

Kara Hoover

UCLA Department of Psychology
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EDUCATION

University of California, Los Angeles

September 2022 – Present, Cognitive Psychology Ph.D. program

- Ph.D. expected June 2027
- Major: Cognitive Psychology
- Advisors: Dr. Alan Castel, Dr. Barbara Knowlton

University of California, Los Angeles

September 2014 – June 2019, College of Letters and Science

- Bachelor of Arts in Psychology
- Cumulative GPA: 3.84; Psychology GPA: 3.93
- Latin Honors: *Magna Cum Laude*

MANUSCRIPTS PUBLISHED OR IN PROGRESS

Murphy, D. H., **Hoover, K. M.**, & Castel, A. D. (2022). Strategic metacognition: Self-paced study time and responsible remembering. *Memory & Cognition*. <https://doi.org/10.3758/s13421-022-01311-4>

Murphy, D. H., **Hoover, K. M.**, Agadzanyan, K., Kuehn, J. C., & Castel, A. D. (2021). Learning in double time: The effect of lecture video speed on immediate and delayed comprehension. *Applied Cognitive Psychology*. <https://doi.org/10.1002/acp.3899>

Hoover, K. M., Murphy, D. H., Middlebrooks, C. D., & Castel, A. D. (in progress). Age-related differences in the effect of rushing on selectivity.

AWARDS & HONORS

UCLA Graduate Dean's Scholar Award

Awarded: March 8, 2022

- Selected by the UCLA Graduate Division and the Department of Psychology for a \$2500 supplemental stipend for Fall 2022 and a \$6000 stipend during each summer of my first two years in graduate school

RESEARCH EXPERIENCE

Ph.D. Cognitive Psychology Student

UCLA Memory and Lifespan Cognition Lab and UCLA Cognitive Neuroscience Lab
September 2022 – Present

Responsibilities:

As a UCLA graduate student, I will conduct my own research investigating the effects of aging on memory as well as learn new methodologies which will not only hone my skills but also allow me to further delineate the neurological and behavioral changes that occur with age.

Lab Manager

Claremont McKenna College Umanath Memory and Aging Lab
August 2021 – July 2022

Responsibilities:

As lab manager, I assisted in the organization and development of the research outlined by Dr. Umanath's National Science Foundation CAREER grant, which sought to create interventions that will help older adults retrieve prior knowledge that is stored but inaccessible. Specifically, I assisted in the creation and implementation of the present studies and have overseen data collection utilizing younger and older adults from the community and through Qualtrics. I also helped with the daily operations of the lab by facilitating lab management, recruiting participants, and coordinating and managing Institutional Review Board protocols. Additionally, along with Dr. Umanath, I coordinated and mentored undergraduate research assistants by training them in study protocols, teaching them the skills necessary for future success in graduate school or any profession (e.g., time management, attention to detail, communication), and helping them cope with the demands of the lab, schoolwork, and other outside activities.

Research Assistant

UCLA Memory and Lifespan Cognition Lab
October 2020 – August 2021

Responsibilities:

I ran the older adult lab email account and administered pilot studies to the older adult participant pool. I contributed to the preparation, execution, and generation of studies in the lab. For example, I generated stimuli, wrote parts of the manuscript, and helped in the creation of the task for a collaborative study that looked at how video speed affects immediate and delayed comprehension. Additionally, I have been working on an original study that will add to the literature about how older adults' selectivity for items of importance is affected by limited encoding and retrieval time.

Research Assistant

UCLA Social and Affective Neuroscience Lab

October 2018 – February 2019

Responsibilities:

I provided insights into the methodology and rationale of a study concerning how videos, which were manipulated via tone and the amount of dialogue, activated different areas of the brain. I also coded the videos, noting the specific dialogue and nonverbal communicative behaviors.

Research Assistant

UCLA Dieting, Stress, and Health Lab
February 2017 – August 2018

Responsibilities:

I ran participants through studies which investigated whether palatable food and alcohol trigger similar neural pathways in the human brain. From these studies, I collected participants' heart rate data as obtained through an electrocardiogram and skin conductance information via electrodermal activity recording. Utilizing this data, I further interpreted and coded the information to allow for comprehensive analyses of the physiological data. I also researched and identified relevant research articles to be used in the primary investigator's published paper.

CONFERENCE PRESENTATIONS

2022 Cognitive Aging Conference

April 2022, Atlanta, GA

Umanath, S., Coane, J. H., **Hoover, K. M.**, Sakoda, M. I., & Langston, E. (April 2022). From "It's on the Tip of my Tongue" to "I never learned that": Partitioning the phenomenology of knowledge-based retrieval failures in younger and older adults. Poster presented for the Cognitive Aging Conference 2022, Atlanta, GA.

TEACHING EXPERIENCE

Peer Learning Facilitator

UCLA Athletics Peer Learning Lab
September 2017 – March 2018

Responsibilities:

I taught student athletes study skills and enhanced their learning and understanding of writing, history, and psychology. I conducted group and individual sessions using the lesson plans that I created that built upon what the professors taught the students in class. Additionally, I documented each session and each student's behavior during the session.

in order to denote student progress and also to convey to myself what techniques and strategies were successful for each particular student.

Composition Peer Learning Facilitator

UCLA Undergraduate Writing Center

September 2016 – June 2017

Responsibilities:

Through one-on-one sessions, I assisted undergraduate students with the writing process by helping them understand their given prompt, brainstorm, create an academic thesis, organize their ideas and paper in its entirety, and go through the editing process. After each session, I reported what occurred and listed what I wanted to improve on for future sessions. Through session assessments by students, I was commended for my enthusiasm and friendliness and my ability to elucidate how students could improve their writing.

Tutor

Watts Tutorial Program at UCLA

September 2015 – June 2016

Responsibilities:

I tutored a high school student from Watts, Los Angeles in all subjects and encouraged her to not only complete her work, but to also understand and enjoy learning the material. Through individualized lesson plans, I helped her raise her grades from all C's to A's and B's. Due to my success, the Tutorial Program praised me for my work with a student who had historically been difficult to work with and motivate.

CAMPUS INVOLVEMENT

Editor

UCLA Undergraduate Research Journal of Psychology

August 2018 – June 2019

Responsibilities:

As an editor, I reviewed submissions to the undergraduate journal and provided feedback to the authors in order to make their submissions fit for publication. I collaborated with graduate student mentors to ensure that each study's methodology, results, statistics, and literature review were all well-researched and valid.

COMMUNITY SERVICE

Volunteer

Focal Point on Aging

June 2018 – July 2021

Responsibilities:

As a volunteer at a senior information and referral service, I helped local seniors and their families with any questions that ranged from questions about community services to personal matters. For each client that I worked with, I did extensive research to answer their questions and conducted follow-up calls in order to ensure that the client not only got their questions answered, but also that they were satisfied with the answers.

Memory Care Volunteer

Silverado Beach Cities Memory Care Community

March 2018 – March 2020

Responsibilities:

I visited patients with memory disorders and engaged them in activities in order to bolster their mood and to help them maintain both physical and mental activity. After each meeting, I documented the patient's behavior, mood, and physical condition to help inform the patient's doctors and other health care professionals.

MoveWell Volunteer

Beach Cities Health District

June 2018 – June 2019

Responsibilities:

I engaged older adults in my community in physician-approved exercises to help them stay active, but in a way that was safe and comfortable for them. Additionally, I met with them weekly to provide companionship, as well as support and care. After each meeting, I would report on the older adult's condition and mental state in order for their social workers to determine what services best fit their needs.

SKILLS

Computer: SPSS Software, E-Prime, Qualtrics

REFERENCES

Dr. Sharda Umanath

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Dr. Alan Castel

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