

**Seminar Title: *Stress, Cognitive Control, and The Wandering Mind: Can Mindfulness Help?***

Held on: October 17, 2017

**Biography:**

Jonathan Banks, Ph.D., is an Associate Professor in the Department of Psychology and Neuroscience at NSU's College of Psychology. His research focuses on working memory, mind wandering, and attentional control. Specifically, he is interested in the role of working memory to control mind wandering and the impact of mind wandering on current task performance. Dr. Banks' research also examines the impact of acute and chronic stress on cognitive function and is examining mechanisms responsible for stress related working memory and executive functioning impairments. In this line of research Dr. Banks is interested in interventions that may alter the impact of stress and impact cognitive functioning, including mindfulness meditation.