

Catherine D. Middlebrooks

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RESEARCH INTERESTS

- **Self-Regulated Learning, Metacognition, and Memory**
 - How do beliefs about learning and memory processes influence self-regulated learning and study strategizing?
 - How do factors during encoding (e.g., the importance of the material; distractions or multi-tasking) and retrieval (e.g., testing formats) influence the strategies learners select, how well they execute them, and how well they *think* they're executing them?
- **Educational Applications**
 - What strategies do students adopt when studying, why do they adopt them, and how effectively do they execute them to achieve their learning and performance goals?
 - What do *instructors* do that encourages (or discourages) effective studying?

EDUCATION

- 2018 **Ph.D., Cognitive Psychology**
University of California, Los Angeles
Minor: Quantitative Psychology
Advisor: Alan D. Castel, Ph. D.
Dissertation: *Encoding and retrieval influences on the strategic study of important information*
- 2014 **M.A., Cognitive Psychology**
University of California, Los Angeles
Master's Thesis: *You can't take it (all) with you: How goals and subjectivity influence memory for valuable information*
- 2012 **B.A., Psychology, Cognitive Science**
University of Virginia
Degree honors: Highest Distinction
Honors Thesis: *Forget about it!: An investigative comparison of thought suppression and the Think/No-Think paradigm*

PROFESSIONAL EXPERIENCE

- 2018-- *Assistant Professor*, Department of Psychology
Radford University

TEACHING EXPERIENCE (Instructor of Record)

Radford University

Lecture Courses- Undergraduate level

Introduction to Cognitive Psychology

TEACHING EXPERIENCE (Teaching Assistant)

University of California, Los Angeles

*Lecture Courses (*incl. weekly discussion sections)*

Cognitive Psychology*

Introduction to Cognitive Science

Psychology & Law

Laboratory Courses

Cognitive Psychology Lab

Research Methodology- Section TA

Research Methodology- Master Teaching Associate

Statistics Courses

Psychological Statistics (incl. weekly discussion sections)

Guest Lectures

Psychological Statistics

Frequency Distributions; Central Tendency

Cognitive Psychology Lab

Introduction to SuperLab for Experimentation;

Value-Directed Remembering and Metacognition;

Review of SPSS and Data Analysis

Advanced Psychology & Law

Psychopathy

RELATED PROFESSIONAL EXPERIENCE

05/2018 - 09/2018

Consultant

W. W. Norton & Company, Inc.

Authored test bank questions and online instructor resources to accompany Cognition: Exploring the science of the mind (Reisberg, 6th edition)

08/2017 - 06/2018

Instructional Design Associate
 University of California, Los Angeles
Redesigning of the Research Methods course (incl. Lecture and weekly lab sections) required of undergraduate majors in the Department of Psychology with Drs. Elizabeth L. Bjork and Iris Firstenberg

PEER-REVIEWED PUBLICATIONS

Published

1. **Middlebrooks, C. D., & Castel, A. D.** (2018). Self-regulated learning of important information under sequential and simultaneous encoding conditions. *Journal of Experimental Psychology: Learning, Memory, & Cognition*, *44*, 779-792. DOI: 10.1037/xlm0000480
2. **Middlebrooks, C. D., Kerr, T., & Castel, A. D.** (2017). Selectively distracted: Memory for important information under divided attention. *Psychological Science*, *28*, 1103-1115. DOI: 10.1177/0956797617702502
3. **Middlebrooks, C. D., Murayama, K., & Castel, A. D.** (2017). Test expectancy and memory for important information. *Journal of Experimental Psychology: Learning, Memory, & Cognition*, *43*, 972-985. DOI: 10.1037/xlm0000360
4. **Middlebrooks, C. D., Murayama, K., & Castel, A. D.** (2016). The value in rushing: Memory and selectivity when short on time. *Acta Psychologica*, *170*, 1-9. DOI: 10.1016/j.actpsy.2016.06.001
5. **Middlebrooks, C. D., McGillivray, S., Murayama, K., & Castel, A. D.** (2016). Memory for allergies and health foods: How younger and older adults strategically remember critical health information. *Journals of Gerontology, Series B: Psychological Sciences and Social Sciences*, *71*, 389-399. DOI: 10.1093/geronb/gbv032 [Selected as "Editor's Choice"]
6. **Wernzt, A. J., Dodson, C. S., Schiller, A., Middlebrooks, C. D., & Phipps, E.** (2015). Mental health in rural caregivers of persons with dementia. *SAGE Open*, *5*. DOI: 10.1177/2158244015621776

Manuscripts In Preparation

1. **Middlebrooks, C. D., & Castel, A. D.** (in prep). Standing the test of time: Younger and older adults' strategic study of valuable information when short on time.

BOOK CHAPTERS

1. Castel, A. D., Middlebrooks, C. D., & McGillivray, S. (2016). Monitoring memory in old age: Impaired, spared, and aware. In J. Dunlosky & S. Tauber (Eds.), *The Oxford Handbook of Metamemory* (pp. 519-535). Oxford University Press.

PRESENTATIONS

TALKS

1. Middlebrooks, C. D. (2018, January). *Self-regulated learning of important information*. Invited talk at Radford University, Radford, VA. January 26.
2. Middlebrooks, C. D. (2018, January). *Self-regulated learning of important information*. Invited talk at the University of Texas at Tyler, Tyler, TX. January 22.
3. Middlebrooks, C. D. (2012, April). Forget about it!: An investigative comparison of thought suppression and the Think/No-Think paradigm. Oral presentation at the L. Starling Reid Undergraduate Psychology Conference, Charlottesville, VA. April 20.

POSTERS

1. Middlebrooks, C. D., Kerr, T. K., & Castel, A. D. (2016, Nov). Memory for important information: Test expectancy and variable practice. Poster presented at the 57th Annual Scientific Meeting of the Psychonomic Society, Boston, MA. Nov 17-20.
2. Middlebrooks, C. D., Kerr, T. K., & Castel, A. D. (2016, Nov). Selectively distracted: Divided attention and memory for important information. Poster presented at the 57th Annual Scientific Meeting of the Psychonomic Society, Boston, MA. Nov 17-20.
3. Middlebrooks, C. D., Kerr, T. K., & Castel, A. D. (2016, May). The value in rushing: Aging and value-directed remembering when short on time. Poster presented at the 21st Annual UCLA Research Conference on Aging, Los Angeles, CA. May 10.
[Winner of Social Research, Policy, and Practice category]
4. Middlebrooks, C. D., Kerr, T. K., & Castel, A. D. (2016, April). The value in rushing: Aging and value-directed remembering when short on time. Poster presented at the Biennial Cognitive Aging Conference, Atlanta, GA. April 14-17.
5. Middlebrooks, C. D., Kerr, T. K., Murayama, K., & Castel, A. D. (2015, Nov). Memory and selectivity when short on time: The value in rushing. Poster presented at the 56th Annual Scientific Meeting of the Psychonomic Society, Chicago, IL. Nov 19-22.

MIDDLEBROOKS - 5

6. **Middlebrooks, C. D., Kerr, T. K., Murayama, K., & Castel, A. D. (2014, Nov).** You can't take it (all) with you: How goals and subjectivity influence memory for valuable information. Poster presented at the 55th Annual Scientific Meeting of the Psychonomic Society, Long Beach, CA. Nov 20-23.
7. **Middlebrooks, C. D., McGillivray, S., Worden, K., Murayama, K., & Castel, A. D. (2014, July).** Aging and value-directed remembering for allergens and health foods. Poster presented at the 19th Annual UCLA Research Conference on Aging, Los Angeles, CA. July 25.
8. **Middlebrooks, C. D., McGillivray, S., Worden, K., Murayama, K., & Castel, A. D. (2014, April).** Aging and value-directed remembering for allergens and health foods. Poster presented at the Biennial Cognitive Aging Conference, Atlanta, GA. April 3-6.
9. **Wertz, A. J., Green, J. S., Middlebrooks, C. D., & Teachman, B. A. (2012, Nov).** Visual attention and mood: Where you look depends on how much time you think you have. Poster presented at the Annual Scientific Meeting of the Association for Behavioral and Cognitive Therapies, National Harbor, MD. Nov 15-18.

SUPERVISED CONFERENCE PRESENTATIONS

(mentored undergraduate research assistants)*

1. *Hansen, H. A., Middlebrooks, C. D., Blake, A. B., & Castel, A. D. (2016, May). Eye recognize this: The effect of impression formation on memory for eye colors. Poster presented at the 3rd Annual UCLA Undergraduate Research Week, Los Angeles, CA. May 24.

FUNDING and AWARDS

2018	UCLA J. Arthur Woodward Peer Mentor Award
2014	UCLA Graduate Summer Research Mentorship Award (\$6,000)
2013	UCLA Distinguished University Fellowship (\$21,000)

PROFESSIONAL JOURNAL REVIEWING

Journal of Memory & Language; Learning & Motivation;
Journal of Experimental Psychology: General*; Psychological Science*; Journal of Consumer Research*; Psychology & Aging*; Memory*

*Co-reviews w/Dr. Alan D. Castel