**Research**

**The influences of external memory support on memory and meta-memory:**

Much of my research to date has focused on how our use of technology allows us to “offload” or redirect cognitive demands and how this, in turn, influences our memory. One way I have examined this is with a procedure designed to imitate the loss of a reliable external store (e.g., one’s phone).

In this work, we have demonstrated that there is a reliable cost to memory performance when expecting one’s external memory support compared to when there is no such expectation of external memory support, consistent with Eskritt and Ma (2014) and Sparrow et al. (2011). More specifically, memory phenomena thought to be more dependent on intentional or top-down mnemonic efforts (e.g., rehearsal) appear more likely to show this memory cost compared to memory phenomena thought to be less dependent on intentional or top-down mnemonic efforts:

[citations].

While mostly basic in nature, my research also allows me to consider important applications such as the various qualities of environmental memory supports and how the nature of their use, in turn, affects memory. More recently, I have begun to try to better understand the role of metamemory (metacognition specific to memory) within the context of my research:

[conference posters].

* Partial environmental support
* Ai-agent work

**The production effect in memory:**

My work draws from a variety of subtopics within learning and memory research, such as study effort and study allocation, intentional forgetting, distinctiveness/isolation, production effects, and misinformation/false memory effects. For example, I have a line of work devoted to better understanding the underlying mechanisms of the production effect, including a computational model using REM.1 (CITE):

[citations]

**In the “real world”: Metacognitive calibration and judgments of intelligence analysts**

From September 2023 to March 2024 (inclusive), I completed a full-time research internship at Defence Research and Development Canada, Toronto (a division of the Federal Government of Canada) to conduct research on how to improve the calibration and information management of intelligence analysts.

[Citations]