

# Dillon H. Murphy

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## Education

### University of California, Los Angeles, CA

September 2019 – Present, Cognitive Psychology Ph.D. Program

- Ph.D. expected 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*

## Peer-Reviewed Publications

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

**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*.

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

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

**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*.

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

**Murphy, D. H.**, & Castel, A. D. (2022). Age-related differences in metacognitive predictions of semantic fluency and originality. *Aging, Neuropsychology and Cognition*.

**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*.

**Murphy, D. H., & Castel, A. D. (2022).** Responsible attention: The effect of divided attention on metacognition and responsible remembering. *Psychological Research*.

**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., Bjork, R. A., & Bjork, E. L. (2022).** Going beyond the spacing effect: Does it matter how time on a task is distributed? *Quarterly Journal of Experimental Psychology*.

**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., 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).** Responsible remembering and forgetting in younger and older adults. *Experimental Aging Research*, *48*, 455-473.

**Murphy, D. H., Hoover, K. M., Agadzhanian, 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**

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-rosey-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-uclas-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/>

Agadzhanian, 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.

### **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.

## **Conference Presentations**

### **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)

### **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
- Frontiers in Psychology
- Cognitive Science Society Conference
- Cognitive Research: Principles and Implications
- Cognitive Processing
- 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 Agadzhanian, 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**

#### **Dr. Alan Castel**

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**Dr. Robert Bjork**

Distinguished Research Professor  
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