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ACADEMIC POSITIONS

- 8/2019 – Present **University of Illinois at Urbana-Champaign, IL**
School of Labor and Employment Relations
Associate Professor (with tenure)
- 8/2015 – 7/2019 **University of Illinois at Urbana-Champaign (UIUC), IL**
School of Labor and Employment Relations (LER)
Assistant Professor
- 8/2012 – 5/2015 **Kansas State University (K-State), Manhattan, KS**
Department of Psychological Sciences
Assistant Professor

EDUCATION

- Ph.D.** Bowling Green State University, Bowling Green, OH, 2012
Industrial-Organizational Psychology
- M.A.** Bowling Green State University (BGSU), 2009
Industrial-Organizational Psychology
- B.A.** Hankuk University of Foreign Studies, South Korea, 1999
English Literature and Linguistics; Minor in Education

RESEARCH INTERESTS

Interconnections between Occupational Health, Well-Being, and Work

- Work stress, recovery from stress, health behavior
- Work-nonwork life boundary, work-family/work-school life, remote & hybrid work
- Workplace interpersonal mistreatment (e.g., sexual harassment, customer mistreatment, incivility)

PUBLICATIONS (Underlined: Doctoral students when the research project was started)

Peer-Reviewed Journal Articles

1. Headrick, L., & **Park, Y.** (2023). How do working students fare? A person-centric approach to understanding patterns of work-school conflict and facilitation. *Applied Psychology: An International Review*. DOI: 10.1111/apps.12493
2. Headrick, L., Newman, D., **Park, Y.**, & Liang, Y. (2023). Recovery experiences for work and

- health outcomes: A meta-analysis and recovery-engagement-exhaustion model. *Journal of Business and Psychology*, 38, 821-864.
3. Peng, Y., **Park, Y.**, Su, S., & Ma, J. (2023). Developing and testing a model of dynamic changes in work-school conflict and workplace deviance over time. *Journal of Business and Psychology*, 38, 589-605.
 4. Headrick, L., & **Park, Y.** (2022). Faking at work, struggling to be healthy at home: A model of surface acting and its relation with unhealthy eating and physical activity. *Journal of Occupational Health Psychology*, 27, 299-316.
 5. Kim, S., Cho, S., & **Park, Y.** (2022). Daily microbreaks in a self-regulatory resources lens: Perceived health climate as a contextual moderator via microbreak autonomy. *Journal of Applied Psychology*, 107, 60-77.
 6. Liang, Y., & **Park, Y.** (2022). Because I know how it hurts: Employee bystander intervention in customer sexual harassment through empathy and its moderating factors. *Journal of Occupational Health Psychology*, 27, 339-348.
 7. Liang, Y., Liu, Y., **Park, Y.**, & Wang, L. (2022). Treat me better, but is it really better? Applying a resource perspective to understanding leader-member exchange (LMX), LMX differentiation, and work stress. *Journal of Occupational Health Psychology*, 27, 223-239.
 8. Hu, X., **Park, Y.**, Day, A., & Barber, L. K. (2021). Time to disentangle the information and communication technology (ICT) constructs: Developing a taxonomy around ICT use for occupational health research. *Occupational Health Science*, 5, 217-245.
 9. Hu, X., Barber, L. K., **Park, Y.**, & Day, A. (2021). Defrag and reboot? Consolidating information and communication technology research in I-O psychology (focal article). *Industrial and Organizational Psychology: Perspectives on Science and Practice*, 14, 371-396.
 10. Yuan, Z., **Park, Y.**, & Sliter, M. (2020). Put you down versus tune you out: Further understanding active and passive e-mail incivility. *Journal of Occupational Health Psychology*, 25, 330-344.
 - Media coverage by Forbes, World Economic Forum, WBBM News Radio, Daily Mail, Psychology Today, Fox 32 Chicago.
 11. **Park, Y.**, Liu, Y., & Headrick, L. (2020). When work is wanted after hours: Testing weekly stress of information communication technology demands using boundary theory. *Journal of Organizational Behavior*, 41, 518-534.
 - Media coverage by Illinois News Bureau, Forbes, Management Today, Science Daily, Inquirer.net, Techexplorist.com, Environmental News Network, eScience News.
 12. Fritz, C., **Park, Y.**, & Shepherd, B. (2019). Workplace incivility ruins my sleep and yours: The costs of being in a work-linked relationship. *Occupational Health Science*, 3, 1-21.
 - Media coverage by Fox11 News, Science Daily, The Business Journal, Bustle.com, Metro, 10 Daily, Sleep Review, PsyPost.org, Telangana Today, Consumer Affairs, IstNews.com, Newsroom Post, PsychCentral.com
 13. **Park, Y.**, & Kim, S. (2019). Customer mistreatment harms nightly sleep and next-morning

- recovery: Job control and recovery self-efficacy as cross-level moderators. *Journal of Occupational Health Psychology*, 24, 256-269.
- Media coverage by PsyPost.org, 1stNews.com, reddit.com
14. Cho, S., & **Park, Y.** (2018). How to benefit from weekend physical activities: Moderating roles of psychological recovery experiences and sleep. *Stress & Health*, 34, 639-648.
 15. ***Park, Y.**, & ***Haun, V. C.** (2018). The long arm of e-mail incivility: Transmitted stress to the partner and partner work withdrawal. *Journal of Organizational Behavior*, 39, 1268-1282.
*Authors contributed equally.
 - Media coverage by Illinois Public Media, Northern Public Radio, WILL, Radio Canada International, Inverse, Moneyish, Phys.org, Science Daily, The Careerist, La Republicca, Hawaii Business Magazine, EurekaAlert, BW Businessworld, The Economic Times, Biospace.com, EAB, Associationsnow, Reddit.com, IEEE Job site, Sapling.com, Human Resources Online, Newsday, Die Welt, Scientific American
 16. **Park, Y.**, Fritz, C., & Jex, S. M. (2018). Daily cyber incivility and distress: The moderating roles of resources at work and home. *Journal of Management*, 44, 2535-2557.
 - Media coverage by Southern Management Association Spotlight, Management INK, Newsday, The LaneReport, Scientific American
 17. Kim, S., **Park, Y.**, & Headrick, L. (2018). Daily microbreaks and job performance: General work engagement as a cross-level moderator. *Journal of Applied Psychology*, 103, 772-786.
 - Media coverage by TIME, APA Monitor on Psychology, BBC Magazine, Employee Wellness Newsletter of the University of Richmond, West Cook News
 18. Kim, S., **Park, Y.**, & Niu, Q. (2017). Microbreak activities at work to recover from daily work demands. *Journal of Organizational Behavior*, 38, 28-44.
 - Media coverage by Sydney Morning Herald, The Advocate, Brisbane Times, Health Enews, The North West Star
 19. **Park, Y.**, & Haun, V. C. (2017). Dual-earner couples' weekend recovery support, state of recovery, and work engagement: Work-linked relationship as a moderator. *Journal of Occupational Health Psychology*, 22, 455-466.
 - Media coverage by Mknnews
 20. **Park, Y.**, & Fritz, C. (2015). Spousal recovery support, recovery experiences, and life satisfaction crossover among dual-earner couples. *Journal of Applied Psychology*, 100, 557-566.
 21. **Park, Y.**, & Sprung, J. (2015). Weekly work-school conflict, sleep quality, and fatigue: Recovery self-efficacy as a cross-level moderator. *Journal of Organizational Behavior*, 36, 112-127.
 22. ***Park, Y.**, & ***Sprung, J.** (2013). Work-school conflict and health outcomes: Beneficial resources for working college students. *Journal of Occupational Health Psychology*, 18, 384-394. *Authors contributed equally.
 - **Top 10 most downloaded article at JOHP during 2019-2023.**
 23. **Park, Y.**, Fritz, C., & Jex, S. M. (2011). Relationships between work-home segmentation and psychological detachment from work: The role of communication technology use at home.

Journal of Occupational Health Psychology, 16, 457-467.

- Media coverage by *Business Insider*, *Forbes*, *FastCompany*, *K-State News*, *ThriveGlobal.com*

24. **Park, Y.**, & Jex, S. M. (2011). Work and home boundary management using communication and information technology. *International Journal of Stress Management*, 18, 133-152.
25. Park, H-I, **Park, Y.**, Hur, T., & Kim, M. (2011). A validation study of a Korean version of the Recovery Experience Questionnaire. *Korean Journal of Industrial-Organizational Psychology*, 24, 523-552.

Invited Book Chapters & Book Reviews

26. **Park, Y.**, & Headrick, L. (2017). Student workers' work-life balance: Review, synthesis, and research agenda. In J. Nicklin (Ed.), *Work-Life Balance in the 21st Century: Perspectives, Practices, and Challenges* (pp.221-255). Nova Science Publishers Inc.
27. **Park, Y.** (2016). Review of "Corporate wellness programs: Linking employee and organizational health" (2014) by R. J. Burke & A. M. Richardsen (Eds.), Northampton, MA: Edward Elgar. *Personnel Psychology*, 69, 507-509.
28. **Park, Y.** (2016). Review of "Gender and the work-family experience: An intersection of two domains" (2015) by M. J. Mills (Ed), Springer International Publishing Switzerland. *Personnel Psychology*, 69, 761-763.
29. **Park, Y.**, & Elacqua, T. (2014). Promoting employees' work-life balance: Work, organizational, and technological factors. Reprinted in M. Paludi (Series Ed.) *Women, Work, and Family: How Companies Thrive with a 21st-Century Multicultural Workforce*. Westport, CT: Praeger.
30. **Park, Y.**, & Elacqua, T. (2013). Promoting employees' work-life balance: Work, organizational, and technological factors. In M. Paludi (Ed.) *The Psychology for Business Success* (pp. 43-61). Santa Barbara, CA: Praeger.
31. Jex, S. M., Kain, J. M., & **Park, Y.** (2013). Situational factors and resilience: Facilitating adaptation to military stressors. In R.R. Sinclair & T.W. Britt (Eds), *Building Psychological Resilience in Military Personnel: Theory and Practice*. Washington, DC: American Psychological Association.

Academy of Management Best Paper Proceedings

32. **Park, Y.**, Liu, Y., & Headrick, L. (2018). Improving lives of teachers: Staying connected to work, boundary control, and strain. *Academy of Management Best Paper Proceedings*, 13441. doi: 10.5465/AMBPP.2018.7
33. **Park, Y.**, & Kim, S. (2017). Daily customer mistreatment and recovery damages: Resources as stress-buffers. *Academy of Management Best Paper Proceedings*, 10460. doi: 10.5465/AMBPP.2017.154
34. Kim, S., **Park, Y.**, & Headrick, L. (2015). Employees' micro-break activities and job performance: An examination of telemarketing employees. *Academy of Management Best*

Paper Proceedings, 13943. doi: 10.5465/AMBPP.2015.169

- Winner of the **Outstanding Practical Implications for Management Award** in the OB Division, Academy of Management

Manuscripts under Review or Invited to Revise & Resubmit

1. Wanberg, C., **Park, Y.**, & Ren, S. (invited to 1st R&R). TITLE REMOVED TO PROTECT BLINDED REVIEW PROCESS. *Personnel Psychology*.
2. Liang, Y., & **Park, Y.** (invited to 1st R&R). TITLE REMOVED TO PROTECT BLINDED REVIEW PROCESS. *Journal of Applied Psychology*.
3. He, Y., Restubog, S., **Park, Y.**, O’Leary-Kelly, A., & Deen, C. M. (under review). TITLE REMOVED TO PROTECT BLINDED REVIEW PROCESS. *Journal of Applied Psychology*.
4. **Park, Y.**, & Kim, S. (under review). Publishing research with experience sampling method. In N. Bowling, A. Zhou, & M. Shoss (Ed). *How to Conduct and Publish High-Quality Research in Industrial-Organizational Psychology*. Edward Elgar Publishing.
5. Liang, Y., **Park, Y.**, Kim, S.H., & Kim, S. (under review). TITLE REMOVED TO PROTECT BLINDED REVIEW PROCESS. *Journal of Vocational Behavior*.

Selected Projects in Progress

1. Kim, S. H., **Park, Y.**, & Liang, Y. (writing). Gender and bystander behavioral responses to sexual harassment.
2. Cho, I., **Park, Y.**, Liang, Y., & Kim, N. (writing). Compressed workweek policy and changes in employee outcomes.
3. Headrick, L., **Park, Y.**, & Von Thaden, T. (writing). Emotional demands at work and unhealthy eating at home.
4. Griggs, T., Lance, C., **Park, Y.**, & Cho, S. (writing). Changes in affect and work-family conflict.
5. Kim, S., Lee, H.W., & **Park, Y.** (writing). Smartphone use and play at work.
6. Song, Y. H., **Park, Y.**, Kim, S., & Park, J. K. (data analysis). Use of artificial intelligence in customer service work.
7. Peng, Y., Hu, J., & **Park, Y.** (data analysis). International students’ job search behavior and career development.
8. Kim, S., & **Park, Y.** (additional data collection). Leader microbreak and follower outcomes.
9. Kim, N., & **Park, Y.** (additional data collection). Difficulties in managing remote workers.
10. **Park, Y.** (additional data collection). Perceived control over customer mistreatment.
11. **Park, Y.**, Headrick, L., & Kim, S. (data collection). Fatigue and health-related behaviors.

RESEARCH GRANTS

1. **Park, Y.** & Headrick, L. (2020–2021). A diary study of firefighters’ job stressors and strain as predictors of health-related behavior during off-work time: Psychosocial resources as moderators. *Campus Research Board, University of Illinois* (Role: PI; \$29,356 over 1 year).

2. **Park, Y. & Headrick, L.** (2017–2018). A weekly investigation of elementary teachers' constant work availability through information and communication technology and strain outcomes: Psychological resources as moderators. *Campus Research Board, University of Illinois* (Role: PI; \$29,988 over 1 year).
3. **Yuan, Z., Park, Y., Sliter, M., & Kraimer, M.** (2015–2016). Cyber incivility, employee well-being, and resource-based moderators: A daily investigation. *National Institute for Occupational Safety and Health (NIOSH) Education Research Center Pilot Project Grant at the Heartland Center in the University of Iowa* (Role: Co-PI; Direct costs: \$ 9,750 over 1 year).
4. **Park, Y.** (2014). Investigation of perceived control over customer incivility in service jobs. *College of Arts and Sciences Faculty Enhancement Program Award at K-State* (Role: PI; \$ 10,000 over 1 year).
5. **Park, Y.** (2013). Dual-income couples' recovery from job stress and its outcomes: A weekend design. *K-State Small Research Grant Program* (Role: PI; \$2,000 over 1 year).
6. **Park, Y.** (2011). A longitudinal investigation of work-school conflict and facilitation among working college students. *Katzner Award for Graduate Student Research and Professional Development at BGSU* (Role: PI; \$1,000 over 1 year).
7. **Park, Y., Pui, S-Y, & Jex, S. M.** (2010–2011). Cyber and face-to-face incivility and employee well-being: A daily investigation. *NIOSH Education Research Center Pilot Project Grant* (Role: PI; Direct costs: \$ 6,978 over 1 year).
8. **Park, Y., Gopalkrishnan, P., Jex, S. M., & Yugo, J. E.** (2009–2010). Workplace incivility as a threat to safety behaviors among nurses. *NIOSH Education Research Center Pilot Project Grant* (Role: PI; Direct costs: \$ 6,981 over 1 year).

CHAired SYMPOSIA & INVITED CONFERENCE PANEL AND PROFESSIONAL WORKSHOP

1. Kraimer, M. L. (Co-Chair), Ion, A. (Co-Chair), Ravid, D. M., Yuan, Z., Costanza, D. P., Dalal, D. K., LeNoble, C. A., Liu., S., & **Park, Y.** (2023). Finding and securing external funding: A grant proposal writing workshop. Alternative Session presented at the 38th annual conference of the Society for Industrial and Organizational Psychology, Boston, MA.
2. **Kim, N. & Park, Y.** (2023). *Advances in understanding the impacts of flexible work arrangements*. Symposium presented at the 38th annual meeting of the Society for Industrial and Organizational Psychology Annual Conference, Boston, MA, United States.
3. **Kim, S. H. & Park, Y.** (2023). *Bystanders in workplace sexual harassment: Silence and intervention behaviors*. Symposium presented at the 38th annual meeting of the Society for Industrial and Organizational Psychology Annual Conference, Boston, MA, United States.
4. Giumetti, G., Howard, D., Nixon, A., **Park, Y., & Shoss, M.** (2021). *Techno-Mistreatment in the Workplace*. An expert panel organized by P. Spector at the Work, Stress and Health Conference (virtual due to COVID-19).

5. **Headrick, L., & Park, Y.** (2021). *Theoretical and empirical advances in job-stress recovery research*. Virtual symposium presented at the 36th annual meeting of the Society for Industrial-Organizational Psychology.
6. **Park, Y., & Ritter, K-J.** (2019). *Advances in predicting employee recovery at home and work*. Symposium presented at the 34th annual meeting of the Society for Industrial-Organizational Psychology, Washington DC/National Harbor.
7. **Pichler, S. M., & Park, Y.** (2018). *Improving work-family life through family-supportive supervisor behaviors*. Symposium presented at the 78th annual meeting of the Academy of Management, Chicago, IL.
8. **Wynne, K., & Park, Y.** (2018). *Dual-earners and the work-family interface: Recent developments and implications*. Symposium presented at the 33rd annual meeting of the Society for Industrial-Organizational Psychology, Chicago, IL.
9. **Park, Y.** (2017). *Psychological connections to work stressors are ruining your sleep*. Symposium presented at the 12th International Conference on Occupational Stress and Health, Minneapolis, MN.
10. **Sonnentag, S., & Park, Y.** (2017). *Using experience sampling methods to conduct work, stress, and health research*. Preconference workshop provided at the 12th International Conference on Occupational Stress and Health, Minneapolis, MN.
11. **Park, Y., & Clark, M.** (2015). *Current research developments in work-nonwork boundary dynamics*. Symposium presented at the 30th annual meeting of the Society for Industrial and Organizational Psychology, Philadelphia, PA.
12. **Morganson, V., & Park, Y.** (2015). *Resources for students in managing work, school, and family roles*. Symposium presented at the 30th annual meeting of the Society for Industrial and Organizational Psychology, Philadelphia, PA.
13. **Park, Y.** (2014). *Current research developments in dual-earner couples' stress and well-being*. Symposium presented at the 2nd biannual meeting of the Work-Family Researchers Network, New York, NY.
14. **Park, Y., Pui, S-Y., & Jex, S.M.** (2012). *Being rude can be expensive: Exploring the incivility-performance relationship*. Symposium presented at the 27th annual meeting of the Society for Industrial and Organizational Psychology, San Diego, CA.

REFEREED CONFERENCE PRESENTATIONS

1. **Kim, S., & Park, Y.** (2023). Energizing leaders to be transformational: Work-breaks. 21st European Association of Work and Organizational Psychology Congress, Katowice, Poland.
2. **Lance, C., Park, Y., Griggs, T. L., Cho, S., Michaelides, G., & Wood, S.** (2023). Work-Family States and Traits Redux [Poster]. Society for Industrial and Organizational Psychology Annual Conference, Boston, MA, United States.

3. Lance, C., Griggs, T. L., **Park, Y.**, & Cho, S. (2023). Affect and work to family conflict: Antecedent or consequence? [Poster]. Society for Industrial and Organizational Psychology Annual Conference, Boston, MA, United States.
4. Kim, S. H. & **Park, Y.** (2023). Collectivism and bystander silence in workplace sexual harassment. In Kim, S. H. & **Park, Y.** (Chairs). *Bystanders in Workplace Sexual Harassment: Silence and Intervention Behaviors*. Symposium submitted to Society for Industrial and Organizational Psychology Annual Conference, Boston, MA, United States.
5. Liang, Y. & **Park, Y.** (2023). Anger, empathy, and different types of sexual harassment bystander intervention. In Kim, S. H. & **Park, Y.** (Chairs). *Bystanders in Workplace Sexual Harassment: Silence and Intervention Behaviors*. Symposium submitted to Society for Industrial and Organizational Psychology Annual Conference, Boston, MA, United States.
6. Cho, I., **Park, Y.**, & Liang, Y. (2023). Compressed Workweek Policy and Changes in Employee Outcomes: Boundary Conditions. In Kim, N. & **Park, Y.** (Chairs) (2023). *Advances in Understanding the Impacts of Flexible Work Arrangements* [Symposium]. Society for Industrial and Organizational Psychology Annual Conference, Boston, MA, United States.
7. Wanberg, C. R., **Park, Y.**, Ren, S., & Hyun, J-Y. (2022). Introversion and trait incongruent work demands: Episodic misfit at work. In Wanberg, C. R. & Ren, S. (Chairs). *Person environment fit: New conceptualizations and the role in recruiting and job search*. Symposium presented at the 82nd annual meeting of Academy of Management, Seattle, WA.
8. Kim, S. H., & **Park, Y.** (2022). Ethical leadership promotes sexual harassment intervention: Gender and moral identity as moderators. Paper presented at the 82nd annual meeting of Academy of Management, Seattle, WA.
9. Liang, Y., & **Park, Y.** (2022). Understanding bystander intervention: A cost-reward perspective. Paper presented at the 82nd annual meeting of Academy of Management, Seattle, WA.
10. Headrick, L., **Park, Y.**, & Von Thaden, T. L. (2022). Firefighters' off-duty unhealthy behavior and on-duty stress experience. In Black, K. (Chair). *Damaging downtime: Attitudes and behaviors that affect recovery, sleep, and health*. Symposium presented at the 37th annual meeting of Society for Industrial-Organizational Psychology, Seattle, WA.
11. Liang, Y., & **Park, Y.** (2021). The reciprocal effects of organizational constraints and employee strain. Paper presented virtually at the 81st annual meeting of Academy of Management.
12. Kim, S., & **Park, Y.** (2021). Leaders' microbreaks and transformational leadership behavior. In Taylor, M. R., & Fritz, C. (Chairs). *Optimizing the workday: Day-level research on energy management strategies at work*. Virtual symposium presented at the 36th annual meeting of Society for Industrial-Organizational Psychology.
13. Liang, Y., & **Park, Y.** (2020). Observing customer sexual harassment, empathy, and bystander helping: Ethical ideology as a moderator. In Deen, C & Garcia, P. R. M (Chairs).

Victimization in domestic and work contexts: Victim and third party perspectives. Symposium *virtually* presented at the 80th annual meeting of Academy of Management, Vancouver, BC, Canada.

14. Kim, S., & **Park, Y.** (2020). The effects of leader microbreaks on transformational leadership and follower job satisfaction. Paper accepted at the 80th annual meeting of Academy of Management, Vancouver, BC, Canada (in-person presentation canceled due to COVID-19).
15. Headrick, L. & **Park, Y.** (2020). Work-related electronic communications during nonwork time: Antecedents and outcomes in teachers. In T. Mitropoulos & M. Butts (Chairs), *Well-Being of Being Well-Connected: How Off-Job Technology Use Hinders Welfare*. Symposium at the 35th annual meeting of Society for Industrial-Organizational Psychology, Austin, TX. (in-person conference canceled due to COVID-19)
16. Headrick, L. & **Park, Y.** (2020). Does emotional labor harm diet and exercise? A weekly diary exploration. Poster *virtually* presented at the 35th annual meeting of Society for Industrial-Organizational Psychology, Austin, TX.
17. Zhu, Z., Kuykendall, L., **Park, Y.**, & Guarino, K. (2019). Exploring the nature and consequences of employees' weekend recovery profiles. Poster presented at the 13th International Conference on Occupational Stress and Health, Philadelphia, PA.
18. Headrick, L., **Park, Y.**, Newman, D., & Liang, Y. (2019). Not all recovery experiences are equal: A meta-analysis of recovery. Paper presented at the 79th annual meeting of Academy of Management, Boston, MA.
19. Liang, Y., Liu, Y., **Park, Y.**, & Wang, L. (2019). How leader-member exchange (LMX) differentiation reduces the benefit of LMX on work stress in teams. Paper presented at the 79th annual meeting of Academy of Management, Boston, MA.
20. Kim, S., Cho, S., & **Park, Y.** (2019). Predictors of micro-breaks: A self-regulatory resource perspective. In S. Kim (Chair). *Improving employees' well-being and performance through recovery at work*. Symposium presented at the 79th annual meeting of Academy of Management, Boston, MA.
21. Kim, S., & **Park, Y.** (2019). Is personal smartphone use at work good or bad?: Evidence from two studies. Paper presented at the 19th annual meeting of European Academy of Management, Lisbon, Portugal.
22. Headrick, L., & **Park, Y.** (2019). An examination of working college students' weekend recovery experiences. In Y. Park & K-J Ritter (Chairs). *Advances in predicting employee recovery at home and work*. Symposium presented at the 34th annual meeting of Society for Industrial-Organizational Psychology, Washington DC/National Harbor.
23. **Park, Y.** (2019). Invited panel: *Current and former I-O international students share their experiences*. In S. Gisler (Organizer). Master tutorial presented at the 34th annual meeting of Society for Industrial-Organizational Psychology, Washington DC/National Harbor.
24. **Park, Y.**, Liu, Y., & Headrick, L. (2018). Improving lives of teachers: Staying connected to work, boundary control, and strain. Paper presented at the 78th annual meeting of Academy of

Management, Chicago, IL.

25. Headrick, L., & **Park, Y.** (2018). Latent trajectory patterns of work-school conflict and facilitation. In M. M. Robertson & L. Eby (Chairs). *Understanding the work-life interface from a longitudinal perspective*. Symposium presented at the 33rd annual meeting of Society for Industrial-Organizational Psychology, Chicago, IL.
26. **Park, Y.**, & Kim, S. (2017). Daily customer mistreatment and recovery damages: Resources as stress-buffers. Paper presented at the 77th annual meeting of Academy of Management, Atlanta, GA.
27. Kim, S., & **Park, Y.** (2017). A daily investigation of smartphone use and affective well-being at work. Paper presented at the 77th annual meeting of Academy of Management, Atlanta, GA.
28. **Park, Y.**, Fritz, C., & Shepherd, B. (2017). Employee telepressure and recovery: Partner recovery support as a moderator. In C. Zhang & G. M. Spreitzer (Chairs). *Challenges in pathways to employee well-being: What they could be and what may help*. Symposium presented at the 77th annual meeting of Academy of Management, Atlanta, GA.
29. Shepherd, B., Fritz, C., & **Park, Y.** (2017). Workplace incivility, rumination, and insomnia: A couple dyadic investigation. In Y. Park (Chair). *Psychological connections to work stressors are ruining your sleep*. Symposium presented at the 12th International Conference on Occupational Stress and Health, Minneapolis, MN.
30. **Park, Y.**, & Haun, V. C. (2016). A dyadic model of work stress transmission among dual-earner couples. In M. T. Ford (Chair). *A systems approach to work, family, and well-being*. Symposium presented at the 31st annual meeting of Society for Industrial and Organizational Psychology, Anaheim, CA.
31. Kim, S., **Park, Y.**, & Headrick, L. (2015). Employees' micro-break activities and job performance: An examination of telemarketing employees. Paper presented at the 75th annual meeting of Academy of Management, Vancouver, BC, Canada.
32. Hahn, V. C., & **Park, Y.** (2015). Spousal recovery support during the weekend, post-weekend recovery, and work engagement among dual-earner couples. In J. de Bloom & C. Syrek (Chairs). *How to make the most of a break from work: Recovery opportunities and their impact on well-being and engagement*. Symposium presented at the 17th congress of the European Association of Work and Organizational Psychology, Oslo, Norway.
33. Kim, S., **Park, Y.**, & Niu, Q. (2015). Microbreak activities at work to recover from daily work demands. Presented at the 30th annual meeting of the Society for Industrial and Organizational Psychology, Philadelphia, PA.
34. **Park, Y.**, & Hahn, V. (2015). Working couples' boundary tactics, post-weekend recovery, and work engagement. In Y. Park, & M. A. Clark (Chairs). *Current research developments in work-nonwork boundary dynamics*. 2015 Symposium presented at the 30th annual meeting of the Society for Industrial and Organizational Psychology, Philadelphia, PA.
35. **Park, Y.**, Sliter, M. T., & Kim, S. (2015). Perceived control over customer incivility among customer service employees. In M. T. Sliter, D. D. Walker, & D. D. van Jaarsveld (Chairs).

- Personal and contextual factors in understanding workplace incivility.* Symposium presented at the 30th annual meeting of the Society for Industrial and Organizational Psychology, Philadelphia, PA.
36. **Park, Y., & Sprung, J. M.** (2015). Work-school conflict, work-school supportive supervisor behaviors, and well-being. In V. Morganson & Y. Park (Chairs). *Resources for students in managing work, school, and family roles.* Symposium presented at the 30th annual meeting of the Society for Industrial and Organizational Psychology, Philadelphia, PA.
 37. **Park, Y., & Fritz, C.** (2014). Dual-earner couples' recovery and life satisfaction. In Y. Park (Chair). *Current research developments in dual-earner couples' stress and well-being.* Presented at the 2nd biannual meeting of the Work-Family Researchers Network, New York, NY.
 38. **Park, Y., Walters, K. M., Booth, C., & Sprung J. M.** (2014). Student workers' work-school conflict, sleep quality, and fatigue: A weekly investigation. In T. Crain, & S-M, Lee (Chairs). *Investigating daily and weekly relationships between the work/nonwork interface and sleep.* Symposium presented at the 2nd biannual meeting of the Work-Family Researchers Network, New York, NY.
 39. Sprung, J., **Park, Y., & Jex, S. M.** (2013). Work-school conflict's relation to psychological and physical health outcomes. Presented at the 28th annual meeting of the Society for Industrial and Organizational Psychology, Houston, TX.
 40. **Park, Y., & Jex, S. M.** (2013). Mechanisms of burnout crossover between dual-earner couples and gender differences. In A. H. Huffman, & T. K. Frevert (Chairs). *The mechanisms of crossover in dual-earner couples.* Symposium presented at the 28th annual meeting of the Society for Industrial and Organizational Psychology, Houston, TX.
 41. Park, H-I., & **Park, Y.** (2013). Weekend experience study in predicting compensatory work effort in Korea. Presented at the 28th annual meeting of the Society for Industrial and Organizational Psychology, Houston, TX.
 42. **Park, Y.,** Gopalkrishnan, P., & Jex, S.M. (2012). Hospital incivility and safety performance behaviors among nurses. In Y. Park, S-Y. Pui, & S.M. Jex (Chairs), *Being rude can be expensive: Exploring the incivility-performance relationship.* Symposium presented at the 27th annual meeting of the Society for Industrial and Organizational Psychology, San Diego, CA.
 43. **Park, Y.,** Pui, S-Y., & Jex, S. M. (2012). Does cyber incivility add distress beyond face-to-face incivility? In B. M. Walsh, & V. J. Magley (Chairs), *Integrating time and context into research on workplace mistreatment.* Symposium presented at the 27th annual meeting of the Society for Industrial and Organizational Psychology, San Diego, CA.
 44. **Park, Y. & Jex, S.M.** (2011). *Workplace age discrimination and psychological health among older workers.* Presented at the 1st national conference on Eliminating Health and Safety Disparities at Work sponsored by National Institute for Occupational Health and Safety, Chicago, IL.
 45. **Park, Y.,** Fritz, C., & Jex, S.M. (2011). *Correlates of psychological detachment during off-*

job time: Perceived segmentation norm as a moderator. Presented at the 26th annual meeting of the Society for Industrial and Organizational Psychology, Chicago, IL.

46. Fritz, C., **Park, Y.**, Gopalkrishnan, P., Alexander, K. N., & Sonnentag, S. (2010). Vigor and proactivity: Results from a longitudinal study. In U. Bindl & C. F. Lam (Chairs), *Passion and proactivity: When and how does affect at work fuel self-initiated behaviors?* Symposium presented at the 70th annual meeting of the Academy of Management, Montréal, Canada.
47. **Park, Y.** & Jex, S. M. (2010). *Perceived job mobility benefits on life satisfaction of age-discriminated workers.* Presented at the 25th annual meeting of the Society for Industrial and Organizational Psychology, Atlanta, GA.
48. **Park, Y.** & Jex, S. M. (2010). *Work and non-work boundary management using communication and information technology.* Presented at the 25th annual meeting of the Society for Industrial and Organizational Psychology, Atlanta, GA.
49. Fritz, C., **Park, Y.**, Gopalkrishnan, P., & Alexander, K. N. (2009). Vigor and employee health: Results from a longitudinal study. In R.G. Downey (Chair), *Vigor and occupational health: What are we learning?* Symposium presented at the 8th international conference on Occupational Stress and Health, San Juan, Puerto Rico.

TECHNICAL REPORTS

Park, Y., Bruno, R., & Headrick, L. (2017). Elementary teachers' work-related stressors and strain outcomes. *Illinois Education Association and Illinois Federation of Teachers.*

Park, Y., Pui, S-Y, & Jex, S.M. (2011). Cyber and face-to-face incivility and employee well-being: A daily investigation. *Pilot Research Project Final Report.* NIOSH Pilot Research Training Program of the University of Cincinnati Education Research Center.

Park, Y., Gopalkrishnan, P., Jex, S.M., & Yugo, J.E. (2010). Workplace incivility as a threat to safety behaviors among nurses. *Pilot Research Project Final Report.* NIOSH Pilot Research Training Program of the University of Cincinnati Education Research Center.

Alexander, K., Dalal, D., Daniels, M.A, Garcia-Michael, V., Kain, J.M., Lin, B., Nolan, K.P., **Park, Y.**, Sakurai, K., Sliter, M.T., Smith, E.N., Wolford, KA. (2009). *Toledo Zoo culture assessment: Final Report.* Report presented to the Toledo Zoo. Bowling Green State University: Bowling Green, OH. (Faculty advisor: Gillespie, J.) *Authors in alphabetical order

TEACHING & MENTORING

- 2015 – Present **Named to List of Teachers Ranked as Excellent by Students at LER, UIUC:**
- **Consecutive semesters (Fall 2015 – Spring 2023) except sabbatical leave in Fall 2022**
 - **Nominated for LER Faculty Teaching Excellence Award (Spring 2019 & Spring 2022)**
 - **Outstanding rating of top 10% teaching excellence (Fall 2016, Spring 2017, Fall 2017, Fall 2020, Spring 2021)**

Master's Courses: Employee Stress, Well-being & Safety (off & online course)
Management of Workplace Gender Issues

Gies College of Business, UIUC (August 23, 2018)

Carle Illinois Physicians/Administrative Leadership Program

Instructor for the “Managing Emotional Labor” session (Session rating 4.4/5; teaching effectiveness rating 4.67/5)

2012 – 2015 **Kansas State University**

2012-2013 Peer Review of Teaching Program (\$1,000 stipend awarded)

Doctoral Courses: Introductory I-O Psychology (Average rating 4.5/5)

Organizational Psychology (Average rating 5/5)

Employees’ Work-Nonwork Life (NA due to small class size)

Occupational Health Psychology (NA due to small class size)

Undergraduate Courses: Occupational Health Psychology (Average rating 4.3/5)

Gender Issues in the Workplace (Average rating 4.3/5)

2010 – 2011 **Bowling Green State University**

Undergraduate Course: Survey to Industrial-Organizational Psychology

Dissertation Advisor/Chair (and placement upon graduation)

- Sooyeol Kim (2019), Assistant Professor, National University of Singapore (Management)
- Lucille Headrick (2021), Assistant Professor, San Jose State University (Management),
Awarded 2021 AOM OB Division’s Award for Best Dissertation-Based Paper & SIOP Graduate Scholarship based on Dissertation
- Yijue Liang (2022), Assistant Professor, George Mason University (I-O Psychology)

Dissertation Committee Member

- Yaqing He, LER (proposed in Fall 2022)
- SunJin Pak, LER, 2019
- Rachel L. Amrhein, Psychology, UIUC, 2018
- Lesly Krome, Psychology, K-State, 2016

Ph.D. Preliminary & Specialization Exam Committee Chair/Member

Chair at UIUC: Sooyeol Kim, Lucille Headrick, Yijue Liang, Sohee Kim

Member at UIUC: YonJin Suh, Yaqing He, SunJin Pak

Member at K-State: Alexander Jackson, Lesly Krome, Judy Lavalley, Mathias Simmons

Advisor & Reviewer of Doctoral Students’ Second-Year Papers at LER, UIUC

Sohee Kim, Yaqing He, Yijue Liang, Lucille Headrick, Sooyeol Kim, SunJin Pak, Gail Kim

Master’s Students Independent Study & Research Supervision at LER, UIUC

Zhuo Lin (2016): Admitted to University of Cincinnati’s Management PhD program (2017)

Zubair Akbar (Fall 2016), Elim Wu (Fall 2018)

Undergraduate Students Research Supervision & Mentoring at K-State

December Lange: Independent research project (2013-2014)

Kevin Walters: Admitted to Colorado State University’s I-O PhD program (2013)

Carrie Booth: Admitted to Emporia State University’s I-O MA program (2014)

Darrah Tinkler: Independent research project (2014-2015), Admitted to Ball State University's Cognitive & Social psychology MA program (2016)

INVITED TALKS, MEDIA MENTIONS, & KNOWLEDGE SHARING

“Challenges in Managing Remote Workers: From Managers' Perspectives” (July 24, 2023)

- 12th Annual Occupational Health Psychology Summer Institute, Saint Mary's University, Halifax, Canada

“Managing Employee Stress and Well-being: The Dark Side of Email Communication and Blurring Work-Nonwork Boundaries” (May 16, 2023)

- U of Illinois Alumni Association Speaker Series, UIUC

“Information and communication technology and blurred work-nonwork boundaries” (April 28, 2023)

- Center for Social and Behavioral Sciences' Future of Work Research Showcase, UIUC

“Quiet Quitters” *Illinois Alumni Magazine*,

https://www.illinoisalumnimagazine.org/illinoisalumni/winter_2022/MobilePagedReplica.action?pm=2&folio=Cover#pg1 (winter 2022).

“Emotional labor work and health-related behaviors” (October 2022)

- Department of Psychological Sciences, Purdue University

“What explains ‘quiet quitting’ in the workplace?” *Illinois News Bureau*,

<https://news.illinois.edu/view/6367/800365807> (Sep 15, 2022)

“Working in a Hybrid Environment and Work-Nonwork Boundary Management for Remote Workers” (May 25, 2022)

- P&G Analytics & Insights Team (P&G Lab at the Research Park) hosted by the Office of Corporate Relations at UIUC

“Faking at work and struggling to be healthy at home: A model of surface acting and its relationship with unhealthy eating and physical activity”

- Department of Psychology, Bowling Green State University (December 2021)
- Department of Psychology, Hofstra University (December 2021)

“How tired employees can use microbreaks to recharge,” *I/O At Work*, <https://www.ioatwork.com/how-tired-employees-can-use-microbreaks-to-recharge/> (Oct 26, 2021)

“Coworker interventions can moderate customer sexual harassment in service industry,” *Illinois News Bureau*, <https://news.illinois.edu/view/6367/1863955236> (Oct 19, 2021)

“Daily microbreaks at work: Energizing leaders to be transformational” (March 2021)

- Department of Psychology, State University of New York

“The cost of workplace incivility: Why should we care and what should be done to improve social relationships at work?” (August 2020)

- 14th Annual Women in Chemistry Retreat at UIUC

“Experience sampling methods to conduct research on work stress and health.” (July 2020)

- Employee Health and Well-Being Lab, Department of Psychology, University of Central Florida

“The psychological toll of rude e-mails,” *Scientific American*, <https://www.scientificamerican.com/article/the-psychological-toll-of-rude-e-mails/> (July 2020)

“Control over work-life boundaries creates buffer to manage after-hours work stress,” *Illinois News Bureau*, <https://news.illinois.edu/view/6367/809752> (June 2020)

“The invisible price of stressed-out employees,” *Central Illinois Business*, <https://www.centralillinoisbusiness.com/junejuly-2019/the-invisible-price-of-stressed-out-employees> (June/July 2019)

“Best & worst states for working moms,” *Wallethub*, <https://wallethub.com/edu/best-states-for-working-moms/3565/#expert=youngah-park> (May 7, 2019)

“Curbing rudeness in workplace communications,” *Newsday.com*, <https://www.newsday.com/business/small-business-cyber-rudeness-1.28062127> (March 2019)

“Customer mistreatment can harm your sleep quality according to new psychology research,” *Psypost.org*, <https://www.psypost.org/2019/04/customer-mistreatment-can-harm-your-sleep-quality-according-to-new-psychology-research-53565> (April 2019)

“Incivility in your inbox: Rude emails may have big consequences for employees and organizations,” *Southern Management Association Spotlight*, <https://southernmanagement.site-ym.com/page/spotlight> (January, 2019)

“This simple trick will make you happier and better at your job,” *Time.com*, <http://time.com/5339600/how-to-be-happier-at-work/> (July 16, 2018)

“Email incivility has a ripple effect on households,” *Illinois News Bureau*, <https://news.illinois.edu/view/6367/670955> (July 16, 2018)

“Occupational stress research spotlight” in Chapter 11, *Psychology Applied to Work* by P. M. Muchinsky & S. S. Howe (12th Ed.), Hypergraphic Press (2018).

“University professors explain science behind good night sleep,” *The Daily Illini*, <https://dailyillini.com/features/2017/11/27/university-professors-explain-science-behind-good-night-sleep/> (November 27, 2017)

“All work and no play makes Jack a dull boy: Microbreaks and job performance” (2017)

- Department of Psychology, Bowling Green State University

“To make the most of a three-day weekend, be a little lazy before and after,” *Government Executive*, <http://www.govexec.com/excellence/promising-practices/2016/06/make-most-three-day-weekend-ba-little-lazy-and-after/129490/> (June 29, 2016)

“What a rude email! Examining email incivility and its stress processes.” (2015)

- Department of Psychology, University of Illinois at Urbana-Champaign

“Recovery from work in the home and work domain.” (2015)

- School of Labor and Employment Relations, University of Illinois at Urbana-Champaign
- Department of Psychology, University of Akron

“Feeling overconnected? 5 reasons to unplug from technology after work,” *Forbes*, <https://www.forbes.com/sites/alicegwalton/2013/02/06/feeling-disconnected-5-reasons-to-unplug-from-technology-after-work/#21279ca176ce> (February 6, 2013)

“Work-life balance needed for recovery from job stress,” *Science Daily*,
<http://www.sciencedaily.com/releases/2013/02/130205143327.htm> (February 5, 2013)

“Student workers’ stress process.” (2013)

- Department of Psychological Sciences, Kansas State University

“Managing work-home boundaries: segmentation vs. integration.”

- Department of Psychology, University of Akron (2012)
- Department of Psychology, Wayne State University (2011)
- Department of Psychology, Indiana University-Purdue University (2012)
- Department of Psychological Sciences, Kansas State University (2012)
- Department of Psychology, University of Central Florida (2011)

“Psychological detachment from work during nonwork time.” (2011)

- Department of Psychology, Kwangwoon University, Seoul, Korea

“All about the pilot research project grant writing.” (2011)

- Occupational Health Research Group, Bowling Green State University

“Work-nonwork boundary management using communication and information technology.” (2010)

- Department of Psychology, Bowling Green State University

PROFESSIONAL SERVICE

Associate Editor of *Journal of Occupational Health Psychology* (January 2023-Present)

Editorial Board Member

- *Journal of Applied Psychology* (2018–Present; Urgent reviewing for COVID-19 track manuscripts in 2020)
- *Industrial-Organizational Psychology: Perspectives on Science and Practice* (2021–Present)
- *Human Relations* (2016–Present)
- *Journal of Occupational Health Psychology* (2018–Present)
- *International Journal of Stress Management* (2018–2019)

Ad-Hoc Journal Reviewer

Academy of Management Discoveries | Personnel Psychology |
 Journal of Organizational Behavior | Journal of Vocational Behavior | Work & Stress
 Group & Organization Management | Occupational Health Science | Stress & Health
 Journal of Occupational & Organizational Psychology | Military Psychology |
 International Journal of Stress Management | Applied Psychology: An International Review |
 European Journal of Work and Organizational Psychology | Personnel Review | Basic and
 Applied Social Psychology

Service for Professional Societies and Field

- SIOP Graduate Student Scholarship Committee (2019-2020; 2022)
- SIOP Small Grant Program Committee (2017–2019; 2022)
- Panelist for Early Career Fellowship Meeting, Work-Family Researchers Network (November 19-20, 2020)
- SIOP Conference Reviewer (2009–2021)
- AOM Conference Reviewer (2016–2021)
- SIOP Student Travel Awards Committee (2019)

- SIOP Membership Committee (2015–2017)
- Work Stress & Health Pre-Conference Workshop Committee (2018–2019)
- Work Stress & Health Conference, Best Intervention Paper Reviewer (2019)
- Work Stress & Health Conference Reviewer (2019–Present)
- 2017/2018 Best Article Award Reviewer for Journal of Occupational Health Psychology

Service at UIUC (since 2015)

- LER Academic Affairs Committee Member (Fall 2023–Present)
- LER Admissions & Financial Aid Committee Member (2021–Present)
- Faculty representative for the Council for Learning Outcomes Assessment (2020–Present)
- Joint Faculty Search Committee Member in LER/Psychology (Fall 2021, Spring 2023)
- LER Dean Search Committee Member (2021–2022)
- LER Promotion and Tenure Committee Member (Fall 2021)
- Ph.D. Advisory Committee Member in LER (2015–2021)
- Peer reviewer for Research Board Applications (Spring, 2019; Spring, 2021)
- Colloquium Committee Member in LER (2018–2020)
- Tim Judge Fellowship Review Committee Member in LER (2019)
- LER Faculty Search Committee Member in LER (Fall 2016, Fall 2017)
- LER 558 Speaker Series Committee Member in LER (2016–2017; 2020–2022)

Service at Kansas State University (2012-2015)

- Judge of Social Sciences and Humanities, Graduate Student Research Forums (2013–2014)
- Undergraduate Curriculum Committee (2013–2015)
- Chair of I-O Psychology Brown Bag Meetings (2013–2014)
- Academic Advisor Search Committee (summer, 2013)
- I-O Psychology Faculty Search Committee (2012–2013)

HONORS & AWARDS

- Arnold O. Beckman Research Award, University of Illinois at Urbana-Champaign (2020)
- Outstanding Practical Implications for Management Paper Award in the OB Division, Academy of Management (2015)
- Early Career Work and Family Scholars Program Award, Work & Family Researchers Network (2014)
- Doctoral Dissertation Fellowship, BGSU (2011-2012)
- Travel Award to Eliminating Health and Safety Disparities at Work Conference by the National Institute for Occupational Safety and Health (2011)
- The Honor Society of Phi Kappa Phi Graduate Scholarship, BGSU (2011)
- Korean Student Association Scholarship, BGSU (2009)
- Gallup Korea Research Award, awarded to one of the four best papers published in Korean journals in 2007 (2008)

PROFESSIONAL SOCIETY MEMBERSHIPS

Society for Industrial and Organizational Psychology (SIOP), Society for Occupational Health Psychology (SOHP), Academy of Management (AOM)

INDUSTRY WORK EXPERIENCE

Philip Morris, Seoul, South Korea

In-House Trainer in Sales Organization Development Department (2004–2005)

Unilever, Seoul, South Korea

In-House Trainer in Trade Marketing Department (2002–2004)

Trade Marketing Analyst (2001–2002)