

**ALAN D. CASTEL****CURRICULUM VITAE**

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**GENERAL INFORMATION**

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**CURRENT POSITION**

Professor, Department of Psychology, University of California, Los Angeles  
(Assistant Professor, UCLA, 2006-2012; Associate Professor, UCLA, 2012-2016)

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**EDUCATION & TRAINING**

Post-Doctoral Fellowship, Washington University in St. Louis 2004-2006  
Sponsors: Dr. David A. Balota and Dr. Henry L. Roediger, III

Ph.D. in Cognition Psychology 2004  
Thesis: Memory for Associative Information in Younger and Older Adults  
University of Toronto, ON, Canada  
Advisor: Dr. Fergus I. M. Craik

M.A. in Cognitive Psychology 2000  
University of Toronto, ON, Canada  
Advisor: Dr. Fergus I. M. Craik

B.Sc.H. (First Class Honours) in Psychology 1999  
Queen's University, Kingston, ON, Canada

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**GENERAL RESEARCH INTERESTS**

- Human memory, attention, learning, lifespan development, successful aging
- Metacognition, judgment and decision making, and consumer psychology
- Visual attention, working memory, perception, and expertise
- Neuropsychology of memory and attention, Alzheimer's disease and dementia
- Applications of basic principles of memory, metacognition, and learning in educational, business, legal, clinical, rehabilitation, and training environments

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## PUBLICATIONS & PRESENTATIONS

### Articles published or accepted in refereed journals:

- Murphy, D. H., Hoover, K. M., Agadzhanyan, K., Kuehn, J. C., Castel, A. D. (in press). Learning in double time: The effect of lecture video speed on immediate and delayed comprehension. *Applied Cognitive Psychology*.
- Murphy, D. H., Silaj, K. M., Schwartz, S. T., Rhodes, M. G., & Castel, A. D. (in press). An own-race bias in the categorization and recall of associative information. *Memory*.
- Murphy, D. H., Huckins, S. C., Rhodes, M. G., & Castel, A. D. (in press). The effect of perceptual processing fluency and value on metacognition and remembering. *Psychonomic Bulletin & Review*.
- Knowlton, B. J., & Castel, A. D. (2022). Memory and reward-based learning: A value-directed remembering perspective. *Annual Review of Psychology*, 73, 25-52.
- Silaj, K. M., Schwartz, S. T., Castel, A. D., & McDonough, I. M. (2021). Is the future bright or bleak? Assessing past and future outlooks across the adult lifespan. *Gerontology & Geriatric Medicine*, 7, 23337214211046080
- Murphy, D. H., & Castel, A. D. (2021). The dynamics of memory for United States presidents in younger and older adults. *Memory*, 29, 1232-1244.
- Murphy, D. H., & Castel, A. D. (in press). The role of attention and aging in the retrieval dynamics of value-directed remembering. *Quarterly Journal of Experimental Psychology*.
- Murphy, D. H., Friedman, M. C., & Castel, A. D. (in press). Metacognitive control, serial position effects, and effective transfer to self-paced study. *Memory & Cognition*.
- Murphy, D. H., & Castel, A. D. (2021). Tall towers: Schemas and illusions when perceiving and remembering a familiar building. *Applied Cognitive Psychology*, 35, 1236-1246.
- Whatley, M. C., & Castel, A. D. (in press). The role of metacognition and schematic support in younger and older adults' episodic memory. *Memory & Cognition*.
- Murphy, D. H., Agadzhanyan, K., Whatley, M. C., & Castel, A. D. (2021). Metacognition and fluid intelligence in value-directed remembering. *Metacognition and Learning*, 16, 685-709.

- Siegel, A. L. M., Schwartz, S. T., & Castel, A. D. (2021). Selective memory disrupted in intra-modal dual-task encoding conditions. *Memory & Cognition, 49*, 1453-1472.
- Murphy, D. H., & Castel, A. D. (2021). Metamemory that matters: Judgments of importance can engage responsible remembering. *Memory, 29* 271-283.
- Silaj, K. M., Schwartz, S. T., Siegel, A. L. M., & Castel, A. D. (2021). Test anxiety and metacognitive performance in the classroom. *Educational Psychology Review, 33*, 1809-1834.
- Murphy, D. H., & Castel, A. D. (2021). Responsible remembering and forgetting as contributors to memory for important information. *Memory & Cognition, 49*, 895-911.
- Fourquet, N. Y., Patterson, T. K., Li, C., Castel, A. D., & Knowlton, B. J. (2020). Effects of age-related stereotype threat on metacognition. *Frontiers in Psychology, 11*, 604978.
- Whatley, M. C., & Castel, A. D. (2020). Improving expectations regarding aging in younger adults: A classroom study. *Educational Gerontology, 46*, 785-795.
- Whatley, M. C. Siegel, A. L. M., Schwartz, S. T., Silaj, K. M., & Castel, A. D. (2020). Younger and older adults' mood and expectations regarding aging during COVID-19. *Gerontology and Geriatric Medicine, 6*, 2333721420960259.
- Murphy, D. H., & Castel, A. D. (in press). Age-related similarities and differences in the components of semantic fluency: Analyzing the originality and organization of retrieval from long-term memory. *Aging, Neuropsychology, and Cognition*.
- Schwartz, S. T., Siegel, A. L. M., & Castel, A. D. (2020). Strategic encoding and enhanced memory for positive value-location associations. *Memory & Cognition, 48*, 1015-1031.
- Murphy, D. H., & Castel, A. D. (2020). Responsible remembering: How metacognition impacts adaptive selective memory. *Zeitschrift fuer Psychologie, 228*, 301-303.
- Hargis, M. B., Whatley, M. C., & Castel, A. D. (2020). Remembering proper names as a potential exception to the better-than-average effect in younger and older adults. *Psychology and Aging, 35*, 497-507.
- Siegel, A. L. M., Graup, R. S., & Castel, A. D. (2020). Emotion-enhanced binding of numerical information in younger and older adults. *Quarterly Journal of Experimental Psychology, 73*, 134-145.

- De Brigard, F., Langella, S., Stanley, M. L., Castel, A. D., & Giovanello, K. S. (2020). Age-related differences in recognition in associative memory. *Aging, Neuropsychology, and Cognition, 27*, 289-301.
- Hargis, M.B., & Castel, A.D. (2019). Knowing what others know: Younger and older adults' perspective-taking and memory for medication information. *Journal of Applied Research in Memory and Cognition, 8*, 481-493.
- Siegel, A. L. M. & Castel, A. D. (2019). Age-related differences in metacognition for memory capacity and selectivity. *Memory, 27*, 1236-1249.
- Hennessee, J. P., Patterson, T. K., Castel, A. D., & Knowlton, B. J. (2019). Forget me not: Encoding processes in value-directed remembering. *Journal of Memory and Language, 106*, 29-39.
- Hennessee, J. P., Reggente, N., Cohen, M. S., Rissman, J., Castel, A. D., & Knowlton, B. J. (2019). White matter integrity in brain structures supporting semantic processing is associated with value-directed remembering in older adults. *Neuropsychologia, 129*, 246-254.
- Gallo, H. B., Hargis, M. B., & Castel, A. D. (2019). Memory for weather information in younger and older adults: Tests of verbatim and gist memory. *Experimental Aging Research, 45*, 252-265.
- Witherby, A. E., Tauber, S. K., Rhodes, M. G., & Castel, A. D. (2019). Aging and forgetting: Forgotten information is perceived as less important than remembered information. *Psychology and Aging, 34*, 228-241.
- Blake, A. B., & Castel, A. D. (2019). Memory and availability-biased metacognitive illusions for flags of varying familiarity. *Memory & Cognition, 47*, 365-382.
- Siegel, A. L. M., & Castel, A. D. (2018). The role of attention in remembering important item-location associations. *Memory & Cognition, 46*, 1248-1262.
- Reggente, N., Cohen, M. S., Zheng, Z. S., Castel, A. D., Knowlton, B. J., & Rissman, J. (2018). Memory recall for high reward value items correlates with individual differences in white matter pathways associated with reward processing and fronto-temporal communication. *Frontiers in Human Neuroscience, 12*, 241.
- Hargis, M.B., & Castel, A.D. (2018). Improving medication understanding and adherence using principles of memory and metacognition. *Policy Insights from Behavioral and Brain Sciences, 5*, 147-154.
- Blake, A. B., & Castel, A. D. (2018). On belief and fluency in the construction of judgements of learning: Assessing and altering the direct effects of belief. *Acta Psychologica, 186*, 27-38.

- Hargis, M. B., & Castel, A. D. (2018). Younger and older adults' associative memory for medication interactions of varying severity. *Memory, 26*, 1151-1158.
- Hartley, A., Angel, L., Castel, A., Didierjean, A., Geraci, L., Hartley, J., Hazeltine, E., Lemaire, P., Maquestiaux, F., Ruthruff, E., Taconnat, L., Thevenot, C., & Touron, D. (2018). Successful aging: The role of cognitive gerontology. *Experimental Aging Research, 44*, 82-93.
- Fastrich, G. M., Kerr, T. K., Castel, A. D., & Murayama, K. (2018). The role of interest in memory for trivia questions: An investigation with a large-scale database. *Motivation Science, 4*, 227-250.
- Hargis, M. B., McGillivray, S., & Castel, A. D. (2018). Memory for textbook covers: When and why we remember a book by its cover. *Applied Cognitive Psychology, 32*, 39-46.
- 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, and Cognition, 44*, 779-792.
- Siegel, A. L. M., & Castel, A. D. (2018). Memory for important item-location associations in younger and older adults. *Psychology and Aging, 33*, 30-45.
- Hennessee, J. P., Knowlton, B. J., & Castel, A. D. (2018). The effects of value on context-item associative memory in younger and older adults. *Psychology and Aging, 33*, 46-56.
- Middlebrooks, C. D., Kerr, T. K., & Castel, A. D. (2017). Selectively distracted: Divided attention and memory for important information. *Psychological Science, 28*, 1103-1115.
- Cohen, M. S., Rissman, J., Hovhannisyan, M., Castel, A. D., & Knowlton, B. J. (2017). Free recall test experience potentiates strategy-driven effects of value on memory. *Journal of Experimental Psychology: Learning, Memory, and Cognition, 43*, 1581-1601.
- Hargis, M. B., & Castel, A. D. (2017). Younger and older adults' associative memory for social information: The role of information importance. *Psychology and Aging, 32*, 325-330.
- Middlebrooks, C. D., Murayama, K., & Castel, A. D. (2017). Test expectancy and memory for important information. *Journal of Experimental Psychology: Learning, Memory, and Cognition, 43*, 972-985.
- Rhodes, M. G., Witherby, A. E., Castel, A. D., & Murayama, K. (2017). Explaining the forgetting bias effect on value judgments: The influence of memory for a past test. *Memory & Cognition, 45*, 362-374.

- McGillivray, S., & Castel, A. D. (2017). Older and younger adults' strategic control of metacognitive monitoring: The role of consequences, task experience and prior knowledge. *Experimental Aging Research, 43*, 233-256.
- Flores, C. C., Hargis, M. B., McGillivray, S., Friedman, M. C., & Castel, A. D. (2017). Gist-based memory for prices and "better buys" in younger and older adults. *Memory, 25*, 565-573.
- Hargis, M. B., Yue, C. L., Kerr, T., Ikeda, K., Murayama, K., & Castel, A. D. (2017). Metacognition and proofreading: The roles of aging, motivation, and interest. *Aging, Neuropsychology, and Cognition, 24*, 216-226.
- Hennessee, J. P., Castel, A. D., & Knowlton, B. J. (2017). Recognizing what matters: Value improves recognition by selectively enhancing recollection. *Journal of Memory and Language, 94*, 195-205.
- Ikeda, K., Yue, C. L., Murayama, K., & Castel, A. D. (2016). Achievement goals affect metacognitive judgments. *Motivation Science, 2*, 199-219.
- 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.
- Eich, T. S., & Castel, A. D. (2016). The cognitive control of emotional versus value-based information in younger and older adults. *Psychology and Aging, 31*, 503-512.
- Castel, A. D., Friedman, M. F., McGillivray, S., Flores, C. C., Murayama, K., Kerr, T., & Drolet, A. (2016). I owe you: Age-related similarities and differences in associative memory for gains and losses. *Aging, Neuropsychology, and Cognition, 23*, 549-565.
- Murayama, K., Blake, A. B., Kerr, T., & Castel, A. D. (2016). When enough is not enough: Information overload and metacognitive decisions to stop studying information. *Journal of Experimental Psychology: Learning, Memory, and Cognition, 42*, 914-924.
- 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. *Journal of Gerontology: Psychological Sciences, 71*, 389-399. [Selected as "Editor's Choice"]
- Vartanian, L. R., Chen, W. H., Reily, N. M., & Castel, A. D. (2016). The parallel impact of episodic memory and episodic future thinking on food intake. *Appetite, 101*, 31-36.

- Cohen, M. S., Rissman, J., Suthana, N. A., Castel, A. D., & Knowlton, B. J. (2016). Effects of aging on value-directed modulation of semantic network activity during verbal learning. *NeuroImage*, *125*, 1046-1062.
- McGillivray, S., Murayama, K., & Castel, A. D. (2015). Thirst for knowledge: The effects of curiosity and interest on memory in younger and older adults. *Psychology and Aging*, *30*, 835-841.
- McDonough, I. M., Bui, D. C., Friedman, M. F., & Castel, A. D. (2015). Retrieval monitoring is influenced by information value: The interplay between importance and confidence on false memory. *Acta Psychologica*, *161*, 7-17.
- Ikeda, K., Castel, A. D., & Murayama, K. (2015). Mastery-approach goals eliminate retrieval-induced forgetting: The role of achievement goals in memory inhibition. *Personality and Social Psychology Bulletin*, *41*, 687-695.
- Blake, A. B., Nazarian, M., & Castel, A. D. (2015). The Apple of the mind's eye: Everyday attention, metamemory, and reconstructive memory for the Apple logo. *Quarterly Journal of Experimental Psychology*, *68*, 858-865.
- Friedman, M. C., McGillivray, S., Murayama, K., & Castel, A. D. (2015). Memory for medication side effects in younger and older adults: The role of subjective and objective importance. *Memory & Cognition*, *43*, 206-215.
- Carr, V. A., Castel, A. D., & Knowlton, B. J. (2015). Age-related differences in memory after attending to distinctiveness or similarity during learning. *Aging, Neuropsychology, and Cognition*, *22*, 155-169.
- Eich, T. S., Murayama, K., Castel, A. D., & Knowlton, B. K. (2014). The dynamic effects of age-related stereotype threat on explicit and implicit memory performance in older adults. *Social Cognition*, *32*, 559-570.
- Noh, S. M., Yan, V. X., Vendetti, M. S., Castel, A. D., & Bjork, R. A. (2014). Multi-level induction of categories: Venomous snakes hijack the learning of lower levels. *Psychological Science*, *25*, 1592-1599.
- Cohen, M. S., Rissman, J., Suthana, N. A., Castel, A. D., & Knowlton, B. J. (2014). Value-based modulation of memory encoding involves strategic engagement of fronto-temporal semantic processing regions. *Cognitive, Affective, and Behavioral Neuroscience*, *14*, 578-592.
- Ariel, R., & Castel, A. D. (2014). Eyes wide open: Enhanced pupil dilation when selectivity studying important information. *Experimental Brain Research*, *232*, 337-344.
- Castel, A. D., McGillivray, S. & Worden, K. M. (2013). Back to the future: Past and future era-based schematic support and associative memory for prices in younger and older adults. *Psychology and Aging*, *28*, 996-1003.

- Friedman, M. C., & Castel, A. D. (2013). Memory, priority encoding, and overcoming high-value proactive interference in younger and older adults. *Aging, Neuropsychology, and Cognition, 20*, 660-683.
- Bui, D. C., Friedman, M. C., McDonough, I. M., & Castel, A. D. (2013). False memory and importance: Can we prioritize encoding without consequence? *Memory & Cognition, 41*, 1012-1020.
- Vendetti, M., Castel, A. D., & Holyoak, K. J. (2013). The floor effect: Impoverished spatial memory for elevator buttons. *Attention, Perception, & Psychophysics, 75*, 636-643.
- Castel, A. D., Murayama, K., Friedman, M. C., McGillivray, S., & Link, I. (2013). Selecting valuable information to remember: Age-related differences and similarities in self-regulated learning. *Psychology and Aging, 28*, 232-242.
- Yue, C. L., Castel, A. D., & Bjork, R. A. (2013). When disfluency is, and is not, a desirable difficulty: The influence of typeface clarity on metacognitive judgments and memory. *Memory & Cognition, 41*, 229-241.
- Castel, A. D., Rhodes, M. G., & Friedman, M. C. (2013). Predicting memory benefits in the production effect: The use and misuse of self-generated distinctive cues when making judgments of learning. *Memory & Cognition, 41*, 28-35.
- Castel, A. D., Rhodes, M. G., McCabe, D. P., Soderstrom, N. C., Loaiza, V. M. (2012). The fate of being forgotten: Information that is initially forgotten is judged as less important. *Quarterly Journal of Experimental Psychology, 65*, 2281-2287.
- Castel, A. D., Vendetti, M., & Holyoak, K. J. (2012). Fire drill: Inattention blindness and amnesia for the location of fire extinguishers. *Attention, Perception, & Psychophysics, 74*, 1391-1396.
- Logan, J. M., Castel, A. D., Haber, S., & Viehman, E. J. (2012). Metacognition and the spacing effect: The role of repetition, feedback, and instruction on judgments of learning for massed and spaced rehearsal. *Metacognition and Learning, 7*, 175-195.
- Castel, A. D., Drolet Rossi, A., & McGillivray, S. (2012). Beliefs about the "hot hand" in basketball across the adult lifespan. *Psychology and Aging, 27*, 601-605.
- Castel, A. D., Humphreys, K. L., Lee, S. S., Galván, A., Balota, D. A., & McCabe, D. P. (2011). The development of memory efficiency and value-directed remembering across the lifespan: A cross-sectional study of memory and selectivity. *Developmental Psychology, 47*, 1553-1564.



- Friedman, M. C., & Castel, A. D. (2011). Are we aware of our ability to forget? Metacognitive predictions of directed forgetting. *Memory & Cognition*, *39*, 1448-1456.
- Sungkhasettee, V. W., Friedman, M. C., & Castel, A. D. (2011). Memory and metamemory for inverted words: Illusions of competency and desirable difficulties. *Psychonomic Bulletin & Review*, *18*, 973-978.
- Halamish, V., McGillivray, S., & Castel, A. D. (2011). Monitoring one's own forgetting in younger and older adults. *Psychology and Aging*, *26*, 631-635.
- McCabe, D. P., Castel, A. D., & Rhodes, M. G. (2011). The influence of fMRI lie detection evidence on juror decision making. *Behavioral Sciences & the Law*, *29*, 566-577.
- Kornell, N., Rhodes, M. G., Castel, A. D., & Tauber, S. K. (2011). The ease of processing heuristic and the stability bias: Dissociating memory, memory beliefs, and memory judgments. *Psychological Science*, *22*, 787-794.
- McGillivray, S., & Castel, A. D. (2011). Betting on memory leads to metacognitive improvement in younger and older adults. *Psychology and Aging*, *26*, 137-142.
- Castel, A. D., Lee, S. S., Humphreys, K. L., & Moore, A. N. (2011). Memory capacity, selective control, and value-directed remembering in children with and without attention-deficit/hyperactivity disorder. *Neuropsychology*, *25*, 15-24.
- McGillivray, S., & Castel, A. D. (2010). Memory for age-face associations: The role of generation and schematic support. *Psychology and Aging*, *25*, 822-832.
- Metcalfe, J., Eich, T. S., & Castel, A. D. (2010). Metacognition of agency across the lifespan. *Cognition*, *116*, 267-282.
- Kornell, N., Castel, A. D., Eich, T. S., & Bjork, R. A. (2010). Spacing as the friend of both memory and induction in younger and older adults. *Psychology and Aging*, *25*, 498-503.
- Peters, E., & Castel, A. D. (2009). Numerical representation, math skills, memory, and decision-making. *Behavioral and Brain Sciences*, *32*, 347-348. (commentary)
- Castel, A. D., Balota, D. A., & McCabe, D. P. (2009). Memory efficiency and the strategic control of attention at encoding: Impairments of value-directed remembering in Alzheimer's disease. *Neuropsychology*, *23*, 297-306.
- Rhodes, M. G., & Castel, A. D. (2009). Metacognitive illusions for auditory information: Effects on monitoring and control. *Psychonomic Bulletin & Review*, *16*, 550-554.

- Rhodes, M. G., & Castel, A. D. (2008). Metacognition and part-set cuing: Can interference be predicted at retrieval? *Memory & Cognition*, *36*, 1429-1438.
- Rhodes, M. G., & Castel, A. D. (2008). Memory predictions are influenced by perceptual information: Evidence for metacognitive illusions. *Journal of Experimental Psychology: General*, *137*, 615–625.
- Castel, A. D. (2008). Metacognition and learning about primacy and recency effects in free recall: The utilization of intrinsic and extrinsic cues when making judgments of learning. *Memory & Cognition*, *36*, 429-437.
- McCabe, D. P., & Castel, A. D. (2008). Seeing is believing: The effect of brain images on judgments of scientific reasoning. *Cognition* *107*, 343-352.
- Rhodes, M. G., Castel, A. D., & Jacoby, L. L. (2008). Associative recognition of face pairs by younger and older adults: The role of familiarity-based processing. *Psychology and Aging*, *23*, 239-249.
- Christ, S. E., Castel, A. D., & Abrams, R. A. (2008). The capture of attention by new motion in young and older adults. *Journal of Gerontology: Psychological Sciences*, *63*, 110-116.
- Castel, A. D. (2007). Aging and memory for numerical information: The role of specificity and expertise in associative memory. *Journal of Gerontology: Psychological Sciences*, *62*, 194-196.
- Castel, A. D., McCabe, D. P., & Roediger, H. L., III. (2007). Illusions of competency and overestimation of associative memory for identical items: Evidence from judgments of learning. *Psychonomic Bulletin & Review*, *14*, 107-111.
- Castel, A. D., McCabe, D. P., Roediger, H. L., III, & Heitman, J. L. (2007). The dark side of expertise: Domain specific memory errors. *Psychological Science*, *18*, 3-5.
- Castel, A. D., Balota, D. A., Hutchison, K. A., Logan, J. M., & Yap, M. J. (2007). Spatial attention and response control in healthy younger and older adults and individuals with Alzheimer's disease: Evidence for disproportionate selection impairments in the Simon task. *Neuropsychology*, *21*, 170-182.
- Castel, A. D., Farb, N., & Craik, F. I. M. (2007). Memory for general and specific value information in younger and older adults: Measuring the limits of strategic control. *Memory & Cognition*, *35*, 689-700.
- Wilson, D. E., Castel, A. D., & Pratt, J. (2006). Long-term inhibition of return for spatial locations: Evidence for a memory retrieval account. *Quarterly Journal of Experimental Psychology*, *59*, 2136-2148.

- Klein, R. M., Castel, A. D., & Pratt, J. (2006). The effects of memory load on the time course of inhibition of return. *Psychonomic Bulletin & Review*, 13, 294-299.
- Dodd, M. D., Castel, A. D., & Roberts, K. E. (2006). A strategy disruption component to retrieval-induced forgetting. *Memory & Cognition*, 34, 102-111.
- Castel, A. D. (2005). Memory for grocery prices in younger and older adults: The role of schematic support. *Psychology and Aging*, 20, 718-721.
- Castel, A. D., Pratt, J., & Drummond, E. (2005). The effects of action video game experience on the time course of inhibition of return and the efficiency of visual search. *Acta Psychologica*, 119, 217-230.
- Castel, A. D., Pratt, J., Chasteen, A. L., & Scialfa, C. T. (2005). Examining task difficulty and the time course of inhibition of return: Detecting perceptually degraded targets. *Canadian Journal of Experimental Psychology*, 59, 90-98.
- Rendell, P. G., Castel, A. D., & Craik, F. I. M. (2005). Memory for proper names in old age: A disproportionate impairment? *Quarterly Journal of Experimental Psychology*, 58A, 54-71.
- Castel, A. D., & Craik, F. I. M. (2003). The effects of aging and divided attention on memory for item and associative information. *Psychology and Aging*, 18, 873-885.
- Castel, A. D., Chasteen, A. L., Scialfa, C. T., & Pratt, J. (2003). Adult age-differences in the time course of inhibition of return. *Journal of Gerontology: Psychological Sciences*, 58, 256-259.
- Fischer, M. H., Castel, A. D., Dodd, M. D., & Pratt, J. (2003). Perceiving numbers causes spatial shifts of attention. *Nature Neuroscience*, 6, 555-556.
- Dodd, M. D., Castel, A. D., & Pratt, J. (2003). Inhibition of return occurs with multiple rapid shifts of attention: Evidence supporting the limited role of memory in visual search. *Perception & Psychophysics*, 65, 1126-1135.
- Castel, A. D., Pratt, J., & Craik, F. I. M. (2003). The role of spatial working memory in inhibition of return: Evidence from divided attention tasks. *Perception & Psychophysics*, 65, 970-981.
- Castel, A. D., Benjamin, A. S., Craik, F. I. M., & Watkins, M. J. (2002). The effects of aging on selectivity and control in short-term recall. *Memory & Cognition*, 30, 1078-1085.

Pratt, J., & Castel, A. D. (2001). Responding to feature or location: A re-examination of inhibition of return and facilitation of return. *Vision Research*, 41, 3903-3908.

## **Books**

Castel, A. D. (2018). *Better with Age: The Psychology of Successful Aging*. Oxford University Press.

This general audience trade book was written to provide an accessible and engaging perspective on successful aging, highlighting the latest research coupled with insights and interviews of older adults including John Wooden, Maya Angelou, John Glenn, Frank Gehry, Jared Diamond, and Bob Newhart.

Since its publication, the book has been featured in *Time Magazine* (on-line and print edition, September 17, 2018), and was named one of the “Best Books of 2018 on Aging Well” by the *Wall Street Journal*, and was selected as the winner of the 2019 *Living Now* Book Award (Mature Living/Aging)

It has been featured in media outlets and podcasts, including *Forbes*, *TED Ideas* (Ideas Worth Sharing), *Next Avenue*, *Psychology Today*, *The Leslie Roberts Show* on CJAD 800 – Montreal, *The Aware Show* with Lisa Garr KPFK, *Brain Science* with Ginger Campbell, *The One You Feed* (podcast with Eric Zimmer), *Evidence-Based Education* (podcast with Stuart Klime), *Retirement Wisdom* (podcast), *Active Over 50* (cover story) and *Today's Geriatric* magazine.

The publisher (Oxford University Press) recently agreed to a contract to have the book translated into Russian and Korean, with other languages pending.

## **Chapters and entries in edited books:**

Whatley, M. C., Murphy, D. H., Silaj, K. M., & Castel, A. D. (2021). Motivated memory for what matters most: How older adults (selectively) focus on important information and events using schematic support, metacognition, and meaningful goals. In G. Sedek, T. Hess, & D. Touron (Eds.), *Multiple pathways of cognitive aging: Motivational and contextual influences*. (pp. 40-65). Oxford University Press.

Castel, A. D. & Rhodes, M. G. (2020). When and why we (sometimes) forget really important things. In A. M. Cleary & B. L. Schwartz (Eds.), *Memory Quirks: The Study of Odd Phenomena in Memory* (pp. 137-149). Routledge.

Siegel, A. L. M., Whatley, M. C., Hargis, M. B., & Castel, A. D. (2020). Changes in memory and metacognition in older adulthood. In A. Drolet & C. Yoon (Eds.) *The Aging Consumer*. (pp. 26-46). New York: Routledge.

Hargis, M. B., Whatley, M. C., Siegel, A. L. M., & Castel, A. D. (2020). Motivated cognition and curiosity in the aging consumer. In A. Drolet & C. Yoon (Eds.) *The Aging Consumer*. (pp. 47-66). New York: Routledge.

- Hargis, M. B., Siegel, A. L. M., & Castel, A. D. (2019). Motivated memory, learning, and decision making in older age: shifts in priorities and goals. In G. Samanez-Larkin (Ed.) *The Aging Brain*. (pp. 135-164). Washington DC: American Psychological Association.
- Blake, A. B., & Castel, A. D. (2016). Metamemory. In S. K. Whitbourne (Ed.), *The Encyclopedia of Adulthood and Aging*. Hoboken, NJ: Wiley.
- Castel, A. D., Nazarian, M., & Blake, A. B., (2015). Attention and incidental memory in everyday settings. In J. Fawcett, E. F. Risko & A. Kingstone (Eds.), *The Handbook of Attention*. (pp. 463-483). MIT Press.
- Castel, A. D., Middlebrooks, C. D., & McGillivray, S. (2015). 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.
- Castel, A. D., McGillivray, S., & Friedman, M. C. (2012). Metamemory and memory efficiency in older adults: Learning about the benefits of priority processing and value-directed remembering. In M. Naveh-Benjamin & N. Ohta (Eds.), *Memory and aging: Current issues and future directions* (pp. 245-270). New York: Psychology Press.
- McGillivray, S., Friedman, M. C., & Castel, A. D. (2012). Impact of aging on thinking. In K. Holyoak & R. Morrison (Eds.), *The Oxford handbook of thinking and reasoning* (pp. 650-672). New York: Oxford University Press.
- Castel, A. D. (2008). The adaptive and strategic use of memory by older adults: Evaluative processing and value-directed remembering. In A. S. Benjamin & B. H. Ross (Eds.), *The psychology of learning and motivation* (Vol. 48, pp. 225-270). London: Academic Press.
- Kester, J. D., Benjamin, A. S., Castel, A. D., & Craik, F. I. M. (2002). Memory in elderly people. In A. D. Baddeley, M. Kopelman, & B. A. Wilson (Eds.), *The handbook of memory disorders* (2nd ed., pp. 543-567). New York: Wiley.

#### **Other relevant published work:**

- Castel, A. D. (2019). Attitudes about aging influence how we age: Insights from successful aging. *Today's Geriatric Medicine*. May/June 2019, 34.
- Castel, A. D. (2018). The future of aging: Innovative ways to help older adults age well. *The California Psychologist*, Fall, 29-31
- Benartzi, S., & Castel, A. (2016). The financial price of forgetting bad times. *The Wall Street Journal*, June 12, 2016 (print edition).
- Didierjean, A., & Castel, A. (2016). Même Sherlock Holmes aurait vieilli. *Cerveau & Psycho*, 77, 84-87.

Castel, A. D. (2009). Memory and successful aging: A conversation with Coach John Wooden. *Association for Psychological Science Observer*, 22, 13-15.

**Selected invited presentations:**

Castel, A. D. (2021, November). *Selective memory and lifelong learning in younger and older adults: A value-directed remembering approach*. Presented at the School of Education colloquium, Bar-Ilan University, Israel.

Castel, A. D. (2020, November). *Memory for what matters most in younger and older adults: Information overload and value-directed remembering*. Presented remotely at the Psychology Department colloquium, University Nevada, Las Vegas, NV.

Castel, A. D. (2019, June). *Why we sometimes forget important things and don't predict it*. Presented at the Memory Quirks Conference, Colorado State University, Fort Collins, CO.

Castel, A. D. (2018, August). *Motivated memory for important information as we age*. Presented at the American Psychological Society convention, San Francisco, CA.

Castel, A. D. (2018, May). *Selective memory as a memory strategy in older age*. Presented at the Cognitive Aging Conference, Atlanta, GA.

Castel, A. D. (2017, April). *Remembering emotional objects and spatial locations: The role of value in binding*. Presented at the Society for Affective Science, Los Angeles, CA.

Castel, A. D. (2017, November). *Live and Learn: Memory as We Age*. Presented at the TEDx Beauty of the Fall event, ArtsCenter College of Design, Pasadena, California.

Castel, A. D. (2017, May). *Memory for what matters: Information overload and value-directed remembering in younger and older adults*. Plenary presentation at the 22<sup>nd</sup> Annual UCLA Research Conference on Aging.

Castel, A. D. (2016, March). *Memory for what matters: Information overload and value-directed remembering in younger and older adults*. Presented at the University of California, Irvine.

Castel, A. D. (2015, October). *Memory for what matters: Information overload and value-directed remembering in younger and older adults*. Presented at the Dept. of Psychology, Duke University, Durham, NC.

Castel, A. D. (2015, June). *Successful aging and the motivation to remember important information in old age: The strategic use of metamemory and*

- value-directed remembering*. Presented at the International Colloquium on the Challenges of Successful Aging, Missillac, France.
- Castel, A. D. (2013, December). *Motivation to remember important information in old age: The strategic use of metamemory and value-directed remembering*. Presented at the Center for BrainHealth, The University of Texas at Dallas.
- Castel, A. D. (2012, November). *Memory, metamemory, and value-directed remembering in younger and older adults*. Presented at the Dept. of Psychology, University of Waterloo, Waterloo, Ontario, Canada
- Castel, A. D. (2012, April). *Metacognition and memory beliefs: An overview*. Presented at the 14<sup>th</sup> Biennial Cognitive Aging Conference, Atlanta, GA.
- Castel, A. D. (2011, November). *Making numbers meaningful, memorable, and useful for older adults: Value-directed remembering across the lifespan*. Presented at the FDA Risk Communication Advisory Committee Meeting, Silver Spring, MD.
- Castel, A. D. (2011, October). *Memory efficiency and value-directed remembering across the lifespan*. Presented at the Dept. of Psychology, University of California, Riverside, CA.
- Castel, A. D. (2011, March). *Memory efficiency and value-directed remembering across the lifespan*. Presented at the Dept. of Psychology, Colorado State University, Fort Collins, CO.
- Castel, A. D. (2010, April). *Memory efficiency and value-directed remembering in younger and older adults*. Presented at the Dept. of Psychology, University of North Carolina, Chapel Hill, NC.
- Castel, A. D. (2010, March). *Memory efficiency and value-directed remembering in younger and older adults*. Presented at the UCLA Center on Memory and Aging.
- Castel, A. D. (2009, September). *Memory efficiency and value-directed remembering in younger and older adults*. Presented at the University of Southern California Andrus Gerontology Center.
- Castel, A. D. (2009, April). *Memory and aging: The good, the bad, and the unknown*. Presented at the UCLA Extension lecture series, "Beyond the Headlines", University of California, Los Angeles.
- Castel, A. D. (2008, June). *Memory for associative information in younger and older adults: Binding, schematic support and value-directed remembering*. Presented at the Stein Institute for Research on Aging, University of California, San Diego.



- Castel, A. D. (2008, March). *Memory for associative information in younger and older adults: Binding, schematic support and value-directed remembering*. Presented at the Memory Disorders Research Center, Boston University Medical Center.
- Castel, A. D. (2008, February). *Memory for associative information in younger and older adults: Binding, schematic support and value-directed remembering*. Presented at the Dept. of Psychology, Colorado State University, Fort Collins, CO.
- Castel, A. D. (2007, April). *Memory for associative information in younger and older adults: The binding process and value-directed remembering*. Presented at the Dept. of Psychology, University of California, Los Angeles.
- Castel, A. D. (2007, February). *The strategic control of memory for associative information in younger and older adults*. Presented at the Dept. of Psychology, Pomona College, Claremont, CA.
- Castel, A. D. (2006, December). *Memory for associative information in younger and older adults: An examination of the binding process*. Presented at the Dept. of Psychology, University of British Columbia, Vancouver, Canada.
- Castel, A. D. (2006, February). *Memory for associative information in younger and older adults: An examination of the binding process*. Presented at the Dept. of Psychology, University of California, Los Angeles.
- Castel, A. D. (2006, February). *Memory for associative information in younger and older adults: An examination of the binding process*. Presented at the Dept. of Psychology, Carleton University, Ottawa, Ontario, Canada.
- Castel, A. D. (2006, January). *Memory for associative information in younger and older adults: An examination of the binding process*. Presented at the Dept. of Psychology, University of Nevada, Las Vegas.
- Castel, A. D. (2006, January). *Memory for associative information in younger and older adults: An examination of the binding process*. Presented at the Dept. of Psychology, University of Illinois at Chicago.
- Castel, A. D. (2005, December). *Memory for associative information in younger and older adults: An examination of the binding process*. Presented at the Dept. of Psychology, San Francisco State University.
- Castel, A. D. (2005, November). *The cognitive consequence of processing numbers*. Presented at the Brain, Behavior and Cognition Seminar, Dept. of Psychology, Washington University in St. Louis.
- Castel, A. D. (2005, October). *Impairments in attentional and response control in dementia of the Alzheimer type: Evidence from the Simon task*. Presented

- at the Aging and Development Seminar, Dept. of Psychology, Washington University in St. Louis.
- Castel, A.D., McCabe, D. P., & Roediger, H. L., III. (2005, May). *Overestimation of associative memory for identical items*. Paper presented at the Annual Show Me Mental State Conference on Cognition in Columbia, Missouri.
- Castel, A. D. (2005, March). *The strategic and selective control of memory for value in younger and older adults*. Presented at the Cognition & Neuroscience colloquium, Dept. of Psychology, University of Missouri, Columbia.
- Castel, A. D. (2004, October). *The strategic and selective control of memory for associative numerical information in younger and older adults*. Presented at the Brain, Behavior and Cognition Seminar, Dept. of Psychology, Washington University in St. Louis.
- Castel, A. D. (2004, May). *Aging and memory for associative and numerical information: An examination of the binding process*. Presented at the Dept. of Psychology, Stanford University.
- Castel, A. D. (2004, March). *Aging and memory for associative and numerical information: An examination of the binding process*. Presented at the Dept. of Psychology, University of Illinois at Urbana-Champaign.
- Castel, A. D. (2004, February). *Aging and memory for associative and numerical information: An examination of the binding process*. Presented at the Memory Disorders Research Center, Boston University Medical Center
- Castel, A. D. (2004, January). *Aging, divided attention and memory for associative and numerical information: An examination of the binding process*. Presented at the Dept. of Psychology, Washington University in St. Louis.
- Castel, A. D. (2004, January). *Aging, divided attention and memory for associative and numerical information: An examination of the binding process*. Presented at the meeting of the Ebbinghaus Empire, Dept. of Psychology, University of Toronto, Canada.
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## CURRENT RESEARCH SUPPORT (FUNDED GRANTS)

### Goals and Motivation to Remember Important Information in Old Age

National Institute on Aging (NIA), 2R01AG0(44335 (9/30/2021-6/30/2026)

Role: Principal Investigator

Funded Amount (Annual): \$312,045 (\$1,557,826 in direct and indirect funds)

This program of research examines how goals can motivate and improve memory in older adults, through the strategic focus on selectively remembering both objectively and subjectively important information.

### Neurobehavioral Mechanisms of Value-Directed Remembering

National Science Foundation (NSF), 2048692 (9/1/2021 - 8/31/2024)

Role: Co-Investigator (with Barbara Knowlton, Principle Investigator)

Funded Amount (Annual): \$158,872 (\$476,617 in direct and indirect funds)

This research uses neuroimaging and transcranial direct current stimulation to examine how younger and older adults can selectively remember important information via automatic and strategic memory processes.

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## PRINCIPAL AWARDS AND SCHOLARSHIPS

Fulbright US Senior Scholar Fellow (Bar-Ilan University, Israel), 2021  
Springer Early Career Achievement Award in Research on Adult Development and Aging, American Psychological Association (Division 20), 2011  
UCLA Faculty Career Development Award, 2008, 2011  
RAND Aging Program Fellowship, 2006  
Natural Sciences & Engineering Research Council of Canada  
Post Doctoral Fellowship Scholarship, 2006  
Canadian Institutes of Health Research-Institute of Aging  
Age Plus Prize & Certificate of Excellence, 2004  
Ontario Graduate Scholarship, 2004-2005  
Scottish Rite Charitable Foundation Student Award, 2003-2004  
Canadian Council of Departments of Psychology  
Teaching Assistant Award, 2003  
Jack & Rita Catherall Award, 2003  
Natural Sciences & Engineering Research Council of Canada  
Postgraduate Scholarship, 2002-2004  
University of Toronto Fellowship, 2003  
Naomi Grigg Fellowship in Gerontology, 2002-2003  
Ontario Graduate Scholarship, 2002-2003  
University of Toronto Fellowship, 2001-2002  
Ontario Graduate Scholarship (Science & Technology), 2001-2002  
Sigma Xi Grant-In-Aid of Research, 2000-2001  
University of Toronto Fellowship, 2000-2001  
Canadian Psychological Association Certificate of Academic Excellence, 2001  
University of Toronto Fellowship, 1999-2000  
McDonald Scholarship, Queen's University, 1995-1996

**PROFESSIONAL AFFILIATIONS**

American Association for the Advancement of Science  
American Psychological Association (Division 20 and Division 3)  
Association for Psychological Science (Fellow)  
Canadian Society for Brain, Behaviour, & Cognitive Science  
Cognitive Neuroscience Society  
International Association for Metacognition  
International Neuropsychological Society (Fellow of the 2004 Summer Institute)  
Psychonomic Society (Fellow)

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**PROFESSIONAL EXPERIENCE AND RECOGNITION****General Academic Community:**

National Institutes of Health, grant review panel, 2014, 2016, 2017  
Association for Psychological Science – Recognized as a “Rising Star”, 2011  
Association for Psychological Science – Invited symposium chair, 2009  
National Science Foundation, REESE grant review panel, 2008

**Editorial Board:**

Journal of Experimental Psychology: General (2009-present)  
Psychology and Aging (2010-2018)  
Memory & Cognition (2013-2019)

**Committee Experience (UCLA):**

Executive Committee, Merit Review Committee, TA/Fellowship Committee  
Diversity Issues Committee, Graduate Studies Committee,  
Graduate Awards Committee, Graduate Evaluation Committee  
Faculty Moderator for Psychology Undergraduate Research Conference  
Ad-Hoc Committee Member for Faculty Review & Hiring  
Graduate Orientation, Organizer for Cognitive Area  
Provost’s Committee on Faculty Work/Life Issues  
Undergraduate Council’s Honors, Awards and Prizes Committee  
UCLA Regents Scholarship Reviewer  
UCLA Legislative Assembly

**Other Professional and Community Experience:**

Invited speaker, FDA Risk Communication Advisory Committee  
Invited panelist, Society and Genetics Art of Aging Symposium  
Memory and aging tutorial seminars, various older adult community centers  
Expert witness, Superior Court of California, Alaska, Federal Trade Commission  
Invited attendee, White House Meeting on Psychological Science and  
Behavioral Economics in the Service of Public Policy  
Invited speaker, UCLA Fund Chancellor’s Society  
Invited speaker, Franklin Elementary School Science Club  
Consultant and expert testimony (deposition and trial experience) for cases  
related to eyewitness memory, consumer behavior, cognitive aging

**Reviewer (ad-hoc) for the following journals and organizations:**

Archives of Scientific Psychology  
Acta Psychologica  
AGE  
Aging, Neuropsychology and Cognition  
Alzheimer's Disease and Associated Disorders  
Applied Cognitive Psychology  
Attention, Perception, & Psychophysics  
Behavioral Decision Making  
Brain & Cognition  
Canadian Journal of Experimental Psychology  
Child Development  
Cognition  
Cognition & Emotion  
Consciousness & Cognition  
Current Directions in Psychological Science  
Defining Wisdom Grant-University of Chicago  
Experimental Aging Research  
Experimental Brain Research  
Frontiers in Decision Neuroscience  
Gerontology  
International Journal of Psychology  
Israel Science Foundation  
Journal of Applied Social Psychology  
Journal of Experimental Psychology: General  
Journal of Experimental Psychology: Learning, Memory & Cognition  
Journal of General Psychology  
Journal of Gerontology: Psychological Sciences  
Journal of Memory & Language  
Learning and Individual Differences  
Memory  
Memory & Cognition  
Metacognition and Learning  
National Science Foundation  
Neuron  
Neuropsychologia  
Neurorehabilitation and Neural Repair  
National Institutes of Health  
Proceedings of the National Academy of Sciences  
Psychology & Aging  
Psychological Bulletin  
Psychonomic Bulletin & Review  
Psychological Reports  
Psychological Science  
Public Library of Science (PLoS Biology)  
Quarterly Journal of Experimental Psychology  
U.S.-Israel Binational Science Foundation

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**GRADUATE STUDENTS SUPERVISED**

Teal Eich (2006-2007), Assistant Prof. at University of Southern California  
 Shannon McGillivray (2007-2013), Associate Prof. at Weber State Univ.  
 Kathy Gerlach (2007-2008), associate at McKinsey & Co., Management  
 Michael Friedman (2008-2013), post-doc at Harvard University & Wayfair  
 Kendell Worden (2011-2012), Science News writer/contributor  
 Michael Cohen (2009-2014), post-doc at University of Pennsylvania  
 Adam Blake (2012-2018), project scientist at UCLA  
 Catherine Middlebrooks (2013-2018), Radford University, consultant  
 Mary Hargis (2014-2019), Assistant Prof. at Texas Christian University  
 Alex Siegel (2015-2020), post-doc at USC, UX researcher at Lyft  
 Mary Whatley (2018-present)  
 Dillon Murphy (2019-present)  
 Katie Silaj (2019-present)  
 Karina Agadzhanyan (2021-present)  
 Kylie Alberts (2021-present)

**POST-DOCTORAL FELLOWS**

Kou Murayama (2011-2013), now Professor at Tübingen University, Germany  
 Kenji Ikeda (2013-2014), now Professor at Tokai Gakuin University, Japan

**TEACHING, LECTURE, AND TEACHING ASSISTANT EXPERIENCE****Formal Teaching Experience:**

Cognitive Psychology (undergraduate), UCLA, 2008-2019  
 Human Memory (undergraduate), UCLA, 2007-present  
 Cognitive and Successful Aging (undergraduate), UCLA, 2019-present  
 Cognitive Psychology Laboratory (undergraduate), UCLA, 2019-present  
 Human Learning & Memory (graduate course), UCLA, 2007-2022  
 Metacognition (graduate seminar) UCLA, 2010  
 Cognitive Aging (graduate seminar), UCLA, 2008

**Teaching Assistant Experience (UofT):**

Introduction to Cognitive Psychology, 2000-2004  
 Psychology of Aging, 2000, 2001, 2002  
 Advanced Statistics (tutorial instructor), 2001, 2002  
 Introduction to Statistics (tutorial instructor), 2001  
 Human Memory, Laboratory in Learning and Human Memory, 2001  
 Social Development, 2000  
 Introduction to Psychology, 1999

**Teaching Awards:**

UCLA Department of Psychology Distinguish Teaching Award, 2010  
 Canadian Council of Departments of Psychology Teaching Assistant Award, 2003  
 University of Toronto Teaching Assistant Excellence Award, 2002

Additional information regarding the content of these courses, teaching interests and qualifications, and the results of teaching evaluations are available upon request.