

Dillon H. Murphy

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Professional Appointments

Postdoctoral Researcher

August 2024 – Present, University of California, Riverside, CA.

- Advisor: Dr. Gene Brewer

Postdoctoral Researcher

July 2023 – July 2024, Arizona State University, Phoenix, AZ.

- Advisor: Dr. Gene Brewer

Education

University of California, Los Angeles, CA

September 2019 – June 2023, Cognitive Psychology Ph.D. Program

- Ph.D., Cognitive Psychology, June, 2023
- Master of Arts (M.A.), Cognitive Psychology, December, 2020
- Major: Cognitive Psychology
- Advisors: Dr. Alan Castel, Dr. Robert Bjork, Dr. Elizabeth Bjork, Dr. Barbara Knowlton

University of Oregon, Eugene, OR

September 2015 – June 2019, College of Arts and Sciences

- Bachelor's of Science in Psychology
- Cumulative GPA: 3.92; Psychology GPA: 3.86
- Thesis advisor: Dr. Nash Unsworth
- Departmental Honors in Psychology
- Latin Honors: *Magna Cum Laude*

Editorial Work

Metacognition and Learning

August 2023 – Present

- Editorial Board

Peer-Reviewed Publications

Murphy, D. H., & Brewer, G. A. (2025). The impact of thought probes and other encoding interruptions on memory. *Quarterly Journal of Experimental Psychology*.

Murphy, D. H., Alucard, M., & Brewer, G. A. (2025). Higher working memory individuals are more strategic offloaders but also greater forgetters. *Journal of Experimental Psychology: Learning, Memory, and Cognition*.

Hoover, K. M., **Murphy, D. H.,** Knowlton, B. J., & Castel, A. D. (2025). Strategic value-directed remembering in younger and older adults. *Aging, Neuropsychology and Cognition*, 32, 964-991.

Murphy, D. H., Stefanidi, A., & Brewer, G. A. (2025). Memory accessibility as a cue for perceived importance. *Memory & Cognition*.

Murphy, D. H., & Brewer, G. A. (2025). Individual differences in state and trait mind-wandering influence episodic memory encoding and retrieval dynamics. *Journal of Memory and Language, 141*, 104604.

Murphy, D. H., Hoover, K. M., Castel, A. D., & Knowlton, B. J. (2025). Memory and automatic processing of valuable information in younger and older adults. *Aging, Neuropsychology and Cognition, 32*, 142-168.

Murphy, D. H., & Metcalfe, J. (2024). The Metacognitive Optimization of Offloading Task (MOOT): Both higher costs to offload and the accuracy of memory predict goodness of offloading performance. *Journal of Experimental Psychology: General*.

Murphy, D. H. (2025). Responsible remembering: The role of metacognition, forgetting, attention, and retrieval in adaptive memory. *Psychonomic Bulletin & Review, 32*, 156-175.

Chen, A., Kumar, S. E., Varkhedi, R., & **Murphy, D. H. (2024).** The effect of playback speed and distractions on the comprehension of audio and audio-visual materials. *Educational Psychology Review*.

Murphy, D. H., & Castel, A. D. (2025). Serial and strategic memory processes in younger and older adults. *Aging, Neuropsychology and Cognition, 32*, 207-236.

Murphy, D. H., Rhodes, M. G., & Castel, A. D. (2024). Age-related differences in metacognitive reactivity in younger and older adults. *Metacognition and Learning, 19*, 863-877.

Murphy, D. H., Rhodes, M. G., & Castel, A. D. (2024). The perceived importance of words in large font guides learning and selective memory. *Memory & Cognition, 52*, 1463-1476.

Hoover, K. M., **Murphy, D. H.**, Middlebrooks, C. D., & Castel, A. D. (2024). The effect of time constraints on value-directed long-term memory in younger and older adults. *Psychology and Aging, 39*, 166-179.

Chen, A., **Murphy, D. H.**, Brabec, J. A., Bjork, R. A., & Bjork, E. L. (2024). The effects of lecture speed and note-taking on memory for educational material. *Applied Cognitive Psychology*.

Murphy, D. H., Schwartz, S. T., & Castel, A. D. (2024). Value-directed retrieval: The effects of divided attention at encoding and retrieval on memory selectivity and retrieval dynamics. *Journal of Experimental Psychology: Learning, Memory, and Cognition, 50*, 17-38.

Murphy, D. H., & Castel, A. D. (2024). Knowing more than we know: Metacognition, semantic fluency, and originality in younger and older adults. *Aging, Neuropsychology and Cognition, 31*, 279-300.

Murphy, D. H., Castel, A. D., & Knowlton, B. J. (2024). Age-related similarities and differences in framing selective memory in terms of gains and losses. *Experimental Aging Research, 50*, 506-521.

Murphy, D. H., Hoover, K. M., & Castel, A. D. (2024). Age-related differences in selective associative memory: Implications for responsible remembering. *Aging, Neuropsychology and Cognition*, 31, 682-704.

Murphy, D. H., Little, J. L., & Bjork, E. L. (2023). The value of using tests in education as tools for learning—not just for assessment. *Educational Psychology Review*, 39, 89.

Murphy, D. H., Schwartz, S. T., Alberts, K., Siegel, A. L. M., Carone, B. J., Castel, A. D., & Drolet, A. (2023). Clinically studied or clinically proven? Memory for claims in print advertisements. *Applied Cognitive Psychology*, 37, 899-1152.

Murphy, D. H. (2023). Survival processing and directed forgetting: Enhanced memory for both to-be-remembered and to-be-forgotten information. *Memory*, 31, 1147-1162.

Murphy, D. H. (2023). Does value structure influence measures of memory selectivity? *Memory*, 31, 1074-1088.

Murphy, D. H., & Castel, A. D. (2023). Age-related differences in memory when offloading important information. *Psychology and Aging*, 38, 415-427.

Murphy, D. H., Hoover, K. M., & Castel, A. D. (2023). The effect of video speed on mind wandering and comprehension in younger and older adults. *Memory*, 31, 802-817.

Murphy, D. H. (2023). Strategic offloading: How the value of to-be-remembered information influences offloading decision-making. *Applied Cognitive Psychology*, 37, 749-767.

Murphy, D. H., & Castel, A. D. (2023). Age-related differences in overcoming interference when selectively remembering important information. *Experimental Aging Research*, 50, 190-205.

Murphy, D. H., Hargis, M. B., & Castel, A. D. (2023). Younger and older adults' strategic use of associative memory and metacognitive control when learning foreign vocabulary words of varying importance. *Psychology and Aging*, 38, 103-116.

Murphy, D. H., Halamish, V., Rhodes, M. G., & Castel, A. D. (2023). How evaluating memorability can lead to unintended consequences. *Metacognition and Learning*, 18, 375-403.

Murphy, D. H., & Castel, A. D. (2023). Responsible attention: The effect of divided attention on metacognition and responsible remembering. *Psychological Research*, 87, 1085-1100.

Murphy, D. H., Bjork, R. A., & Bjork, E. L. (2023). Going beyond the spacing effect: Does it matter how time on a task is distributed? *Quarterly Journal of Experimental Psychology*, 76, 1131-1154.

Murphy, D. H., Hoover, K. M., & Castel, A. D. (2023). Strategic metacognition: Self-paced study time and responsible remembering. *Memory & Cognition*, 51, 234-251.

Murphy, D. H., & Castel, A. D. (2022). Differential effects of proactive and retroactive interference in value-directed remembering for younger and older adults. *Psychology and Aging*, 37, 787-799.

Murphy, D. H., & Castel, A. D. (2022). Selective remembering and directed forgetting are influenced by similar stimulus properties. *Memory*, 30, 1130-1147.

Murphy, D. H., Schwartz, S. T., & Castel, A. D. (2022). Serial and strategic memory processes in goal-directed selective remembering. *Cognition*, 225, 105178.

Murphy, D. H., & Knowlton, B. J. (2022). Framing effects in value-directed remembering. *Memory & Cognition*, 50, 1350-1361.

Murphy, D. H., & Castel, A. D. (2022). Responsible remembering and forgetting in younger and older adults. *Experimental Aging Research*, 48, 455-473.

Murphy, D. H., Hoover, K. M., Agadzhanyan, K., Kuehn, J. C., & Castel, A. D. (2022). Learning in double time: The effect of lecture video speed on immediate and delayed comprehension. *Applied Cognitive Psychology*, 36, 69-82.

Murphy, D. H., Silaj, K. M., Schwartz, S. T., Rhodes, M. G., & Castel, A. D. (2022). An own-race bias in the categorization and recall of associative information. *Memory*, 30, 190-205.

Murphy, D. H., Huckins, S. C., Rhodes, M. G., & Castel, A. D. (2022). The effect of perceptual processing fluency and value on metacognition and remembering. *Psychonomic Bulletin & Review*, 29, 910-921.

Murphy, D. H., & Castel, A. D. (2022). The role of attention and aging in the retrieval dynamics of value-directed remembering. *Quarterly Journal of Experimental Psychology*, 75, 954-968.

Murphy, D. H., Friedman, M. C., & Castel, A. D. (2022). Metacognitive control, serial position effects, and effective transfer to self-paced study. *Memory & Cognition*, 50, 144-159.

Murphy, D. H., & Castel, A. D. (2021). The dynamics of memory for United States presidents in younger and older adults. *Memory*, 29, 1232-1244.

Murphy, D. H., & Castel, A. D. (2021). Tall towers: Schemas and illusions when perceiving and remembering a familiar building. *Applied Cognitive Psychology*, 35, 1236-1246.

Murphy, D. H., Agadzhanyan, K., Whatley, M. C., & Castel, A. D. (2021). Metacognition and fluid intelligence in value-directed remembering. *Metacognition and Learning, 16*, 685-709.

Murphy, D. H., & Castel, A. D. (2021). Metamemory that matters: Judgments of importance can engage responsible remembering. *Memory, 29*, 271-283.

Murphy, D. H., & Castel, A. D. (2021). Responsible remembering and forgetting as contributors to memory for important information. *Memory & Cognition, 49*, 895-911.

Murphy, D. H., & Castel, A. D. (2021). Age-related similarities and differences in the components of semantic fluency: Analyzing the originality and organization of retrieval from long-term memory. *Aging, Neuropsychology and Cognition, 28*, 748-761.

Murphy, D. H., & Castel, A. D. (2020). Responsible remembering: How metacognition impacts adaptive selective memory. *Zeitschrift für Psychologie, 228*, 301-303.

Chapters in Edited Books

Whatley, M. C., **Murphy, D. H.,** Silaj, K. M., & Castel, A. D. (2021). Motivated memory for what matters most: How older adults (selectively) focus on important information and events using schematic support, metacognition, and meaningful goals. In G. Sedek, T. M. Hess, & D. R. Touron (Eds.), *Multiple pathways of cognitive aging: Motivational and contextual influences*. Oxford University Press.

Other Articles

Viola, M., & **Murphy, D.** (2023, July). Lying Can Reconstruct Memory: How We Come to Believe Our Own Lies. [Web blog post]. <https://www.psychologyinaction.org/lying-can-reconstruct-memory-how-we-come-to-believe-our-own-lies/>

Haq, I., & **Murphy, D.** (2023, July). Facial Recognition in Humans Versus Artificial Intelligence: When Are We Wrong? [Web blog post]. <https://www.psychologyinaction.org/facial-recognition-in-humans-versus-artificial-intelligence-when-are-we-wrong/>

Croley, O., & **Murphy, D.** (2022, November). Thinking About Thinking: How Metacognition Can Help Your Grades. [Web blog post]. <https://www.psychologyinaction.org/2022-11-16-thinking-about-thinking-how-metacognition-can-help-your-grades/>

Ly, C., & **Murphy, D.** (2022, October). How Can We Improve Our Memory of Names? [Web blog post]. <https://www.psychologyinaction.org/2022-10-24-how-can-we-improve-our-memory-of-names/>

Bertan, J., & **Murphy, D.** (2022, May). Seeing the World Through a Rosy-Colored Lens: A Look Into the Reconstructive Process of Memory. [Web blog post]. <https://www.psychologyinaction.org/2022-5-30-seeing-the-world-through-a-rosy-colored-lens-a-look-into-a-reconstructive-process-of-memory/>

Jung, M., & **Murphy, D.** (2022, January). Go Blue: The Effects of Blue Light on Memory. [Web blog post]. <https://www.psychologyinaction.org/2022-1-17-go-blue-the-effects-of-blue-light-on-memory/>

de Moraes, O., & **Murphy, D.** (2021, September). Cognitive Casualties: How Drugs Can Lead to Long-Term Deficiencies in Cognition. [Web blog post]. <https://www.psychologyinaction.org/2021-9-27-cognitive-casualties-how-drugs-can-lead-to-long-term-deficiencies-in-cognition/>

Murphy, D. (2021, June). Pritzker Hall: A Cognitive Illusion in UCLA's Backyard. [Web blog post]. <https://www.psychologyinaction.org/2021-6-24-pritzker-hall-a-cognitive-illusion-in-ucla-backyard/>

Chang, R., & **Murphy, D.** (2021, May). Individual vs. Collaborative Exams: The Effect of Collaboration on Learning. [Web blog post]. <https://www.psychologyinaction.org/2021-5-5-individual-vs-collaborative-exams-the-effect-of-collaboration-on-learning/>

Falsken, D., & **Murphy, D.** (2021, February). Time Flies During a Pandemic: How Attentional Bias and Event Boundaries Impact Memory of 2020. [Web blog post]. <https://www.psychologyinaction.org/2021-2-22-time-flies-during-a-pandemic-how-attentional-bias-and-event-boundaries-impact-memory-of-2020/>

Murphy, D. (2021, January). The Difficulties and Rewards of Publishing Papers in Psychological Journals. [Web blog post]. <https://www.psychologyinaction.org/2021-1-1-the-difficulties-and-rewards-of-publishing-papers-in-psychological-journals/>

Chan, C., & **Murphy, D.** (2020, November). Priming in Action: How We Are Influenced Without Even Knowing. [Web blog post]. <https://www.psychologyinaction.org/2020-11-25-priming-in-action-how-we-are-influenced-without-even-knowing/>

Murphy, D. (2020, August). Cognitive Offloading: The Memory Benefits and Drawbacks of Using Technology to Store Limitless Information. [Web blog post]. <https://www.psychologyinaction.org/2020-8-9-cognitive-offloading-the-memory-benefits-and-drawbacks-of-using-technology-to-store-limitless-information/>

Agadzhanyan, K., & **Murphy, D.** (2020, April). Memory Malfunctions: A Discussion of Research on False Memory. [Web blog post]. <https://www.psychologyinaction.org/2020-3-23-memory-malfunctions-a-discussion-of-research-on-false-memory/>

Murphy, D. (2019, December). Do Undergraduate Participant Pools Introduce Sources of Unaccounted Variance? [Web blog post]. <https://www.psychologyinaction.org/2019-12-16-do-undergraduate-participant-pools-introduce-sources-of-unaccounted-variance/>

Murphy, D. (2019). The role of originality in retrieval from long-term memory: Relations between fluency, originality, working memory capacity, and crystallized intelligence. *Oregon Undergraduate Research Journal*, 15, 18-33.

Invited Talks

UCSC Cognitive Colloquium

March 2023, Toronto, Canada

- **Murphy, D. H.** (2023, March). Maximizing memory: Improving learning and memory for important information. Presentation at the Toronto Metropolitan University Applied Cognitive Neuroscience Talk Series, Toronto, Canada.

UCSC Cognitive Colloquium

February 2023, Santa Cruz, CA

- **Murphy, D. H.** (2023, February). Maximizing memory: Improving learning and memory for important information. Presentation at the UCSC Cognitive Colloquium, Santa Cruz, California.

**Conference
Presentations**

UCLA Cognitive Forum

October 2022, Los Angeles, CA

- **Murphy, D. H.** (2022, October). Maximizing memory: Improving learning and memory for important information. Presentation at the UCLA Cognitive Forum, Los Angeles, California.

UCLA Cognitive Forum Data Blitz

October 2020, Los Angeles, CA

- **Murphy, D. H., & Castel, A. D.** (2020, October). Responsible Retrieval: The dynamics of free recall when responsibly remembering. Presentation at the UCLA Cognitive Forum Data Blitz, Los Angeles, California.

2023 Psychonomic Society Annual Meeting

November 2023, San Francisco

- **Murphy, D. H., Alucard, M., Elliott, B., L., & Brewer, G. A.** (2023, November). Working memory capacity and memory selectivity: A comparative investigation of free recall, cued recall, and recognition tasks. Poster presentation at the 64th Annual Psychonomics Meeting, San Francisco, California.

2022 Cognitive Aging Conference

April 2022, Atlanta, GA

- **Murphy, D. H., & Castel, A. D.** (2022, April). Serial and strategic memory processes in younger and older adults. Poster presentation at the Cognitive Aging Conference, Atlanta, Georgia.

2021 Psychonomic Society Annual Meeting

November 2021, Virtual

- **Murphy, D. H.** (2021, November). The effect of lecture video speed on immediate and delayed comprehension. Spoken session presentation at the 62nd Annual Psychonomics Meeting, Virtual.

2020 Psychonomic Society Annual Meeting

November 2020, Virtual

- **Murphy, D. H., Agadzhanyan, K., Whatley, M. C., & Castel, A. D.** (2020, November). Metacognition and fluid intelligence in value-directed remembering. Poster presentation at the 61st Annual Psychonomics Meeting, Virtual.

2018 Association for Psychological Science Conference

May 2018, San Francisco, CA

- **Murphy, D., Unsworth, N., Robison, M., & Miller, A. L.** (2018, May). The relation of fluency, originality, working memory capacity, and crystallized intelligence. Poster presentation at the 30th Annual Association for Psychological Science Convention, San Francisco, California.

2018 Western Psychological Association Conference

April 2018, Portland, OR

- **Murphy, D., Unsworth, N., Robison, M., & Miller, A. L.** (2018, April). The relation of fluency, originality, working memory capacity, and crystallized intelligence. Poster presentation at the 98th Annual Western Psychological Association Convention, Portland, Oregon.

**Honors, Awards, and
Fellowships**

Graduate Student Researcher

October 2022 – Present, University of California, Los Angeles

- Supported by the National Institute on Aging (NIA) Research Grant 2R01AG044335 "Goals and Motivation to Remember Important Information in Old Age"

Graduate Summer Research Mentorship

June 2021 – August 2021, University of California, Los Angeles

- Awarded \$6,000 for summer research.

Psychology Graduate Summer Research Mentorship

June 2020 – August 2020, University of California, Los Angeles

- Awarded \$6,000 for summer research.

Distinguished University Fellowship

September 2019 – June 2020, University of California, Los Angeles

- Awarded \$21,000 for full-time research and study.

Teaching Experience**Instructor**

June 2022 – Present, University of California, Los Angeles

- Introduction to Psychology, overall rating: 7.63 (out of 9)
- Memory: How We Remember and Why We Forget, overall rating: 4.91 (out of 5)
- Introduction to Psychology, overall rating: 7.79 (out of 9)

Teaching Associate

March 2021 – June, 2022, University of California, Los Angeles

- Cognitive Psychology, overall rating: 8.62 (out of 9)
- Cognitive Psychology, overall rating: 8.68 (out of 9)
- Cognitive Psychology, overall rating: 8.11 (out of 9)
- Cognitive Psychology, overall rating: 8.35 (out of 9)

Teaching Assistant

September 2019 – March 2021, University of California, Los Angeles

- Introduction to Psychology, overall rating: 7.96 (out of 9)
- Cognitive Psychology, overall rating: 8.56 (out of 9)
- Research Methods in Psychology, overall rating: 8.69 (out of 9)

Professional Services**Ad-hoc Reviewer**

- Journal of Experimental Psychology: Learning, Memory, and Cognition
- Psychonomic Bulletin & Review
- Memory & Cognition
- Applied Cognitive Psychology
- Journal of Applied Research in Memory and Cognition
- Metacognition and Learning
- Behavior Research Methods
- Neuropsychology
- Frontiers in Psychology
- Cognitive Science Society Conference
- Cognitive Research: Principles and Implications
- Cognitive Processing
- Journal of Intelligence
- Personality and Individual Differences
- Advances in Cognitive Psychology
- Psychology Research and Behavior Management
- Computers & Education

Graduate Assistant for the UCLA Psychology Undergraduate Research Conference

January 2020 – May 2021, University of California, Los Angeles

- Read all application abstracts and determine which should be selected.
- Organized and edited conference abstracts for the program.
- Recruited volunteers and create advertisements for the event.
- Co-coordinated and organized the event.

Graduate Mentor for the UCLA Undergraduate Research Journal of Psychology

November 2020 – Present, University of California, Los Angeles

- Lead workshops on writing and research practices, APA standards, and the peer review process.
- Guide the undergraduate editorial team in refining drafts accepted to the final round of submissions.
- Author of the *Preface* for the eighth annual issue in 2021 and the ninth annual issue in 2022.

Psychology in Action Leadership Team

July 2020 – September, 2022, University of California, Los Angeles

- Provide input on the need direction of the program, a scientific communication organization that is independently run by graduate students in the Psychology Ph.D. program at UCLA.
- Tweet and share blog posts from Psychology in Action.
- Assist with annual symposium.

Professional Memberships

American Psychological Association

September 2021 – Present

- Scientific and professional organization representing psychology in the United States.

Psychonomic Society

May 2020 – Present

- An international community of cognitive psychologists involved in the experimental study of cognition.

Phi Beta Kappa Society

University of Oregon

- America's most prestigious academic honor society for superb academic record and demonstrating excellence in the liberal arts and sciences

Psi Chi International Honor Society in Psychology

November 2016 – June 2019, University of Oregon

- Recognizes the top 35% of psychology majors at the University of Oregon

Undergraduates Mentored

- Karina Agadzhanyan, October 2019 – June 2021, Ph.D. student, Cognitive Psychology, University of California Los Angeles
- Stephen Huckins, November 2019 – June 2021, Ph.D. student, Cognitive Neuroscience, Florida State University
- Edward Pashkov, March 2020 – April 2021, Ph.D. student, Cognitive Psychology, University of California Santa Cruz
- Grace Roseman, January 2020 – June, 2021, Master's student, Information Management and Systems, University of California Irvine
- Sabrine Elfarissi, January 2021 – June 2021, Master's student, Data Science, University of Southern California
- Kara Hoover, September 2020 – August 2021, Ph.D. student, Cognitive Psychology, University of California Los Angeles

- Ashley Chen, June 2021 – June 2022, Lab Manager, Bjork Learning and Forgetting Lab, UCLA
- Natalie Tesfamicael, June 2021 – June, 2022, Ph.D. student, Psychology and Law, John Jay College of Criminal Justice
- Suchita Kumar, February 2021 – November, 2021, MD Student, Vanderbilt University School of Medicine
- Cherice Chan, February 2020 – June 2021, Project Coordinator, Harvard Medical School Brigham and Women's Hospital
- Erica Kim, September 2020 – April 2021, Staff Research Associate II, Semel Institute UCLA Health
- Rhea Varkhedi, April 2021 – June, 2022, Ux Research Insights Coordinator, Snapchat

References

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