

Emily Hockett  
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Columbia University

## 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**

- Columbia Center For Interdisciplinary Research on Alzheimer's Disease Disparities Scientist
- Alzheimer's Association Research Fellowship to Promote Diversity
- 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
- Ronald E. McNair Scholar
- Close Scholar
- Lois Rhame West Scholar
- Henry R. Sims Scholar
- Helen K Bussell Scholar
- SC Life Scholar
- American Academy of Sleep Medicine Sleep Research Program for Advancing Careers
- National Institutes of Health Loan Repayment Program Fellow
- Benjamin A. Gilman International Scholar
- Jessie and Ralph Pries Endowed Fellowship
- 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., Arunmozhi, A., Campbell, J., & Duarte, A. (2022).** Factors that protect against poor sleep quality in an adult lifespan sample of non-Hispanic Black and non-Hispanic White adults during COVID-19: A cross-sectional study. *Frontiers in Psychology, 13*.  
<https://www.frontiersin.org/articles/10.3389/fpsyg.2022.949364>

**Hokett, E., Mirjalili, S., & Duarte, A. (2022).** Greater sleep variance related to decrements in memory performance and event-specific neural similarity: A racially/ethnically diverse lifespan sample. *Neurobiology of Aging*, *117*, 33–43. <https://doi.org/10.1016/j.neurobiolaging.2022.04.015>

**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., Lao, P., Turney, I., Martinez-Amezcuca, P., Starks, T., Chen, R., Brickman, M. A., Palta, P., & Manly, J. J. (2022). Sleep quality and memory performance in a lifespan sample of racially/ethnically diverse adults. Poster presentation at Alzheimer's Association International Conference, virtual.

Chen, R., Wang, J., **Hokett, E.**, Calmasini, C., George, K., Gilsanz, P., Whitmer, R., Glymour, M. (2022). Is Poor Sleep Quality Associated with Lower Levels of and Faster Declines in Cognitive Function? Results from the Kaiser Healthy Aging and Diverse Life Experiences (KHANDLE) Study. Poster presentation at Alzheimer's Association International Conference, virtual.

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. (2023). The Importance of Consistent Sleep for Memory Retrieval at the Neural Level. Columbia University Postdoc Society Blog. <https://blogs.cuit.columbia.edu/postdocsociety/2023/01/20/consistent-sleep-for-memory/>

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**

Postdoctoral Research Scientist (for Drs. Jennifer Manly and Priya Palta)      Sept. 2021 - Present  
ManBrick Lab, Columbia University

Graduate Research Assistant (for Dr. Audrey Duarte)      Aug. 2016 - 2021  
Memory and Aging Lab, Georgia Tech

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

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

## **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 – December 2020

Summer Undergraduate Research Experience Social Mentor      May 2018 - July 2019  
Georgia Tech

Association for Psychological Science      April 2017 - May 2018  
Student Caucus Graduate Advocate

Winthrop University Tutor      Jan. 2013 - May 2016

- Academic Success Center Spanish Tutor
- House Calls Tutor      Jan. 2013 - May 2016  
Psychology, Spanish, and Writing Tutor

Psi Chi Vice President (Community Service)      Aug. 2015 - May 2016

- 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 the Alzheimer's Association** Jan. 2022 - Present

**Volunteer Abstract Reviewer for SLEEP 2023 Meeting** Jan. 2023

**Volunteer Grant Reviewer for Girl Now Woman Later (Education)** Feb. 2021 - Present

**Diversity Council for College of Science (Psychology Representative)** Nov. 2019 – July 2021

**Women of Color Initiative Ambassador** Sept. 2019 - July 2021

**Senior Week Guide** Feb. 2020

Georgia Council on Aging, Atlanta, GA

### **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