

Nathaniel J. Thom

Wheaton College
Biology Department
501 College Avenue
Wheaton, IL 60187
630-752-7112
nate.thom@wheaton.edu

EDUCATION

- Postdoc Naval Health Research Center, San Diego, California
Applied Neuroscience, 2009-2013
- Ph.D. The University of Georgia, Athens, Georgia
Exercise Science, 2005-2009
- M.S. The University of Georgia, Athens, Georgia
Exercise Science, 2003-2005
- B.S. The University of Wisconsin-Madison, Madison, Wisconsin
Biology, 1997-2001

PROFESSIONAL EXPERIENCE

Associate Professor – *Wheaton College – 2018-present*

- Teach Introductory & Advanced Neuroscience, Introductory & Advanced Cell Biology, and Anatomy and Physiology courses
- Director of the Brain Hygiene Lab

Assistant Professor – *Wheaton College – 2013-2018*

- Teach Introductory & Advanced Neuroscience, Introductory & Advanced Cell Biology, and Anatomy and Physiology courses
- Director of the Brain Hygiene Lab

Optibrain Consortium Member - *University of California-San Diego, 2009-2013*

- Responsible for design, implementation, data analysis, write-up, and publication of fMRI data related to the neurobiological correlates of elite performance under extreme stress
- Lead investigator responsible for setting up EEG lab to include combined EEG/fMRI

Stress Physiologist - *Naval Health Research Center, 2009-2013*

- Co-investigator for multiple projects designed to elucidate the neurobiological underpinnings of resilience
- Managed diverse team of professionals across academia, Department of Defense, and industry

Adjunct Assistant Professor - *Point Loma Nazarene University, Department of Biology, 2011-2013*

- Taught undergraduate Anatomy and Physiology courses

Clifford Gray Lewis Graduate Assistant - *University of Georgia, Department of Exercise Science, 2008-2009*

- Inter-departmental competitive Graduate Assistantship awarded to assist in dissertation completion

Franklin Foundation Neuroimaging Fellow - *University of Georgia, 2006-2008*

- University-wide competitive Graduate Fellowship awarded for neuroimaging training
- Lead investigator for multiple projects designed to evaluate the effects of acute and chronic exercise on behavior and brain structure and function

Graduate Laboratory Assistant - *University of Georgia, Department of Exercise Science, 2003-2009*

- Lead investigator for several projects designed to measure changes in peripheral psychophysiology after acute and chronic exercise
- Responsible for data analysis and write-up for National Cancer Institute funded project evaluating physical activity and nutrition behavior in a prospective cohort of multi-cultural Hawaiians
- Lead investigator evaluating effects of chronic activity-wheel running on brain neurochemistry and behavior in rodent models of psychopathology

Graduate Teaching Assistant – *University of Georgia, Department of Exercise Science, 2003-2005*

- Instructor for graduate/undergraduate exercise physiology laboratory
- Instructor for various physical education courses
- Facilitator for cardiac rehabilitation classes

Associate Research Specialist - *University of Wisconsin-Madison, Psychology, 2002-2003*

- Trained non-human primates to perform visual-spatial task while recording intracranial EEG
- Data acquisition, storage, and backup as well as computer maintenance and programming
- Supervised and trained undergraduate research assistants

Teaching Assistant - *The University of Wisconsin-Madison, Department of Kinesiology, 2001-2002*

- Lectured on the basics of applied exercise physiology
- Wrote, proctored, and graded examinations
- Aided in laboratory setup
- Advised, motivated, and mentored students

COURSES TAUGHT

- Stress and Flourishing? (CORE 341) – I developed this new course
- Neurobiology (BIOL 336) – I developed this new course
- Neurobiology of Stress (BIOL 315) – I developed this new course
- Foundations of Neuroscience (NEUR 241) – I helped develop this new course for the new neuroscience certificate program
- Cell and Developmental Biology (BIOL 362) – existing course
- Organization of Life: Genetics and Cell Biology (BIOL 241) – existing course
- Anatomy and Physiology II (BIOL 332) – lab only – existing course
- Concepts in Epidemiology (AHS 381) – existing course, but I modified it extensively in my second year
- Clinical Kinesiology (AHS 371) – existing course, but I completely revised it in my second year
- Wellness (AHS 101) – existing course
- Introduction to Biostatistics (AHS 281) – developed curriculum and gained approval, but never taught

COURSES TAKEN

- Advanced Faith and Learning Courses through Wheaton College:
 - Old Testament, Fall 2017 (taught by John Walton, Ph.D.)
 - New Testament, Spring 2018 (taught by Amy Peeler, Ph.D.)
 - Gender and Sexuality, Fall/Spring 2018/2019 (taught by Beth Felker-Jones, Ph.D.)
- Civil Liberties through edX via Princeton University, Fall 2018 (taught by Robert George, DPhil)

PROFESSIONAL HONORS – AWARDS, HONORS, INVITED TALKS, KEY PRESENTATIONS, GRANT FUNDING

AWARDS - * denote Wheaton College Students

- Junior Faculty Achievement Award, Wheaton College, 2018-2020. Provides course release and research support.
- 2nd place in the “Best Poster” competition at the Humanitarian Disaster Institute Conference: Hayley, P.*, Labus, M.*, Early, A.*, Hill, L.*, & Thom, N.J. (2016). The Relationship Between Heart-Rate Variability, Sleep, Resilience, and Behavioral Health Symptoms in a Sample of International Cross-Cultural Aid Workers
- Junior Faculty Development Program awardee, 2015/2016, \$3,800 for continued development as a teacher and scholar
- “Best Poster” in Wheaton College’s campus-wide competition: Early, A.*, Thom, N.J., Hunt, B., & Herring, M. (2015). Effect of Macronutrient Ingestion on Flow-Mediated Dilation: A Meta-Regression Analysis. (\$300 to Ms. Early)
- Junior Faculty Development Program awardee, 2014/2015, \$3,800 for continued development as a teacher and scholar

- “Best Paper: Health Sciences and Informatics”, 2013 award from SAIC Technical Fellows, \$5,000
- “Best Overall Paper, 2012” award from the SAIC Technical Fellows Council, \$7,500
- Clifford Gray Lewis Financial Assistance Award from the Department of Exercise Science, The University of Georgia, 2008, graduate stipend, tuition waiver
- Louise E. Kindig Research Award for best doctoral proposal, Department of Exercise Science, The University of Georgia, Athens Georgia, 2008, \$1000
- Franklin Foundation Fellowship for Neuroimaging from the Biomedical and Health Sciences Institute, The University of Georgia, 2006-2008, graduate stipend, \$8,000 for neuroimaging
- Travel funding from the College of Education at The University of Georgia, Athens, Georgia to present at the national American College of Sports Medicine meeting, 2006, Denver, CO, \$300

HONORS

- Opus: The Art of Work, Fellow, 2014/2015. Provided course release, vocational training, and funds for travel (\$2,000) and research (\$1,500)
- Invited to attend Wheaton College’s Leadership Council Luncheon (2014)
- Nominated to be an author for special “Physical Activity Across the Lifespan” series for the Lancet (2013)
- Invited to be the graduate representative for the University of Georgia’s College of Education Dean’s Student Advisory Committee (2008, 2009)

INVITED TALKS

Mental Health in Missions Conference, “Nuanced Resilience: What REALLY Matters for Cross-Cultural Workers”, Fall, 2018, Angola, IN

College Church Missions Festival, “Key Risk and Resilience Factors Among Missionaries: what do the missionaries say?”, Spring, 2018, Wheaton, IL.

College Church Missions Festival, “Promoting an Adaptive Response to Stress”, Fall, 2017, Wheaton, IL.

GLINTS training seminar, “Heart rate variability applications among missionary trainees”, Spring 2017, Wheaton, IL.

College Church Missions Festival, “Stress on the body and brain: Understanding your body so you can protect your brain”, Fall, 2016, Wheaton, IL.

Will County’s MAPP Collaborative Forum, “Collaborative opportunities at DuPage County Health Department” (2014)

Invited to Microcirculatory Mini-Symposium: Early, A.*, **Thom, N.J.**, Hunt, B., & Herring, M. (2015). Effect of Macronutrient Ingestion on Flow-Mediated Dilation: A Meta-Regression Analysis. Experimental Biology in Boston, MA.

KEY PRESENTATIONS

Naval Special Warfare Command Science Review, presentation of Naval Special Warfare related research projects to WARCOM's senior medical officer, CAPT Kerry Thomson, January 17th, 2013, San Diego, CA

Senior Subject Matter Expertise support for brief to the Assistant Commandant of the Marine Corps, 4-star General Joseph Dunford, Pentagon, March, 2012, Washington, DC

Office of Naval Research Technical Review, primary presenter of preliminary results to ONR's Senior Executive Service Program Director, Mr. George Solhan, March 16th, 2012, San Diego, CA

Senior Subject Matter Expertise support for brief to 2-star Admiral Niemeyer, Navy Bureau of Medicine, January, 2012, San Diego, CA

Senior Subject Matter Expertise support for brief to 2-star General Melvin Spiess, 1st Marine Expeditionary Force, January, 2012, Camp Pendleton, CA

CURRENT FUNDING

2018 (as Associate Professor)

External Funding

- Tyndale Foundation
 - Goal: Assess HRV as a screening tool for humanitarian aid workers
 - Role: PI
 - Award Amount: \$9,000
- Private Donation
 - Goal: to assist in the training and mentoring of undergraduates at Wheaton College
 - Role: PI
 - Award Amount: \$6,000

2017 (as Assistant Professor)

External Funding

- Tyndale Foundation
 - Goal: Assess HRV as a screening tool for humanitarian aid workers
 - Role: PI
 - Award Amount: \$9,000

Internal Funding

- Wheaton College, Student Summer Research in Residence, "Frontal Cortex Oxygenation after Acute Exercise During a Fatiguing Cognitive Task"
 - Role: PI

- Award Amount: \$1,000 to the PI; housing and \$3,500 stipend to the student researcher (Caryn Ausenhus)
- Wheaton College, Student Summer Research in Residence, “Frontal Cortex Oxygenation after Acute Exercise During a Fatiguing Cognitive Task”
 - Role: PI
 - Award Amount: \$500 to the PI; housing and \$3,500 stipend to the student researcher (Gunnar Goebel)
- Wheaton College, Student Summer Research in Residence, “EEG Correlates of Resilience Among Humanitarian Aid Workers”
 - Role: PI
 - Award Amount: \$500 to the PI; housing and \$3,500 to the student researcher (Jacqui Felcan)
- Wheaton College, Aldeen Grant for travel to Washington, DC to present our research at the National Society for Neuroscience meeting
 - Award Amount: \$2,460

PREVIOUS FUNDING

2016 (as Assistant Professor)

External Funding

- Humanitarian Disaster Institute, Sub-contract, “The Neurobiology of Growth after Trauma”
 - Goal: utilize neurobiological tools to evaluate brain and behavioral predictors of successful recovery from traumatic events
 - Role: subcontractor
 - Award Amount: \$16,000
- Private Donation
 - Goal: to assist in the training and mentoring of undergraduates at Wheaton College
 - Role: PI
 - Award Amount: \$5,000

Internal Funding

- Wheaton College, Student Summer Research in Residence, “Investigating the neurobiological impact of exercise on emotion”
 - Goal: Continue to analyze in-house EEG data and set up the new EEG system.
 - Role: PI
 - Award Amount: \$750 to the PI, housing and \$3,500 to the student researcher (Eunice Lim)
- Wheaton College, Student Summer Research in Residence, “Relationship between heart rate variability and resilience among aid workers”
 - Goal: Collect and analyze heart-rate variability and behavioral health data from aid workers
 - Role: PI
 - Award Amount: \$750 to the PI, housing and \$3,500 to the student researcher (Logan Hill)

2015 (as Assistant Professor)

External Funding

- College Church, Missions Board, travel to Antalya, Turkey to support missionary resilience research
 - Goal: To develop contacts within the missions culture that work in austere environments
 - Role: PI
 - Award Amount \$1,000

Internal Funding

- Wheaton College, Aldeen Funds Grant, Support to hire four research assistants
 - Goal: Train and mentor undergraduate students interested in doing research
 - Role: PI
 - Award Amount: \$2,000
- Wheaton College, Aldeen Funds Grant, Travel to Lahore, Pakistan
 - Goal: Collect heart-rate variability (HRV) and self-reports of behavioral risk and resilience factors among individuals working at a Christian University among a predominantly Muslim country.
 - Role: PI
 - Award Amount: \$1,100
- Wheaton College, Student Summer Research in Residence, “Electroencephalographic correlates of resilience among cross-cultural aid workers.”
 - Goal: Continue to analyze in-house EEG data and set up the new EEG system.
 - Role: PI
 - Award Amount: \$3,500 to the student researcher (Amy Early)
- Wheaton College, Student Summer Research in Residence, “Electroencephalographic correlates of resilience among cross-cultural aid workers.”
 - Goal: Continue to analyze in-house EEG data and set up the new EEG system.
 - Role: PI
 - Award Amount: \$3,500 to the student researcher (Kelly Ross)
- Wheaton College, Student Summer Research in Residence, “Electroencephalographic correlates of resilience among cross-cultural aid workers.”
 - Goal: Continue to analyze in-house EEG data and set up the new EEG system.
 - Role: PI
 - Award Amount: \$3,500 to the student researcher (Stephani Baker)
- Wheaton College, Student Summer Research in Residence, “Chemopreventive activity of phytochemical from *Aspalthus linearis* in colon cancer cells.”
 - Goal: Evaluate chemoprotective effects of natural extracts on the viability of colon cancer cells.
 - Role: PI
 - Award Amount: \$3,500 to the student researcher (Charles Nystrom)

2014–2013 (as Assistant Professor)

External Funding

- WEIKins, LLC, “Efficacy of the WEIKins Cooling Cap on Physical and Cognitive Performance.”
 - Goal: Test the effects of head-cooling on cycling performance in the heat
 - Role: Co-Principle Investigator
 - Award Amount: \$40,000
- Finalist, Intervarsity Emerging Scholars Network, Christian Scholars Foundation Grant
 - Goal: Analyze in-house EEG data
 - Role: PI
 - Award Amount: N/A

Internal Funding

- Wheaton College, Alumni Association Grant Program, “Enhancing Missionary Resilience using Epidemiological Tools.”
 - Goal: Describe the behavioral health risk and resilience factors associated with missions work
 - Role: PI
 - Award Amount: \$3,000
- Wheaton College, Aldeen Funds Grant, “Enhancing Missionary Resilience using Neuroscience Tools”
 - Goal: Measure brain-behavior correlates of resilience among missionaries serving in high-risk environments
 - Role: PI
 - Award Amount: \$7,500
- Wheaton College, Faculty Development Grant, Travel to Antalya, Turkey, and Colorado Springs, Colorado
 - Goal: gain a better understand of missionary culture and current efforts aimed at enhancing missionary resilience; recruit participants
 - Role: PI
 - Award Amount: \$1,500
- Wheaton College, Student Summer Research in Residence, “The effects of glucose ingestion on flow-mediated dilation: a meta-regression.”
 - Goal: Continue gathering key data from peer-reviewed articles on the effect of glucose on vascular parameters.
 - Role: PI
 - Award Amount: \$3,500 to the student researcher: Amy Early

2012–2009 (as a post-doc)

- Office of Naval Research and Navy Bureau of Medicine, “Neural Mechanisms of Mental Skills Resilience Training”
 - Goal: Utilize neuroscience tools to evaluate the effects of a placebo-controlled mental skills intervention designed to enhance resilience in Marines undergoing Basic Recon training
 - Role: Co-Investigator, Award Amount: ~\$1.1 million/year, August 2012- August 2014
- Defense Advanced Research Projects Agency (DARPA), “Performance and Evaluation during Close Quarters Combat Training”
 - Goal: Utilize psychophysiological tools to evaluate and measure the efficacy of close-quarters combat training for enhancing resilience
 - Role: Co-Investigator, Award Amount: ~\$400,000/year, August 2012- August 2015
- Office of Naval Research, “Neural Mechanisms of Mental Skills Resilience Training”
 - Goal: Utilize neuroimaging tools (i.e., fMRI) to evaluate the effects of an 8-week/20-hour mindfulness-based training program for active-duty Marines preparing for combat
 - Role: Co-Investigator, Award Amount: ~\$330,000/year, August 2010- August 2012
- Navy Bureau of Medicine, “Stress Inoculation Effects of Infantry Immersive Training”
 - Goal: Identify behavioral indices of resilience during operational training, and to evaluate the potential stress inoculation effects of real-time small unit immersive training facility utilized by active duty Marines preparing for combat deployment
 - Role: Co-Investigator, Award Amount: ~ \$1,500,000/year, August 2009-August 2012
- Office of Naval Research, “Bio-markers of Stress Inoculation During Immersive Training”
 - Goal: This study complements a study funded by Navy BUMED focused on infantry immersive training. The goal of this study is to evaluate bio-marker profiles and changes in cognitive function over the course of real-time immersive combat training in active-duty Marines preparing for combat deployment.
 - Role: Co-Investigator, Award Amount: ~\$300,000/year, August 2009-August 2012

PUBLICATIONS - *Asterisks denote Wheaton College students

As an Assistant Professor at Wheaton College

Walters, P., **Thom, N.J.**, Libby, K.*, Shelby, P.*, Azadian, A.*, Tannous, D.*, Sorenson, E.*, and Hunt, B. The Effect of Head Cooling on Aerobic Performance in the Heat. (2017). *Journal of Sports Science and Medicine*, Volume:(16), Pages:77-83.

Thom, N.J., Early, A.E.*, Hunt, B.E., Harris, R.A., & Herring, M.P. Eating and Arterial Function: a meta-analysis of the acute effects of meal consumption on flow-mediated dilation. (2016). *Obesity Reviews*, 17(11), 1080-1090.

Johnson, D.C., **Thom, N.J.**, Stanley, E.A., Haase, L., Shih, P.B., Thompson, W.K., Potterat, E.G., Minor, T.R., & Paulus, M.P. Modifying resilience mechanisms in at-risk individuals: A controlled study of mindfulness training in Marines preparing for deployment. (2014). *American Journal of Psychiatry*, 171(8), 844-853.

Haase, L., **Thom, N.J.**, Shukla, A., Davenport, P.W., Simmons, A., Paulus, M.P., & Johnson, D.C. Mindfulness-based training attenuates insula response to an aversive challenge. (2014). *Social, Cognitive, and Affective Neuroscience*. Epub.

Thom, N.J., Knight, J., Dishman, R.K., Sabatinelli, D., Johnson, D.C., & Clementz, B.A. Emotional scenes elicit more pronounced self-reported emotional experience and greater EPN and LPP modulation when compared to emotional faces. (2013). *Cognitive, Affective, and Behavioral Neuroscience*, 14(2), 849-860.

As a post-doc or graduate student

Thom, N.J., Johnson, D.C., Flagan, T., Simmons, A.N., Gillis, K., Kotturi, S., Van Orden, K.F., Potterat, E., Swain, J.L., & Paulus, M.P. (2012) Detecting emotion in others: increased insula and decreased medial prefrontal cortex activation during emotion processing in elite adventure racers. *Social, Cognitive, and Affective Neuroscience*. 9(2), 225-231.

Paulus, M.P., Flagan, T., Simmons, A.N., Gillis, K., Kotturi, S., **Thom, N.J.**, Johnson, D.C., Van Orden, K.F., Davenport, P.W., & Swain, J.L. (2012). The effects of non-hypercapnic breathing restriction on elite athletes: Behavioral and neural signature of optimal performers in extreme environments. *PlosOne*, 7(1), e29394.

Rooks, C.R., **Thom, N.J.**, McCully, K., & Dishman, R.K. (2010). Effects of incremental exercise on cerebral oxygenation measured by near-infrared spectroscopy: a systematic review. *Progress in Neurobiology*, 92(2), 134-150.

Dishman, R.K., **Thom, N.J.**, Rooks, C.R., Motl, R.W., & Nigg, C.M. (2010). Meeting the U.S. healthy people 2010 recommendations for physical activity: Agreement between two measures in a multi-ethnic cohort study. *Annals of Epidemiology*, 20(7), 511-523.

Dishman, R.K., **Thom, N.J.**, Puetz T.W., O'Connor, P.O., & Clementz, B.A. (2010). Effects of cycling exercise on vigor, fatigue and electroencephalographic activity among young adults who report persistent fatigue. *Psychophysiology*, 47(6), 1066-1074.

Thom, N.J., Holmes, P.V., & Dishman, R.K. (2009). Effects of exercise on male copulatory behavior after beta-adrenoreceptor blockade. *Brain Research Bulletin*, 79(6), 414-417.

Dishman, R.K., **Thom, N.J.**, Rooks, C.R., Motl, R.W., Matthai, C.M., & Nigg, C. (2009). Failure of post-action stages of the transtheoretical model to predict change in regular physical activity: A multi-ethnic cohort study. *Annals of Behavioral Medicine* 37(3), 280-293.

Imboden, M., Shi, F., Pugh, T.D., Freud, A.G., **Thom, N.J.**, Hank, J.A., Hao, Z., Staelin, S.T., Sondel, P.M., & Mahvi, D.M. (2003). Safety of IL-12 gene therapy against cancer: A murine biodistribution and toxicity study. *Human Gene Therapy*, 14(11), 1037-48.

PUBLICATIONS IN REVIEW

None at this time

PUBLICATIONS IN PROGRESS

Thom, N.J., Vankerhoff, T.*, Haase, L., Johnson, D.C., & Paulus, M.P. Neurobiological Correlates of Resilience: Elite Adventure Racers Show Improved Neural Efficiency When Inhibiting Unwanted Responses. *Final Prep; to be submitted to Cognitive, Affective, and Behavioral Neuroscience.*

Thom, N.J., O'Connor, P.J., Clementz, & Dishman, R.K. The effects of an acute bout of moderate intensity exercise on anger and EEG responses during elicitation of angry emotions. *Final Prep; to be submitted to Medicine and Science in Sport and Exercise.*

Thom, N.J., & Ross, K.* Behavioral and ERP responses to emotionally evocative images among high and low trait anger college age men. *Final prep; to be submitted to the International Journal of Psychophysiology.*

Thom, N.J. The Neurobiology of Vocation. *Final prep; to be submitted to Christian Scholars Review.*

ABSTRACTS

As an Assistant Professor at Wheaton College

Reyes, C.*, Thomas, H.*, Varberg, N.*, Herring, M.P., Campbell, M.J., & **Thom, N.J.** (2017). Effects of acute aerobic exercise on ocular measures of emotion processing during an emotional face perception task. Accepted for presentation at the national Society for Neuroscience meeting in Washington, D.C.

Hayley, P.*, Labus, M.*, Early, A.*, Hill, L.*, & **Thom, N.J.** (2016). The Relationship Between Heart-Rate Variability, Sleep, Resilience, and Behavioral Health Symptoms in a Sample of International Cross-Cultural Aid Workers. Presented at: Society for Neuroscience in Chicago, IL; Humanitarian Disaster Institute, Wheaton, IL; Society for Psychophysiological Research, Minneapolis, MN.

Ross, K.*, Addleman D.*, Early, A.*, Reyes, C.*, Baker, S.*, O'Hora, H.*, Phinney, R., Struthers, B., Whitney, H., & **Thom, N.J.** (2015). Behavioral and ERP responses to emotionally evocative images among high and low trait anger college age men. Society for Neuroscience in Chicago, IL.

Thom, N.J., & Hunt, B.E. (2015). Overweight and Obesity in DuPage County, Illinois: A Descriptive Ecological Study by FORWARD and a Christian perspective on the importance of physical activity. Christian Response to Global Health Issues. Medical Science Group at UPH Campus, Jakarta, Indonesia.

Early, A.*, **Thom, N.J.**, Hunt, B., & Herring, M. (2015). Effect of Macronutrient Ingestion on Flow-Mediated Dilation: A Meta-Regression Analysis. Experimental Biology in Boston, MA.

Thom, N.J., Sorenson, E.*, Libby, K.*, Azadian, A.*, Walters, P., & Hunt, B. (2015). The Effects of Selective Head-cooling on Performance and Energy and Fatigue after 40 Minutes of Aerobic Cycling Exercise in the Heat. American College of Sports Medicine in San Diego, CA.

Thom, N.J., Simmons, A.N., Johnson, D.C., Haase, L., Potterat E., Paulus, M.P. (2013). Elite Adventure Racers show improved efficiency in right middle frontal regions during stop-signal task, an fMRI investigation. Society for Neuroscience conference in San Diego, CA.

As a post-doc or graduate student

Haase, L., Shukla A., **Thom, N.J.**, Simmons, A., Davenport, P., Paulus, M., Johnson, D.C. (2013). Mindfulness-based training attenuates insula activation during an aversive interoceptive breathing load task in infantry marines. Society for Neuroscience conference in San Diego, CA.

Haase, L., Shukla, A., Johnson, D.C., **Thom, N.J.**, Stanley, E., Simmons, A., & Paulus, M.P. (2013). Mindfulness-based training alters brain activation during an emotion face processing task in infantry marines. Cognitive Neuroscience Society in San Francisco, CA.

Sterlace, S.R., Plumb, T.N., El-Kara, L., Van Orden, K., **Thom, N.J.**, Minor, T., & Johnson, D.C. (2012). Hormone regulation under stress: Recent evidence from Warfighters on the effectiveness of Mindfulness-based Mind Fitness Training on building stress resilience. Society for Neuroscience conference in New Orleans, LA.

Thom, N.J., Johnson, D.C., Flagan, T., Simmons, Kotturi, S., Van Orden, K.F., Potterat, E., & Paulus, M.P. (2011). Neural mechanisms of performance in extreme environments: Emerging evidence from warfighters and elite athletes. Society for Neuroscience conference in Washington, DC.

Thom, N.J., Flagan, T., Simmons, A.N., Gillis, K., Kotturi, S., Johnson, D.C., Van Orden, K.F., Davenport, P.W., Swain, J.L., & Paulus, M.P. (2011). Enhanced ventral anterior cingulate activation and reduced prefrontal cortex activation during emotion recognition task in elite adventure racers. Verbal Presentation at the National American College of Sports Medicine Meeting in Denver, CO.

Thom, N.J., O'Connor, P.J., Clementz, & Dishman, R.K. (2010). The effects of an acute bout of moderate intensity exercise on anger and EEG responses during elicitation of angry emotions. Verbal presentation at the National American College of Sports Medicine Meeting in Baltimore, MD.

Hascall, J., **Thom, N.J.**, Johnson, D.C., & Miller, P. (2010). Aerobic fitness, but not musculoskeletal fitness, is inversely associated with changes in perceived stress in a sample of Marines. Poster presentation at the National American College of Sports Medicine Meeting in Baltimore, MD.

Johnson, D.C., **Thom, N.J.**, Van Orden, K.F., & Paulus, M. (2009). Enhancing warfighter performance: Recent applications from cognitive & bio-psychosocial research. Presented at the Department of Defense Human Factors Engineering Technical Advisory Group meeting in Key West, FL.

Thom, N.J., Clementz, B.A., Puetz, T.W., O'Connor, P.J., & Dishman, R.D. (2009). Acute effects of cycling on mood and EEG in sedentary young adults with persistent fatigue. Presented at the National American College of Sports Medicine Conference in Seattle, WA.

Thom, N.J., Holmes, P.V., & Dishman, R.K. (2006). Effects of wheel running on male copulatory behavior and galanin mRNA in the medial preoptic area and locus coeruleus after β -adrenoreceptor blockade. Presented at the National American College of Sports Medicine Conference in Denver, CO.

OTHER SIGNIFICANT PROFESSIONAL ACTIVITIES

- Invited to judge graduate student poster submissions at the Chicago chapter meeting of the Society for Neuroscience (2017)
- Invited member for the “Data” and “Publishing” sub-committees for the FORWARD (Fighting Obesity Reaching healthy Weight Among Residents of DuPage county) program at DuPage County Health Department (2013-2015)
- Invited reviewer for abstracts for ACSM’s national conference (2011, 2014, 2015) and was also invited to be a Session Chair for the Psychology, Behavior, and Neurobiology Group (2014)
- Ad-hoc reviewer for the following journals: Biological Psychology, Cognition and Emotion, Frontiers in Human Neuroscience, Physiology & Behavior, Journal of Psychophysiology, Pharmacology, Biochemistry, & Behavior, PLOS One, Research Quarterly for Exercise and Sport, Regulatory Peptides, ACSM abstract submissions in the Psychobiology and Behavior group (2013-present)
- Consultant for set-up of high-density EEG equipment for Dr. Martin Paulus at UCSD and Dr. Phillip Tomporowski at UGA (2012 and 2009)

ADVISING

- 28 students in the last two years (including 23 Freshmen)
- Committee member, Jesse Peterson, Wheaton College Psy.D. candidate, Advisor: Ben Pyykkonen, Ph.D. As part of this project, I spent a considerable amount of time teaching several of Jesse’s research assistants how to collect high-density EEG data (2015-2016).
- Mentor, Honor’s Thesis, Doug Addleman, Wheaton College, Psychology, Advisor: Ray Phinney, Ph.D. (2015)
- Ad-hoc dissertation reviewer, Domonique Tolbert, Wheaton College PsyD candidate, Advisor: Richard Butman, Ph.D. (2014)

INSTITUTIONAL SERVICE

- Nominated for the Faculty Development Committee (2015)
- Military Affairs Committee (2013-present)
- Attended two week seminar on diversity and inclusion hosted by GEL
 - This ad-hoc committee will continue its work through the 2017-2018 year
- Passage faculty leader (2016 and 2017)
- Have closely mentored:
 - Twenty undergraduate research assistants in my lab (2013-present)
 - Taken thirteen of them to national professional meetings to present our research
 - Eight “Summer Research in Residence” students across multiple disciplines (AHS, Physics, and Biology)
 - Five summer research students from other universities (Wash-U, UIC, UCLA, Bates, Loyola)
- Developed and taught two sections of a legacy general education upper-level science course (2016-2017)
- Enrolled in First Year Seminar training course (2016)
- Worked as a Fellow for one year, and on the Theology of Vocation project for two years as part of Opus (2014-present)
- Serve as a faculty partner to the men’s soccer team (2015-present)
- Assisted in the development of the neuroscience certificate (2015/2016)
- Organized Biology department chapel (2015, 2017)
- Guest lectures:
 - Dr. Bill Struthers invited me to guest-lecture for his behavioral neuroscience course. I taught his psychology students about the basics of EEG signal generation and then demonstrated how to collect and analyze EEG data (2015).
 - I delivered two guest-lectures about meta-analysis to Dr. Richard Baybutt’s Research Methods Course (2013-2015)