

P.J. Stilson

Curriculum Vitae

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Education

August 2019 - May 2025

B.S. Neuroscience

Washington State University, Pullman, WA

Research Experience

Washington State University

August 2025- Present

Social, Cognitive, and Environmental Neuroscience

Lab Manager

Supervisor: Dr. Kim Meidenbauer

- Under the lab director, conducts research to assess the impact of heat on cognition and emotional states using experimental methodologies
- Consents and runs participants through a multi-session (2 hours per session) in person study as lead experimenter
- Spearheading a sub-study that investigates heat's effects on effort and motivation using the data collected from 80 participants
- Mentors and trains other undergraduates on running experiments, monitoring data quality, and maintaining organization lab
- Provides extensive support for lab activities and graduate student projects
- Reviewed and checked REDCap pre-screener survey responses for eligible participants and checked for spam responses
- Enter and manage data regarding the study and ensure quality checking
- Train and supervise new research assistants; direct daily workflow and ensure adherence to study protocols
- Lead lab meetings to coordinate research activities, review progress, and address challenges
- Recruit, interview, and screen potential participants; determine eligibility based on established inclusion/exclusion criteria
- Schedule study sessions and coordinate logistics with study staff to facilitate efficient data collection
- Collect, monitor, and verify behavioral and physiological data both in-lab and through remote protocols (e.g., ecological momentary assessment)
- Ensure accuracy and integrity of research data through regular quality control checks and adherence to institutional protocols
- Assist in designing and modifying study procedures for improved data collection and management

- Use statistical and database management programs to analyze data and prepare reports, graphs, tables, and figures
- Support preparation of IRB applications, consent forms, and progress reports to maintain compliance with human subjects research regulations
- Collaborate with investigators to plan studies and summarize findings in narrative reports and visual presentations

August 2025 - Present

Gross & Microanatomy Student Assistant
Supervisor: Dr. Edward Johnson

- Manage and preserve cadaver specimens to ensure optimal condition for teaching and research purposes
- Instruct and assess students in human anatomy through hands-on cadaver-based learning
- Maintain a safe, organized, and hygienic laboratory environment in compliance with institutional standards
- Proctor written and practical examinations to ensure fairness, integrity, and adherence to testing protocols

Washington State University

January 2024 – August 2025

Social, Cognitive, and Environmental Neuroscience
Research Assistant
Supervisor: Dr. Kim Meidenbauer

- Under the lab director, conducts research to assess the impact of heat on cognition and emotional states using experimental methodologies
- Consents and runs participants through a multi-session (2 hours per session) in person study as lead experimenter
- Spearheading a sub-study that investigates heat's effects on effort and motivation using the data collected from 80 participants
- Mentors' and trains other undergraduates on running experiments, monitoring data quality, and maintaining lab organization
- Provides extensive support for lab activities and graduate student projects
- Reviewed and checked REDCap pre-screener survey responses for eligible participants and checked for spam responses
- Enter and manage data regarding the study and ensures quality checking
- Conducts literature reviews for ongoing studies including for an NIH Grant examining temperature's impact on Alzheimer's and other related dementias

June 2024 - Present

Cognition, Aging and Temperature Research Assistant
Supervisor: Dr. Kim Meidenbauer & Maureen Schmitter-
Egdecombe

- Under the lab manager, conducted consent review via phone calls with participants
- Instructed participants how to use at home devices used for study with older adults
- Entered data and revised REDCap data frame for study organization
- Coordinated with partner research lab on project management and study deployment

Hardware and Software Experience

- RedCap
- Canva
- Zoom
- Microsoft, Excel, Word, Teams, PowerPoint
- Calera Greentag Research Tool
- OmniSense Research Tool
- R
- Muse EEG Research Tool

Research Training

- Participated in GSUR program from summer 2024 to spring 2025
 - Trained in gerontechnology research methods
 - Paid research assistant \$3,000 per semester
- CITI Training
- Heat stress safety training

Publications

Santiago, I. M., Freeman, T. R., Lutz, E. T. H., **Stilson, P. J.**, Doell, K. C., & Meidenbauer, K. L. (2025, Under Review). Does empathy mediate the relationship between personality and nature connectedness? A replication of DiFabio and Kenny (2021) in a representative U.S. sample. *Stage 1 registered replication under revision at Journal of Personality*.

Preprints & Manuscripts Under Review

Meidenbauer, K. L., Luna, C. M., **Stilson, P. J.**, Santiago, I. M., Cook, D., Schmitter-Edgecombe, M. (2025). Temperature discomfort impairs everyday cognition: A pilot study using smartwatch-based ecological momentary assessment. https://doi.org/10.31234/osf.io/2xyge_v1

Meidenbauer, K. L., Freeman, T. R., **Stilson, P. J.**, Hubbard, K. M., Choe, K. W., & Berman, M. G. (2026). Boiling Points: Evaluating State and Trait Predictors of Heat-induced Reactive Aggression. https://osf.io/preprints/psyarxiv/a2jzf_v1

Poster Presentations

Stilson, P. J., Lutz, E.T.H., Freeman, T. R., Meidenbauer, K. L., Cuttler, C. (Upcoming May 2026). "Musing about Personality: An Examination of Conscientiousness and Use of Music as an Emotional Regulation Strategy"[Conference presentation], *Western Psychological Association (WPA)*, Tacoma, WA

Freeman, T. R., **Stilson, P. J.**, Hubbard, K. M., & Meidenbauer, K. L.(Upcoming, May 2026). "Emotional Granularity and Psychological Vulnerability to Heat Stress" [Formal Paper Presentation] *Western Psychological Association*, Tacoma WA.

McKim, E., **Stilson, P. J.**, Schmitter-Edgecomb, M., Cook, Freeman, T.R., Meidenbauer, K. L. (Upcoming May 2026), "Beyond Rural-to-Urban: Examining Effects of Neighborhood Greenspace on Healthy Aging". [Conference presentation]. *Western Psychological Association (WPA)*, Tacoma, WA.

Allen, L.N., Freeman, T.R., **Stilson, P. J.**, Hubbard, K. M., Meidenbauer, K. L. (Upcoming May 2026), "Steady in the Heat: Conscientiousness as a Moderator of Thermal Stress Responses" [Conference Presentation]. *Western Psychological Association (WPA)*, Tacoma, WA.

Gauntney, R., Freeman, T. R., **Stilson, P. J.**, Hubbard, K. M., Meidenbauer, K. L. (Upcoming May 2026), "How to Handle the Heat: Exploring Regulation Strategies in Heat Stress" [Conference presentation], *Western Psychological Association (WPA)*, Tacoma, WA

Hatipoglu, D., Freeman, T. R., **Stilson, P. J.**, Hubbard, K. M., Meidenbauer, K. L. (Upcoming May 2026), "Does Personality Make Some People More Aggressive in the Heat?" [Conference presentation], *Western Psychological Association (WPA)*, Tacoma, WA

Stilson, P. J., Lutz, E.T.H., Freeman, T. R., Meidenbauer, K. L., Cuttler, C. (Upcoming March 26th, 2026)"Musing about Personality: An Examination of Conscientiousness and Use of Music as an Emotional Regulation Strategy"[Poster presentation], *Academic Showcase*, Washington State University, Pullman, WA

Meidenbauer, K. L., Freeman, T. R., **Stilson, P. J.**, Hubbard, K. M., Choe, K. W., & Berman, M. G. (Upcoming February 26–28, 2026). *In the heat of the moment: Trait impulsivity increases reactive aggression during an experimental stress induction* [Conference presentation]. *Society for Personality and Social Psychology Annual Convention*, Chicago, IL

Freeman, T. R., **Stilson, P. J.**, Hubbard, K. M., & Meidenbauer, K. L. (Upcoming Feb 26th – 28th, 2026) "Some don't like it hot: An experiment examining personality as a predictor of worsening affect when undergoing heat stress", [Conference presentation]. *Society of Personality and Social Psychology*, Chicago, IL.

Stilson, P. J., Freeman, T. R., Schmitter-Edgecomb, M., Cook, D.J., Minor, B. D., Meidenbauer, K. L. (April 23rd, 2025), “Feeling the Heat: Cognition, Aging, and Thermal Comfort” [Poster Presentation] *WSU Psychology Undergraduate Research Symposium*, Washington State University, Pullman, WA

Doyle, A. D., Freeman, T. R., **Stilson, P. J.**, Hubbard, K. M., Meidenbauer, K. L. (April 23rd, 2025) "It's too hot, don't you agree? Agreeableness as a predictor of comfort and affect in heat stress" [Poster presentation], *WSU Psychology Undergraduate Research Symposium*, Washington State University, Pullman, WA

Hamilton, C. J., Freeman, T. R., **Stilson, P. J.**, Hubbard, K. M., Meidenbauer, K. L. (April 23rd, 2025) “Is it hot in here? I had not noticed: Exploring psychological coping mechanisms in heat stress.” [Poster presentation], *WSU Psychology Undergraduate Research Symposium*, Washington State University, Pullman, WA

Wilkinson, A., Freeman, T. R., **Stilson, P. J.**, Hubbard, K. M., Meidenbauer, K. L. (April 23rd, 2025) "Coping or Compounding? Alcohol Use in Evaluating Response to Heat-Induced Stress" [Poster presentation], *WSU Psychology Undergraduate Research Symposium*, Washington State University, Pullman, WA

Hubbard, K. M., Freeman, T. R., **Stilson, P. J.**, Meidenbauer, K. L. (2025, April 23rd) “Exploring the impact of temperature, personal preferences, and BMI on heat stress perception and comfort” [Poster presentation], *Washington State Psychology Undergraduate Research Symposium*, Washington State University, Pullman, WA

Z. M. Hughes, E. T. H. Lutz, T. R. Freeman, C. J. Hamilton, **P. J. Stilson**, K. M. Hubbard, K. L. Meidenbauer (April 23rd, 2025), “Hot and Bothered: Exploring the Link Between Cannabis Consumption and Heat-Related Coping Mechanisms” [Poster Presentation] *WSU Psychology Undergraduate Research Symposium*, Washington State University, Pullman, WA

Santiago, I. M., Freeman, T. R., Lutz, E. T. H., **Stilson, P. J.**, Meidenbauer, K. L., (April 23rd, 2025) “Does empathy mediate the relationship between personality and nature connectedness? A replication of Di Fabio and Kenny (2018) in a US representative sample” [Poster presentation], *WSU Undergrad Research Symposium*, Washington State University, Spokane, WA

Stilson, P. J., Freeman, T. R., Hubbard, K. M., Meidenbauer, K. L. (April 15th, 2025) “Too Hot to Think: Exploring ambient temperatures impact on effort and motivation” [Poster presentation], *WSU Health Research Symposium*, Washington State University, Spokane WA

Stilson, P. J., Freeman, T. R., Hubbard, K. M., Meidenbauer, K. L. (March 24th, 2025) "Examining the Effects of Elevated Ambient Temperature on Motivation, Cognitive Effort, and Performance" [Poster presentation], *Showcase for Undergraduate Research and Creative Activities (SURCA)*, Washington State University, Pullman WA

Hubbard, K. M., Freeman, T. R., **Stilson, P. J.**, Meidenbauer, K. L. (March 24th, 2025) “Exploring the Influence of Temperature Preferences and Acclimatization on Thermal Comfort and Perceptions in Controlled Heat Exposure” [Poster presentation], *Showcase for Undergraduate Research and Creative Activities (SURCA)*, Washington State University, Pullman WA

Hamilton, C. J., Freeman, T.R., **Stilson, P. J.**, Hubbard, K. M., Meidenbauer, K. L. (March 24th, 2025) “Is it hot in here? I had not noticed: Exploring psychological coping mechanisms in heat stress.” [Poster presentation], *Showcase for Undergraduate Research and Creative Activities (SURCA)*, Washington State University, Pullman, WA

Stilson, P. J., Freeman, T. R., Schmitter-Edgecomb, M., Cook, D.J., Minor, B. D., Meidenbauer, K. L. (August 2nd, 2024), “Examining the effects of ambient temperature on cognitive performance in older adults. [Poster Presentation] *Summer Undergraduate Research Symposium*, Washington State University, Pullman, WA

Relevant Work Experience

July 2024- June 2025

Concessions Supervisor
Washington State University
Pullman, WA

- Supervise and coordinate concessions staff, ensuring smooth operations during high-traffic events.
- Manage inventory levels and product distribution across multiple stands.
- Troubleshoot and resolve equipment malfunctions to maintain efficiency.
- Provide leadership and train new team members to improve customer service and workflow.

August 2023- July 2024

Concessions Worker
Washington State University

- Operated and maintained the grill station, ensuring food was cooked to proper standards and served efficiently.
- Assisted in training new fryer staff, providing guidance on proper cooking techniques, safety procedures, and efficiency strategies.
- Monitored and replenished prepared food levels to ensure the front counter had adequate supply during peak hours.
- Maintained cleanliness and organization of the kitchen, fryer, and grill areas, adhering to food safety and sanitation protocols.
- Worked collaboratively with a fast-paced team to coordinate food production and service, ensuring smooth operations during busy events.

March 2022- October 2023

Team Member
Jack in the Box,
Pullman, WA

- Operated fryer, grill, and drive-thru stations, ensuring fast and efficient food preparation during peak hours.
- Managed high-volume drive-thru orders, maintaining accuracy and speed while providing excellent customer service.
- Prepared and bagged food orders according to company standards, ensuring quality control and presentation.
- Performed regular deep cleaning of kitchen equipment and workstations to maintain health and safety compliance.
- Worked in a fast-paced team environment, adapting to changing demands and multitasking effectively.