

## Roxanne Prichard, Ph.D.

Professor of Psychology  
University of St. Thomas  
2115 Summit Ave., JRC LL56  
St. Paul, MN 55105  
(651) 962-5043

[www.stthomas.edu/collegesleep](http://www.stthomas.edu/collegesleep)  
[jrprichard@stthomas.edu](mailto:jrprichard@stthomas.edu) @RoxannePrichard

### Education

Ph.D., May 2004, University of Wisconsin-Madison, Neuroscience Training Program  
Doctoral Dissertation: *Plasticity and Function of the Rat Subcortical Visual System*  
Thesis Advisors: Ruth M. Benca M.D., Ph.D. and Mary Behan, Ph.D.  
B.A., May 1998, Transylvania University, Biopsychology/Women's Studies, *magna cum laude*

### Professional Experience

Professor of Psychology, University of St. Thomas	August 2018
Associate Professor of Psychology, University of St. Thomas	August 2012
Assistant Professor of Psychology, University of St. Thomas, St. Paul MN	August 2006
Visiting Assistant Professor, Bates College, Lewiston, ME	August 2004

### Professional Overview

*Teaching.* As a professor, research mentor, and advisor, I strive to cultivate educational environments in which students feel comfortable and confident using the scientific process, experiential learning, self-reflection, and critical inquiry to investigate personally and professionally relevant topics. I structure my classes to include information literacy, quantitative reasoning, and active learning.

*Scholarship.* My mission as a scientist is to better understand the causes and consequences of problematic sleep through experimental and epidemiological research. I also study ways to improve sleep in the college population. While serving as the Scientific Director of the [Center for College Sleep](#), I co-developed two assessment tools that are used by dozens of colleges. The [College Sleep Environmental Scan](#) for residential colleges assesses how institutional policy, programming, and structures contribute to or impede healthy sleep. The [College Sleep Questionnaire](#) is a web-based application that provides personalized instant feedback to students regarding nine parameters of sleep health, compares individual students' sleep to national norms, and provides practical, customizable advice to improve sleep.

*Service.* Within the St. Thomas community, I feel called toward projects that improve the educational experiences for students who are marginalized within the traditional educational system. I serve on the leadership team of the Howard Hughes Medical Institute Inclusive Excellence grant, which aims to enhance the educational experience for non-traditional students in STEM fields. Beyond the St. Thomas community, I provide lectures, mentoring, and consulting to educational, governmental, and mental health organizations regarding sleep health. I feel that sharing information about the devastating impacts of poor sleep on public and personal health is my duty as a scholar and a citizen.

## Courses Taught

Sleep and Circadian Rhythms; Gender and Neuroscience; Principles of Neuroscience; Physiological Psychology; Sensation and Perception; Health Psychology; Brain & Human Behavior; Drugs & Behavior. Interdisciplinary Honors Seminars including 50 Years Since Stonewall; The Science of Musical Experience; Brain-Machine Interfaces; Neurotheology.

## Research Publications

(\* = undergraduate co-author)

- Rivera Juarez AG\*, **Prichard JR**, Berg SS. (2023) Psychological well-being in Asian and American University Students: Impacts of Discrimination During the COVID-19 pandemic. *J Adolesc Health*. <https://doi.org/10.1016/j.jadohealth.2023.04.016>
- Heller AT\*, Berg SS, **Prichard JR**. (2021) University housing reinforces the negative relationship between interpersonal violence, psychological distress, and suicidality in undergraduates, particularly among gender diverse students, *J Am Coll Health*. DOI 10.1080/07448481.2021.1878186
- Shi Y, Bender B, McGovern P, Jung EM, DeMoulin D, Jacobs S, **Prichard JR**, Kim H. Daytime sleepiness among Midwestern firefighters. *Arch Environ Occup Health*. (2020) Nov 3:1-8. doi: 10.1080/19338244.2020.1841718
- Berg SS, Rosenau PS\*, **Prichard JR**. Sleep quality mediates the relationship between traumatic events, psychological distress, and suicidality in college undergraduates. *J Am Coll Health*. (2020) Oct 19:1-4. doi: 10.1080/07448481.2020.1826493
- **Prichard JR**. Sleep predicts collegiate academic performance: Implications for equity in student retention and success. *Sleep Med Clin*. (2020) Mar;15(1):59-69. doi: 10.1016/j.jsmc.2019.10.003.
- Kroshus E, Wagner J, Wyrick D, Athey A, Bell L, Benjamin H, Grandner M, Kline CE, Mohler J, **Prichard JR**, Watson NF, Hainline B on behalf of the Interassociation Task Force on Sleep and Wellness. (2019) A wake up call for collegiate athlete sleep: narrative review and consensus recommendations from the NCAA Inter-association Task Force on Sleep and Wellness. *Br J Sports Med*. Jun;53(12):731-736. doi: 10.1136/bjsports-2019-100590
- **Prichard JR**, Hartmann ME. (2019) Follow up on Hartmann & Prichard: Should universities invest in promoting healthy sleep? A question of academic and economic significance *Sleep Health*. Oct;4(5):463-471. doi: 10.1016/j.sleh.2018.07.002
- Janto KJ\*, **Prichard JR**, Pusalavidyasagar SS. (2018) Dual orexin receptor antagonists: A review and evaluation of therapeutic potential for insomnia in the elderly. *J. Clinical Sleep Medicine*. 14(8):1399–1408. doi.org/10.5664/jcsm.7282
- Hartmann ME, **Prichard JR**. (2018) Calculating the contribution of sleep problems to undergraduates' academic success. *Sleep Health* 4: 463–471. doi.org/10.1016/j.sleh.2018.07.002
- Peine MI\*, **Prichard JR**, Kunisaki KM. (2016) Unauthorized online sales of secondhand continuous positive airway pressure devices. *JAMA Internal Medicine* 176: 1559-1561.
- Boehm MA\*, Lei QM\*, Lloyd RM, **Prichard JR**. (2016) Depression, anxiety and tobacco use: Overlapping impediments to sleep in a national sample of college students. *Journal of American College Health* 64: 565-74.
- Kelly CK\*, **Prichard JR**. (2016) Demographics, health, and risk behaviors of young adults who drink energy drinks and coffee beverages. *Journal of Caffeine Research* 6: 73-81.
- Lund HG\*, Reider BL\*, Whiting AB\*, **Prichard JR**. (2010). Sleep patterns and predictors of disturbed sleep in a large population of college students. *Journal of Adolescent Health* 46: 124-32.
- **Prichard JR**, Armacanqui HS\*, Benca RM, Behan M. (2007). Light-dependent retinal innervation of the rat superior colliculus. *Anatomical Record*, 290 (3), 341-348.
- **Prichard JR**, Fahy J, Obermeyer WH, Behan M, Benca RM. (2004) Sleep-wakefulness responses to light are shaped by early experience. *Behavioral Neuroscience*, 118: 1262–73.
- **Prichard JR**, Stoffel RT\*, Quimby DL\*, Obermeyer WH, Benca RM, Behan M. (2002) Fos immunoreactivity in rat subcortical visual shell in response to illuminance changes. *Neuroscience*, 114:781-794.
- Brueckner JK, Ashby LP\*, **Prichard JR**, Porter JD. (1999) Vestibulo-ocular pathways modulate

extraocular muscle myosin expression patterns. *Cell and Tissue Research*, 295: 477- 484.

## Pedagogy Publications

- Sage S, **Prichard JR**, Finnegan A. Using the World Café Model and Paired Teaching Exchanges to Promote Interdisciplinary Dialogue on Global Health Issues. (2019) *Diversity and Democracy AACU. Spring/Summer 2019. Vol. 22:2-3.* <https://www.aacu.org/diversitydemocracy/2019/spring-summer/sage>
- **JR Prichard**. A changing tide: What the new ‘Foundations of Behavior’ section of the 2015 Medical College Admissions Test® might mean for undergraduate neuroscience programs. *Journal of Undergraduate Neuroscience Education. Spring 2015. Vol. 13(2) E2-6.*
- **Prichard JR**, Cornett-Murtada. Music and the mind: A new interdisciplinary course on the science of musical experience. *Journal of Undergraduate Neuroscience Education: Spring 2011.* (Editor’s Choice)
- Thomas AP, **Prichard JR**. Brain-machine interfaces: A team-taught seminar bridging disciplines and fostering discussions. *Proceedings of the 2008 Frontiers in Engineering Education Conference (FIE).*
- Thomas AP, **Prichard JR**. Design for an aging population: A multi-disciplinary design retreat. *Proceedings of the 2007 ASEE (American Society of Engineering Education) North Midwest Sectional Conference.*
- **Prichard JR**. Writing to Learn: An Evaluation of the Calibrated Peer Review™ Program in Two Neuroscience Courses. *Journal of Undergraduate Neuroscience Education: Fall 2005.*

## Invited Articles and Book Chapters

- **Prichard JR**. 2021. Introduction to *Green Card STEM Voices: Stories from Minnesota Immigrants working in Science, Technology, Engineering, and Math*, ISBN: 978-1-949523-14-0.
- Madison Foerderer\*, Sarah Hoffman\*, and Natalie Schneider\*, with **J. Roxanne Prichard** "Predicting Levels of Student Satisfaction during COVID-19". *EDUCAUSE Research Notes*. 4/27/2021. <https://er.educause.edu/articles/2021/4/predicting-levels-of-student-satisfaction-during-covid-19>
- Moll C\*, Cunningham B, **Prichard JR**. “Creating a Sleep Friendly Culture” *Training & Conditioning*. Spring 2019. <https://training-conditioning.com/article/creating-a-sleep-friendly-culture/>
- **Prichard JR**, Cunningham B. “Rest Up.” *NASPA Leadership Exchange*. Special issue in Student Mental Health & Holistic Well-Being. Winter 2019.
- **Prichard JR**. “Introducing the College Sleep Questionnaire: a new assessment tool for college health professionals.” *College Health in Action*, Vol. 53. Spring 2014.

## Extramural Funding

- National Science Foundation. S-STEM. Changing Campus Climate for Science Scholars' Success. Award Number 2221508. \$1,499,796.00. Co- Principal Investigator. January 2023 – 2029.
- Howard Hughes Medical Institute Inclusive Excellence Grant. \$1,000,000. August 2018 – 2023. Program Director 2018-2019 and Key Personnel 2019-2023.
- United Healthcare Student Resources Initiatives in College Mental and Behavioral Health Grant, American College Health Association. “The Sleep Squad: A Personalized Sleep Health Intervention Program for Students” \$5000. June 2013.
- CIEE Council on International Educational Exchange Faculty Seminar Grant. \$3600 to attend the seminar “Food from a ‘Glocal’ Perspective: Italy, the Mediterranean and the Globe.” 2012.
- Howard Hughes Medical Institute Student-Faculty Research Grant. Bates College. “Experience-dependent Development of Behavioral and Molecular Responses to Light in Rat” Funding for two undergraduate research fellows. June – August 2005. \$12,000
- National Institutes of Mental Health Individual NRSA “Subcortical Visual System Development” MH65054-01, 2001-04, \$120,000

### Intramural Funding

- SOLV Initiative: Fatigue Assessment and Sleep Patterns in Minneapolis Police and Fire Department Employees. 2019-2021.
- Center for Faculty Development. Faculty Research Grant. “Data Analysis and Synthesis of the Two Novel Sleep Assessments: College Sleep Environmental Scan and the College Sleep Environmental Scan.” \$9600. 2018-2019.
- Center for Faculty Development Faculty Partnership: “Understanding affective neuroscience for powerful storytelling, theatre-making, and relationship-building.” \$3300. 2016.
- LOFTUS Diversity Endowment Mini-grant Initiative, University of St. Thomas. “Breakfast Club: An intervention program for improving sleep and wellness in college students.” \$2275. 2011-2012.
- Partnership-in-Learning Grant Program, University of Thomas. “Electronic resources for behavioral sleep medicine.” \$1000. 2012. Partnership-in-Learning Grant Program, University of Thomas. “Bio-PAC Biofeedback data acquisition system.” \$1000. 2010.
- Primary Author, Summer Research Network Grant Program, University of St. Thomas. “What is Psychology? Outreach Planning.” \$1100. 2009.
- Beyond Career to Calling Grant, University of St. Thomas. “Design for an Aging Population Retreat.” Co-authored with Prof. AM Thomas. \$6080. 2006-2007.
- LOFTUS Diversity Endowment Mini-grant Initiative, University of St. Thomas. “Brain Awareness Week: Multicultural Perspectives on Brain Health.” \$2275. 2006-2007.

### Peer Reviewed Conference Presentations-Research

- Becker S\*, **Prichard JR** (2023) An Intersectional Analysis of Factors that Predict Poor Sleep Quality and Quantity within LGBTQ+ and Racial/Ethnic Minority College Student Populations. Society for the Scientific Study of Sexuality (SSSS) Annual Conference. New Orleans, LA. November.
- Charest J, Cook JD, **Prichard JR**. (2023). Sleep, circadian rhythms, and mental health in student-athletes: Proactive strategies to Maximize Health & Performance. *SLEEP* Annual conference. Indianapolis.
- Cutrer C\*, **Prichard JR**. “Loneliness, Sleep, and High Risk Alcohol Use in College Students Before and During the COVID-19 Pandemic” *Sleep*, Vol 46 Pg A302. May, 2023.
- Bury N\*, Hitti J\*, **Prichard JR**. (2021) “Religiosity and Sleep Hygiene Mitigate the Negative Effects of Covid-19 Pandemic Life Stressors on Sleep Quality in College Students” 3<sup>rd</sup> Annual Society for Behavioral Sleep Medicine Conference Virtual & In-Person Nashville, TN. 9/18/2021.
- Nuru A, Jackson CL, **Prichard JR**. (2021) “Sleep Deprivation as Oppression: Centering Rest as a Tool to Dismantle Racism and Masculine Hegemony.” 1-hour panel presented to National Women's Studies Association (NWSA) 9/17/2021
- **Prichard, JR**. The Complex Relationships Between Sex and Sleep: Insomnia, Sexsomnia, And Other Sleep Disturbances Society for the Scientific Study of Sexuality. Society for the Scientific Study of Sexuality (SSSS) Annual Conference. San Juan, Puerto Rico. 11/18/2021
- **Prichard, JR**, Berg S, Heller A. (2021). University housing reinforces the relationship between harassment, psychological distress, and suicidality in transgender and gender diverse college students. Society for the Scientific Study of Sexuality (SSSS) Annual Conference. San Juan, Puerto Rico.
- Juarez Rivera\* AG., S. Berg, and **Prichard JR**. (2022). Behavioral risk and protective factors against psychological distress and suicide in Asian and Asian American college students during the COVID-19 pandemic. *American Mental Health Counselors Association (AMHCA) Annual Conference*. Las Vegas, NV, USA.
- Berg, SS, Rosenau PS, **Prichard JR**. 2020. Healthy Sleep Mediates the Negative Relationship between Traumatic Events and Anxiety, Depression, Loneliness, and Suicidal Tendencies in College Undergraduates. *Anxiety and Depression Conference*. San Antonio, TX, USA (presentation cancelled/postponed due to COVID-19)
- **Prichard, JR**. The Complex Relationships Between Sex and Sleep: Insomnia, Sexsomnia, And Other Sleep Disturbances. The Society for the Scientific Study of Sexuality annual Conference. (November, 2019)
- **Prichard JR**. SAHM. Causes and Consequences of Sleep Disruption: Implications for Accurate Diagnoses and Effective Treatment Plans. Society for Adolescent Health and Medicine Annual Conference. Platform Presentation. March 2019.
- **Prichard, JR**. The Importance of College Sleep: Connections to Mental and Physical Health, Retention, and Academic Success Depression on College Campuses Annual Conference (March

2019) Ann Arbor, MI.

- **Prichard JR**, Heininger W, Breeland-Noble A. “Innovative Strategies to welcome, engage, and support students who are traditionally less likely to seek mental healthcare” American College Health Association Annual Conference. Denver, CO. (May 2019)
- Wolfe E\*, **Prichard JR**. Using Theory of Planned Behavior to Assess Sleep Intentions and Behaviors of Collegiate Athletes. Poster Presentation at the SLEEP Annual Conference. San Antonio, TX. (May, 2019)
- Cunningham, B, McDermott M., **Prichard JR**. Sleep: A Powerful Modifiable Risk Factor for Mental Health. Ideas for Assessment, Health Promotion, and Culture Change. NASPA Strategies Mental Health. January 2019.
- Rosenau P\*, Berg S, **Prichard JR**. Analysis of a National Sample of Undergraduates with ADHD Reveals Significant Well-Being Concerns Unaddressed by Current Treatment. Society for Adolescent Health and Medicine Annual Conference. Poster Presentation. March 2019.
- Goddin A, **Prichard JR**. Sleep Disturbances Across Sexual Orientations and Gender Identities: Implications for Academic Success and Emotional Wellbeing. NIH Sleep and Women’s Health Conference. (2018). Bethesda, MD.
- Okuagu A, Athey A, **Prichard JR**, Williams N, Jean-Louis G, Killgore W, Gehrels J, Alfonso-Miller P, Grandner M. Racial/Ethnic Sleep Disparities Among College Students are Different in Majority White Vs. Majority-Minority Institutions.” (2018) SLEEP Annual Conference.
- Cunningham B, Hornung C\*, **Prichard JR**, Scibora L. (2017) “Cell Phone Use: A Mediating Factor of Undergraduate Health and Wellness.” ACHA 2017 Annual Conference. Austin, TX.
- **Prichard JR**, Goddin A\*. (2017) “Sleep Disturbances Across Sexual Orientations and Gender Identities in College Students: Implications for Mental Health and Academic Success.” Program presentation. ACHA 2017 Annual Conference. Austin, TX.
- **Prichard JR**, Cunningham B. (2017) “Making the Connection Between Sleep and Mental Health, Academic Success and Retention.” Program presentation. NCAA – Inter-association Task Force on Sleep and Wellness. Indianapolis, IN.
- **Prichard JR**, Cunningham B, Broek L, Hartman M. (2016) “The Importance of College Sleep: Connections to Mental Health, Retention and Academic Success.” NASPA – Student Affairs Administrators in Higher Education Region IV-W/E Conference. St. Louis, MO.
- **Prichard JR**, Cunningham B, Broek L. (2016) “Is Your Campus Sleep-Friendly? An Environmental Sleep Scan for Residential Colleges.” Program presentation. New York State College Health Association Annual Meeting. Syracuse, NY. October, 2016.
- **Prichard JR**, Cunningham BN, McDermott M. (2016) Oral presentation. “Sleep Disturbances in Mental Illness and Sleep Practices for Mental Wellness.” Oral presentation at the American College Health Association Annual Meeting. San Francisco. June, 2016.
- **Prichard, JR**. (2016) Oral Presentation. “Sleep in Adolescence: Connections to Wellness, Resilience, and Mental Health.” At the April 2016 annual Minnesota Child & Adolescent Mental Health Conference in Duluth, MN.
- Larrabee KC\*, **Prichard JR**. (2016) “Prevalence and Quality of Life Correlates of Insomnia and Other Sleep Disorders in a National Sample of College Students.” Poster presentation at the June, 2016 annual meeting for the Sleep Research Society in Denver, CO. Abstract published in *SLEEP*, Volume 39, Abstract Supplement, 2016.
- **Prichard JR**, Cunningham B, Kielblock C\*, Broek L. (2016) “The College Sleep Environmental Scan: Development and Initial Outcomes.” Poster presentation, Annual Meeting for the Sleep Research Society in Denver, CO. June, 2016. Abstract published in *SLEEP*, Volume 39, Abstract Supplement, 2016.
- Peine MI\*, **Prichard JR**. “My CPAP for your guitar: The prevalence and legality of online trade of CPAP devices through Craigslist.” Poster presentation at the June, 2015 annual meeting for the Sleep Research Society in Seattle, WA. Abstract published in *SLEEP*, Volume 38, Abstract Supplement, 2015.
- Steele CS\*, **Prichard JR**. “Perceived behavioral control as a predictor of sleep problems in college students.” Poster presentation at the June, 2015 annual meeting for the Sleep Research Society in Seattle, WA. Abstract published in *SLEEP*, Volume 38, Abstract Supplement, 2015.
- **Prichard JR**. “Causes and consequences of sleep deprivation in adolescence: How clinicians can help.” 90-minute presentation at the Society for Adolescent Health and Medicine Conference, Los Angeles, March 3/19/2015
- Tarter A\*, **Prichard JR**. The invisible variable: Sleepiness and suicidality in a large national college health survey. Society for Neuroscience annual conference. November 2014. Washington, DC.

- Koranda MJ\*, Volante C\*, **Prichard JR**. Gesture rates vary with clarification and elaboration during discussion of familiar topics. International Society for Gesture Studies Annual Conference. San Diego, CA. July 2014.
- **Prichard JR**, Hartmann ME. What is the cost of poor sleep for college students? Calculating the contribution to academic failures using a large national sample. 15-minute oral presentation. SLEEP annual conference. Minneapolis, MN June 2014.
- Kelly CK\* **Prichard JR**, The College Sleep Questionnaire: Structure and initial psychometric properties. 15-minute oral presentation. SLEEP. Minneapolis, MN June 2014.
- Boehm MA\*, Lei QM\*, **Prichard JR**. Depression, insomnia, and nicotine: Overlapping impediments to sleep in a national sample of college students. Poster presentation. SLEEP annual conference. Minneapolis, MN June 2014.
- **Prichard JR**, Kelly CK\*, Cunningham BJA, Broek L. Introducing the College Sleep Questionnaire: A New Pilot-Tested Formative Assessment of Student Sleep 60-minute oral presentation. American College Health Association Annual Meeting. San Antonio, TX. May, 2014.
- **Prichard JR**, Kelly CK\*, Cunningham BJA, Broek L. Is Your Campus Sleep-Friendly? A Pilot Environmental Sleep Scan for Residential Colleges 90-minute oral presentation. American College Health Association Annual Meeting. San Antonio, TX. May, 2014.
- Johnson M\*, Rozman-Clark T, **Prichard JR**. Using Personal Narratives to Transform Community Perspectives. Loving Each Other Harder: Women of Color, Community and the Intersections of Our Identities. Minneapolis, MN. March, 2014.
- **Prichard JR**, Cunningham BJA. Enhancing college student sleep: Programming strategies that could work on your campus. 90-minute oral presentation. American College Health Association Annual Meeting. Boston, MA June, 2013.
- **Prichard JR**, Kelly CK\* Energy drinks on college campuses: Motivations, risky behaviors and health. 90-minute oral presentation. American College Health Association Annual Meeting. Boston, MA, May, 2013.
- Koranda M\*, Volante C\*, Shepard B\*, **Prichard JR**. Perceived effectiveness in speaking affects gesturing. Association for Psychological Science. Chicago, IL, May, 2012.
- **Prichard JR**, Cunningham JA. College student sleep: problems and pathways to successful interventions. 90-minute oral presentation. American College Health Association Annual Meeting. Chicago, IL June, 2012.
- **Prichard JR**, Cunningham JA. Academic stress, social trauma, and disturbed sleep in a large population of college students: Interconnections and health implications. Society for Adolescent Health and Medicine 2012 Annual Meeting. New Orleans, LA. March, 2012.
- **Prichard JR**, Martynec AD\*, Olson JM\*. Altered maternal, social and anxiety-like behaviors in rat environmental enrichment. Society for Neuroscience Annual Conference, November, 2011.
- **Prichard JR**, Lund HG. Gender differences in college student sleep: emergent patterns of stress and mood disruptions in women. Oral presentation at the Associated Professional Sleep Societies Annual Meeting. Minneapolis, MN. *Sleep*, Vol. 34. June, 2011.
- **Prichard JR**, Dada-Samuel J\*. Seasonality, mood and sleep quality in college students in a northern latitude. Society for Light Treatment and Biological Rhythms Annual Meeting. Vienna, Austria. *Chronobiology International* Vol. 28. July, 2010.
- **Prichard JR**, Dabney CJ\*, Fleming MD, Benca RM, Behan M. Light-rearing alters retinal input and immediate early gene responses to light in the ventral hypothalamus of the albino rat. Associated Professional Sleep Societies Annual Conference, Seattle, WA. *Sleep*, Vol. 32. June, 2009.
- **Prichard J**, Westby L\*, Hengen K\*. Molecular and behavioral ontogeny of the masking response in neonatal rats. Associated Professional Sleep Societies Annual Meeting. Minneapolis, MN. *Sleep*, Vol. 30. June, 2007.
- Reider BD\*, **Prichard JR**. Profile of sleep quality, light exposure, mood, and academic performance in university students. Society for Light Treatment and Biological Rhythms Annual Meeting. Copenhagen, Denmark. July, 2007. *Chronobiology International* Vol. 24, No. 6. 2007.
- Blevins S\*, **Prichard JR**, Lipstein M\*, Tungol JG\*, Reedy C\*. Extended photoperiod attenuates depressive behavior and enhances hypothalamic Neuropeptide Y in Fawn-Hooded rats. Society for Neuroscience Annual Meeting. Atlanta, GA. *Society for Neuroscience* Vol. 32. 2006.
- Lund HG\*, Whiting AB\*, **Prichard JR**. The interactions between sleep quality, stress, mood and the menstrual cycle in college women. Boston, MA. *North East Sleep Society Annual Meeting*. 2006.
- Lund HG\*, Whiting AB\*, **Prichard JR**. The relationship between sleep quality, mood, and stress in college women. Salt Lake City, UT. *Sleep*, Vol. 29. 2006.

- **Prichard JR**, Roman C\*, Mandeville MK.\* Sleep quality and psychoactive drug use in a college population: The emergence of the stimulant-sedation loop. Boston, MA. *North East Sleep Society Annual Meeting*. 2006.
- Baehre KM\*, Rioux T, **Prichard JR**. Extended photoperiod attenuates depressive behavior in Fawn-Hooded rats. Society for Light Treatment and Biological Rhythms Annual Meeting Eindhoven, Netherlands. *Chronobiology International Vol. 22, No. 6*. 2005.
- Trevisan CA\*, Rioux, **Prichard JR**. Molecular and behavioral ontogeny of the masking response in neonatal rats. Society for Light Treatment and Biological Rhythms Annual Meeting. Eindhoven, Netherlands. *Chronobiology International Vol. 22, No. 6*. 2005.
- **Prichard JR**, Fahy JL, Behan M, Obermeyer WH, Benca RM. Relative and not absolute illuminance affects distribution of sleep in rat. *Chronobiology International. Vol. 20, No. 6*: 1164-6. 2003.
- **Prichard JR**, Fahy JL, Behan M, Obermeyer WH, Benca RM. Distribution of REM sleep in rat is influenced by neonatal lighting environment. *Chronobiology International. Vol. 20, No. 6*: 1166-9. 2003.
- **Prichard JR**, Fahy JL, Behan M, Obermeyer WH, Benca RM. Abnormal sleep responses to light-dark transitions in light-reared rats. *Sleep, Vol. 26, 60-61*. 2003.
- **Prichard JR**, Stoffel RT\*, Obermeyer WH, Benca RM, Behan M. (2002) Alterations in anatomy and function of sleep and circadian centers in dark-reared rats. *Sleep, Vol. 25*. 2002.
- **Prichard JR**, Stoffel RT\*, Benca RM and Behan M. Dark-rearing reduces density of retinofugal fibers to subcortical sleep and circadian centers in rat. *Society for Neuroscience Vol. 27*. 2001.
- **Prichard JR**, Parsons MJ, Quimby DL\*, Benca RM and Behan M. (2000) Acute changes in lighting conditions alter immediate early gene expression in rat lateral geniculate complex. *Sleep Vol. 23*: A136-7. 2000.
- **Prichard JR**, Parsons MJ, Quimby DL\*, Benca RM and Behan M. Acute changes in lighting conditions alter immediate early gene expression in rat subcortical visual shell. Abstract. *Sleep Research Online Vol. 2*: 100. 1999.
- Porter J, **Prichard R**, Ashby L and Brueckner J. Developmental regulation of extraocular muscle by sensorimotor systems: implications for muscle biology in strabismus. *Invest Opth Vis Sci* 1998; 39. 1998.

#### Peer Reviewed Conference Presentations-Pedagogy

- Bru, L. **Prichard JR**. “How Can We Confront Barriers and Center Students in Undergraduate Research?” AACU Presentation & hour-long discussion. March 2023
- Sage S, **Prichard JR**, & Finnegan A. “Promoting Interdisciplinary Dialogue on Global Health Issues Using the Word Café Model.” Best Practices in Health Sciences Education was to be held at University of Minnesota, Medical School on April 30, 2020.
- **Prichard, JR** “Incorporating Maslow’s Hierarchy of Needs into Considerations of Student Support and Achievement”. Transforming STEM Higher Education AACU Annual Conference. Atlanta Georgia October 2018.
- **Prichard JR**, Page J. “Teaching resources for neuroscience content in the 2015 Medical College Admissions Test.” Society for Neuroscience Annual Meeting, Washington, DC. November, 2014
- **Prichard JR**, Hoff CD\*, Freiborg, K\*. The rat enriched environment paradigm: an ideal semester long undergraduate behavioral neuroscience laboratory project. Society for Neuroscience Annual Conference, November 2011.
- **Prichard JR**. Incorporating sleep research into undergraduate psychology and biology courses: blending student interest with problem-based learning. Associated Professional Sleep Societies Annual Meeting. Minneapolis, MN. *Sleep*, Vol. 34. June, 2011
- Wiertelak EP, Neiwirth J, Dickinson S, Muir G, Curchack B, **Prichard JR**, Costello P, Wichlinski L, Ferragamo M, Ohnesorge C, Crisp KM, Sherman B, Wotton J. Midbrains 2008: examining the undergraduate neuroscience conference of the Midwest in its second year. Society for Neuroscience Annual Meeting, Washington DC, *Society for Neuroscience Vol. 34*. November, 2008.
- Thomas AP, **Prichard JR**. Brain-Machine Interfaces: A team-taught seminar bridging disciplines and fostering discussions. Frontiers in Engineering Education Annual Conference. Sarasota, NY, 2008.
- Thomas AP, **Prichard JR**. Design for an Aging Population: A Multi-disciplinary design retreat. American Society for Engineering Education North Midwest Section Annual Conference. Houghton, MI, 2007.
- Reider BD\*, Bartholet CC\*, **Prichard JR**. Brain Awareness Week: A focus on multicultural perspectives in brain health. Society for Neuroscience Annual Meeting. San Diego, CA. *Society for Neuroscience Vol. 33*. 2007.

- Wiertelak EP, Neiworth J, Cousens G, Dickinson S, Muir G, Ohnesorge C, Ferragamo M, **Prichard JR**, Curchack B, Nelson D, Costello P, Sherman B, Wichlinksi L, Wotton J. Midbrains 2007: The inaugural year of the Midwest's undergraduate neuroscience conference. Society for Neuroscience Annual Meeting. San Diego, CA. *Society for Neuroscience Vol. 33*. 2007
- **Prichard JR**, Benca RM. Calibrated Peer Review: Enabling technology for a large-scale writing intensive neuroscience course. *Society for Neuroscience Vol. 28*. 2002

## Honors

- Outstanding Commitment Award, University of St. Thomas Student Diversity and Inclusion Services, Spring 2019
- Stephan D. Weiss Mental Health Fund for Higher Education Writing Prize, American College Health Association, Spring 2012
- Outstanding Neuroscience Pedagogy Article, Volume 9, *Journal of Undergraduate Neuroscience Education*, 2011
- Predoctoral Fellowship Honorable Mentions: National Science Foundation and Department of Defense (1999)
- University of Wisconsin Fellowship, full-tuition scholarship to the Neuroscience Training Program, 1998-99
- *Travel Awards*: Sleep Research Societies (2003), Women in Neuroscience (2002), Society for Neuroscience Chapters/Eli Lilly Graduate Student Travel Award (2001), UCLA Training Workshop in Basic Sleep Research (2000), World Federation of Sleep Research Societies (1999)
- Howard Hughes Undergraduate Initiative Research Fellow, University of Kentucky, 1997-98
- National Science Foundation Undergraduate Research Fellow, University of Kentucky, 1997
- William T. Young full-tuition scholarship, Transylvania University, 1994-1998

## Invited Lectures & Continuing Education Workshops

**2022:** SUNY-Potsdam, Minnesota League of Cities, Big East Athletic Conference, NCAA Women's Final Four Title IX host house, St. Olaf College, Minnesota Peer Support Training

**2021:** St. Olaf College, St. Mary's University, Campus Suicide Prevention Center of Virginia

**2020:** City of Woodbury, American Veterinary Medicine Association Life Webinar Series, Bucknell University Athletics, Ohio Valley Student Athlete Well-being Summit, Active Minds National Conference, MIAC Coaches Association, Health Services Association of California Community Colleges, Springfield College Athletics

**2019:** University of Louisville, Seton Hall, Xavier University, Southern Methodist University Eden Prairie Police Department, St. Kates University, Minnesota Public Radio, Big East Athletic Conference Student Athlete Well-being Forum, Peach Belt Athletic Conference, National Wrestling Coaches Association, National Volleyball Coaches Association, University of St. Thomas PTSD Conference, National Sleep Foundation Sleep Show, Midwest Psychological Association, Alliance Sports Medicine Conference, Big East Athletic Conference Mental Wellbeing Summit, Providence, National Wrestling Coaches Convention, Columbus State University, University of South Dakota TRIO Program, York College Convocation, St. Olaf College, Minnesota State University Moorhead Athletics, New York College Health Association, Creighton University Athletics, St. Johns Athletics

**2018:** NCAA Sports Science Institute; Minnesota State University Counselors Association; National Association of Collegiate Directors of Athletics; National Wrestling Coaches Association; American Volleyball Coaches Association; Peach Belt Athletic Conference; Big East Athletic Conference; Minnesota Health & Safety Conference; Blue Watch Officer Wellness; Youngstown State University; University of South Dakota; Dean College; Boston College; Tulane University; Hamline University; University of South Dakota Trio/Upward Bound Program; Colorado College, Dean College



**2017:** NCAA Sports Science Institute Taskforce on Sleep & Wellness; Center for College Sleep Forum Minneapolis; Selim Center Lecture Series, University of St. Thomas; Augsburg College Convocation address; Center for College Sleep Forum University of California, Davis; South Dakota State University; St. Olaf College; Minnesota Sleep Society annual meeting (Keynote); MN Toward Zero Deaths conference; Current Concepts in Sleep and Epilepsy (Tampa, FL)

**2016:** College of St. Benedict/St. John's University; Smith College; University of St. Thomas Counseling and Psychological Services.

**2015:** Keynote at Inver Hills Community College; St. Olaf Peer Educators Symposium; City of Minneapolis Public Health Advisory Committee; Berea College Convocation Series; UW-Superior Upward Bound; Mid-America Association of Educational Opportunity Program Personnel annual TRIO conference.

**2014:** TEDx University of St. Thomas: [\*Addressing our Children's Sleep Debt\*](#); Boston College; Bethany Lutheran College; St. Mary's University; Kentucky Governor's Scholars Symposium at Morehead State University; Concordia College Continuing Education Health Educators Conference; Transylvania University Creative Intelligence lecture series; Keynote at the Minnesota TRIO educational conference; St. Mary's University; Wheaton College; St. Olaf College.

**2013:** Keynote address at the North Central College Health Association Annual Meeting; Macalester College Human Resources Healthy You Series; Hamline University student affairs training; Current Concepts in Sleep conference. Sponsor: Tampa General Hospital; Bethel College, Boston College.

## Membership in Professional Societies

Society for Neuroscience, Faculty for Undergraduate Neuroscience, American College Health Association, Sleep Research Society, Society for Behavioral Sleep Medicine

## University Service

Diversity, Inclusion, & Social Justice Advisory Committee 2020-  
 HHMI Inclusive Excellence Grant Competition Program Director 2015-2018  
 HHMI Inclusive Excellence Leadership Team 2018+  
 Member, Tenure and Promotion Committee 2018-2019  
 Member, Aquinas Honors Program Advisory Board, 2015-2019  
 Health Professions Advisory Committee, Chair 2009-2014, and current member  
 Neuroscience Interdisciplinary Program, Chair 2008-2012, and current member  
 Member, University Laboratory Safety Committee, 2008-2011  
 Member, University Women's Studies Committee, 2009+  
 Member, Anti-racism coalition, 2015+

## Professional Service

### Manuscript Reviews

*Outstanding Reviewer Status: Sleep Health, Journal of Adolescence*  
*Also: PLoSOne, Journal of Undergraduate Neuroscience Education, Sleep Medicine, Behavioral Sleep Medicine, Journal of Primary Prevention, Journal of Paediatrics and Child Health, Sleep and Breathing, Journal of Youth and Adolescence, Journal of Adolescent Health, Addictive Behaviors, Journal of Primary Prevention, Stress and Health, Education Sciences, Journal of Affective Disorders, Nutrient*

### External Reviewer

Sleep Research Society, American College Health Association,  
 Carleton College Psychology Department, St. Olaf College Psychology Department

Editor

*Nu Rho Psi News*, national neuroscience honorary society newsletter, 2013 – 2015

Committee Member

Midbrains Organizational Committee, the undergraduate neuroscience conference of the Midwest, 2008+  
Start School Later, Minnesota Chapter, 2015+

Consultant/Advisor

Start School Later/Healthy Hours non-profit, 2014+  
Science Approach, Neuroscience Advisor, 2012-2014  
American Medical Association, iCollaborative Pre-health Collection, Psychology content reviewer 2013-14