

Julia S. Soares, Ph.D.
September 2020

Contact

Mail: Department of Psychology
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Current Employment

2020-present Mississippi State University
Assistant Professor of Psychology

Education

2014-2020 University of California, Santa Cruz
Ph.D. in Psychology
Readers: Dr. Benjamin Storm, Dr. Nicolas Davidenko, Dr. Jason Finley
Dissertation Title: *Snap judgements: A goal-mediated framework of the transactive memory system between self and camera*

2016 University of California, Santa Cruz
M.S. in 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

Director, Everyday Memory Lab, 2020-present
Principal investigator of the Everyday Memory Lab in the Psychology Department at Mississippi State University.

Graduate Researcher, 2014-2020
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.

Peer-Reviewed Publications

Storm, B.C., & **Soares, J.S.** (under review). Retrieval-induced forgetting can be eliminated by restudy.

Soares, J.S. & Storm, B.C. (revise & resubmit). Exploring functions of and recollection with photos in the age of smartphone cameras.

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.

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. (2020). Putting a negative spin on it: Using a fidget-spinner can impair memory for a video lecture. *Applied Cognitive Psychology*, 34(1), 277-284.

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 (*undergraduate mentee)

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*. 97th 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*. 55th 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 (*undergraduate mentee)

Ramirez, O.*, **Soares, J.S.**, & Storm, B.C. (2020, September). *Investigating the effects of taking photos and video on true and false memory for objects*. 100th Annual Meeting of the Western Psychological Association. Conference held virtually.

Soares, J.S., Das, M.*, & Storm, B.C., (2020, September). *Reviewing photos taken with different goals is associated with differences in recollective experience*. 100th Annual Meeting of the Western Psychological Association. Conference held virtually.

Soares, J.S. & Storm, B.C. (2020, March). *Photo-takers predict item-level costs, but global benefits, to memory as a consequence of taking photos*. 32nd Association for Psychological Science Annual Convention. Chicago, IL.

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

Soares, J.S. & Storm, B.C. (2017, November). *Investigating cognitive offloading as a mechanism for forgetting after taking photos*. 58th 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*. 57th Annual Meeting of the Psychonomic Society. Boston, MA.

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

Soares, J.S. & Storm, B.C. (2015, November). *Forgetting old arguments by generating new arguments*. 56th 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

Lashbrook, A. (2020, January 29). Social media is messing with our memories. *Medium*. <https://elemental.medium.com/social-media-is-messing-with-our-memories-fae0c14c6b0d>

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

Petrow, S. (2018, July 26). Why I only took one photo on my summer vacation, or how to take 'Inner-grams'. *USA Today*. <https://www.usatoday.com/story/tech/columnist/2018/07/26/why-only-took-one-photo-my-vacation-how-take-inner-grams/836270002/>

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

Research Interests

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.

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 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 autobiographical recollection. I plan to use this work to inform our understanding of autobiographical memory, repeated retrieval, memory bias, and how psychological principles can inform practices for using and developing technologies designed to hold autobiographical information.

Teaching Experience

Instructor, Mississippi State University

Cognitive Psychology

Fall 2020 (enrollment: 35)

Instructor, University of California, Santa Cruz

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, University of California, Santa Cruz

Cognition: Fundamental Theories

Winter 2017; Fall 2017; Fall 2018, Fall 2019

Cognitive Neuroscience

Spring 2019

Research Methods

Spring 2016; Summer 2016; Winter 2018; Winter 2019, Winter 2020

Children's Thinking

Spring 2018

Introduction to Psychological Statistics

Spring 2017

Perception

Winter 2016

Systems of Psychotherapy

Fall 2016

Introduction to Psychology

Summer 2015

Feelings & Emotions

Fall 2015

Learning & Memory

Spring 2015

Mentorship

Supervised Undergraduate Research Assistants (2014-present)

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

Coordinator, “You Better Work It!” Workshop (Spring 2020)

Co-coordinated and ran “You Better Work It! How to Work the Psychology Job Market” workshop for graduate students with Dr. Christine Rosales. Workshop funded by Psychology Department Diversity, Equity, and Inclusion Events Grant. University of California, Santa Cruz

Panelist, “Careers in Psychology” Workshop (Spring 2018)

Cognitive Student Association, University of California, Santa Cruz

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; University of California, Santa Cruz

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

Nicolas Santer: *Photography and Transactive Memory*; University of California, Santa Cruz

TA Mentor (2015-2016, 2016-2017, 2019-2020)

Served as a point of contact for first-time teaching assistants. Observed new TAs and provided feedback. University of California, Santa Cruz

Service

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, 2018-2019, 2019-2020)

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 (2016-2017, 2017-2018)
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

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

Research 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

Association for Psychological Science (2019-present)
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 (2012-present)
Phi Eta Sigma, National Honor Society (2011-present)

Honors & Awards

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

Graduate 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

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