**Debriefing Statement**

**Study – Hold the Line**

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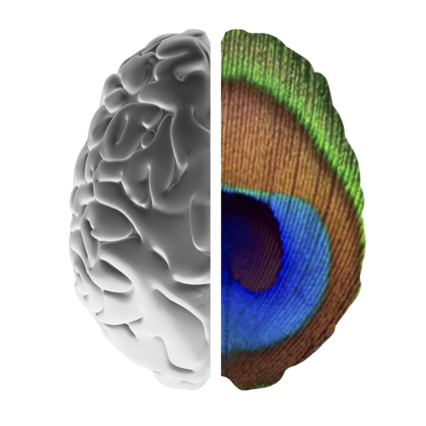
The aim of this experiment is to investigate why we are *not* able to hold a very high number of items in our mind at the same time (“working memory”). Though it varies slightly across individuals, there is a generally accepted limitation on the amount of information that can be held in our working memory. Although we accept that there *is* a limitation, there is still much debate as to *how* or even why there is such a limitation.

This study looks specifically at prospective memory, which is remembering to remember. For example, if you have to get gas on the way home, you can use two different strategies to remember – proactive and reactive control. Proactive control requires actively thinking about it, such as repeating to yourself, “stop for gas, stop for gas, stop for gas…”. Reactive control uses less cognitive “resources” and can involve environmental cues to help you remember, such as remembering to stop when you actually see a gas station. In this study, we are just looking at proactive control, and two components within that. These components are maintaining and monitoring. We would like to try to see what the difference is between maintaining an item in memory and monitoring for an item.

We tried to do this with the different block types where you should just be maintaining an item, just monitoring, and finally maintaining and monitoring at the same time.

If you’d like to hear more, don’t hesitate to send me an email.

**Thanks for participating!**

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