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EDUCATION & TRAINING

University of Toronto, Toronto, ON, CA — **2020 – Present**
Ph.D. Psychology, Advisor: Keisuke Fukuda

University of Toronto, Toronto, ON, CA — **2019 – 2020**
M.A. Psychology, Advisor: Keisuke Fukuda

University of Notre Dame, South Bend, IN, USA — **2017 – 2019**
Lab Manager, Advisor: Nathan S. Rose

University of San Francisco, San Francisco, CA, USA — **2013 – 2016**
B.A. Psychology (*summa cum laude*), Thesis Advisor: Benjamin J. Levy

HONORS & FUNDING AWARDED

Fellowships & Grants

Ontario Graduate Scholarship, University of Toronto, $15,000/year, 1-year tenure — **2023—2024**
Graduate Legacy Fellowship[1], Florida State University, $10,000/year, 5-year tenure — **2019 – 2024**
*University Scholarship***,** University of San Francisco, $29,000/year, 4-year tenure — **2013 – 2016**

Awards & Recognitions

Early Career Scientist Travel Grant, National Eye Institute, $550, One-Time — **2022**
Professional Development Award, Object Perception, Attention, and Memory Conference, $200, One-Time — **2021**
Undergraduate Research Grant, Psi Chi Honor Society in Psychology, $550, One-time — **2015**

PUBLICATIONS

** Denotes undergraduate trainee under my supervision; † Denotes co-first authorship*

Refereed Contributions

Teoh, J.*, **Saito, J. M.**, Yeo, Y.*, Winter, S., & Fukuda, K. (submitted). Perceptual comparisons induce lasting and generalizing changes to face memory reports. *Cognitive Research: Principles and Implications.*

Hames, J. L., Rose, N. S., Villano, M., Lam, J. C., **Saito, J. M.**, & Cougle, J. R. (submitted). Testing the efficacy of virtual reality exposure versus in vivo exposure for fear of heights: A randomized non-inferiority trial. *Behavior Research & Therapy.*

Rose, N. S. & **Saito, J.M.** (2024). Naturalistic assessments in virtual reality and in real life help resolve the age-prospective memory paradox. *Aging, Neuropsychology, & Cognition*. https://doi.org/10.1080/13825585.2024.2315791

Zhao, C., Kim, J., Tang, T. H., **Saito, J. M.**, & Fukuda, K. (2024). Deep neural network decodes aspects of stimulus-intrinsic memorability inaccessible to humans. *Journal of Experimental Psychology: General*. Advance online publication. https://doi.org/10.1037/xge0001543

Saito, J. M., Bae, G.-Y., & Fukuda, K. (2023). Judgments during perceptual comparisons predict distinct forms of memory updating. *Journal of Experimental Psychology: General*. Advance online publication. https://doi.org/10.1037/xge0001469

[1] Declined, accepted admission to University of Toronto

Saito, J. M., Duncan, K., & Fukuda, K. (2023). Comparing visual memories to similar visual inputs risks lasting memory distortion. *Journal of Experimental Psychology: General*. Advance online publication. https://doi.org/10.1037/xge0001400

Saito, J. M., Kolisnyk, M.†, & Fukuda, K. (2022). Judgments of learning reveal conscious access to stimulus memorability. *Psychonomic Bulletin & Review, 30*, 317-330. https://doi.org/10.3758/s13423-022-02166-1

Saito, J. M., Kolisnyk, M.*, & Fukuda, K. (2022). Perceptual comparisons modulate memory biases induced by new visual inputs. *Psychonomic Bulletin & Review*, *30*, 291-302. https://doi.org/10.3758/s13423-022-02133-w

Fukuda, K., Tozios, C. J. I., & **Saito, J. M.** (2022). Limited access to an unlimited store: Mechanistic constraints and limitations in the voluntary control of visual long-term memory. In T. F. Brady & W. A. Bainbridge (Eds.), *Visual Memory*. Abingdon, England: Routledge.

Fukuda, K., Pereira, A. E., **Saito, J. M.**, Tang, T. Y., Tsubomi, H., & Bae, G.-Y. (2022). Working memory content is distorted by its use in perceptual comparisons. *Psychological Science*, *33*(5), 816-829. https://doi.org/10.1177%2F09567976211055375

Forthcoming Contributions

Teoh, J.*, **Saito, J. M.**, Yeo, Y.*, Winter, S., & Fukuda, K. (2023, December 27). Perceptual comparisons induce lasting and generalizing changes to face memory reports. *PsyArXiv*. https://doi.org/10.31234/osf.io/9fpjm

CONFERENCE PRESENTATIONS

** Denotes undergraduate trainee under my supervision*

Oral Presentations

Saito, J. M. & Fukuda, K. (2023, November). *Predictable Learning Demands Enable Down-regulation of Visual Long-Term Encoding.* Talk presented at the Annual Meeting of the Psychonomic Society, San Francisco, CA.

Saito, J. M., Printzlau, F., Yeo, Y., & Fukuda, K. (2022, November). *Attentional Prioritization in Working Memory Changes Interactions with Task-Relevant Perception.* Talk presented at the Object Perception, Attention, & Memory (OPAM) Conference, Boston, MA.

Saito, J. M., Kolisnyk, M., & Fukuda, K. (2022, July). *Judgments of Learning Reveal Conscious Access to Stimulus Memorability*. Talk presented at the Annual Meeting of the Canadian Society for Brain, Behavior, and Cognitive Science (CSBBCS), Halifax, NS.

Saito, J. M., Printzlau, F., Yeo, Y., & Fukuda, K. (2022, June). *Attentional Prioritization in Working Memory Changes Interactions with Task-Relevant Perception.* Talk presented at the Annual Working Memory Symposium (WMS).

Saito, J. M., Kolisnyk, M., & Fukuda, K. (2022, May). *Subjective Judgments of Learning Reveal Conscious Access to Stimulus Memorability*. Talk presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

Saito, J. M., Kolisnyk, M.*, Bae, G. Y., & Fukuda, K. (2021, June). *Judgments During Perceptual Comparisons Predict Distinct Forms of Memory Updating.* Talk presented at the Annual Working Memory Symposium (WMS).

Saito, J. M., Kolisnyk, M.*, & Fukuda, K. (2020, November). *Task Demands Modulate Memory Biases Induced by Overlapping Perceptual Input*. Talk presented at the Object Perception, Attention, & Memory (OPAM) Conference, Austin, TX.

Poster Presentations

Saito, J. M. & Fukuda, K. (2024, April). *Voluntary down-regulation of memory encoding occurs via attentional withdrawal, not active suppression*. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society (CNS), Toronto, ON.

Saito, J. M. & Fukuda, K. (2023, May). *Predictable learning demands enable direct down-regulation of visual long-term memory encoding*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

Saito, J. M., Printzlau, F., Yeo, Y., & Fukuda, K. (2022, November). *Attentional Prioritization in Working Memory Changes Interactions with Task-Relevant Perception.* Poster presented at the Annual Meeting of the Psychonomic Society, Boston, MA.

Saito, J. M., Bae, G. Y., & Fukuda, K. (2021, November). *Judgments During Perceptual Comparisons Predict Distinct Forms of Memory Updating*. Poster presented at the Object Perception, Attention, & Memory (OPAM) Conference, New Orleans, LA.

Saito, J. M., Kolisnyk, M.*, & Fukuda, K. (2021, May). *Explicit Perceptual Comparisons Modulate Memory Biases Induced by Overlapping Visual Input*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

Teoh, Y. J.*, Khan, S.*, Yeo, Y.*, **Saito, J. M.**, & Fukuda, K. (2021, May). *Comparisons with Similar Faces Induce Lasting Distortions in Face Memories*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

Babiy, Z.*, Yeo, Y.*, **Saito, J. M.**, & Fukuda, K. (2021, May). *Perceptual Comparisons Induce Varying Forms of Memory Updating*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

Saito, J. M., & Fukuda, K. (2020, May). *Visual memories can recover from recognition-induced memory biases.* Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Pete Beach, FL.

Fukuda, K., Pereira, A., **Saito, J. M.**, & Tsubomi, H. (2020, May). *Recognition-induced memory bias (RIMB) in visual working memory*. Poster presented at the Annual Meeting of the Vision Sciences Society (VSS), St. Petersburg, FL.

Saito, J. M., & Fukuda, K. (2020, February). *Visual memories can recover from recognition-induced memory biases*. Poster presented at the Annual Meeting of the Lake Ontario Visionary Establishment (LOVE), Niagara Falls, ON.

Saito, J. M., Lam, J., Rose, N. S., Villano, M., Cougle, J., Hames, J. L., (2019, March). *The Efficacy of Single-Session Exposure Therapy Using Virtual Reality*. Poster presented at Notre Dame Advanced Diagnostics & Therapeutics External Review Session, Notre Dame, IN.

Saito, J. M., Rose, N. S. (2018, May). *Validation of Virtual Reality for Measuring Prospective Memory in Young and Older Adults*. Poster presented at the Annual Meeting for the Association of Psychological Science (APS), San Francisco, CA.

Saito, J. M., Beloff, M.*, Haile, L.*, Levy, B. J. (2017, April). *The effects of attentional filtering on associative long-term memory formation across the lifespan*. Poster presented at the Annual Meeting of the Western Psychological Association (WPA), Sacramento, CA.

Uchigakiuchi, T., **Saito, J. M.**, Biba, T., Chi, A., Soriano Smith, R., & Levy, B. J. (2017, April). *The reliability of retrieval-induced forgetting revisited.* Poster presented at the Annual Meeting of the Western Psychological Association (WPA), Sacramento, CA.

TEACHING EXPERIENCE

Course Instructor, University of Toronto

PSY100 Introduction to Psychology Tutorial
PSY372 Human Memory

Teaching Assistant, University of Toronto

PSY100 Introduction to Psychology
PSY270 Cognition
PSY372 Human Memory
PSY385 Human Factors
PSY480 Special Topics in Perception

REVIEWING

Journal of Experimental Psychology: General
Journal of Vision
Attention, Perception, & Psychophysics
Memory & Cognition

PROFESSIONAL SERVICE

Ebbinghaus Empire Invited Speaker Series, Organizer, University of Toronto **2021 – 2022**

SKILLS

Programming & Data Analysis: MATLAB, Python, Inquisit, JASP, R
Statistics: General linear model, mixture modeling, simulation
Methods: Psychophysics, electroencephalography
Miscellaneous: Keynote, Excel, Dropbox, Qualtrics