

JETTE VÖLKER

University of Mannheim • Department of Psychology • Work and Organizational Psychology
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(September 2022)

EDUCATION

- 10/2019 – present **Ph.D. Candidate**
University of Mannheim
- 2019 **Master of Science, Psychology (M.Sc. Psych.)**
Ulm University
- 2017 **Bachelor of Science, Psychology (B.Sc. Psych.)**
Ulm University

CAREER HISTORY

- 10/2019 – present **Graduate Research and Teaching Assistant**
Chair of Work and Organizational Psychology, University of Mannheim
- 08/2017 – 09/2019 **Student Research Assistant**
Department of Social Psychology, Ulm University
- 08/2018 – 10/2018 **Intern** at the Research & Development Department
HR Diagnostics AG, Stuttgart
- 10/2016 – 07/2017 **Working Student**
people-s-place GmbH, Ulm
- 08/2016 – 10/2016 **Intern**
people-s-place GmbH, Ulm

RESEARCH INTERESTS

- The relevance of sleep and circadian rhythms for work
- Recovery from work
- Health and well-being at work

GRANTS

2022 **Travel Grant** to attend the 82nd 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

CONFERENCE PRESENTATIONS

- 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 52nd 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 82nd 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. German Congress for Work, Organizational, and Economic Psychology and Human Factors in Chemnitz, Germany.
- Kühnel, J., **Völker, J.,** & Feinäugle, F. (2020, September). *Does the shift to daylight saving time impair employees' sleep and their work engagement?* Paper presented in a symposium session at the 14th Conference of the European Academy of Occupational Health Psychology in Nicosia, Cyprus.
- 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 80th Annual Meeting of the Academy of Management in Vancouver, Canada [cancelled due to the COVID-19 pandemic].

PROFESSIONAL AFFILIATIONS

- German Psychological Society (DGPs)
- Academy of Management (AOM)

TEACHING EXPERIENCE

BACHELOR COURSES (UNIVERSITY OF MANNHEIM)

- Key topics of work and organizational psychology (*spring 2021*)

RESEARCH SUPERVISION

SUPERVISED BACHELOR'S THESES (UNIVERSITY OF MANNHEIM)

- In good times as in bad: The role of romantic relationships for daily recovery from perceived incivility at work (*fall 2020*)
- Stress as a course or a blessing? The role of the stress mindset for social support in romantic relationships under perceived strain on the partner (*fall 2020*)
- Psychological detachment from work: Relationships with sleep, morning vigor, and the role of time spent with the partner during the evening (*fall 2020*)
- Threat or challenge? The role of morning affect for the relationship between sleep quality and cognitive appraisal of stressors in daily work life (*fall 2020*)
- How was your day? Talking about work events as a moderator of the relationship between time spent with the partner during the evening and work engagement (*fall 2020*)
- Time for quality time? Quality of time spent with the partner during the evening, psychological detachment, and the role of work-related self-efficacy beliefs (*fall 2020*)