RetGoals Experiment Text & Instructions

Welcome Screen

* Welcome, and thank you for agreeing to participate in our study! During this study, you will complete a series of tasks. There will be four tasks per block, and a total of 10 blocks. 5 of the blocks will be roughly 12 minutes each, and 5 of the blocks will be roughly 3 minutes each. Between each block, you will have a 30 second break. Halfway through the experiment, you will have a self-paced break, up to three minutes. If at any point you need to stop the experiment, please wait until the end of the current task, then ask the experimenter for assistance. Press space to continue
* You will first go through a set of practice trials to get the hang of each task. Before we begin, place the fingers of your dominant hand over the “1”, “2”, “3”, and “4” keys on the keyboard. Press any of the four keys to begin.

External Attention Practice

* Size judgment task: for this task, you will see a set of shapes on screen. Half of the shapes will be large, and half of the shapes will be small. At the top of the screen, you will an equation that reads “big \_ small”. You will be prompted to fill in the symbol that makes the equation correct. Each of the symbols on the bottom of the screen corresponds to the four keys: ? is 1, > is 2, = is 3, and < is 4. If there are more big shapes than small shapes, the correct answer is > (press button “2”). If there are fewer big shapes than small shapes, the correct answer is < (press button “4”). If they are equal, the correct answer is = (press button “3”). If you cannot tell or are not confident, feel free to answer with ? (press button “1”). Press space to continue.
* You will now practice the task without a time constraint. The shapes will appear on screen for 1.5 seconds, after which you will be able to make a response. Press 1 to begin
* “Trial”
* “Well done! We will now practice with the time constraint. The shapes will again appear on screen for 1.5 seconds, after which you will be able to make a response. You have a limited time to make a judgment, so be sure to be quick!”
  + Alternative: “Not quite, try again!”
* “Trial”
* “Well done! You’ll now complete 3 more practice trials. The timing of these trials is identical to the timing you will have in the task. Please note that you will not receive feedback for your responses. Press 1 to begin”
  + Alternative: “Try to be quicker! Remember, if you aren’t sure about the answer, you can respond with ? (press button 1). Press 1 to continue”
* Trial, Trial, Trial
* Well done! Press 1 to continue.

Internal Attention Practice

* Math judgment task: for this task, you will see a set of math problems on screen, one on the left and one on the right. The blank space in the middle is the symbol that makes the equation correct. You will be prompted to fill in the symbol that makes the equation correct. Each of the symbols on the bottom of the screen corresponds to the four keys: ? is 1, > is 2, = is 3, and < is 4. If the answer to the equation on the left is greater than the answer to the equation on the right, the correct answer is > (press button “2”). If the answer to the equation on the left is less than the answer to the equation on the right, the correct answer is < (press button “4”). If they are equal, the correct answer is = (press button “3”). If you cannot tell or are not confident, feel free to answer with ? (press button “1”). Press space to continue.
* You will now practice the task without a time constraint. The equations will appear on screen for 1.5 seconds, after which you will be able to make a response. Press 1 to begin
* “Trial”
* “Well done! We will now practice with the time constraint. The equations will again appear on screen for 1.5 seconds, after which you will be able to make a response. You have a limited time to make a judgment, so be sure to be quick!”
  + Alternative: “Not quite, try again!”
* “Trial”
* “Well done! You’ll now complete 3 more practice trials. The timing of these trials is identical to the timing you will have in the task. Please note that you will not receive feedback for your responses. Press 1 to begin”
  + Alternative: “Try to be quicker! Remember, if you aren’t sure about the answer, you can respond with ? (press button 1). Press 1 to continue”
* Trial, Trial, Trial
* Well done! Press 1 to continue.

Encoding Task Practice

* Learning task: for this task, you will see two pictures on screen. The pictures on the right will randomly repeat throughout the experiment, but the pictures on the left will be new. Your job is to study the two images, as you will be asked to remember which images were shown together in a subsequent task. To help you remember, you will also make a judgment about the size of the objects in relation to one another. This will help you form an association between the objects. Please make the judgment based off of the size of the image on screen, not the size of these objects in the real world. If the image on the left is larger than the image on the right, the correct answer is > (press button “2”). If the image on the left is smaller than the image on the right, the correct answer is < (press button “4”). If they are equal, the correct answer is = (press button “3”). If you cannot tell or are not confident, feel free to answer with ? (press button “1”). Remember, your memory for these items will be tested later, so be sure to pay attention! Press space to continue.
* You will now practice the task without a time constraint. The images will appear on screen for 1.5 seconds, after which you will be able to make a response. Remember, make your judgment based on the size of the items on the screen, not the size of the items in the real world. Press 1 to begin
* “Trial”
* “Well done! We will now practice with the time constraint. The images will again appear on screen for 1.5 seconds, after which you will be able to make a response. You have a limited time to make a judgment, so be sure to be quick!”
  + Alternative: “Not quite, try again!”
* “Trial”
* “Well done! You’ll now complete 3 more practice trials. The timing of these trials is identical to the timing you will have in the task. Please note that you will not receive feedback for your responses. Press 1 to begin”
  + Alternative: “Try to be quicker! Remember, if you aren’t sure about the answer, you can respond with ? (press button 1). Press 1 to continue”
* Trial, Trial, Trial
* Well done! Press 1 to continue.

Retrieval Task Practice

* Memory task: for this task, your memory for the previously shown items will be tested. You will see one object on screen, and you will be asked to answer which of the pictures at the bottom of the screen the object was shown with. If you think the object was shown with the \_\_\_\_\_\_, press button “2”. If you think the object was shown with the \_\_\_\_\_\_, press button “3”. If you think the object was shown with the \_\_\_\_\_\_, press button “4”. If you cannot tell or are not confident, feel free to answer with ? (press button “1”). Remember, your memory for these items will be tested later, so be sure to pay attention! Press space to continue.
* You will now practice the task without a time constraint. The images will appear on screen for 1.5 seconds, after which you will be able to make a response. Press 1 to begin
* “Trial”
* “Well done! We will now practice with the time constraint. The images will again appear on screen for 1.5 seconds, after which you will be able to make a response. You have a limited time to make a judgment, so be sure to be quick!”
  + Alternative: “Not quite, try again!”
* “Trial”
* “Well done! You’ll now complete 3 more practice trials. The timing of these trials is identical to the timing you will have in the task. Please note that you will not receive feedback for your responses. Press 1 to begin”
  + Alternative: “Try to be quicker! Remember, if you aren’t sure about the answer, you can respond with ? (press button 1). Press 1 to continue”
* Trial, Trial, Trial
* Well done! Press 1 to continue.