

**Julia S. Soares**  
**January 2020**

**Contact**

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Mail: Julia Soares  
Department of Psychology  
University of California, Santa Cruz  
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**Education**

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- 2014-June 2020      University of California Santa Cruz  
Ph.D. Candidate, Cognitive Psychology (ABD)  
Advisor: Benjamin C. Storm  
Dissertation Title: *Snap Judgements: A Goal-Mediated Framework of the Transactive Memory System between Self and Camera*
- 2016                      University of California Santa Cruz  
M.Sc. in Cognitive Psychology  
Thesis Title: *Explanation can cause forgetting: Memory dynamics in the generation of new arguments*
- 2010-2014              Binghamton University, State University of New York  
B.A., Psychology with Honors in Research  
*Summa cum laude*  
Honors thesis title: *Retrieval-induced versus context-induced forgetting: Does retrieval-induced forgetting depend on context shifts?*

**Research Positions**

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Graduate Student Researcher, Fall 2014-present  
Advised by Dr. Benjamin Storm in the Psychology Department at University of California, Santa Cruz.

Undergraduate Research Assistant, 2012-2014  
Advised by Dr. Ralph Miller in the Psychology Department at Binghamton University. Proposed and defended honors thesis.

Paid Research Assistant, Summer 2013  
Worked as a paid psychology research assistant from May-August 2013 at Binghamton University.

## Peer-Reviewed Publications

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**Soares, J. S. & Storm, B. C.** (revise & resubmit). Photographic memory?: Volitional photography inflates metacognitive judgments of memory but still causes a photo-taking-impairment effect.

**Soares, J. S. & Storm, B. C.** (in press). Putting a negative spin on it: Using a fidget-spinner can impair memory for a video lecture. *Applied Cognitive Psychology*.

Storm, B. C., & **Soares, J. S.** (in press). Memory in the digital age. In M. J. Kahana & A. D. Wagner (Eds.), *Handbook of Human Memory: Foundations and Applications*. Oxford University Press.

**Soares, J. S. & Storm, B. C.** (2018). Forget in a flash: A further investigation of the photo-taking-impairment effect. *Journal of Applied Research in Memory and Cognition* 7(1), 154-160.

**Soares, J. S. & Storm, B. C.** (2017). Explanation can cause forgetting: Memory dynamics in the generation of new arguments. *Psychonomic Bulletin & Review*, 24(5), 1426-1435.

**Soares, J. S., Polack, C. W., & Miller, R. R.** (2016). Retrieval-induced versus context-induced forgetting: Does retrieval-induced forgetting depend on context shifts?. *Journal of Experimental Psychology: Learning, Memory, and Cognition*, 42(3), 366-378.

Miguez, G., **Soares, J. S., & Miller, R. R.** (2015). The role of test context in latent inhibition of conditioned inhibition: Part of a search for general principles of associative interference. *Learning & Behavior*, 43(3), 228-242.

## Talks Presented or Coauthored at Professional Meetings

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**Soares, J. S. & Storm, B.C.** (June, 2019). *Investigating the metacognitive and metamemory effects of taking photos*. Society for Applied Research on Memory and Cognition Meeting. Cape Cod, MA.

**Soares, J. S. & Storm, B.C.** (July, 2018). *Volitional photography inflates metamemory confidence but still causes impairment in memory*. Bay Area Memory Meeting. Davis, CA.

**Soares, J. S., Storm, B.C., & Santer, N.,** (April, 2017). *Point-and-snap memories: The influence of saving photos on memory for a virtual museum tour*. 97<sup>th</sup> Annual Western Psychological Association Convention, Sacramento, CA.

**Soares, J. S., Polack, C.W., & Miller, R.R.** (presented by Miller). (2015, March). *Assessing the context account of retrieval-induced forgetting*. Eastern Psychological Association Convention. Philadelphia, PA.

**Soares, J. S.**, Polack, C.W., & Miller, R.R. (presented by Miller), (2014, November). *Assessing the inhibition and context accounts of retrieval-induced forgetting*. 55<sup>th</sup> Annual Meeting of the Psychonomic Society. Long Beach, CA.

Miguez, G., **Soares, J. S.**, & Miller, R.R. (presented by Miguez), (2014, September). *Contextual specificity of cue pre-exposure's interference with subsequently trained conditioned inhibition*. XVII Biennial Meeting of the International Society for Comparative Psychology. Bogota, Colombia, 2014.

Miguez, G., **Soares, J. S.**, & Miller, R.R. (presented by Miguez), (2014, March). *Context shifts affect interference with conditioned inhibition by latent inhibition*. Eastern Psychological Association Convention. Boston, MA.

**Soares, J. S.**, Polack, C.W., Miguez, G., & Miller, R.R. (2014, March). *Is retrieval-induced forgetting dependent on competition between exemplars?* Eastern Psychological Association Convention. Boston, MA.

### **Posters Presented or Coauthored at Professional Meetings**

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**Soares, J. S.** & Storm, B.C. (2018, November). *Volitional photography inflates metamemory confidence but still causes an impairment in memory*. 59<sup>th</sup> Annual Meeting of the Psychonomic Society. New Orleans, LA.

**Soares, J. S.** & Storm, B.C. (2017, November). *Investigating cognitive offloading as a mechanism for forgetting after taking photos*. 58<sup>th</sup> Annual Meeting of the Psychonomic Society. Vancouver, BC, Canada.

**Soares, J. S.** & Storm, B.C. (2017, January). *Test dynamics and competition dependence in the study of retrieval-induced forgetting*. Bay Area Memory Meeting. San Francisco, CA.

**Soares, J. S.** & Storm, B.C. (2016, November) *Test dynamics and competition dependence in the study of retrieval-induced forgetting*. 57<sup>th</sup> Annual Meeting of the Psychonomic Society. Boston, MA.

**Soares, J. S.** & Storm, B.C. (2015, May). *Forgetting old arguments through generation of new arguments*. 95<sup>th</sup> Annual Western Psychological Association Convention. Las Vegas, NV.

**Soares, J. S.** & Storm, B.C. (2015, November). *Forgetting old arguments by generating new arguments*. 56<sup>th</sup> Annual Meeting of the Psychonomic Society. Chicago, IL.

O'Hara, S.R., Miller, R.R., Polack, C.W., & **Soares, J. S.** (2015, June). *The role of integration on retrieval-induced facilitation*. Psi Chi Research Fair. Binghamton, NY.

Soares, J. S., Polack, C.W., Miguez, G., & Miller, R.R. (2014, June). *Is retrieval-induced forgetting dependent on competition between exemplars?* Psi Chi Research Fair. Binghamton, NY.

### Selected Press Coverage

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Yu, E. (2019, March 11). Social media is ruining our memories. *Vice*.  
[https://www.vice.com/en\\_au/article/8xydwz/social-media-is-ruining-our-memories-v26n1](https://www.vice.com/en_au/article/8xydwz/social-media-is-ruining-our-memories-v26n1)

Smith, J. (2018, October 16). Am I outsourcing my memory? *Medium*.  
<https://medium.com/datadriveninvestor/am-i-outsourcing-my-memory-ab594f07e4f0>

Rose, J. (2018). Reuniting immigrant families, Domino's pothole deal, hangry. Ciara Hulet, *Top of Mind with Julie Rose*. Salt Lake City, Utah: BYURadio, Brigham Young University. <http://www.byuradio.org/episode/16c2c59f-5bd1-4c99-b793-d6605b955555/top-of-mind-with-julie-rose-reuniting-immigrant-families-domino-s-pothole-deal-hangry>

Tamblyn, T. (2018, June 1). There's now a scientific reason why you shouldn't take pictures at gigs. *Huffington Post UK*. [https://www.huffingtonpost.co.uk/entry/theres-now-a-scientific-reason-why-you-shouldnt-take-pictures-at-gigs\\_uk\\_5b110559e4b010565aaae5c](https://www.huffingtonpost.co.uk/entry/theres-now-a-scientific-reason-why-you-shouldnt-take-pictures-at-gigs_uk_5b110559e4b010565aaae5c)

Fries, A. (2018, May 4). Is all out photo taking worthwhile? *Psych Central*.  
<https://psychcentral.com/lib/is-all-our-photo-taking-worthwhile/>

### Research Interests

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I am interested in the mechanisms of memory and forgetting, both within and beyond laboratory paradigms. I have conducted research aimed at elucidating the mechanisms of retrieval-induced forgetting, the finding that selective retrieval causes forgetting of un-retrieved information. My work has also focused on cognitive offloading and attentional disengagement in everyday settings such as in a classroom or on a museum tour.

I am particularly interested in the effects of external storage and repeated retrieval of autobiographical memories, as through the use of digital cameras and social media. Thus far, I have collected and published data concerning the use of cameras and the photo-taking-impairment effect—the finding that taking photos causes participants to forget photographed objects relative to observed objects. I have built on this research by exploring how taking and reviewing photographs, as well as other digital records of past events, influences how accessibly, accurately, and vividly recalled autobiographical events are remembered. I plan to use this work to inform our understanding of autobiographical memory, repeated retrieval, memory bias, and how psychological principals can inform practices for using and developing technologies designed to hold autobiographical information.

## Teaching Experience

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### Graduate Student Instructor, UC Santa Cruz Psychology Department

Introduction to Psychology  
Summer 2019 (enrollment: 56)  
Cognition: Fundamental Theories  
Summer 2018 (enrollment: 59)  
Introduction to Psychological Statistics  
Summer 2017 (enrollment: 30)  
Summer 2018 (enrollment: 13)

### Teaching Assistant, UC Santa Cruz Psychology Department

Cognition: Fundamental Theories  
Winter 2017; Prof. Bryan Holbrook  
Fall 2017; Prof. Travis Seymour  
Fall 2018; Prof. Jason Samaha  
Fall 2019; Prof. Jason Samaha  
Cognitive Neuroscience  
Spring 2019; Prof. Jason Samaha  
Research Methods  
Spring 2016; Prof. Cass Sperling  
Summer 2016; Prof. Faye Crosby  
Winter 2018; Prof. Rebecca Covarrubias  
Winter 2019; Prof. Ben Storm  
Winter 2020; Prof. Ben Storm  
Children's Thinking  
Spring 2018; Prof. Nick Antrilli  
Introduction to Psychological Statistics  
Spring 2017; Prof. Steve Whittaker  
Perception  
Winter 2016; Prof. Nick Davidenko  
Systems of Psychotherapy  
Fall 2016; Prof. Veronica Tonay  
Introduction to Psychology  
Summer 2015; Prof. Gina Thomas  
Feelings & Emotions  
Fall 2015; Prof. Ray Gibbs  
Learning & Memory  
Spring 2015; Prof. Ben Storm

### Guest Lectures:

“Declarative Memory”  
Cognitive Neuroscience, Spring 2019 (enrollment: 82)  
“Memory Errors”  
Cognition, Fundamental Theories, Fall 2018 (enrollment: 180)  
“The *t*-Test for Two Independent Samples”

Introduction to Psychological Statistics, Spring 2017 (enrollment: 180)  
“Inhibition”  
Learning and Memory, Spring 2015 (enrollment: 130)

Courses I am particularly interested in teaching:

Introduction to Psychology  
Introduction to Psychological Statistics  
Research Methods  
Introduction to Cognitive Psychology  
Applied Cognitive Psychology  
Learning & Memory  
Human Factors Psychology

## **Mentorship**

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Supervised Undergraduate Research Assistants (2014-present)

Supervised and trained up to 7 research assistants per quarter. Coordinated lab meetings and mentored students on literacy, communication, design, and analysis of scientific work.

Mentor, Science Internship Program (Summer 2016, 2017)

Paid position mentoring high school students on science literacy, communication, design, and analysis of scientific work for 10 weeks.

Supervisor, Undergraduate Honors Thesis (Fall 2016-Spring 2017)

Nicolas Santer: *Photography and Transactive Memory*

TA Mentor (2015-2016, 2016-2017)

Served as a point of contact for first-time teaching assistants. Observed new TAs and provided feedback.

## **Service**

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Ad-Hoc Reviewer (2014-present) for:

*Applied Cognitive Psychology*  
*Cognition & Emotion*  
*Journal of Applied Research in Memory and Cognition*  
*Journal of Clinical and Experimental Neuropsychology*  
*Journal of Experimental Psychology: General*  
*Journal of Experimental Psychology: Learning, Memory, and Cognition*  
*Memory*  
*Psychonomic Bulletin & Review*

CogMAP Coordinator (2015-2016, 2018-2020)

Organized weekly or biweekly meetings for a group of graduate students and faculty that meet to discuss research and give talks relevant to cognitive science. Applied to and won university funding for meetings.

Host, Lab Tours for Middle and High School Students (Winter 2019)  
Women in Science and Engineering; University of California, Santa Cruz

Cognitive Area Graduate Student Representative (Fall 2016-Fall 2018)  
Psychology Department, University of California, Santa Cruz  
Represented graduate student concerns in faculty meetings, coordinated with staff to organize prospective student visit day activities, organized practice talks for first- and second-year students.

Graduate Student Commons General Board Voting Member (Fall 2017-present)  
University of California, Santa Cruz

Panelist, Cognitive Student Association Workshop (Spring 2018)  
University of California, Santa Cruz

Host, Lab Tour for Community College Students (Spring 2016, 2017, 2018, 2019)  
De Anza College; University of California, Santa Cruz

Poster Presenter at Research Frontiers Evening (2017)  
Division of Social Sciences, University of California, Santa Cruz

Science Fair Judge (2015, 2016)  
Westlake Elementary, Santa Cruz, CA

Volunteer, UCSC Prospective Graduate Student Visits (2015-2019)  
Reception Planning Committee Member (2018)  
Housing Planning Committee Member (2017)  
Prospective Graduate Student Visit Day Host & Transportation (2015-2019)

### **Memberships in Professional Societies**

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Society for Applied Research in Memory and Cognition (2018-present)  
Psychonomic Society (2013-present)  
Western Psychological Association (2014-present)  
Eastern Psychological Association (2012-2016)  
Psi Chi, Psychology Honor Society (2009-present)  
Phi Eta Sigma, National Honor Society (2011-present)

### **Honors & Awards**

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Summer Dissertation Fellowship (2019): \$6,000  
Psychology Department, University of California, Santa Cruz

Travel Grant (2015, 2016, 2017, 2018, 2019): \$2,175  
Psychology Department, University of California, Santa Cruz

Mini-Research Grant (2015, 2016, 2017, 2018, 2019): \$2,750  
Psychology Department, University of California, Santa Cruz

Research and Travel Grant (2019): \$400  
Graduate Student Association, University of California, Santa Cruz

Graduate Travel Award (2018): \$1,000  
Psychonomic Society

Summer Graduate Student Association Fellowship (2015, 2016): \$3,400  
Psychology Department, University of California, Santa Cruz

Chancellor's Fellowship (2014-2015): \$24,000  
Awarded to select first-year graduate students at University of California, Santa Cruz.

Steven W. Kovacs Memorial Award (2014): \$1,000  
Awarded to one graduating senior undergraduate per year by Binghamton University's Psychology department to a student who demonstrates excellence in psychological scholarship and a clear passion for research.

Conference Travel Fund (2014): \$300  
Psychology Department, Binghamton University

Binghamton University Dean's List, Fall 2010-Spring 2014

## Technical Skills & Certifications

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CITI Certification to work with human participants & rodents  
Completed graduate-level courses: *Grant Writing for Psychologists*, *Teaching Writing*  
Proficient in R, SPSS, Statistica, and Python for data analyses  
Proficient in Psychology Software Tools Suite, including E-Prime Experiment Writer  
Proficient in Qualtrics for online survey and experiment design

## References

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