

# Matt Meier

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## Position

Assistant Professor, *Western Carolina University* 2014 – 2020  
Associate Professor, *Western Carolina University* 2020 – present

## Education

Ph. D., Cognitive Psychology 2014  
University of North Carolina at Greensboro  
Advisor: Michael J. Kane

M. A. Clinical Psychology 2008  
Appalachian State University  
Advisor: Dayna R. Touron

B. A. Psychology, Minor in Philosophy 1996  
Rutgers University

## Publications

### Peer-reviewed journal articles:

Smith, A. P., Brosowsky, N., Murray, S., Daniel, R., Meier, M., & Seli, P. (2022). Fixation, flexibility, and creativity: The dynamics of mind wandering. *Journal of Experimental Psychology: Human Perception and Performance*

Welhaf, M., Meier, M., Smeekens, B. A., Silvia, P., Kwapil, T., & Kane, M. J. (2022). A "Goldilocks zone" for mind wandering reports? A secondary analysis of how few thought probes are enough for reliable and valid measurement. *Behavior Research Methods*

Beikmohamadi, L. A., & Meier, M. E. (2022). Examining the relations among working memory capacity, attention deficit hyperactivity disorder symptomology, and conscious experience. *Psychology of Consciousness: Theory, Research, and Practice*.

- Meier, M. E., (2021). Testing the Attention-Distractibility Trait. *Memory & Cognition*.
- Kane, M. J., Smeekens, B. A., Meier, M. E., Welhaf, M. S., & Phillips, N. E. (2021). Testing the Construct Validity of Competing Measurement Approaches to Probed Mind-Wandering Reports. *Behavior Research Methods*.
- Welhaf, M. S., Smeekens, B. A., Meier, M. E., Silvia, P. J., Kwapil, T. R., & Kane, M. J. (2020). The Worst Performance Rule, or the Not-Best Performance Rule? Latent-Variable Analyses of Working Memory Capacity, Mind-Wandering Propensity, and Reaction Time. *Journal of Intelligence*, 8(2), 25.
- Goller, H., Banks, J. B., & Meier, M. E. (2020). An Individual Differences Investigation of the Relations Among Life Event Stress, Working Memory Capacity, and Mind Wandering: A Preregistered Replication-Extension Study. *Memory & Cognition*.
- Meier, M. E. (2019). Is There a Positive Association between Working Memory Capacity and Mind Wandering in a Low-Demand Breathing Task? A Preregistered Replication of Levinson, Smallwood, and Davidson (2012). *Psychological Science*.
- Welhaf, M. S., Smeekens, B. A., Gazzia, N. C., Perkins, J. B., Silvia, P. J., Meier, M. E., Kwapil, T. R., & Kane, M. J. (2018). An Exploratory Analysis of Individual Differences in Mind Wandering Content and Consistency. *Psychology of Consciousness: Theory, Research, and Practice*.
- Davis, W. E., Giner-Sorolla, R., Lindsay, D. S., Loughheed, J. P., Makel, M. C., Meier, M. E., Sun, J., Vaughn, L. A., Zelenski, J. M. (2018). Peer Review Guidelines Promoting Robustness and Transparency in Psychological Science. *Advances in Methods and Practices in Psychological Science*.
- Meier, M. E. (2018). Can Research Participants Comment Authoritatively on the Validity of Their Self-Reports of Mind Wandering and Task Engagement? A Replication and Extension of Seli, Jonker, Cheyne, Cortes, and Smilek (2015). *Journal of Experimental Psychology: Human Perception and Performance*. ([link to PDF](#))
- Meier, M. E., Smeekens, B. A., Silvia, P. J., Kwapil, T. R., & Kane, M. J. (2018). Working memory capacity and the antisaccade task: A microanalytic-macroanalytic investigation of individual differences in goal activation and maintenance. *Journal of Experimental Psychology: Learning, Memory, & Cognition*. ([link to PDF](#))
- Kane, M. J., Gross, G. M., Chun, C. A., Smeekens, B. A., Meier, M. E., Silvia, P. A., & Kwapil, T. R. (2017). For whom the mind wanders, and when, II: Individual differences in subjective experience vary across laboratory and daily-life settings. *Psychological Science*. ([link to PDF](#))
- Redick, T. S., Shipstead, Z., Meier, M. E., Montroy, J., Hicks, K. L., Unsworth, N., Kane, M. J., Hambrick, D. Z. & Engle, R. W. (2016). Cognitive predictors of a common multitasking

- ability: contributions from working memory, attention control, and fluid intelligence. *Journal of Experimental Psychology: General*, 145(11), 1473 - 1492. ([link to PDF](#))
- Kane, M. J., Meier, M. E., Smeekens, B. A., Gross, G. M., Chun, C. A., Silvia, P. J., & Kwapil, T. R. (2016). Individual differences in the executive control of attention, memory, and thought, and their associations with schizotypy. *Journal of Experimental Psychology: General*. 145(8), 1017-1048. ([link to PDF](#))
- Meier, M. E., & Kane, M. J. (2015). Carving executive control at its joints: Working memory capacity predicts stimulus-stimulus, but not stimulus-response, conflict. *Journal of Experimental Psychology: Learning, Memory, & Cognition*, 41(6), 1849-1872. ([link to PDF](#))
- Meier, M. E., & Kane, M. J. (2013). Working memory capacity and Stroop interference: Global versus local indices of executive control. *Journal of Experimental Psychology: Learning, Memory, & Cognition*, 39(3), 748-759. ([link to PDF](#))
- McVay, J. C., Meier, M. E., Touron, D. R., & Kane, M. J. (2013). Aging Ebbs the Flow of Thought: Adult Age Differences in Mind Wandering, Executive Control, and Self-Evaluation. *Acta psychologica*, 142(1), 136 -147. ([link to PDF](#))
- Redick, T. S., Broadway, J. M., Meier, M. E., Kuriaskose, P. S., Unsworth, N., Kane, M. J., & Engle, R. W. (2012). Measuring working memory capacity with automated complex span tasks. *European Journal of Psychological Assessment*, 28(3), 164-171. ([link to PDF](#))
- Touron, D. R., Oransky, N., Meier, M. E., & Hines, J. C. (2010). Metacognitive monitoring and strategic behaviour in working memory performance. *Quarterly Journal of Experimental Psychology*, 63(8), 1533-1551. ([link to PDF](#))

### **Chapters:**

- Meier, M. E., & Kane, M. J. (2017). Working memory capacity and attentional control. In Tobias Egner (Ed.), *Wiley Handbook of Cognitive Control*. (pp. 50-63) ([link to PDF](#))

### **Invited Talks**

- Meier, M. E., & Kuhlmann, B. G., (2016) Working memory capacity and the recollection-based counteraction of fluency. Invited talk at the Southeastern Society of Philosophy and Psychology, Louisville, KY.

### **Conference Presentations**

- Daniel, R., Smith, A., Brosowsky, N., Seli, P. J., & Meier, M. (2022). *Thought Constraint as an Individual Difference Variable*. Poster to be presented at the Annual Meeting of the Psychonomic Society. Boston, MA.

- Streitberger, C., Kuhlmann, B. G., Arnold, N. R., & Meier, M. E. (2022). *Is working memory linked to encoding or retrieval processes in long-term memory?* Poster to be presented Annual Meeting of Psychonomic Society, Boston, MA.
- Hickey, H., Jones, A., Hills Grove, A., Rutherford, L., Torres Wong, N., Sumner, A., & Meier, M. (2019). *An individual differences investigation of the relation between life event stress and working memory capacity.* Poster presented at the Annual Meeting of the Psychonomic Society. Montreal, QC.
- Smeeckens, B., Meier, M., Silvia, P., Kwapil, T., & Kane, M. J., (2019). *The role of executive control in divergent thinking.* Poster presented at the Annual Meeting of the Psychonomic Society. Montreal, QC.
- Welhaf, M., Smeeckens, B., Meier, M., Silvia, P., Kwapil, T., & Kane, M. J. (2019). *Worst performance rule, or not-best? It depends on the ability construct.* Poster presented at the Annual Meeting of the Psychonomic Society. Montreal, QC.
- Meier, M. E. (2019). *Assessing the attention-distractibility trait: A replication-extension study.* Talk presented at the North Carolina Cognition Conference. Raleigh, NC.
- Goller, H., Acker, S., Sumner, A., Torres Wong, N., & Meier, M. E., (2019). *The relationship between life stressors and working memory capacity.* Poster presented at the Southeastern Psychological Association Annual Conference, Jacksonville, FL.
- Kane, M. J., Smeeckens, B. A., Meier, M. E., & Welhaf, M. S. (2018). *Testing the validity of probed mind-wandering reports.* Talk presented at the Annual Meeting of the Psychonomic Society. New Orleans, LA.
- Divine, K., Pruitt, M., Torres Wong, N., & Meier, M. E. (2018). *Evidence for a role of working memory in the maintenance of task-unrelated thinking? A preregistered close replication of Levinson, Smallwood, and Davidson (2012).* Poster presented at the North Carolina Cognition Conference. Chapel Hill, NC.
- Meier, M. E., & Lyons, A. J. (2017). *Can Research Participants Comment Authoritatively on the Validity of Their Self-Reports of Mind Wandering? A Replication and Extension of Seli, Jonker, Cheyne, Cortes, and Smilek (2015).* Poster presented at the Annual Meeting of the Psychonomic Society. Vancouver, BC.
- Welhaf, M.S., Smeeckens, B. A., Meier, M. E., Silvia, P. J., Kwapil, T. R., & Kane, M. J. (2017). *Individual differences in mind-wandering content and consistency.* Poster presented at the Annual Meeting of the Psychonomic Society. Vancouver, BC.
- Lyons, A. J., & Meier, M. E., (2017). *Pre-registered replication and extension of Seli, Jonker, Cheyne, Cortes, & Smilek (2015): No evidence of individual differences in the monitoring of mind wandering.* Poster presented at North Carolina Cognition Conference. Greensboro, NC.

- Lyons, A. J., Donchenko, M., Ritch, J., Moss, E., & Meier, M. E., (2017). *Individual differences in the awareness of mind wandering*. Talk presented at the Southeastern Psychological Association Annual Meeting. Atlanta, GA.
- Meier, M. E., Lyons, A. J., Smeekens, B. A., Kwapil, T. R., Silvia, P. J., & Kane, M. J. (2016). *Going deep on the antisaccade: Informing the nature of WMC-related attentional control*. Poster presented at the Annual Meeting of the Psychonomic Society. Boston, MA.
- Lyons, A. J., Meier, M. E., Smeekens, B. A., Silvia, P. J., Kwapil, T. R., & Kane, M. J. (2016). *Mind wandering: A moderating variable between WMC and habitual response inhibition*. Poster presented at the Southeastern Psychological Association Annual Meeting. New Orleans, LA.
- Smeekens, B. A., Meier, M. E., & Kane, M. J., (2015) *Do working memory capacity and fluid intelligence predict divergent thinking?* Poster presented at the Annual Meeting of the Psychonomic Society, Chicago, IL.
- Gross, G.M., Chun, C., Kane, M., Silvia, P.J., Smeekins, B., Meier, M., & Kwapil, T.R. (2015). *The inclusion of cognitive dysfunction in the measurement of laboratory and daily-life schizotypy dimensions*. Poster presented at the meeting of the Society for Research in Psychopathology. New Orleans, LA.
- Kane, M. J., Gross, G. M., Chun, C. A., Meier, M. E., Smeekens, B. A., Silvia, P. J., & Kwapil, T. R. (2015). *What do cognitive abilities and schizotypic personality predict about mind wandering experiences in daily life?* Talk presented at SARMAC XI, The Biennial meeting of the Society for Applied Research in Memory and Cognition, Victoria, British Columbia
- Kane, M. J., Meier, M. E., Smeekens, B. A., Gross, G. M., Chun, C. A., Silvia, P. J., & Kwapil, T. R. (2014). *Executive control of memory, attention, and action: Normal and atypical variation*. Talk presented at the Annual Meeting of the Psychonomic Society, Long Beach, CA.
- Kuhlmann, B. G., Meier, M. E., & Arnold, N. R. (2013). *Connecting working and long-term memory: A model-based analysis of encoding and retrieval processes*. Poster presented at the Annual Meeting of the Psychonomic Society. Toronto, ON.
- Smeekens, B., Meier, M. E., & Kane, M. J. (2012). *Paying attention to insight and creativity: Contributions of working-memory capacity and mind-wandering*. Poster presented at the Annual Meeting of the Psychonomic Society. Minneapolis, MN.
- Meier, M. E., & Kane, M.J. (2011). *Working memory capacity and resolving stimulus-stimulus versus stimulus-response conflict*. Poster presented at the Annual Meeting of the Psychonomic Society. Seattle, WA.

- Meier, M. E., & Kane, M. J. (2010). *Response set, repetitions, and runs moderate working memory capacity's effect on Stroop interference*. Poster presented at the Annual Meeting of the Psychonomic Society. St. Louis, MO.
- McVay, J. C., Meier, M. E., Touron, D. R., & Kane, M. J. (2009). *The Aging of the wandering mind: Task-unrelated versus performance-related thought*. Poster presented at the Annual Meeting of the Psychonomic Society. Boston, MA.
- Touron, D. R., Oransky, N., Meier, M. E., & Hines, J. C. (2007). *Does metacognitive monitoring influence age differences in working memory performance?* Poster presented at the Annual Meeting of the Psychonomic Society. Long Beach, CA.
- Meier, M. E., Touron, D. R., & Hertzog, C. (2006). *Moderation of age-related differences in response criteria through latency deadlines*. Poster presented at the Annual Meeting of the Psychonomic Society. Houston, TX.

**Ad-Hoc Manuscript Reviewer**

Journal of Experimental Psychology: General  
Journal of Experimental Psychology: Applied  
Journal of Experimental Psychology: Learning, Memory, and Cognition  
Journal of Experimental Psychology: Human Perception and Performance  
Journal of Gerontology: Psychological Sciences  
Psychonomic Bulletin and Review  
Developmental Science  
Quarterly Journal of Experimental Psychology  
Current Psychology  
PLOS One  
Cognitive Research: Principles and Implications  
Behavior Research Methods

**Ad-Hoc Grant Reviewer**

National Science Foundation  
National Science Center, Poland

**Teaching:****Western Carolina University**

Belief in "Weird" Things  
Cognitive Psychology (face-to-face & online)  
General Psychology  
Graduate Statistics  
Graduate Cognitive Psychology  
Senior Seminar  
Graduate Self-Paced Introduction to R (guided independent study)  
History of Psychology

**Appalachian State University**

Cognitive Psychology  
Personality Psychology

**Elon University**

Introduction to Psychology

**UNCG**

Introduction to Psychology  
Research and Statistical Methods Lab

**Service:**

Academic Action Appeals Committee Member  
Colloquium Committee Chair  
Research Pool Coordinator  
College of Education and Allied Professions Disaster Plan Committee Member  
Psychology Graduate Program Committee Member  
Thesis Committee Member  
Thesis Chair  
Dissertation Chair  
General-Experimental Psychology Committee Member  
College of Education and Allied Professions Curriculum Committee Member  
College of Education and Allied Professions Elections Co-chair  
Clinical Psychology Faculty Search Member (2x)  
Open Position Faculty Search Member  
Botner Superior Teaching Award Committee Member  
Chancellor's Distinguished Teaching Award Committee Member  
Excellence in Teaching Liberal Studies Award Committee Member  
College Education and Allied Professions Scholarship Committee Member  
Psychology Department Tenure and Promotion Committee Member  
College of Education and Allied Professions Tenure and Promotion Committee Member

**Awards:**

Greensboro Scholarship Award 2008-2010

**Professional Memberships:**

Society for the Improvement of Psychological Science  
Psychonomic Society  
Southeastern Psychological Association