



## TCU's EXPERIMENTAL PSYCHOLOGIST

### Faculty Thoughts: Danica Knight



Are you tired of Zoom yet? I am. Don't get me wrong, I crave connection with students and colleagues, and I'm grateful to have the technology to do so. But it's draining to be on Zoom all day. Part of the reason is that online platforms don't give us the nonverbal and rhythmic interaction that is inherent in face-to-face conversations. Our video cameras are turned off or the image only captures our heads, so we miss body language that signals interest, boredom, confusion, etc. Our brains search for these cues and register even millisecond delays as unnatural, which means we work harder to communicate effectively. In a live classroom, instructors continually scan the room for these signals, which help them adjust classroom content, pace, energy level, etc. Without feedback, instructors can slip back into what's easy...long boring lectures. So how can you prevent this? Engage with faculty online by turning your video on, leaning in to the camera, smiling periodically, speaking up, and even emailing them with feedback about the content and activities that were engaging. It's the best antidote to Zoom fatigue!

### Publications

Brice, K.N., Hagen, C.W., Peterman, J.L., Figg, J.W., Braden, P.N., Chumley, M.J., & Boehm, G.W. (2020). Chronic sleep restriction increases soluble hippocampal A $\beta$ -42 and impairs cognitive performance. *Physiology & Behavior* 226, 1–5. <https://pubmed.ncbi.nlm.nih.gov/32791178/>

Conrad, S.E., Guarino, S., & Papini, M.R. (2020). Surprising nonreward and response effort: Extinction after progressive-ratio training in rats and pigeons. *Learning & Motivation*, 72, 101676. [https://www.sciencedirect.com/science/article/pii/S0023969020301697?dgcid=rss\\_sd\\_all](https://www.sciencedirect.com/science/article/pii/S0023969020301697?dgcid=rss_sd_all)

### Conference

Petursdottir, A.I., Oliveira, J.S.C.D., & Freitas, L. (2020). *Evaluating the efficiency of equivalence-based instruction in the laboratory*. American Psychological Association, Virtual Convention.

### Grants

Centanni, T. (2020). *Influence of letter size and spacing on the neural correlates of reading acquisition in Arabic script*. Sheikh Saud Bin Saqr Al Qasimi Foundation for Policy Research. Amount: \$5,717.

Knight, D. (2020). *Preventing opioid use among justice-involved youth as they transition to adulthood: Leveraging Safe Adults (LeSA)*. A joint IBR and KPICD project. National Institute of Health, 2020-2024. Amount: \$4,460,305.

### News Media

Sarah Hill was interviewed by *TCU Magazine/Fall 2020*, Psychology and the Pill. <https://magazine.tcu.edu/fall-2020/hormonal-birth-control-brain/>

### Advisor's Corner: David Weise ([d.weise@tcu.edu](mailto:d.weise@tcu.edu))

Please watch for an email from the Psychology Department in early October regarding advising for Spring 2021 enrollment.

