Dillon H. Murphy

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Professional Appointments

Postdoctoral Researcher
August 2024 – Present, University of California, Riverside, CA.
July 2023 – July 2024, Arizona State University, Phoenix, AZ.

- Advisor: Dr. Gene Brewer
- Funding: Institute of Education Sciences (IES)
- Active Learning at Scale: Transforming Teaching and Learning via Large-Scale Learning Science and Generative AI

Education

University of California, Los Angeles, CA
September 2019 – June 2023

- 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
- Thesis advisor: Dr. Nash Unsworth
- Departmental Honors in Psychology
- Latin Honors: *Magna Cum Laude*

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 Assistant
September 2019 – June 2022, 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)
- 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)

Peer-Reviewed Publications

Murphy, D. H., & Schwartz, B. L. (2026). Strategic control or evolutionary bias? Disentangling responsible remembering from adaptive memory. *Journal of Experimental Psychology: Learning, Memory, and Cognition*.

Murphy, D. H., & Brewer, G. A. (2026). The impact of thought probes and other encoding interruptions on memory. *Quarterly Journal of Experimental Psychology, 79*, 1283-1297.

Murphy, D. H., Alucard, M., & Brewer, G. A. (2025). Individuals with higher working memory are more strategic offloaders but also greater forgetters. *Journal of Experimental Psychology: Learning, Memory, and Cognition, 52*, 1303-1314.

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, 54*, 639-654.

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. (2025). 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, 154*, 1149-1166.

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, 36*, 79.

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, 3*8, e4166.

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.

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.

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.

Editorial Work

Memory & Cognition
January 2026 – Present

- Editorial Board

Metacognition and Learning
August 2023 – Present

- Editorial Board

Ad-Hoc Reviewing

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

Honors, Awards, and Fellowships

Graduate Student Researcher
October 2022 – June 2023, 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.

Industry Experience

Human Resource Tactics
Research & Data Science Intern
June 2024 – September 2024
- Built a large-scale historical dataset integrating psychological assessments and performance records for NFL draft picks across 25 years.
- Analyzed psychological profiles and on-field performance metrics to identify factors distinguishing successful draft picks from unsuccessful ones.
- Developed and validated predictive models estimating draft success likelihood using combined psychological and performance data.
- Quantified the financial and performance costs of unsuccessful draft decisions, including sunk salary costs, signing bonuses, and opportunity costs related to team performance.
- Produced technical reports and presentations, translating analytic findings into actionable insights for sports analytics stakeholders and decision-makers.

INFLO

Research Scientist Collaborator

June 2023 – Present

- Led applied research on learning and memory to inform product design, evaluating how audio learning, note-taking, and generative learning prompts affect comprehension and retention.
- Designed and analyzed usability surveys and large-scale user studies (online and classroom-based) to assess engagement, perceived usefulness, and learning outcomes.
- Planned and executed A/B tests comparing passive listening with active learning features (e.g., self-explanation, summarization).

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
- Ashley Chen, June 2021 – June 2022, Ph.D. student, Cognitive Psychology, University of California Los Angeles
- 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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Dr. Robert Bjork
Distinguished Research Professor
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Dr. Elizabeth Bjork
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