory Language Performance

Monica Lindsey (Honors Thesis, 2010). The Effects of Partial and Total Sleep Deprivation Conditions on Engagement in Task

Robert Markle (Honors Thesis, 2009). The Effects of Depression on Performance and Self-Assessed Performance under Sleep Deprivation Conditions

Nicholas Beck (Honors Thesis, 2008). Effect of Sleep Deprivation and Sustained Work on Critical Thinking in Native and Non-Native English Speakers

Nick Galan (Honors Thesis, 2008). The Effect of One Night of Sleep Deprivation on Working Memory: Non-Native versus Native English Speakers

Sarah B. Spainhour (Honors Thesis, 2007). The Impact of Emotional Well-Being on Blood Pressure and Heart Rate during Sustained Operations under Sleep Deprivation Conditions

Tyler C. Pierce (Honors Thesis, 2006). The Effects of Sleep Deprivation on Spatial Ability

Philip Poole (Honors Thesis, 2006). Controlled Attention: The Effect of 30 hours Sleep Deprivation on Performance on a Psychomotor Vigilance Task and a Four-Choice Response Task

Joseph B. Mulvihill (Honors Thesis, 2005). The Effects of Sleep Deprivation on Subjective Measures of Motivation and Enjoyment on a Cognitive and a Vigilance Task

Cortney A. Brenner (Honors Thesis, 2004). The Effects of Sleep Deprivation on Decision Making

Kristina Ihlenfeldt (Honors Thesis, 2004). The Effects of Sleep Deprivation on Language Skills

Shea Tolbert (Honors Thesis, 2003). Relationships between Stress and Fatigue and Performance Skills

### **National/International Invited Talks and Activities**

Invited speaker, "Science of Sleep." Osher Lifelong Learning Institute at Furman University, Greenville, SC (2019)

Sigma Xi Distinguished Lecturer, "That Tricky Human Brain." Sigma Xi Chapter, University of Nebraska Kearney. Kearney, NE (2019)

Invited speaker, "The Wonder of Sleep: Developing a Healthy Sleep Pattern," Wiley Rein LLP, Washington, DC (2019)

- Jefferson Science Fellow speaker, “Why Lifestyle Matters,” US Agency for International Development, US Government, Washington, DC (2019)
- Jefferson Science Fellow speaker, “The Human Part of the Equation: Impact on Resilience and Self-Awareness,” Jefferson Science Fellowship Distinguished Lecture Series, National Academy of Sciences, Washington, DC (2019)
- Jefferson Science Fellow speaker, “Our Addictive-Mediated Brain and Behaviors: Tobacco and Other Addictive Substances,” Department of State, US Government, Washington, DC (2019)
- Invited speaker, “The Wonder of Sleep,” Attorney Wellness, American Bar Association, Webinar (2019)
- Jefferson Science Fellow speaker, “O Gentle Sleep!” Department of State, US Government, Washington, DC (2019)
- Jefferson Science Fellow speaker, “Goldilocks and Stress: Finding the “Just Right” Balance,” US Agency for International Development, US Government, Washington, DC (2019)
- Jefferson Science Fellow speaker, “Using Habits to Create Better Nutritional Choices,” Department of State, US Government, Washington, DC (2019)
- Jefferson Science Fellow speaker, “Sleep Rules: Why We Need Sleep; How to Get It!” US Agency for International Development, US Government, Washington, DC (2019)
- Jefferson Science Fellow speaker, “Diving into Difficult Discourse.” Foreign Service Performance Management and Promotion Trainings, USAID University, US Agency for International Development, US Government (2019)  
Locations: Frankfurt, Germany (Webinar); Guatemala City, Guatemala; San Salvador, El Salvador; Washington, DC
- Jefferson Science Fellow speaker, “Holiday Party Conversation: The Essence of Sleep.” Department of State, US Government, Washington, DC (2018)
- Sigma Xi Distinguished Lecturer, “Sleep: The Pattern of Life.” Quinnipiac Chapter of Sigma Xi, Quinnipiac University, Hamden, CT (2018)
- Invited panelist, “Workplace Activity and Health” Ergonomics Committee, Quinnipiac University, Hamden, CT (2018)
- Invited speaker, “Come Outdoors with Us.” SME Human brain, Clemson TV, Clemson, SC (2018) <https://www.youtube.com/watch?v=YEMnpyBuD1g&feature=youtu.be>
- Invited speaker, “That Tricky Human Brain.” Osher Lifelong Learning Institute at Furman University, Greenville, SC (2018)
- Invited speaker, “The Need for Sleep: Issues and Countermeasures.” South Carolina Bar 2018 Convention, Kiawah Island, SC (2018)
- Skype a Scientist, Interview on the human brain and behavior, Illini Middle School, Jerseyville, IL (2018)
- Sigma Xi Distinguished Lecturer, “Sleep: The Pattern of Life.” Greenbriar Valley Chapter of Sigma Xi, West Virginia School of Osteopathic Medicine, Lewisburg, WV (2017) <https://www.youtube.com/watch?v=acBZeIs8aYU&feature=youtu.be>
- Invited speaker, “Goldilocks and Stress: Influence of Sleep and Exercise.” Jackson River Governor’s School, Dabney S. Lancaster Community College, Clifton Forge, VA (2017)
- Fulbright Specialist invited speaker, “Multifaceted Stress-Related Approach to Performance, Health, and Well-Being.” Finnish Institute of Occupational Health. Oulu, Finland (2017)

- Fulbright Specialist invited speaker, “Multifaceted Stress-Related Approach to Performance, Health, and Well-Being.” Ōura Technology. Oulu, Finland (2017)
- Fulbright Specialist invited speaker, “Mental and Psychomotor Performance in the Cold.” NIVA Education, Human Factors in Arctic Work. Helsinki, Finland (2017)
- Fulbright Specialist invited speaker, “Risky Choices: Circadian Rhythms and Safety.” Finnish Institute of Occupational Health. Helsinki, Finland (2017)
- Fulbright Specialist invited speaker, “Sleep Deprivation Matters.” Finnish Institute of Occupational Health. Helsinki, Finland (2017)
- Invited speaker, “Effects of Controlled Physical Activity in the Classroom: A Pilot Study.” Douglas County High School. Douglasville, GA (2017)
- Sigma Xi Distinguished Lecturer, “Sleep: The Pattern of Life.” Sigma Xi Chapter, Purchase College, State University of New York. Purchase, NY (2017)
- Invited speaker/discussion, “Sleep and Health in College Students.” School of Natural and Social Sciences, Purchase College, State University of New York. Purchase, NY (2017)
- Invited interview, “Sleep, Circadian Rhythms, and High School Students.” Introducing Solutions to the Dropout Crisis Magazine, National Dropout Prevention Center/Network, Clemson, SC <http://dropoutprevention.org/webcast/introducing-solutions-magazine/> (2017)
- Invited speaker, “Sound Sleep: Tips for Healthy Sleep – Healthy Life.” Osher Lifelong Learning Institute at Furman University, Greenville, SC (2017)
- Sigma Xi Distinguished Lecturer, “Sleep: The Pattern of Life.” Cleveland Science Caf , Case Western Reserve University. Cleveland, OH (2016)
- Invited panel interview, “Sleep in the Workplace.” The Sound of Ideas, Cleveland NPR, Cleveland, OH. <http://www.ideastream.org/programs/sound-of-ideas/sleep-the-workplace-elder-care-planning-young-entrepreneur> and <https://www.ohiochannel.org/video/the-sound-of-ideas-sleep-the-workplace-elder-care-planning-young-entrepreneur> (2016)
- Invited speaker, “Say Yes to Recess.” SME Human brain, Clemson TV, Clemson, SC (2016) [http://tv.clemson.edu/say\\_yes\\_to\\_recess/](http://tv.clemson.edu/say_yes_to_recess/)
- Invited speaker/discussion, “Sleep Ecology.” Case Western Reserve University School of Medicine. Cleveland, OH (2016)
- Invited speaker, “Sound Sleep: Tips for Healthy Sleep – Healthy Life.” Greenville Science on Tap. Greenville, SC (2016)
- Sigma Xi Distinguished Lecturer invited interview, “How Sleep Affects Performance, Health, and Well-Being.” American Scientist Google Hangout (2016)
- Sigma Xi Distinguished Lecturer, “Sleep: The Pattern of Life.” Albuquerque Section IEEE and Sigma Xi University of New Mexico Chapter Joint Annual Dinner. Albuquerque, NM (2016)
- Invited speaker, “Sleep: The Pattern of Life.” La Veda Llena Retirement Community. Albuquerque, NM (2016)
- Invited speaker, “Lack of Sleep and Decision Making.” Academic Minute, WAMC Northeast Public Radio (2016). <http://academicminute.org/2016/03/june-pilcher-clemson-university-lack-of-sleep-and-decision-making/>
- Invited interview, Clemson TV On the Table - Counting sheep. (2016). [http://tv.clemson.edu/counting\\_sheep/](http://tv.clemson.edu/counting_sheep/)



- Invited speaker, "Exercise and the Brain: Using FitDesks." Nationwide Launch of FitStudent Initiative. Nashville, TN (2013)
- Invited radio talk and call in show, "The Science of Sleep." Your Day Program, NPR, Audio webstream: <http://cufan.clemson.edu/psaradiopod/YDAudioarch/YD130116.mp3>, Clemson, SC (2013)
- Invited interview, "Sleep across the Lifespan." Osher Lifelong Learning Institute at Furman University, Greenville, SC (2013)
- Fulbright-Freud Scholar invited speaker, "Arousal, Sleep Deprivation and Self-Regulation." The University of Vienna, Vienna, Austria (2012)
- Invited speaker, "Sleep Deprivation and Self-Regulation." Third Joint Sino-German Sleep Research Symposium, Berlin, Germany (2012)
- Invited closing speaker, "The Sleeping Anesthesiologist: Sleep Deprivation, Night Shifts, and Professional Performance." Anesthesia and Perioperative Care Conference, 5<sup>th</sup> International Erasmus Master Class: The Awake Patient EMCAP 2012, Rotterdam, The Netherlands (2012)
- Fulbright-Freud Scholar invited speaker, "Consciousness in Modern Society: Life in the Human Zoo." The Sigmund Freud Museum, Vienna, Austria (2012)
- Fulbright-Freud Scholar invited speaker, "Sleep and Sleep Deprivation: Effects of Fatigue and Stress in Modern Society." The University of Vienna, Vienna, Austria (2012)
- Fulbright-Freud Scholar invited speaker, "Sleep Matters: Sleep and Sleep Deprivation in Modern Society." Webster University, Vienna, Austria (2012)
- Fulbright-Freud Scholar invited speaker, "Brain to Mind: What makes humans, well, human?" Danish Institute for Study Abroad, The Sigmund Freud Museum, Vienna, Austria (2012)
- Chairperson, Symposium on "Sleep Deprivation and Sleep Disorders" 17<sup>th</sup> International Conference Association of Psychology & Psychiatry for Adults & Children, Athens, Greece (2012)
- Fulbright Invited Scholar, "AAEC Fulbright Research Symposium 2012" Austrian-American Educational Commission, Museums Quartier, Vienna, Austria (2012)
- Fulbright Invited Scholar, "Fulbright Seminar in American Studies 2012" Austrian-American Educational Commission, Altenmarkt im Pongau, Austria (2012)
- Invited interview, "The Need for Sleep." Your Day Program, NPR, Audio webstream: <http://cufan.clemson.edu/psaradiopod/YDPodcast/YD110314.mp3>, Clemson, SC (2011)
- Invited speaker, "On Being a Student: Prof Tips for Success," Armed for Success, Virtual Campus Web Event (2010)
- Invited speaker, NASA Occupational Health Meeting: "Work, Sleep, and Well-Being." Cleveland, OH. (2009)
- Invited speaker, National Security Agency; "Sleep, Performance, and Shiftwork." Ft. George Meade, MD. (2008, presentation available on NSA webpage)
- Invited speaker, Modeling Stress Effects for Performance Prediction Symposium; "Differences in Dependent Measures in Meta-Analysis." Multi-Disciplinary University Research Initiative: Operator Performance under Stress. University of Central Florida, Orlando, FL. (2004)
- Invited co-chair, Cognitive Neurophysiology Panel, Cognitive Performance: The Future Force Warrior in a Network-Centric Environment Workshop; US Army Medical Research and Materiel Command. St. Petersburg Beach, FL. (2004)

Invited panelist, Fatigue and Performance Panel, Joint Medical Technology Workshop; US Army Medical Research and Materiel Command, Washington, DC. (2003)

### **Local Invited Talks and Activities**

Invited panel chair/interviewer, National Scholars Program Finalists, Clemson, SC (2014 – present)

Invited speaker, topics on human nature, the human brain, and sleep, The Clemson FIRST Program, Clemson University, Clemson, SC (2011 – present)

Invited speaker, “Sleep Matters.” Academic Success Center, Clemson University, Clemson, SC (2009 – present)

Invited speaker, “That Often-Irrational Human Brain.” Emeritus College, Clemson University, Clemson, SC (2020)

Invited speaker, “Healthy Sleep – Healthy Life.” Emeritus College, Clemson University, Clemson, SC (2020)

Invited speaker, “Move While Working Pilot Study Fall 2018 – Spring 2019.” Clemson University Libraries, Clemson, SC (2020)

Invited speaker, “Fulbright Specialist Program.” Clemson University (College of Engineering, Computing and Applied Sciences), Clemson, SC (2020)

Invited speaker, “Fulbright Specialist Program.” Clemson University (Emeritus College; College of Agriculture, Forestry, and Life Sciences; College of Behavior, Social and Health Sciences; and College of Science), Clemson, SC (2019)

Invited instructor, “Moving Zen.” President’s Leadership Institute, Clemson University, Clemson, SC (2016 – 2018)

Workshop leader, Grants and Fellowships Workshop. Phi Kappa Phi Chapter #49 and Academic Success Center, Clemson University, Clemson, SC (2015 – 2018)

Invited speaker, “Introducing Clemson University’s Global Competencies.” Clemson Global Learning Institute for faculty, Clemson University, Clemson, SC (2018)

Invited moderator/judge, Mid-Atlantic Regional Ethics Bowl, Clemson, SC (2014 – 2016)

Invited speaker, “Life Leading to and in Academia.” National Scholars Program, Clemson University, Clemson, SC (2016)

Invited speaker, “That Tricky Human Brain.” Youth Learning Institute; Global Connections: Future Scholars Session; Chuuk High School. Clemson, SC (2016)

Invited speaker, “Stress & Staying Well.” Summer Program for Research Interns, Clemson University, Clemson, SC (2016)

Inaugural featured speaker, “Stress: The Good, The Bad, and The Resilient.” Tiger Talks, Clemson University Libraries, Clemson, SC (2016)

Invited speaker, “Working while Moving: Low Level Activity in Academic Settings.” Clemson University Libraries, Clemson, SC (2015)

Invited speaker, “Better Sleep; Better Life.” CBBS Living and Learning Community, Clemson University, Clemson, SC (2015)

Invited speaker, “Good Night, Sweetheart.” College of Business and Behavioral Science Staff Retreat, Clemson University (2015)

- Invited speaker, "Brain Works: Choices & Intentions." Science on Tap, College of Agriculture, Forestry, and Life Sciences and CU Life Sciences Outreach Center, Clemson University, Clemson, SC (2014)
- Invited speaker, "Once a Fulbrighter, Always a Fulbrighter." Fulbright Leadership and Reentry Workshop, Sub-saharan Africa Countries, Clemson University, Clemson, SC (2014)
- Invited speaker, "Sleep Matters." CBBS Living and Learning Community, Clemson University, Clemson, SC (2013)
- Invited speaker, "The Mystery of Intention: Some Brain-Based Ideas." Thoughts worth Thinking Program, Clemson University, Clemson, SC (2013)
- Invited speaker, "Fulbright Experience: Student and Professor." Clemson University Fulbright Graduate Student Organization, Clemson University, Clemson, SC (2013)
- Invited interview, "Tigra Scientifica: Professor Close Up: Dr. June Pilcher," The Tiger, Clemson University Student Newspaper, <http://www.thetigernews.com/news.php?aid=8244&sid=1> (2013)
- Invited speaker, "No Free Will? I Don't Think So." Calhoun Honors College, Clemson University, Clemson, SC (2013)
- Invited speaker, "It's 2 am: Why Aren't You Sleeping?" Association for Women Professionals, Clemson University, Clemson, SC (2012)
- Invited interview, Clemson TV: 3rd Floor Conversations, Episode 8; Clemson University Student Media Association, <http://vimeo.com/31921192> (segment starts at 34:34, 2011)
- Invited speaker, "Fatigue is the Best Pillow." Sigma Xi Science Café, Clemson University, Clemson, SC (2011)
- Invited speaker, "It's 2 am: Do You Know What Your Brain is Doing?" 2011 Researcher of the Year Symposium, Clemson University Sigma Xi Chapter, Clemson, SC (2011)
- Plenary speaker, "Spinning Out? Stress and Fatigue in the Work Place and Collegiate Environments." 6<sup>th</sup> Annual Focus on Creative Inquiry Forum, Clemson University, Clemson, SC (2011)
- Invited speaker, "Three Brain Tips for Life." Honors & Awards Ceremony, College of Business and Behavioral Science, Clemson University, Clemson, SC (2011)
- Invited speaker, "Sleeping for Success." Summer Program for Research Interns, HHMI SCLife Program, Clemson University, Clemson, SC (2011)
- Moderator, Discussion Group: "Gone but not Forgotten: Reflecting on Lessons Learned." Office of Teaching Effectiveness and Innovation, Clemson University, Clemson, SC (2011)
- Moderator, Discussion Group: "Active Learning Techniques." Office of Teaching Effectiveness and Innovation, Clemson University, Clemson, SC (2009 – 2011)
- Invited speaker, "Engaging Students in Your Lecture" Workshop, Office of Teaching Effectiveness and Innovation, Clemson University, Clemson, SC (2007)
- Invited panelist at "Contract Grading" Workshop, Office of Teaching Effectiveness and Innovation, Clemson University, Clemson, SC (2007)
- Invited speaker, Focus on Freshman Year Colloquium; "Applying Bloom's Taxonomy to Teaching Freshmen." Council on the Freshman Year and the Office of Teaching Effectiveness and Innovation, Clemson University, Clemson, SC (2006)
- Invited speaker, Teaching Today's First Year Students Mini-Conference; "Applying Bloom's Taxonomy to Teaching Freshmen." Academic Success Center and Office of Teaching Effectiveness and Innovation, Clemson University, Clemson, SC (2006)

Invited speaker, "Sleep and Circadian Rhythms." Sigma Xi Chapter, Bradley University, Peoria, IL (1999, 2001)

Invited speaker, Honors College Symposia. Bradley University, Peoria, IL (1997 – 2001)

## Research Funding

### External Awards

- 2009 - 2010 Center for Advanced Study of Language, University of Maryland: *Metrics for Analysis: Understanding Language Tasks and Performance*. Principal Investigator. ~\$242,500
- 2006 - 2008 Center for Advanced Study of Language, University of Maryland: *Stress, Fatigue, and Language Abilities: Stress Mitigation in the Workplace*. Principal Investigator. ~\$478,000
- 2006 - 2007 Spartanburg Regional Healthcare System Award, Spartanburg, SC: *State-of-the-Art Patient Room Design Research Program*. Principal Investigator. \$80,959
- 2006 - 2007 ION Healthcare Award, Richmond, VA: *Clinical Validation of Sleep Apnea Disease Management Program*. Principal Investigator. \$47,884
- 2003 - 2006 Center for Advanced Study of Language, University of Maryland: *Stress, Fatigue, and Language Abilities*. Co-Principal Investigator (James A. McCubbin, Co-PI). ~\$871,000
- 2003 - 2004 Boeing Phantom Works Award (Seattle): *Arousal Meter Gauge: Integration, Testing, and Upgrades*. Co-Investigator (Eric Muth, PI). \$235,000
- 2003 - 2004 Honeywell Award: *Cognitive Information Processing Technology Project*. Co-Investigator (Eric Muth, PI). \$100,000
- 2002 - 2003 Federal Railroad Administration Award: *Assessment of Human Sleepiness and Performance when Exposed to Irregular Work Schedules*. Principal Investigator. \$8787
- 2001 - 2003 Defense Advanced Research Projects Agency (DARPA) Award: *Enhancement of training and performance through man-machine interactions sensitive to human arousal and task difficulty*. Co-Investigator (Eric Muth, PI). \$459,000
- 1997 - 2004 Volpe National Transportation Systems Center, Federal Railroad Administration: *Stress and Fatigue in Railroad Operations*. Principal Investigator. ~ \$400,000

### Internal Awards

- 2005 - Clemson University, Creative Inquiry Award, *Research Initiative with Undergraduates*. Principal Investigator. ~\$15,000/year
- 2014 - 2018 Clemson University, Mentor in University Professional Internship/Co-op Program (UPIC); mentor undergraduate interns for FitDesk Initiative. ~ \$36,000
- 2015 - 2016 Clemson University, CBBS Dean's Excellence Fund Award: *Diving into Antarctica: Effects of Cold Stress in the Tourism Industry*. Principal Investigator. \$8000
- 2013 - 2015 Clemson University, Global Engagement, Curriculum Internationalization Seed Funding. Principal Investigator with Ellen Granberg and Katherine Weisensee. \$6000

- 2007 - 2008 Clemson University, College of Business and Behavioral Science Award: *Sleep Deprivation, Stress, Performance, and Blood Pressure Regulation*. Co-Principal Investigator (with James A. McCubbin). \$30,000
- 2007 Clemson University, Research Investment Fund Program Award: *Sleep Deprivation, Blood Pressure Dysregulation, and Risk of Hypertension*. Co-Principal Investigator (with James A. McCubbin). \$26,457
- 2006 - 2007 Clemson University, College of Business and Behavioral Science Award: *Sustained Operations Research Laboratory*. Principal Investigator. \$30,000
- 1998 Bradley University, Research Excellence Committee, Summer Stipend Award: *Sleep and Fatigue in Railroad Engineers*. Principal Investigator. ~\$10,000
- 1995 - 1996 Bradley University, Research Excellence Committee, Research Award: *Sleep, Health, and Performance*. Principal Investigator. ~\$5000
- 1994 Bradley University, Research Excellence Committee, Summer Stipend Award: *Effects of Sleep Deprivation on Performance: A Meta-Analysis*. Principal Investigator. ~\$10,000

## Teaching Experience

American University of Rome, Rome, Italy (2018 Summer Semester)  
Introduction to Psychology

Bradley University, Peoria, IL (1992-2001)  
Abnormal Psychology, Evolutionary Psychology, Experimental Psychology, Health Psychology, History of Psychology, Physiological Psychology, Principles of Psychology, Quantitative Methods, Honors College Seminars, Supervise Undergraduate and Graduate Research, Supervise MS Theses  
Curriculum Development: Health Psychology (new course)

Clemson University, Clemson, SC (2001-present)  
Abnormal Psychology, Advanced Physiological Psychology, Brain and Behavior: An Evolutionary Approach, Cognitive Psychology Lab, Health Psychology, Honors College Seminars (Martial Arts: Historical and Modern Analysis, Positively Human, Zen and the Brain, Zen and the Martial Arts), Introduction to Psychology, Leisure Skills (Non-competitive Martial Art - Karatedo Doshinkan), Physiological Psychology, Physiological Psychology Lab, Science of Sleep, Senior Lab in Psychology, Supervise Brain Tips Social Media team, Supervise Graduate and Undergraduate Research, Supervise Undergraduate Honors Theses, Supervise MS Theses, Supervise PhD Dissertations  
Curriculum Development: Brain and Behavior: An Evolutionary Approach (new course), Science of Sleep (new course), Honors College Seminars (Martial Arts: Historical and Modern Analysis, Positively Human, Zen and the Brain, Zen and the Martial Arts – new courses), Leisure Skills (Non-competitive Martial Art Beginners and Intermediate – new courses)

Loyola University of Chicago, Chicago, IL (1988-1989)  
Physiological Psychology

University of Vienna, Vienna, Austria (2012; Spring Semester)

Proseminar zu biologischen Grundlagen des Erlebens und Verhaltens (Introductory Seminar  
Biological Basis of Experience and Behavior)

Webster University, Vienna, Austria (2014 Summer Semester)

Psychology of Sleep

### Select Professional Activities

Ad hoc reviewer for 42 journals:

<sup>1</sup>Accident Analysis & Prevention, <sup>2</sup>Applied Ergonomics, <sup>3</sup>Applied Psychology: An International Review, <sup>4</sup>Aviation Space and Environmental Medicine, <sup>5</sup>Behavioral Medicine, <sup>6</sup>Behavioral Sleep Medicine, <sup>7</sup>BMC Psychiatry, <sup>8</sup>BMC Research Notes, <sup>9</sup>BMJ Open, <sup>10</sup>British Medical Journal, <sup>11</sup>Cerebral Cortex, <sup>12</sup>Chronobiology International, <sup>13</sup>Ergonomics, <sup>14</sup>Expert Review of Pharmacoeconomics & Outcomes Research, <sup>15</sup>Expert Systems with Applications, <sup>16</sup>Frontiers in Neuroscience, <sup>17</sup>Health Education & Behavior, <sup>18</sup>Human Factors, <sup>19</sup>Industrial Health, <sup>20</sup>IEEE Transactions in Biomedical Engineering, <sup>21</sup>International Journal of Conflict Management, <sup>22</sup>International Journal of Environmental Research and Public Health, <sup>23</sup>Journal of the American Geriatrics Society, <sup>24</sup>Journal of Happiness Studies, <sup>25</sup>Journal of Personality, <sup>26</sup>Journal of Personality and Social Psychology, <sup>27</sup>Journal of Sleep Research, <sup>28</sup>NeuroImage, <sup>29</sup>Neuroscience and Biobehavioral Reviews, <sup>30</sup>New Ideas in Psychology, <sup>31</sup>Perceptual and Motor Skills, <sup>32</sup>Pharmacology Biochemistry and Behavior, <sup>33</sup>Plos One, <sup>34</sup>Policing: An International Journal of Police Strategies and Management, <sup>35</sup>Psychological Reports, <sup>36</sup>Psychology & Neuroscience, <sup>37</sup>Psychopharmacology, <sup>38</sup>Psychophysiology, <sup>39</sup>Sensors, <sup>40</sup>Sleep, <sup>41</sup>Sleep Research Online, <sup>42</sup>Somnologie: Schlafforschung und Schlafmedizin (Somnology: Sleep Research and Sleep Medicine)

Invited reviewer:

Fulbright Program invited reviewer, Fulbright Scholar Review Committee for Psychology, Fulbright Scholar Program, Council of International Exchange of Scholars (2014-2016)

Fulbright Program invited reviewer, Fulbright Senior Award and Junior Advanced Research Award, Polish-U.S. Fulbright Commission (2016)

Invited reviewer, Psychology Review Panel, Graduate Research Fellowship Program, National Science Foundation, Washington, DC (2011-2015)

New Applicant Reviewer, Sigma Xi: The Scientific Research Society, International Honor Society of Science and Engineering (2015)

Named Professorship Reviewer, Department of Electrical and Computer Engineering, College of Engineering and Science, Clemson University (2015)

Chapter reviewer for *Review of Human Factors and Ergonomics: Worker Fatigue and Transportation Safety*, Vol 10 (2014)

Tenure/Promotion: Naval Postgraduate School, Monterey, CA (2011)

Tenure/Promotion: Center for Advanced Study of Language, University of Maryland, College Park, MD (2010)

Tenure/Promotion: Baruch College – The City University of New York, New York, NY (2006; 2017)

Editorial Committee, Aviation, Space and Environmental Medicine, Special Issue on “Cognitive Performance in Operational Environments” (2005)

Other notable activities:

- 2020 - Member of National Board of Directors, The Honor Society of Phi Kappa Phi
- 2014 - Past President (2018-), President (2014-2018) Clemson University Phi Kappa Phi Chapter #49
- 2016 - 2020 Chair (2018-2020), Member (2016-2018), Phi Kappa Phi National Scholar, Artist, and Sylvester Distinguished Service Awards Selection Committee
- 2018 Chair, Credentials Committee, Phi Kappa Phi National Convention, Minneapolis, MN
- 2017 - 2018 Co-founder, Clemson Global Learning Institute for faculty, Clemson University
- 2016 - 2017 Member, Admissions Committee for Clemson University Sigma Xi Chapter
- 2014 - 2016 Member, Phi Kappa Phi National Fellowship Committee
- 2012 - 2015 Member, Awards Committee for Clemson University Sigma Xi Chapter
- 2012 - 2013 Teaching/Research Mentor, Society for Teaching of Psychology/APA Division Two
- 2007 - 2010 Member, Item Development Board, SME on Biological Basis of Behavior, Examination for Professional Practice in Psychology (EPPP); Association of State & Provincial Psychology Boards
- 2008 Member, Examination for Professional Practice in Psychology Planning Committee; Association of State & Provincial Psychology Boards
- 2006 - 2007 New Member Selection Committee, Clemson University Sigma Xi Chapter
- 2005 - 2007 Item writer for Examination for Professional Practice in Psychology (EPPP); Association of State and Provincial Psychology Boards
- 2003 - 2005 Secretary, Clemson University Sigma Xi Chapter
- 2001 - 2004 Co-chair, Women in Sleep and Rhythm Research
- 2001 - 2002 Vice President, AAUP, Clemson University Chapter
- 1997 - 2001 Member, AAUP Nominating Committee, Bradley University Chapter
- 1996 - 1998 Treasurer, Bradley University Sigma Xi Chapter
- 1995 - 2001 Member, Emeritus Member Selection Committee, Bradley University Phi Kappa Phi Chapter

**Select University Service Activities**

Clemson University

- 2019 - Fulbright Scholar Program Liaison
- 2018 - Chair (2018-2019), Member (2019-present) Nomination Committee, Clemson University Class of '39.
- 2015 - Member, Creative Inquiry & Research for Undergraduates Committee
- 2014 - Chair, FIRST Faculty Advisory Board (first generation college students)
- 2014 - Member, Honorary Degree Selection Committee
- 2013 - Faculty advisor, Fulbright Graduate Student Organization

- 2010 - Member, Social Science General Education Competency Council (was: Social Science Subcommittee of the University Undergraduate Curriculum Committee)
- 2009 - Co-chair (2017-present), Member (2009-2017) Clemson University Endowed Chairs and Titled Professors
- 2007 - Member, Honors College Admissions Application Reviewer
- 2004 - Member, Tenure and Promotion Committee, Department of Psychology
- 2017 - 2019 Member, Endowed/Titled Professor Review Committee
- 2019 Member, Senior Director Search Committee, Office of Global Engagement
- 2007 - 2018 Senior Fellow, Dixon Fellows Program, Honors College
- 2017 - 2018 Member, Global Engagement Committee, College of Behavioral, Social, and Health Sciences
- 2017 - 2018 Member, ADVANCE Policy Committee
- 2016 - 2018 Member, Task Force on General Education
- 2016 - 2018 Member, President's Commission on the Status of Women
- 2014 - 2018 Member, Athletic Council
- 2013 - 2018 Lead; General Education Study Abroad in Rome; American University of Rome; Rome, Italy
- 2016 - 2017 Chair, Global Learning Task Force
- 2016 - 2017 Chair (2016), Member (2017), Class of '39 Award for Excellence Review Committee
- 2014 - 2017 Member, Chair Advisory Committee, Department of Psychology (also: 2007-2008)
- 2013 - 2017 Member, Employee Wellness Task Force
- 2016 Member, Graduate Student Professional Development Task Force, Clemson University Graduate School
- 2016 Member; Research Brand Development Workshop, Office of Vice President for Research
- 2016 Member, Robert and Kaye Stanzione Distinguished Professor for ClemsonLIFE Search Committee, Eugene T. Moore School of Education
- 2013 - 2016 Member, Internationalization Committee, College of Business and Behavioral Science
- 2015 Chair, 2020Forward Phase II, Global Engagement Committee
- 2014 - 2015 Member, Centennial Professorship Selection Committee, Faculty Senate
- 2013 - 2015 Member, CU Internationalization Advisory Board and Task Force
- 2014 Member, Provost Search Committee
- 2013 Member, Chair Review Committee, Department of Psychology
- 2012 - 2014 Member, Dean Search Committee, College of Business and Behavioral Science
- 2011 Member, Class of '39 Award for Excellence Review Committee
- 2010 Member, Dean Review Committee, College of Business and Behavioral Science
- 2009 Member, General Education Review Committee
- 2008 - 2011 Member, University Research Grant Committee
- 2007 - 2010 Member, Dean Advisory Council, College of Business and Behavioral Science
- 2007 - 2010 Chair/Member, College Tenure, Promotion, and Retention Advisory Committee, College of Business and Behavioral Science (Chair: 2009 - 2010)



- 2004 - 2012 Research mentor, National Science Foundation Research Experience for Undergraduates (REU) Program
- 2004 - 2006 Member, Graduate Program Committee, Department of Psychology
- 2003 - 2011 Member, Honors College Committee
- 2003 - 2007 Member, Faculty and Chair Search Committees, Department of Psychology
- 2002 - 2004 Member, Curriculum Committee, Department of Psychology
- 2001 - 2011 Member, University Library Advisory Committee
- 2001 - 2010 Web Page Administrator, Department of Psychology

#### Bradley University

- 2001 Member, Senate ad hoc committee, Review of Tenure and Promotion Criteria
- 1999 - 2001 Member, Tenure, Promotion and Dismissal Committee
- 1998 - 2001 Web Administrator, Department of Psychology's Web Page
- 1996 - 1998 Member, Continuing Education and Professional Development Committee
- 1996 Chair, Senate ad hoc committee, Implementation of Chairperson Elections
- 1993 - 2001 Editor, Department of Psychology Alumni Newsletter
- 1993 - 1996 Member, General Education Subcommittee
- 1993 - 1995 Member, Senate ad hoc committee, Selection of Chairpersons
- 1992 - 2001 Member or Chair, Faculty Search Committees, Department of Psychology

#### Select Featured Stories and Media (more detailed list available on request)

Brain Tips: Undergraduate student team using social media (Spring 2014-present).

Share stories on health, well-being, and productivity for college and high school students.

Facebook: <https://www.facebook.com/clemsonbraintips>; Twitter: @ClemsonSSS;

Instagram: @ClemsonSSS.

Sleep Research: *Inc.* (April 1, 2020) *2 Signs You Need to Revamp Your Nighttime Routine.*

<https://www.inc.com/sophie-downes/sleep-bedtime-night-routine-insomnia-productivity.html>

Sleep Research: *National Geographic* (July 30, 2018) *How Explorers Sleep in Extreme Sports.*

<https://www.nationalgeographic.com/science/2018/07/extreme-sleep-photos-wild-places-explorers/>

Thermal Environment Stress Research: Clemson news release (January 9, 2018). *Research suggests task is as important as temperature in cold weather work.*

<http://newsstand.clemson.edu/mediarelations/research-suggests-task-is-as-important-as-temperature-in-cold-weather-work/>

Shared at other news sources

- *UpstatebizSC*: <http://upstatebizsc.whosonthemove.com/research-suggests-task-important-temperature-cold-weather-work/>

Physical Activity Research: *Winston-Salem Journal* (October 17, 2017) *Winston-Salem inventor's device may help fidgety children learn better, improve classroom behavior.*

[http://www.journalnow.com/news/local/winston-salem-inventor-s-device-may-help-fidgety-children-learn/article\\_ee146a9a-a64b-5dd8-8d79-cbdf56851ba9.html](http://www.journalnow.com/news/local/winston-salem-inventor-s-device-may-help-fidgety-children-learn/article_ee146a9a-a64b-5dd8-8d79-cbdf56851ba9.html)

Shared at other news sources

- *Seattle Times*: <https://www.seattletimes.com/nation-world/inventor-creates-device-to-help-fidgety-kids-learn-better/>
- *Miami Herald*: <http://www.miamiherald.com/news/business/article182301851.html>
- *Chicago Tribune*: <http://www.chicagotribune.com/news/sns-bc-nc--exchange-helping-fidgety-kids-20171106-story.html>

Sleep and Physical Activity Research: *The Alleghany Journal* (October 6, 2017) *Goldilocks and Stress: Influence of Sleep and Exercise*.

[https://www.facebook.com/pg/alleghanyjournal/videos/?ref=page\\_internal](https://www.facebook.com/pg/alleghanyjournal/videos/?ref=page_internal) [Search for October 6 video postings]

Phi Kappa Phi Volunteer Spotlight. (November 2016)

<https://www.phikappaphi.org/about/news/news-landing/2016/10/13/volunteer-spotlight-november-2016#.WCNi9Mn17WD>

UPIC Mentor Spotlight. (November 2016) Clemson University UPIC Newsletter, Vol 5, 10.

Smart & Savvy Students: Featured in Decipher (Vol 5, Fall 2016), Clemson University Creative Inquiry magazine; *Smart & Savvy*.

<http://ci.clemson.edu/assets/docs/decipher/fall2016.pdf>: p. 39.

Clemson University Policy Matters. *Clemson TV* (August 31, 2016). *Say Yes to Recess*.

[http://tv.clemson.edu/say\\_yes\\_to\\_recess/](http://tv.clemson.edu/say_yes_to_recess/) (Received Bronze Award in Telly Awards Competition (March 2017). <http://www.tellyawards.com/>)

- Story on FoxCarolina News (September 15, 2016). *Clemson Research Shows School Districts Should say Yes to Recess*

Physical Activity Research: *South Carolina Radio Network* (July 11, 2016). *New Clemson study finds benefits to FitDesks while working*.

<http://www.southcarolinaradionetwork.com/2016/07/11/clemson-professor-research/>

Physical Activity Research: *GoUpstate.com* (July 10, 2016). *Study: Mixing exercise and work leads to better results*.

<http://www.goupstate.com/article/20160710/articles/160709751>

Physical Activity Research: Clemson news release (July 5, 2016). *Clemson professor finds positive effects from bringing physical activity to the desk*.

<http://newsstand.clemson.edu/mediarelations/clemson-professor-finds-positive-effects-from-bringing-physical-activity-to-the-desk/>

Shared at other news sources

- *EurekaAlert AAAS*: [http://www.eurekaalert.org/pub\\_releases/2016-07/cu-cpf070516.php](http://www.eurekaalert.org/pub_releases/2016-07/cu-cpf070516.php)

- *Science Daily*: <https://www.sciencedaily.com/releases/2016/07/160705135132.htm>

- *Science Newsline Psychology*:

<http://www.sciencenewsline.com/news/2016070614340016.html>

Class of '39 Award: *APA Monitor* (June 2016) *Personalities*.

<http://www.apa.org/monitor/2016/06/personalities.aspx> and *GSA BizWire* (2016)

<http://gsabizwire.com/clemson-professor-june-pilcher-receives-class-of-39-award-for-excellence>

Physical Activity Research: *NBC News* (April 19, 2016) *FitDesk Bikes Help Students Pedal Their Way to Health, Academic Rewards*.

[http://www.nbcnews.com/feature/college-game-plan/fitdesk-bikes-help-students-pedal-their-way-health-academic-rewards-n558226?cid=eml\\_onsite](http://www.nbcnews.com/feature/college-game-plan/fitdesk-bikes-help-students-pedal-their-way-health-academic-rewards-n558226?cid=eml_onsite)

Sleep Research: *Yahoo News* and *Good Housekeeping* (March 24, 2016) *9 surprising things that make you overeat.*

<http://news.yahoo.com/9-surprising-things-overeat-161443390.html> and

<http://www.goodhousekeeping.co.uk/health/healthy-eating/9-surprising-things-that-make-you-overeat>

Physical Activity Research: *GrindTV* (March 9, 2016) *How using a stationary bike at work could improve your productivity.*

<http://www.grindtv.com/fitness/how-using-a/#dGTpLYU524puj0rW.97>

Sleep Research: *Scientific American MIND* (March 1, 2016) *Why sleep deprivation makes you crabby.*

<http://www.scientificamerican.com/article/why-sleep-deprivation-makes-you-crabby/>

Sleep Research: *Time* (March 1, 2016) *Sleep can help you make better decisions.*

<http://time.com/4236126/sleep-willpower/?xid=homepage>

Sleep Research: *Medical Daily* (February 24, 2016) *From poor sleep to ovulation, subtle trigger that can make us more impulsive.*

<http://www.medicaldaily.com/impulsive-behavior-subconscious-poor-sleep-ovulation-374794>

Physical Activity Research: *Inside Higher Ed* (December 15, 2015). *Study cycle.*

[https://www.insidehighered.com/news/2015/12/15/college-libraries-install-desks-which-students-can-study-and-cycle?utm\\_source=Inside+Higher+Ed&utm\\_campaign=2dc9d50965-DNU20151215&utm\\_medium=email&utm\\_term=0\\_1fcbc04421-2dc9d50965-197568017](https://www.insidehighered.com/news/2015/12/15/college-libraries-install-desks-which-students-can-study-and-cycle?utm_source=Inside+Higher+Ed&utm_campaign=2dc9d50965-DNU20151215&utm_medium=email&utm_term=0_1fcbc04421-2dc9d50965-197568017)

Sleep Research: *BedTimes* (October 7, 2015). *Sleep well for better decision making.*

<http://bedtimesmagazine.com/2015/10/october-sleep-news-brief/>

Sleep Research: *Story in Glimpse* (Vol 4, number 2, Fall 2015), *Clemson University Research magazine; A wake-up call for drowsy drivers*, pg 11.

Sleep Research: *Philly.com* (August 14, 2015). *Watching the car and shaking the wheel to wake sleepy drivers.*

[http://www.philly.com/philly/business/cars/Watching\\_The\\_Car\\_And\\_Shaking\\_The\\_Wheel\\_To\\_Wake\\_Sleepy\\_Drivers.html](http://www.philly.com/philly/business/cars/Watching_The_Car_And_Shaking_The_Wheel_To_Wake_Sleepy_Drivers.html)

Sleep Research: *Egypt Independent* (July 26, 2015). *Self-control starts with a good nights sleep: study.*

<http://www.egyptindependent.com/news/self-control-starts-good-nights-sleep-study-0>

Sleep Research: *Huffington Post* (July 25, 2015). *How sleep affects your willpower.*

[http://www.huffingtonpost.com/eric-fluckey/how-sleep-affects-your-willpower\\_b\\_7844734.html](http://www.huffingtonpost.com/eric-fluckey/how-sleep-affects-your-willpower_b_7844734.html)

Sleep Research: *Laboratory Equipment* (July 22, 2015). *Watch the car, not driver to cut accidents.*

<http://www.laboratoryequipment.com/news/2015/07/watch-car-not-driver-cut-accidents>

Sleep Research: *Her WorldPlus* (July 21, 2015). *This is why your lack of sleep can ruin your life.*

<http://www.herworldplus.com/lifestyle/health-fitness/why-your-lack-sleep-can-ruin-your-life>

Sleep Research: *TODAY Show* (July 20, 2015). *Resist chocolate! Boost your willpower by doing this one basic thing.*

<http://www.today.com/health/boost-your-willpower-doing-one-basic-thing-t31571>  
Sleep Research: *PSYBLOG* (July 10, 2015). *The good habit which boosts self-control.*

<http://www.spring.org.uk/2015/07/the-good-habit-which-boosts-self-control.php>

Sleep Research: *RT: For decision makers in respiratory care* (July 9, 2015). *Poor sleep leads to dangerous behavior.*

<http://www.rtmagazine.com/2015/07/poor-sleep-habits-lead-dangerous-behavior/>  
Sleep Research: *BioSpace Life Sciences, News + Jobs.* (July 7, 2015). *Bad sleep habits can compromise self-control, Clemson University study.*

[http://www.biospace.com/news\\_story.aspx?StoryID=383640&full=1](http://www.biospace.com/news_story.aspx?StoryID=383640&full=1)  
Sleep Research: *Medical Daily* (July 6, 2015). *Sleep deprivation may have negative effect on self-control, increasing impulsivity and distractedness.*

<http://www.medicaldaily.com/sleep-deprivation-may-have-negative-effect-self-control-increasing-impulsivity-and-341438>

Sleep Research: *CTV news* (July 5, 2015). *Bad sleep can lead to bad habits: study.*

<http://www.ctvnews.ca/health/bad-sleep-can-lead-to-bad-habits-study-1.2454759>

Sleep Research: Clemson news release (July 2, 2015). *Bad sleep habits linked to higher self-control risks.*

<http://newsstand.clemson.edu/mediarelations/clemson-research-bad-sleep-habits-linked-to-higher-self-control-risks/>

Shared at other news sources

- *EurekaAlert! AAAS*: [http://www.eurekaalert.org/pub\\_releases/2015-07/cu-crb070215.php](http://www.eurekaalert.org/pub_releases/2015-07/cu-crb070215.php)

- *Science World Report*:

<http://www.scienceworldreport.com/articles/27387/20150702/sleep-too-little-may-cause-loss-of-self-control.htm>

- *PsychCentral*: <http://psychcentral.com/news/2015/07/03/poor-sleep-negatively-influences-self-control/86402.html>

- *Science Daily*: <http://www.sciencedaily.com/releases/2015/07/150702104128.htm>

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### **Professional Affiliations**

Phi Kappa Phi  
American Public Health Association  
Human Factors and Ergonomics Society  
Society for Occupational Health Psychology  
Southeastern Psychological Association

Sigma Xi  
Association for Psychological Science  
Sleep Research Society  
Society for the Teaching of Psychology