

Emily Hockett
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The Georgia Institute of
Technology

Education

The Georgia Institute of Technology PhD in Cognition and Brain Science	Sept. 2018 - July 2021
The Georgia Institute of Technology MS in Cognition and Brain Science	Aug. 2016 – Sept. 2018
Winthrop University, Rock Hill, SC BA in Psychology and Spanish	Aug. 2012 - May 2016
Veritas University, San José, Costa Rica	Sept. 2014 - Mar. 2015

ACADEMIC AWARDS

- National Science Foundation Graduate Research Fellowship Program
- Professional Development Travel Award (Society for Neuroscience)
- Summer Program in Neuroscience, Excellence, and Success
- Georgia Tech President's Fellowship
- Outstanding Researcher Award: Winthrop University, Psychology Department
- Risk and Resilience Research Grant
- McNair Scholar
- Close Scholar
- Lois Rhame West Scholar
- Henry R. Sims Scholar
- Helen K Bussell Scholar
- SC Life Scholar
- Jessie and Ralph Pries Endowed Fellowship
- Benjamin A. Gilman International Scholar
- Phi Kappa Phi Study Abroad Grant
- Iva Gibson Endowed Study Abroad Scholar
- Class of 1933 Scholar
- Bettie Hudgens Knox Scholar
- Inez Bell Casky Student Scholar
- Ann Cato Corps Scholar
- Banks H. Good Scholar
- Helen K. Beckham Scholar

Publications

Hockett, E., Mirjalili, S., & Duarte, A. (under review). Greater Sleep Variance Related to Decrements in Memory Performance and Event-Specific Neural Similarity: A Racially/Ethnically Diverse Lifespan Sample. Under review at the *Neurobiology of Aging*.

Hokett, E., Arunmozhi, A., Campbell, J., Verhaeghen, P., & Duarte, A. (2021). A systematic review and meta-analysis of individual differences in naturalistic sleep quality and episodic memory performance in young and older adults. *Neuroscience and Biobehavioral Reviews*, *127*, 675–688. <https://doi.org/10.1016/j.neubiorev.2021.05.010>

Fausto, B. A., Azimipour, S., Charles, L., Yarborough, C., Grullon, K., **Hokett, E.**, Duberstein, P. R., & Gluck, M. A. (2021). Cardio-Dance Exercise to Improve Cognition and Mood in Older African Americans: A Propensity-Matched Cohort Study. *Journal of Applied Gerontology: The Official Journal of the Southern Gerontological Society*, *7334648211010580*. <https://doi.org/10.1177/07334648211010580>

Hokett, E. & Duarte, A. (2019). Age and Race-Related Differences in Sleep Discontinuity Linked to Associative Memory Performance and Its Neural Underpinnings. *Frontiers in Human Neuroscience*, *13*(176), 1-9. <https://doi.org/10.3389/fnhum.2019.00176>.

Hokett, E. & Reiland, S. (2018). Social support and cognitive flexibility linked to resilience to depression. *Journal of Psychological Inquiry*, *22*(1), 42-48

Hokett, E. & Reiland, S. (2015). Cognitive flexibility as a dominant predictor of depression symptoms following stressful life events. *Journal of Psychological Inquiry*, *20*(1), 11-21

Presentations

Hokett, E. & Duarte, A. (Oct., 2020). A correlational meta-analysis investigating sleep quality and episodic memory performance at the behavioral and neural level in young and older adults. Poster presentation at American Neurological Association, virtual.

Hokett, E., Mirjalili, S., & Duarte, A. (May, 2020). Relationships Between Sleep Quality and Neural Pattern Similarity of Associative Memory in Young and Older Adults. Accepted Poster presentation and Oral presentation at Cognitive Neuroscience Society, virtual.

Hokett, E., Mirjalili, S., & Duarte, A. (Jan., 2020). Better Sleep Quality Related to Greater Neural Reactivation of Associative Memory in Racially Diverse Adults Across the Lifespan. Poster presentation at Career, Research, Innovation, and Development Conference. Georgia Institute of Technology, Atlanta, GA.

Hokett, E., Mirjalili, S., & Duarte, A. (Oct., 2019) Sleep, Age, and Race Linked to Neural Pattern Similarity of Associative Memory. Poster presentation at Society for Neuroscience. Chicago, IL. (**Travel Award**)

Hokett, E. (June, 2019). Night-to-night sleep variance linked to associative memory and memory-related neural activity. Oral presentation at the Marine Biological Laboratory Data Blitz. Woods Hole, MA.

Arunmozhi, A., Patel, P., **Hokett, E.**, & Duarte, A. (April, 2019). Circadian rhythm stability linked to memory-related neural activity: An aging study. Poster presentation at Callosum Poster Session. Georgia Tech, Atlanta, GA. (**Undergraduate Presentation Award**)

Hokett, E. (March, 2019). Habitual sleep quality and memory in young and older adults. Oral

- presentation at Georgia Tech Cognition and Brain Science/Cognitive Aging Brownbag Meeting, Atlanta, GA.
- Hokett, E & Duarte A. (February, 2019). Habitual sleep quality predicts associative memory and memory-related neural activity. Poster presented at Georgia Tech Career, Research, Innovation, and Development Competition, Atlanta, GA.
- Hokett, E & Duarte A. (November, 2018). General sleep patterns predict associative memory retrieval in older adults. Oral presentation presented at Georgia Tech 3 Minute Thesis Competition. Atlanta, GA. (**Finalist**)
- Hokett, E. & Duarte, A. (November, 2018). The relationship among habitual sleep quality, associative memory, and neural oscillations in young and older adults. Poster presented at Society for Neuroscience. San Diego, CA.
- Hokett, E. & Duarte, A. (October, 2018). Age-related changes in sleep quality, associative memory, and oscillatory power. Poster presented at American Neurological Association. Atlanta, GA. (**Abstract Award and Poster Presentation Award**)
- Hokett, E. & Duarte, A. (May, 2018). The influence of habitual sleep patterns on memory performance. Poster presented at Cognitive Aging Conference. Atlanta, GA.
- Hokett, E. (April, 2018). Age-related changes in habitual sleep quality, associative memory, and oscillatory power. Poster presentation at Callosum Poster Session. Georgia Tech, Atlanta, GA.
- Hokett, E. (January, 2018). The effect of sleep patterns on memory in young and older adults. Oral presentation at North Georgia Regional Annual Memory Meeting. Atlanta, Ga.
- Hokett, E. & Duarte, A. (November, 2017). Improving sleep may be the key to improving memory as we age. Invited Oral presentation for Dean of College of Sciences. Georgia Tech, Atlanta, GA.
- Hokett, E. (February, 2017). The effects of variations in sleep on memory. Oral presentation at Georgia Tech Cognition and Brain Science/Cognitive Aging Brownbag Meeting, Atlanta, GA.
- Hokett, E. & Birgbauer, E. (July, 2016). The forgotten axon guidance molecule in the chick visual system: semaphorin 3a. Oral presentation at Show of Undergraduate Research and Creative Endeavors. Winthrop University. Rock Hill, SC
- Salazar, C., **Hokett, E.**, & Schultz, T. (April, 2016). Effects of sleep deprivation on intolerance of uncertainty and facial interpretation. Poster presented at Southeastern Psychological Association Conference, New Orleans, LA. (**Psi Chi SEPA Regional Research Award**)
- Hokett, E. & Reiland S. (April, 2016). Cognitive flexibility and depression in relation to social support. Poster presented at Southeastern Psychological Association Conference, New Orleans, LA. (**Psi Chi SEPA Regional Research Award**)
- Reiland, S. & **Hokett, E.** (November, 2015). Intolerance of uncertainty linked to greater depression symptoms following stressful life events. Poster presented at the

International Society for Traumatic Stress Studies conference, New Orleans, LA.

Hokett, E. & Reiland, S. (October, 2015). Cognitive flexibility and depression in relation to social support. Poster presented at the Black Doctoral Network Conference, Atlanta, GA. (more data presented on older adults)

Hokett, E., & Reiland, S. (June, 2015). Cognitive flexibility and depression in relation to social support. Oral presentation at the Southeastern Association of Educational Opportunity Program Personnel McNair/SSS Scholars Research conference, Atlanta, GA.

Hokett, E., & Reiland, S. (June, 2014). Cognitive flexibility as a dominant predictor of depression symptoms following stressful life events. Poster presented at the Southeastern Association of Educational Opportunity Program Personnel McNair/SSS Research conference, Atlanta, GA.

Blog Posts

Hokett, E. (2019). DUIs and Driving While Sleep Deprived: The Dangerous Similarities. Georgia Tech, Charged Magazine. <http://chargedmagazine.org/2019/05/duis-and-driving-while-sleep-deprived-the-dangerous-similarities/>

Hokett, E. (2019). Sleep Well: Your Psychological Health Depends on It. Georgia Tech, Charged Magazine. <http://chargedmagazine.org/2019/05/sleep-well-your-psychological-health-depends-on-it/>

Hokett, E. (2018). Here's Why All-Night Study Sessions Are Really Bad For Your Grades. Sleep Junkies, <https://sleepjunkies.com/blog/all-nighters-studying/>

Research Experience

Graduate Research Assistant (for Dr. Audrey Duarte)
Memory and Aging Lab Aug. 2016 - Present

Undergraduate Research Assistant (for Dr. Eric Birgbauer)
Neurobiology Lab Sept. 2015 - July 2016
Neuroscience Article Discussion Group Sept. 2015 - July 2016

Undergraduate Research Assistant (for Dr. Sarah Reiland)
Risk and Resilience Research Projects Jan. 2013 - May 2016

Teaching Experience

Teaching Assistant of Cognitive Psychology for Dr. Richard Catrambone
Aug. 2018 - Dec. 2018

Teaching Practicum Course
Jan 2019 - April 2019

Guest Lectures

- Introduction to Subcortical Neuroanatomy
- Operant Conditioning
- Personality Development

Leadership

Georgia Tech Peer Coach	Dec. 2017 - Present
Summer Undergraduate Research Experience Social Mentor Georgia Tech	May 2018 - July 2019
Association for Psychological Science Student Caucus Graduate Advocate	April 2017 - May 2018
Winthrop University Tutor	Jan. 2013 - May 2016
<ul style="list-style-type: none"> • Academic Success Center Spanish Tutor • House Calls Tutor • Psychology, Spanish, and Writing Tutor 	Jan. 2013 - May 2016
Psi Chi Vice President (Community Service)	Aug. 2015 - May 2016
<ul style="list-style-type: none"> • Operation Gratitude: Letters to Soldiers Service Event Nov. 2015 • Adult Enrichment Center Staff Crafts of Appreciation and Stress Management Workshop 	Nov. 2015
Alpha Lambda Delta Honor Society (ALD) President	Aug. 2013 - May 2014

Service

Volunteer Grant Reviewer for <u>Girl Now Woman Later</u> (Education)	Feb. 2021 - Present
Diversity Council for College of Science (Psychology Representative)	Nov. 2019 - Present
Women of Color Initiative Ambassador	Sept. 2019 - Present
Senior Week Guide Georgia Council on Aging, Atlanta, GA	Feb. 2020
Public Outreach Sleep and Memory Research Findings Presented to Older Adults and Caregivers at Skylark Senior Care, Suwanee, GA	Jan. 2018
Assistant to Disabled Adults Adult Enrichment Center, Rock Hill, SC	Sept. 2012 - June 2016
Teaching English as a Second Language Volunteer Instructor for Veritas University: San Jose, Costa Rica	Oct. 2014 - Mar. 2015

Volunteer at Non-Profit Daycare in Costa Rica (*Sueño de Colores*) Oct. 2014 - Dec. 2014

Volunteer at the National Children's Hospital in Costa Rica (*Las Damas Voluntarias del Hospital Nacional de Niños*) Nov. 2014 - Jan. 2015

Literacy Projects

I facilitated one-on-one reading and educational activities with elementary students to encourage and to enhance their reading and comprehension abilities.

- Parklane Elementary School Sept. 2016
 - East Point, GA
- Reading Tent Dec. 2012
 - Rock Hill, SC
- Rosewood Elementary Nov. 2012
 - Rock Hill, SC
- Alma Elementary Oct. 2012
 - Greer, SC