

John James Shaw

Division of Psychology, School of Applied Social Sciences, De Montfort University, Leicester

Telephone: +44 (0)116 366 4231 Email: john.shaw@dmu.ac.uk

CURRENT EMPLOYMENT

Lecturer in Psychology (Sleep)

De Montfort, May 2019-Present

PREVIOUS EMPLOYMENT

Teaching Fellow in Psychology

University of Aberdeen, September 2018-April 2019

EDUCATION

PhD in Psychology/ Department of Psychology Teaching Studentship

Lancaster University, October 2014 – March 2018

Supervisors: Professor Padraic Monaghan, Professor John Towse

Thesis title: '*The influence of sleep on consolidation of multi-item bound events*'

MSc Psychological Research Methods- Pass with Merit

Lancaster University, October 2013- September 2014

BA (Hons) Organisation Studies and Psychology- Upper Second Class

Lancaster University, 2010-2013

PGCert in Higher Education Learning & Teaching- Pass with Merit

University of Aberdeen, September 2018-May 2019

PUBLICATIONS

Hartley, C., Harrison, N. & Shaw, J.J. Does Autism Affect Children's Identification of Ownership and Defence of Ownership Rights?. *J Autism Dev Disord* (2021). <https://doi.org/10.1007/s10803-021-04872-6>

Shaw, J. J., & Monaghan, P. (2017), Lateralization of sleep spindles relate to false memory generation, *Neuropsychologia*, 107, 60-67. <https://doi.org/10.1016/j.neuropsychologia.2017.11.002>

Monaghan, P., Shaw, J. J., Ashworth-Lord, A., & Newbury, C. R. (2017). Hemispheric processing of memory is affected by sleep. *Brain & Language*, 167, 36-43. doi:10.1016/j.bandl.2016.05.003

Shaw, J. J., Monaghan, P., & Urgolites, Z., (*under review, Cognition*), Effect of sleep on memory for binding different types of visual information. Preprint available at <https://doi.org/10.31234/osf.io/5zwc7>

Shaw, J. J., Monaghan, P., & Urgolites, Z., (*to be submitted, Journal of Cross Cultural Psychology*), Effect of culture on memory for binding different types of visual information. Preprint available at <https://doi.org/10.31234/osf.io/sgkec>

Shaw, J. J., & Bisson, M.-J., (in prep). Sleep's role in the consolidation of Statistical Concepts (*Working Title*)

Newby, S., Chapman, L., Bell, K., Bower, J., Shaw, J. J., Social Media Use influences sleep quality in preadolescents (*to be submitted, Journal of Adolescence*)

GRANTS

Institute of Psychological Science Fund, De Montfort University (December 2020) £1083.75

The British Psychology Society, BPS Cognitive Section Bursary for Conference Attendance (August, 2016) £595

The Experimental Psychology Society, Grindley Grant for EPS conference Attendance (Jan, 2016, July 2017)

The Experimental Psychology Society, Grindley Grant for International conference (Sept, 2016) £500

FST Graduate School Travel grant for International Conference (Sept, 2016) £350

PsyPAG International Travel Bursary (Oct, 2016) £200

Lancaster University FST Teaching Development Grant (October, 2016)

Grant to attend workshops in order to improve my own teaching methods and supply these to the department £1625

GRANTS IN PREP

The role of sleep in numerical cognition consolidation Nuffield Foundation. Collaboration with Marie-Josée Bisson (*De Montfort University*) Estimated value of £240 000.

How do children with ASD learn vocabulary from story books before bed time? Collaboration with Calum Hartley, Padraic Monaghan (*Lancaster University*), and Laura Hobbs (*University of the West of England*). To be submitted as an ESRC Open Research Grant. Estimated value of £400 000.

EARLY PROJECT DEVELOPMENT

Can Wakeful rest aid in forming association in Dementia? Collaboration with Trevor Crawford (*Lancaster University*).
Intention to submit as an ESRC Open Research Grant or as a PhD Studentship

Sleep factors in cyberpsychology. Collaboration with Lee Hadlington (*Nottingham Trent University*)
Interested in looking at the sleep factors that can influence a person's susceptibility to cybercrime (e.g. phishing).

PAPERS PRESENTED AT SCIENTIFIC MEETINGS

Shaw, J. J., Monaghan, P., & Urgolites, Z., (April 2020), The Impact of Sleep on the Binding of Actions, Objects and Scenes in Visual Long-Term Memory: Can repeated viewings help?, EPS (*online*)

Shaw, J. J., Monaghan, P., & Urgolites, Z., (January, 2017), The Impact of Sleep on the Binding of Actions and Scenes in Visual Long-Term Memory: Can repeated viewings help?, SARMA XII, Sydney, Australia.

Shaw, J. J., Monaghan, P., & Urgolites, Z., (August, 2016), The Impact of Sleep on the Binding of Objects and Scenes in Visual Long-Term Memory, BPS Cognitive Section Annual Conference, Barcelona, Spain

Monaghan, P., Shaw, J. J., Ashworth-Lord, A., & Newbury, C. (January, 2015). Hemispheric processing of memory is affected by sleep. UK Sleep, Memory, and Language Meeting. Royal Holloway, United Kingdom

POSTERS PRESENTED AT SCIENTIFIC MEETINGS

Shaw, J. J., & Monaghan, P., (July, 2017), Left Hemisphere Sleep Spindles Protect Against False Memories, Cardiff University Brain Research Imaging Centre Workshop, Cardiff, United Kingdom

Shaw, J. J., & Monaghan, P., (May, 2017), Left Hemisphere Sleep Spindles Protect Against False Memories, Experimental Psychology Society Reading Meeting, Reading, United Kingdom

Shaw, J. J., Monaghan, P., & Urgolites, Z., (January, 2016), The Impact of Culture on the binding of Actions, Objects and Scenes in Visual Long-Term Memory, Experimental Psychology Society Conference, London, United Kingdom

Shaw, J. J., Monaghan, P., & Urgolites, Z., (December, 2015), The Impact of Culture on the binding of Actions, Objects, and Scenes in Visual Long-Term Memory, Lancaster University Faculty of Science and Technology Conference
Lancaster, United Kingdom

PUBLIC ENGAGEMENT ACTIVITIES

I'm A Scientist (June 2021- July 2021)

Part of the Psychology Zone. Interacted with school children aged 10-18 on the topic of psychology/science more generally via their online platform. Voted Scientist of the Zone by the students.

Partnership with Jysk (2019-2020)

Worked as a consultant with Jysk (Retailer) in promoting a public sleep campaign. The campaign aimed to promote sleep hygiene across the general public. Roles include acting as a consultant on promotional material in order to include current research findings, writing blog posts on current research to a general audience, and development of a research project involving measuring sleep activity in the CEO, two junior doctors, and a paralympic athlete.

<https://cabinet-maker.co.uk/jysk-appoints-sleep-doctor/>

<https://jysk.co.uk/blog/festival-sleep-day>

<https://jysk.co.uk/blog/5-reasons-why-you-should-read-book-bedtime>

<https://jysk.co.uk/blog/say-goodbye-broken-sleep>

<https://jysk.co.uk/blog/5-tips-how-wake-easier>

Online articles

Naps Can Make Our Brains "Remember" Things That Never Happened

Yahoo! UK and Ireland (Web), 09/05/2018, Unattributed

a visual field available to only one brain hemisphere at a time. If you blinked, you missed the word, said lead study author John Shaw, a psychology doctoral student at Lancaster University in England. But this wasn't to be annoying, he added; if the words stayed on the screen for longer, then participants' eyes would adjust so that both hemispheres could
<http://links.precise-media.co.uk/ProcessURL.aspx?ID=444828344>

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<http://links.precise-media.co.uk/ProcessURL.aspx?ID=444828381>

A daytime nap enhances FALSE memories in the brain causing you to believe you saw things that you didn't, study finds

Daily Mail

http://www.dailymail.co.uk/health/article-5678493/A-daytime-nap-enhances-FALSE-memories-brain-study-finds.html#provider_opoint

Naps Can Make Our Brains 'Remember' Things That Never Happened

livescience.com

<https://www.livescience.com/62460-naps-brain-false-memories.html>

Radio Interviews

Featured on BBC Radio Lancashire's Morning show to discuss the role of sleep in false memories (November 2017).

Featured on BBC Radio Lancashire's Afternoon show to discuss the role of sleep in child development (March 2018).

Featured on BBC Radio Leicester Morning show to how sleep changes in adolescence, and how can parents adapt (July 2019).

Featured on BBC Radio Leicester Late Night show discussing detrimental effects of sleep deprivation (September 2019).

TEACHING EXPERIENCE

De Montfort University, May 2019-Present

PSYC3033- Employability Skills and Psychology

Module Leader/Lecturer

Delivered 6 lectures on topics related to employability and post-degree job market, including sourcing jobs, how to apply psychology to the job market, and interview technique.

Developed 2 new assessments for the module based on data and feedback from previous years in order to accommodate COVID-19 changes to University running.

New assessments now being developed into a case study in collaboration with library services.

PSYC2013- Research Methods

Practical Tutor

Taught lab classes on Qualitative and Quantitative research methods. Assigned student projects.

PSYC2092- Cognitive Psychology

Lecturer/Practical Tutor

Lecture on Semantic Memory, Problem Solving, change- and inattention-blindness. Contributed Essay and MCQ to the final exam

Practicals focused on PsychoPy, created materials (assessment, PsychoPy Guide) for use across the module

PSYC2091- Biopsychology

Guest lectured on Sleep

PSYC3000- Dissertation Project

Supervising 8 students for undergraduate thesis focused on sleep & cognition, sleep and mental health, anxiety through social media usage in primary school population and how it can affect sleep.

PSYC5602: Mind, Body, and Health

Lecturer

Lectured and delivered seminars on the topic of sleep and stress at postgraduate level

PhD Supervision

Supervisor to a PhD student on the topic 'Impact of social media on sleep quality in preadolescents'

Administrative Roles

Personal tutor (20+ students)

Member of the Ethics Committee

Module Coordinator (PSYC3033)

Year Coordinator: Year 3

Pastoral support

Extensions

Coordinating across module leaders for smooth running of the year.

Organisation of student-based employability events

Initiated fortnightly 'Y3 Coffee and Catch up' social event with students

Co-Organiser of Open Science group within the department

Teaching Fellow in the Department of Psychology

Aberdeen University, September 2018-May 2019

PS1509- Introductory Psychology: Concepts and Theories

Created and developed 5x lectures on Developmental Psychology

PS2017/2517- Advanced Psychology B: Concepts and Theories

Created materials and led seminars and workshops on the three areas of Cognition and Language, Personality & Social Psychology, and Perception

PS2018/2518- Advanced Psychology B: Methods and Applications	Created materials and led research practicals focused on statistics and research methods
PS3518- Developmental Psychology	Lectured and created materials for Seminars
PS5517- Developmental Psychology (MSc)	Lectured and created materials for Seminars. Seminar material covered Developmental Psychology, study skills, and Open Science practices
PS3015/3522- Methodology B	Lectured on Statistics, worked with lab groups for term-long projects
PS3011: Psychological Assessment	Led seminars with small groups (20 students) focused on the forms of assessments used by chartered psychologists.
PS4019 Undergraduate Thesis Supervision	Supervised 4 students for thesis. Topics include Sleep and False Memory generation, Sleep and Eyewitness Testimony, Wakeful Rest and Numerical Cognition, and Wakeful Rest and False memory generation

Seminar Tutor and Lab Demonstrator in the Department of Psychology

Lancaster University, 2014-2018

Modules taught:

PSYC101 Introduction to Psychology	Taught seminars
PSYC102 Investigating Psychology	Teaching Assistant for 1 st year skills and analysis statistics labs
PSYC204 Research Methods: Experimental Methods in Psychology	Teaching Assistant for 2 nd year skills and analysis statistics labs

PSYC214 Statistics

Teaching Assistant for 1st year statistics labs

PSYC214 Statistics Surgery

PSYC401 MSc Statistics

Teaching Assistant for MSc level statistics labs

Academic Research Trip to Sunway University, Malaysia

Lancaster University, March 2015

Designed a week-long course, including 5x 1 hour lectures covering my own topic alongside lectures on ethics, study design (including programming), and statistics presented to both Lancaster University and Sunway University undergraduates (1st – 3rd years) in order to run a research trip.

Academic Tutor for LUSU Summer School for A Level Students

Lancaster University, July 2015

Taught 15 A-level students an introduction to University-level Psychology covering Cognitive, Neuropsychology, Developmental and Social Psychology. Designed and taught 4x 3 hour workshops designed to get A-level students engaged in University level thinking alongside a final assignment and presentation.

PhD Tutor for The Brilliant Club

The Brilliant Club Charity, 2016-Present

The role involves designing a 6-week course based upon my own research and teaching it to high school or A level students. It consisted of 6 x 90 minute self-designed classes and a final, 2000 word assignment created and marked by me. For this I created two different courses: 'Memory: Can we trust it?' And 'Sleep: The lost 200 000 hours'. In this role, I have taught once at Key Stage 3, twice at Key Stage 4 level, and once at A level. The programme designed around sleep has since been adopted by the Brilliant Club and taught by other tutors across the country.

INVITED PRESENTATIONS

Invited Speaker at The Brilliant Club Graduation Ceremony

The Brilliant Club Charity, September, 2016

Invited to give a 1hour lecture for graduates of the Brilliant Club Scholars Programme. Topic of the lecture was on my own research targeted at children aged between 12-17 years old.

Invited Speaker at The Brilliant Club Training Weekend

The Brilliant Club Charity, September, 2016

Invited to give a 1hour lecture for the new PhD tutors of the Brilliant Club Scholars Programme. Topic of the lecture was an introduction to my own topic that they would be teaching, my experience of teaching

PROFESSIONAL AFFILIATIONS

- * **Fellow of the Higher Education Academy**
- * Chartered Member of Society for the Applied Research in Memory and Cognition (SARMAC)
- * PSYPAG North West Branch Representative (July 2016- July 2017)
- * Member of the PSYPAG Bursary Award Committee (July 2016- July 2017))
- * Committee member of the BPS North West Branch (July 2016- July 2017)
- * Reviewer for the PsyPAG Quarterly Journal (July 2016- July 2017)
- * Applied for membership of Experimental Psychology Society (March 2021)

RELEVANT SKILLS AND EXPERIENCE

- * **Module leader for PSY3033: Employability Skills and Psychology**
- * **Year 3 Coordinator**
- * Currently serving as personal tutor to 20+ students (1st-MSc level)
- * **Nominated for the University of Aberdeen's Undergraduate Lecturer of the Year 2018-2019**
- * Proficient user of SPSS, R, JASP, and PsychoPy software.
- * **Experience with using Polysomnography systems (Embla N7000), REMLogic, and Actigraphy software (Actigraph and AMI micro motionlogger and associated software)**
- * Postgraduate Researcher Representative for Lancaster University
Psychology Department (October 2015- September 2017)
 - * Postgraduate Representative for Lancaster University Faculty of Science and Technology's Ethics Committee (September 2016- August 2018)
- * Course Representative for the Lancaster University Support Learning Programme (October 2015- October 2016)
- * Organised Annual Postgraduate Conference for Lancaster University
Psychology Department (October 2015- September 2017)
- * Volunteer in large conferences hosted at Lancaster, including 5th Implicit Learning Seminar and AMLaP 2017.
- * Assistant Dean for Grizedale College, Lancaster University. Role involved being a part of the Senior College staff and being involved in college level administrative decisions. (August 2013- August, 2015)
- * Student Advisor in Grizedale College, Lancaster University (August 2013- 2018)
- * Holder of a full driver's licence
- * Lancaster region Psychology in the Pub coordinator in association with BPS

NW Division (July 2016- July 2017)