

Julia S. Soares, Ph.D.

she/her/hers

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Employment

2025-present	Assistant Professor of Psychology New Mexico State University
2020-2025	Assistant Professor of Psychology Mississippi State University

Education

2020	Ph.D. in Psychology, University of California, Santa Cruz Dissertation advisor: Dr. Benjamin Storm
2016	M.S. in Psychology, University of California, Santa Cruz Thesis Advisor: Dr. Benjamin Storm
2014	B.A. in Psychology, State University of New York at Binghamton <i>Summa cum laude</i> , Distinguished Independent Work in Psychology Honors Thesis Advisor: Dr. Ralph Miller

Grants

PI, *Internet search effects on learning and cognitive style* (\$260,390), National Science Foundation (NSF): Science of Learning and Augmented Intelligence, 09/2025-08/2028.

PI, *Investigating Features of Smartphone Photos to Promote Enjoyable, Vivid, Positive Remembering* (2025; \$60,000). Google Research Scholar Award, under review.

Academic Excellence Fund (2021-2024): \$2750
College of Arts & Sciences, Mississippi State University

Summer Dissertation Fellowship (2019): \$6,000
Psychology Department, University of California, Santa Cruz

Mini-Research Grant (2015-2019): \$2,750
Psychology Department, University of California, Santa Cruz

Summer Graduate Student Association Fellowship (2015, 2016): \$3,400
Psychology Department, University of California, Santa Cruz

Chancellor's Fellowship (2014-2015): \$55,836
Awarded to select first-year graduate students at University of California, Santa Cruz.

Unfunded Grants

PI, *Does overreliance on internet search impair fake news discernment? Investigating friction as an intervention against misinformation*. NSF Division of Information and Intelligent Systems: Human Centered Cognition (2024; \$572,066), unfunded.

PI, *Investigating the effects of AI-generated images and warning labels on feelings of truth assigned to news headlines*. Google Trust & Safety Award (2024; \$99,849), unfunded.

PI, *Implementing retrieval practice in synchronous online education*. Spencer Foundation Research Grants on Education: Large (2023; \$349,283), unfunded.

PI, *Synchronous learning is here to stay: An investigation into best practices in synchronous online education*. Spencer Foundation Research Grants on Education: Large (2022; \$303,842), unfunded.

Publications (*student, **doctoral advisee)

Trego, M.*, **Soares, J.S.**, & Ditta, A.S. (in press). Snap & write: Examining the effect of taking photos and notes on memory for lecture content. *Behavioral Sciences*.

Ramirez Perez, O.D.** , Ditta, A.S., & **Soares, J.S.** (2024). Turn off, tune out? Testing the effects of webcam use on learning in synchronous online classrooms. *Journal of Applied Research in Memory and Cognition*, 13(3), 370-378.
Article selected as Editor's Choice, September 2024.

Soares, J.S. (2024). On the role of metacognitive beliefs and experience with internal and external autobiographical memory. *Psychological Inquiry*, 35(2), 134-137.

Storm, B.C., & **Soares, J.S.** (2024). Memory in the digital age. In M.J. Kahana & A.D. Wagner (Eds.), *Handbook of Human Memory, Volume II: Applications*. (pp. 2351-2375). Oxford University Press.

Soares, J.S., Finley, J.R., & Roberts, P.* (2023). Photo age: Temporal preferences for external memory across the lifespan. *Memory, Mind, & Media*, 2, e6.

Soares, J.S. (2023). Comparing functions of and recollection with recently taken and recently deleted smartphone camera photos. *Applied Cognitive Psychology*, 37(1), 699-710.

Ditta, A.S., **Soares, J.S.**, & Storm, B.C. (2023). What happens to memory for lecture content when students take photos of the lecture slides? *Journal of Applied Research in Memory and Cognition*, 12(3), 421-430.

Soares, J.S. & Storm, B.C. (2022). Does taking multiple photos lead to a photo-taking-impairment effect?. *Psychonomic Bulletin & Review*, 29, 2211-2218.

Soares, J.S. & Storm, B.C. (2022). Exploring functions of and recollection with photos in the age of smartphone cameras. *Memory Studies*, 15(2), 287-303.

Storm, B.C., & **Soares, J.S.** (2022). Relearning can eliminate the effect of retrieval-induced forgetting. *Psychological Research*, 86, 1725–1736.

Soares, J.S. & Storm, B.C. (2020). Putting a negative spin on it: Using a fidget-spinner can impair memory for a video lecture. *Applied Cognitive Psychology*, 34(1), 277-284.

Soares, J.S. & Storm, B.C. (2018). Forget in a flash: A further investigation of the photo-taking-impairment effect. *Journal of Applied Research in Memory and Cognition*, 7(1), 154-160.

Soares, J.S. & Storm, B.C. (2017). Explanation can cause forgetting: Memory dynamics in the generation of new arguments. *Psychonomic Bulletin & Review*, 24(5), 1426-1435.

Soares, J.S., Polack, C.W., & Miller, R.R. (2016). Retrieval-induced versus context-induced forgetting: Does retrieval-induced forgetting depend on context shifts?. *Journal of Experimental Psychology: Learning, Memory, and Cognition*, 42(3), 366-378.

Miguez, G., **Soares, J.S.**, & Miller, R.R. (2015). The role of test context in latent inhibition of conditioned inhibition: Part of a search for general principles of associative interference. *Learning & Behavior*, 43(3), 228-242.

Manuscripts Under Review (*student, **doctoral advisee)

Ramirez Perez, O.D.**, James, K.K., Ditta, A.S., & **Soares, J.S.** (under review). Investigating the role of attention in pretesting using speeded video lectures.

Ramirez Perez, O.D.**, Ditta, A.S., & **Soares, J.S.** (under revision). How fast is too fast? Speeding recorded lectures impairs learning across test types and note-taking conditions.

Soares, J.S. & Storm, B.C. (under review). Examining the memory and metacognitive effects of volitional photo-taking.

da Câmara, S.B., Conatser, R.L., **Soares, J.S.**, & Isbister, K. (under review). Not all fidgets are created equal: Exploring fidgeting's impact on focus and retention using an

electronic fidget.

Talks Presented or Coauthored at Professional Meetings (*student, **doctoral advisee)

Soares, J.S. & Peña, T. (2025, June). *Googling information may induce non-analytical thinking*. Society for Applied Research on Memory and Cognition XV. Kildare, Ireland.

Grubbs, T.M.**, Ramirez-Perez, O.D., McDonald, Z.N., & **Soares, J.S.**, (2025, June). *Does expecting an external source impair memory for expository texts? Investigating cognitive offloading of text passages*. Society for Applied Research on Memory and Cognition XV. Kildare, Ireland.

Soares, J.S. (2023, August). Photo-taking strategies and recollection with saved and deleted photos. In Gilbert, S. & Kvavilashvili, L. (Chairs), *Cognitive Offloading and Strategy Use in Prospective and Retrospective Memory* [Symposium]. Society for Applied Research on Memory and Cognition XIV. Nagoya, Japan.

Ramirez Perez, O.D.**, **Soares, J.S.**, & Ditta, A.S. (2023, August). (presented by Ramirez Perez). *Not so fast! Investigating the effects of increasing playback speed of video lectures on learning*. Society for Applied Research on Memory and Cognition XIV. Nagoya, Japan.

Ramirez Perez, O.D.**, Ditta, A.S., & **Soares, J.S.** (2023, August). Effects of webcam use in online classrooms. In Ditta, A.S. & Alea, N. (Chairs), *From the Lab to the Classroom: Application of Cognitive Science to Teaching & Learning* [Symposium]. Society for Applied Research on Memory and Cognition XIV. Nagoya, Japan.

McCook, M.*, **Soares, J.S.**, & Ditta, A.S. (2023, August). (presented by McCook). Snap & write: How does taking photos and notes simultaneously affect memory for lecture content?. In Ditta, A.S. & Alea, N. (Chairs), *From the Lab to the Classroom: Application of Cognitive Science to Teaching & Learning* [Symposium]. Society for Applied Research on Memory and Cognition XIV. Nagoya, Japan.

McCook, M.*, **Soares, J.S.**, & Ditta, A.S. (2023, April). (presented by Ditta). Snap & write: Examining the effect of taking photos and notes on memory for lecture content. In Storm, B.C. (Chair), *Examining the Effects of Digital Technologies on How People Learn, Think, and Remember* [Symposium]. 102nd Annual Western Psychological Association Meeting. Riverside, CA.

Ditta, A.S., **Soares, J.S.**, & Storm, B.C. (presented by Ditta) (2021, July). *Let me take a quick pic: Does taking photos of lecture slides impair memory for lecture content?* Society for Applied Research on Memory and Cognition Virtual Meeting 2021. Virtual.

Soares, J.S. & Storm, B.C. (2019, June). Investigating the metacognitive and metamemory effects of taking photos. In Jones, K. (Chair), *Emerging Issues: Body-Worn*

Cameras Elicit Cognitive Concerns [Symposium]. Society for Applied Research on Memory and Cognition XIII. Cape Cod, MA.

Soares, J.S. & Storm, B.C. (2018, July). *Volitional photography inflates metamemory confidence but still causes impairment in memory*. Bay Area Memory Meeting. Davis, CA.

Soares, J.S., Storm, B.C., & Santer, N.* (2017, April). *Point-and-snap memories: The influence of saving photos on memory for a virtual museum tour*. 97th Annual Western Psychological Association Convention. Sacramento, CA.

Soares, J.S., Polack, C.W., & Miller, R.R. (presented by Miller). (2015, March). *Assessing the context account of retrieval-induced forgetting*. Eastern Psychological Association Convention. Philadelphia, PA.

Soares, J.S., Polack, C.W., & Miller, R.R. (presented by Miller), (2014, November). *Assessing the inhibition and context accounts of retrieval-induced forgetting*. 55th Annual Meeting of the Psychonomic Society. Long Beach, CA.

Miguez, G., **Soares, J.S.**, & Miller, R.R. (presented by Miguez), (2014, September). *Contextual specificity of cue pre-exposure's interference with subsequently trained conditioned inhibition*. XVII Biennial Meeting of the International Society for Comparative Psychology. Bogota, Colombia.

Miguez, G., **Soares, J.S.**, & Miller, R.R. (presented by Miguez), (2014, March). *Context shifts affect interference with conditioned inhibition by latent inhibition*. Eastern Psychological Association Convention. Boston, MA.

Soares, J.S., Polack, C.W., Miguez, G., & Miller, R.R. (2014, March). *Is retrieval-induced forgetting dependent on competition between exemplars?* Eastern Psychological Association Convention. Boston, MA.

Posters Presented or Coauthored at Professional Meetings (*student, **doctoral advisee)

Soares, J.S. & Peña, T. (2024, November). *Digital fixation and cognitive style: Googling information may induce less analytical thinking*. 65th Annual Meeting of the Psychonomic Society. New York, NY.

McDonald, Z.** & **Soares, J.S.** (2024, September). *Digital fixation in the age of AI chatbots: Examining mental set and cognitive miserliness as digital fixation mechanisms*. Cognitive Offloading Meeting. Geneva, Switzerland.

Grubbs, T.** , Ramirez-Perez, O.D.** , McDonald, Z.** , & **Soares, J.S.** (2024, September). *Examining the effects of cognitive offloading on textual passages*. Cognitive Offloading Meeting. Geneva, Switzerland.

Soares, J.S., Grubbs, T.**, & McDonald, Z.**, (2023, November). *Qualities of recollection and purpose for memory sharing with social media posts*. 64th Annual Meeting of the Psychonomic Society. San Francisco, CA.

Trego, M.*, **Soares, J.S.**, & Ditta, A.S., (2023, November). *Snap & write: Examining the effect of taking photos and notes on memory for lecture content*. 64th Annual Meeting of the Psychonomic Society. San Francisco, CA.

Ramirez-Perez, O.D.**, James, K.K., Ditta, A.S., & **Soares, J.S.** (2023, November). *Does pretesting impair learning for non-pretested content at increased video playback speed?*. 64th Annual Meeting of the Psychonomic Society. San Francisco, CA.

Grubbs, T.**, & **Soares, J.S.** (2023, August). *Examining the effects of social media scrolling on general autobiographical recollection*. Society for Applied Research on Memory and Cognition Meeting XIV. Nagoya, Japan.

Ramirez-Perez, O.D.**, Ditta, A.S., & **Soares, J.S.** (2022, November). *Webcam use improves learning in online lectures, but only in mixed-webcam classrooms*. 63rd Annual Meeting of the Psychonomic Society. Boston, MA.

McCook, M.*, **Soares, J.S.**, Ditta, A.S., & (2022, November). *Snap & write: Examining the effect of taking photos and notes on memory for lecture content*. 63rd Annual Meeting of the Psychonomic Society. Boston, MA.

Ramirez-Perez, O.D.**, Ditta, A.S., & **Soares, J.S.** (2022, May). *On or off? Investigating the effects of webcam use in synchronous online lectures*. Association for Psychological Science Annual Convention. Chicago, IL.

Ramirez-Perez, O.D.**, **Soares, J.S.**, & Ditta, A.S. (2021, November). *All the learning in half the time? The effect of watching sped-up lectures on recall*. 62nd Annual Meeting of the Psychonomic Society. Virtual.

Ditta, A.S., **Soares, J.S.**, & Storm, B.C. (2021, November). *Does taking photos of lecture slides impair memory for lecture content?* 62nd Annual Meeting of the Psychonomic Society. Virtual.

Ramirez-Perez, O.D.**, Sprowl K.*, & **Soares, J.S.** (2021, July). *On or off? Investigating the effects of webcam use in synchronous online lectures*. Society for Applied Research on Memory and Cognition Virtual Meeting 2021. Virtual.

Soares, J.S. & Storm, B.C. (2020, November). *Photo-takers predict item-level costs, but global benefits, to memory as a consequence of taking photos*. 61st Annual Meeting of the Psychonomic Society. Virtual.

Ramirez-Perez, O.D.*, **Soares, J.S.**, & Storm, B.C. (2020, October). *Investigating the effects of taking photos and video on true and false memory for objects*. 100th Annual Meeting of the Western Psychological Association. Virtual.

Soares, J.S. & Storm, B.C. (2018, November). *Volitional photography inflates metamemory confidence but still causes an impairment in memory*. 59th Annual Meeting of the Psychonomic Society. New Orleans, LA. (awarded Graduate Travel Award)

Soares, J.S. & Storm, B.C. (2017, November). *Investigating cognitive offloading as a mechanism for forgetting after taking photos*. 58th Annual Meeting of the Psychonomic Society. Vancouver, BC, Canada.

Soares, J.S. & Storm, B.C. (2017, January). *Test dynamics and competition dependence in the study of retrieval-induced forgetting*. Bay Area Memory Meeting. San Francisco, CA.

Soares, J.S. & Storm, B.C. (2016, November) *Test dynamics and competition dependence in the study of retrieval-induced forgetting*. 57th Annual Meeting of the Psychonomic Society. Boston, MA.

Soares, J.S. & Storm, B.C. (2015, May). *Forgetting old arguments through generation of new arguments*. 95th Annual Western Psychological Association Convention. Las Vegas, NV.

Soares, J.S. & Storm, B.C. (2015, November). *Forgetting old arguments by generating new arguments*. 56th Annual Meeting of the Psychonomic Society. Chicago, IL.

O'Hara, S.R.*, Miller, R.R., Polack, C.W., & **Soares, J.S.** (2015, June). *The role of integration on retrieval-induced facilitation*. Psi Chi Research Fair. Binghamton, NY.

Soares, J.S., Polack, C.W., Miguez, G., & Miller, R.R. (2014, June). *Is retrieval-induced forgetting dependent on competition between exemplars?* Psi Chi Research Fair. Binghamton, NY.

Invited Talks and Colloquia

Improving learning in digital classrooms.

Utah Valley University. Psychology Research Colloquium. September 19, 2023.

Testing the effects of webcam use on learning in synchronous online classrooms.

University of California, Los Angeles. CogFog Research Group. July 7, 2023.

Exploring functions of and recollection with photos in the age of smartphone cameras.

Keynote, Cognitive Offloading Meeting. July 21, 2021.

The effects of taking photos on memory & metacognition.

University of California, Santa Cruz. Cognitive Forum. January 15, 2021.

Examining the effects of taking photos on memory.

University of California, Los Angeles. CogFog Research Group. June 8, 2020.

Selected Press Coverage

Celia, F. (2025, March 10). The case for using your brain—even if AI can think for you. *Vox*. [\[link\]](#)

Leffer, L. (2024, September 10). Does fidgeting actually help you focus? *Popular Science*. [\[link\]](#)

Webb, J. (2023, February 2). *Today (BBC Radio 4)*. [\[link\]](#) (1:21:16).

Young, E. (2022, September 07). Our memory is worse for things we've photographed—even when we've taken multiple photos. *The British Psychological Society Research Digest*. [\[link\]](#)

Austin, D. (2021, August 5). To remember the moment, try taking fewer photos. *NPR News*. [\[link\]](#)

Yu, E. (2019, March 11). Social media is ruining our memories. *Vice*. [\[link\]](#)

Petrow, S. (2018, July 26). Why I only took one photo on my summer vacation, or how to take 'Inner-grams'. *USA Today*. [\[link\]](#)

Tamblyn, T. (2018, June 1). There's now a scientific reason why you shouldn't take pictures at gigs. *Huffington Post UK*. [\[link\]](#)

Teaching

Assistant Professor, Mississippi State University

Human Memory (Graduate)

Fall 24

Memory (Undergraduate and Graduate cross-listed)

Fall 22; Spring 23; Fall 23; Spring 24

Cognitive Psychology

Fall 20, 21 (2 sections), 22, 23, 24

Issues & Methods in Cognitive Psychology (Graduate)

Spring 21, 22, 23, 24, 25

Applied Cognitive Research Seminar (Graduate)

Spring 22, 25

Instructor, University of California, Santa Cruz

Introduction to Psychology

Summer 19 (enrollment: 56)

Cognition: Fundamental Theories

Summer 18 (enrollment: 59)
 Introduction to Psychological Statistics
 Summer 17 (enrollment: 30); Summer 2018 (enrollment: 13)

Teaching Assistant, University of California, Santa Cruz
 Children's Thinking: Spring 18
 Cognition, Fundamental Theories: Winter 17; Fall 17, 18, 19
 Cognitive Neuroscience: Spring 19
 Feelings & Emotions: Fall 15
 Introduction to Psychological Statistics: Spring 17
 Introduction to Psychology: Summer 15
 Learning & Memory: Spring 15
 Perception: Winter 16
 Research Methods: Spring 16; Summer 16; Winter 18, 19, 20
 Systems of Psychotherapy: Fall 16

Guest Lectures

ABD to Professor. Graduate Professional Development, 11/2/22, UC Riverside
Careers in Psychology. Introduction to Psychology, 7/22/22, UC Santa Cruz
Memory in the Digital Age. Cognitive Psychology, 5/9/22, California State University Channel Islands
Careers in Cognitive Psychology. Careers in Psychology, 3/22/21, Mississippi State University
Memory Errors. Cognition, Fundamental Theories, 11/17/19, UC Santa Cruz
Declarative Memory. Cognitive Neuroscience, 5/8/19, UC Santa Cruz
The t-Test for Two Independent Samples. Psychological Statistics, 5/18/17, UC Santa Cruz
Inhibition. Learning and Memory, 5/5/15, UC Santa Cruz

Mentorship

Committee Chair, Doctoral Students

Oscar Ramirez Perez, Cognitive Science, expected 2026 (awarded NSF GRFP)
 Tanner Grubbs, Cognitive Science, expected 2027
 Zack McDonald, Cognitive Science, expected 2028

Committee Member, Doctoral Students

Giulia McDonald, Cognitive Science, expected 2025
 Peter Weber, Cognitive Science, expected 2026
 Berna Altunisik, Cognitive Science, expected 2026
 Jaden Zinn, Cognitive Science, expected 2027
 Saeideh Saffar, Cognitive Science, expected 2027

Supervisor, Undergraduate Research Assistants

Supervise and mentor 4-8 undergraduate research assistants per semester.
 Undergraduate Honors Theses:

Olivia Hamilton (2025): *Digital Memory for Translated Words*
 Nicolas Santer (2017): *Photography and Transactive Memory*

Lead Organizer, Psychology Department Diversity Mentor Program (Fall 2023-2025)
 Developed materials, supervised graduate mentorship, and organized a program pairing psychology majors interested in applying to graduate school with graduate mentors. Wrote full program guide, [linked here](#).

Coordinator, “Careers in Industry” Panel (Fall 2020; 22; 24)
 Applied Cognitive Research Seminar, Mississippi State University

Presenter, “Preparing for the Academic Job Market” Workshop (Spring 2021; 23; 25)
 Applied Cognitive Science Research Seminar; Mississippi State University

Mentor, Women in Cognitive Science Speed Mentoring (Fall 2020)
 Met with a graduate student in cognitive science during the 2020 virtual meeting of the Psychonomic Society to answer questions and provide support.

Coordinator, “You Better Work It!” Workshop (Spring 2020)
 Co-coordinated and ran workshop for graduate students with Dr. Christine Rosales. Workshop funded by Psychology DEI Events Grant. UC Santa Cruz

Mentor, Science Internship Program (Summer 2016, 17)
 Paid position mentoring high school students on science literacy, communication, design, and analysis of scientific work for 10 weeks; UC Santa Cruz

TA Mentor (2015-2016, 2016-2017, 2019-2020)
 University of California, Santa Cruz

Service

Editorial Advisory Board Member, *Memory* (2025)

Ad-Hoc Reviewer (2014-present) for:

Applied Cognitive Psychology
American Journal of Psychology
Cognition
Cognition & Emotion
Cognitive Research: Principles and Implications
Frontiers in Psychology
Journal of Applied Research in Memory and Cognition
Journal of Clinical and Experimental Neuropsychology
Journal of Early Adolescence
Journal of Experimental Psychology: General
Journal of Experimental Psychology: Learning, Memory, and Cognition
Journal of Memory & Language

Memory
Memory & Cognition
Metacognition and Learning
Psychonomic Bulletin & Review
Social Behavior & Personality
Quarterly Journal of Experimental Psychology

Committee Chair, IDEA Committee (Fall 2024-present)
 Psychology Department Inclusion, Diversity, Equity, and Access Committee
 Mississippi State University

Cognitive Faculty Representative, IDEA Committee (Fall 2021-Summer 2024)
 Psychology Department Inclusion, Diversity, Equity, and Access Committee
 Mississippi State University, Elected Position

Speaker, New Beginnings Program for Tribal Youth (Spring 2022)
 “Career and Educational Pathways in Psychology”
 Choctaw Central High School, Choctaw, MS

Committee Member, Cognitive Science Search Committee (Fall 2021, Fall 2022)
 Mississippi State University Psychology Department

Judge, Graduate Research Symposium (Spring 2021)
 Mississippi State University

Cognitive Forum Coordinator (2015-2016, 2018-2020)
 University of California, Santa Cruz
 Organized weekly meetings for a group of graduate students and faculty
 that meet to discuss research and give talks relevant to cognitive science.
 Applied to and won university funding for meetings.

Host, Lab Tours for Middle and High School Students (Winter 2019)
 Women in Science and Engineering; University of California, Santa Cruz

Cognitive Area Graduate Student Representative (2016-2017, 2017-2018)
 Psychology Department, University of California, Santa Cruz

Host, Lab Tour for Community College Students (Spring 2016, 2017, 2018, 2019)
 De Anza College; University of California, Santa Cruz

Honors & Awards

Outstanding Teaching Assistant Award (2020): \$100
 University of California, Santa Cruz

Graduate Travel Award (2015-2019): \$2,175

Psychology Department, University of California, Santa Cruz

Research and Travel Award (2019): \$400

Graduate Student Association, University of California, Santa Cruz

Graduate Travel Award (2018): \$1,000

Psychonomic Society

Steven W. Kovacs Memorial Award (2014): \$1,000

Awarded to one graduating senior undergraduate per year by Binghamton

University's Psychology department to a student who demonstrates excellence in psychological scholarship and a clear passion for research.

Conference Travel Award (2014): \$300

Psychology Department, Binghamton University

Memberships in Professional Societies

Psychonomic Society (2013-present)

Society for Applied Research in Memory and Cognition (2018-present)

Women in Cognitive Science (2016-present)

Western Psychological Association (2014-2020)

Eastern Psychological Association (2012-2016)

Psi Chi, Psychology Honor Society (2012-present)

Phi Eta Sigma, National Honor Society (2011-present)