

# DR. JETTE VÖLKER

University of Mannheim • Department of Psychology • Work and Organizational Psychology  
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jette.voelker@uni-mannheim.de  
(April 2025)

## EDUCATION

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|------|---|
| 2023 | <b>Ph.D. in Psychology (Dr. rer. soc.)</b><br><i>summa cum laude</i><br>University of Mannheim, Germany |
| 2019 | <b>Master of Science in Psychology (M.Sc.)</b><br>Ulm University, Germany                               |
| 2017 | <b>Bachelor of Science in Psychology (B.Sc.)</b><br>Ulm University, Germany                             |

## CAREER HISTORY

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|-------------------|--|
| 10/2023 – Present | <b>Postdoctoral Researcher and Lecturer</b><br><i>Chair of Work and Organizational Psychology</i><br>University of Mannheim, Germany     |
| 10/2019 – 09/2023 | <b>Graduate Research and Teaching Assistant</b><br><i>Chair of Work and Organizational Psychology</i><br>University of Mannheim, Germany |
| 08/2017 – 09/2019 | <b>Student Research Assistant</b><br><i>Department of Social Psychology</i><br>Ulm University, Germany                                   |
| 10/2016 – 07/2017 | <b>Working Student</b><br><i>International Recruitment</i><br>people-s-place GmbH, Ulm, Germany  |

## RESEARCH INTERESTS

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- Work-nonwork interface
- Health and well-being at work
- Interpersonal processes at work

## GRANTS

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| 2025 | <b>Travel Grant</b> to attend the 85 <sup>th</sup> Annual Meeting of the Academy of Management in Copenhagen, Denmark<br><i>Research Fund, University of Mannheim</i>   |
| 2025 | <b>Travel Grant</b> to attend the 22 <sup>nd</sup> Congress of the European Association of Work and Organizational Psychology in Prague, Czech Republic<br><i>Women Go Abroad Program, University of Mannheim</i> |

- 2024 **Small Research Grant (Principal Investigator)** to conduct a construct development and scale validation project  
*Postdoc Career Academy, University of Mannheim*
- 2024 **Open Science Research Grant (Principal Investigator)** to conduct a transparent and reproducible research project together with collaborator Prof. Dr. Ute Hülshager (Maastricht University, Netherlands)  
*Open Science Office, University of Mannheim*
- 2024 **Travel Grant** to attend the EAWOP Early Career Summer School in Edinburgh, United Kingdom  
*Research Fund, University of Mannheim*
- 2024 **Travel Grant** to attend the 16<sup>th</sup> Conference of the European Academy of Occupational Health Psychology in Granada, Spain  
*German Academic Exchange Service (DAAD)*
- 2024 **Travel Grant** to attend the 39<sup>th</sup> Annual Conference of the Society for Industrial and Organizational Psychology in Chicago, IL, USA  
*Women Go Abroad Program, University of Mannheim*
- 2023 **Travel Grant** to attend the 21<sup>st</sup> Congress of the European Association of Work and Organizational Psychology in Katowice, Poland  
*IDEUM (Internationalization of Doctoral Education @ the University of Mannheim) Program, University of Mannheim*
- 2022 **Travel Grant** to attend the 82<sup>nd</sup> Annual Meeting of the Academy of Management in Seattle, WA, USA  
*IDEUM (Internationalization of Doctoral Education @ the University of Mannheim) Program, University of Mannheim*

## PUBLICATIONS

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### PEER-REVIEWED JOURNAL PUBLICATIONS

- Völker, J.** & Wiegmann, M. (2025). The early bird catches the worm: Assessing implicit theories on circadian processes at work. *Journal of Occupational Health Psychology*, 30(2), 98–117. <https://doi.org/10.1037/ocp0000400>
- Sonnentag, S., **Völker, J.**, & Wehrt, W. (2025). Good and bad days at work: A descriptive review of day-level and experience-sampling studies. *Journal of Organizational Behavior*, 46(2), 207–226. <https://doi.org/10.1002/job.2796>
- Koch, T. J. S., Arnold, M., **Völker, J.**, & Sonnentag, S. (2024). Eat healthy, feel better: Are differences in employees' longitudinal healthy-eating trajectories reflected in better psychological well-being? *Applied Psychology: Health and Well-Being*, 16(3), 1305–1325. <https://doi.org/10.1111/aphw.12529>
- Koch, T. J. S., Neshor Shoshan, H., **Völker, J.**, & Sonnentag, S. (2024). Psychological detachment matters right after work: Engaging in physical exercise after stressful workdays. *International Journal of Stress Management*, 31(3), 266–278. <https://doi.org/10.1037/str0000312>
- Koch, T. J. S., **Völker, J.**, & Sonnentag, S. (2024). Healthy and successful: Health-behavior goal striving in daily work life. *Stress & Health*, 40(2), e3295. <https://doi.org/10.1002/smi.3295>
- Völker, J.**, Koch, T. J. S., Wiegmann, M., & Sonnentag, S. (2024). Mind the misalignment: The moderating role of daily social sleep lag in employees' recovery processes. *Journal of Organizational Behavior*, 45(5), 684–701. <https://doi.org/10.1002/job.2777>

- Völker, J.,** Wiegelmann, M., Koch, T. J. S., & Sonnentag, S. (2024). It's Monday again: Weekend sleep differentially relates to the workweek via reattachment on Monday. *Journal of Organizational Behavior*, 45(6), 800–817. <https://doi.org/10.1002/job.2788>
- Sonnentag, S., Kottwitz, M. U., Koch, T. J. S., & **Völker, J.** (2023). Enrichment and conflict between work and health behaviors: New scales for assessing how work relates to physical exercise and healthy eating. *Occupational Health Science*, 7, 251-296. <https://doi.org/10.1007/s41542-022-00134-8>
- Völker, J.,** Casper, A., Koch, T. J. S., & Sonnentag, S. (2023). It's a match: The relevance of matching chronotypes for dual-earner couples' daily recovery from work. *Journal of Occupational Health Psychology*, 28(3), 174–191. <https://doi.org/10.1037/ocp0000351>
- Völker, J.,** Kühnel, J., Feinäugle, F., & Barnes, C. M. (2023). Being robbed of an hour of sleep: The impact of the transition to daylight saving time on work engagement depends on employees' chronotype. *Sleep Health*, 9(5), 579-586. <https://doi.org/10.1016/j.sleh.2023.06.004>
- Wiegelmann, M., **Völker, J.,** & Sonnentag, S. (2023). Sleep has many faces: The interplay of sleep and work in predicting employees' energetic state over the course of the day. *Journal of Occupational Health Psychology*, 28(1), 52–63. <https://doi.org/10.1037/ocp0000345>

#### ORGANIZED CONFERENCE SYMPOSIA

- Völker, J. & Iser-Potempa, J.** (2025, July). *Interpersonal interactions and employee well-being: Exploring coworker, leader, and follower roles*. Co-chair of a symposium session accepted for presentation at the 85<sup>th</sup> Annual Meeting of the Academy of Management in Copenhagen, Denmark.
- Völker, J. & Iser-Potempa, J.** (2024, September). *Die Batterien wieder aufladen: Erholungsprozesse vor, während und nach der Arbeit [Recharging batteries: Recovery processes before, during, and after work]*. Co-chair of a symposium session at the 53<sup>rd</sup> Congress of the German Psychological Society in Vienna, Austria.
- Völker, J.** (2023, May). *On sleep and its many faces: Portraying the manifold relations of sleep and work*. Chair of a symposium session at the 21<sup>st</sup> Congress of the European Association of Work and Organizational Psychology in Katowice, Poland.

#### CONFERENCE PRESENTATIONS (PRESENTING AUTHOR ONLY)

- Völker, J., & Wiegelmann, M.** (2025, September). *Der frühe Vogel fängt den Wurm: Implizite Theorien über zirkadiane Prozesse bei der Arbeit [The early bird catches the worm: Implicit theories on circadian processes at work]*. Paper accepted for presentation in a symposium session at the 14<sup>th</sup> German Congress for Work, Organizational, and Economic Psychology and Human Factors in Lüneburg, Germany.
- Völker, J.,** Wiegelmann, M., & Schilbach, M. (2025, July). *The relevance of sleep for dynamic changes and stable differences in employees' stress appraisals*. Paper accepted for presentation in a symposium session at the 85<sup>th</sup> Annual Meeting of the Academy of Management in Copenhagen, Denmark.
- Völker, J.,** Iser-Potempa, J., & Neumer, M. (2025, July). *Relational boundary management at work: A boundary-theory perspective on coworker interactions*. Paper accepted for presentation in a symposium session at the 85<sup>th</sup> Annual Meeting of the Academy of Management in Copenhagen, Denmark.

- Völker, J., & Wiegmann, M.** (2025, May). *The early bird catches the worm: Assessing implicit theories on circadian processes at work*. Paper accepted for presentation in a symposium session at the 22<sup>nd</sup> Congress of the European Association of Work and Organizational Psychology in Prague, Czech Republic.
- Völker, J., Wiegmann, M., & Schilbach, M.** (2024, September). *Der Morgen macht den Unterschied: Die Rolle von Schlaf für systematische Veränderungen der Stressor-Bewertung von Arbeitnehmenden [The morning makes a difference: The role of sleep in systematic changes in employees' stressor appraisals during the day]*. Paper presented in a symposium session at the 53<sup>rd</sup> Congress of the Germany Psychological Society in Vienna, Austria.
- Völker, J., Wiegmann, M., Koch, T. J. S., & Sonnentag, S.** (2024, June). *It's Monday again: Weekend sleep differentially impacts the workweek via reattachment on Monday*. Paper presented in a symposium session at the 16<sup>th</sup> Conference of the European Academy of Occupational Health Psychology in Granada, Spain.
- Völker, J., Wiegmann, M., & Schilbach, M.** (2024, April). *Employees' sleep and systematic changes in stressor appraisals during the day*. Paper presented in a poster session at the 39<sup>th</sup> Annual Conference of the Society for Industrial and Organizational Psychology in Chicago, IL, USA.
- Völker, J., Wiegmann, M., Koch, T. J. S., & Sonnentag, S.** (2023, September). *Schon wieder Montag: Effekte vom Schlaf der Vorwoche auf die nächste Arbeitswoche über Reattachment am Montag [It's Monday again: Weekend sleep differentially impacts the workweek via reattachment on Monday]*. Paper presented in a symposium session at the 13<sup>th</sup> German Congress for Work, Organizational, and Economic Psychology and Human Factors in Kassel, Germany.
- Völker, J., Koch, T. J. S., Wiegmann, M., & Sonnentag, S.** (2023, May). *Mind the misalignment: Daily social sleep lag as boundary condition for employees' recovery*. Paper presented in a symposium session at the 21<sup>st</sup> Congress of the European Association of Work and Organizational Psychology in Katowice, Poland.
- Völker, J., Casper, A., & Sonnentag, S.** (2022, September). *Zusammen besser erholt? Rahmenbedingungen gemeinsamer Erholungsprozesse von Doppelverdienerpaaren [Better recovered together? Boundary conditions of dual earner couples' joint recovery processes]*. Paper presented in a research talk session at the 52<sup>nd</sup> Congress of the German Psychological Society in Hildesheim, Germany.
- Völker, J., Casper, A., & Sonnentag, S.** (2022, August). *It's a match: The relevance of matching chronotypes for couples' daily recovery from work*. Paper presented in a symposium session at the 82<sup>nd</sup> Annual Meeting of the Academy of Management in Seattle, WA, USA.
- Völker, J., Kühnel, J., Barnes, C. M., & Feinäugle, F.** (2021, September). *The impact of the transition to daylight saving time on sleep and work engagement depends on employees' chronotype*. Paper presented in a symposium session at the 12<sup>th</sup> German Congress for Work, Organizational, and Economic Psychology and Human Factors in Chemnitz, Germany.
- Völker, J., Feinäugle, F., Bledow, R., & Kühnel, J.** (2020, accepted). *The impact of the transition to daylight saving time on sleep and work engagement depends on employees' chronotype*. Paper accepted in a symposium session at the 80<sup>th</sup> Annual Meeting of the Academy of Management in Vancouver, Canada [cancelled due to the COVID-19 pandemic].

## SERVICE

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### PROFESSIONAL AFFILIATIONS

- Academy of Management (AOM)
- European Association of Work and Organizational Psychology (EAWOP)
- European Academy of Occupational Health Psychology (EAOHP)
- German Psychological Society (DGPs)

### REVIEWING

- Editorial board member, *Journal of Vocational Behavior*
- Ad hoc reviewer, *Applied Psychology: An International Review*
- Ad hoc reviewer, *Applied Psychology: Health and Well-Being*
- Ad hoc reviewer, *Journal of Management*
- Ad hoc reviewer, *Journal of Occupational and Organizational Psychology*
- Ad hoc reviewer, *Journal of Occupational Health Psychology*
- Ad hoc reviewer, *Journal of Organizational Behavior*
- Ad hoc reviewer, *Scientific Reports*
- Ad hoc reviewer, *Stress & Health*
- Conference reviewer, *Academy of Management Annual Meeting*
- Conference reviewer, *Congress of the European Association of Work and Organizational Psychology*
- Conference reviewer, *Congress of the German Psychological Society*
- Conference reviewer, *German Congress for Work, Organizational, and Economic Psychology and Human Factors*

### UNIVERSITY SERVICE

- (Deputy) Member of the study commission
- Occupational first aider

## TEACHING EXPERIENCE AND RESEARCH SUPERVISION

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### BACHELOR-LEVEL COURSES (UNIVERSITY OF MANNHEIM)

- Emotions at work (*spring 2025*)
- Practical course in experimental psychology (*spring 2025*)
- Social relationships at work (*spring 2024*)
- Chronobiology and work (*spring 2023*)
- Work motivation (*spring 2023*)
- Key topics of work and organizational psychology (*spring 2021*)

### MASTER-LEVEL COURSES (UNIVERSITY OF MANNHEIM)

- Affect at work (*fall 2024*)
- Train the trainer (*spring 2024*)
- Social relationships at work (*fall 2023*)
- Work and health (*fall 2023, fall 2024*)

#### SUPERVISED BACHELOR'S AND MASTER'S THESES (UNIVERSITY OF MANNHEIM)

- 17 Bachelor's theses in total (4 in fall 2024, 3 in spring 2024, 4 in fall 2022, 6 in fall 2020)
- 7 Master's theses in total (3 starting in fall 2024, 2 starting in spring 2024, 2 starting in fall 2023)

#### SUPERVISED RESEARCH INTERSHIPS (UNIVERSITY OF MANNHEIM)

- Two-month research internship on workplace interpersonal interactions (spring 2024)