

Curriculum Vitae

Alexandra B. Morrison

Associate Professor
Department of Psychology | California State University, Sacramento

Contact information:

Email: alexandra.morrison@csus.edu Phone: 916.278.6892
Mailing Address: 6000 J Street, Sacramento, CA 95819
Website: morrisonresearchlab.com

Positions and Academic History:

Academic Appointments

2021 – Present Associate Professor, Department of Psychology
California State University, Sacramento

2017 –2021 Assistant Professor, Department of Psychology
California State University, Sacramento

Post-doctoral Training

2014 – 2017 Research Scientist
University of Miami, Miami, FL
Department of Psychology
Laboratory of Amishi Jha

2012 – 2014 Postdoctoral Research Associate
University of Miami, Miami, FL
Department of Psychology
Laboratory of Amishi Jha

Educational Degrees

2007 – 2012 Temple University, Philadelphia, PA
Ph.D., Psychology; Neuroscience Concentration
Advisor: Jason Chein

2003 – 2007 Colby College, Waterville, ME
B.A., Psychology; Neuroscience Concentration
Advisor: Ayanna Thomas

Selected Awards & Honors

Sacramento State Outstanding Teaching Award for the College of SSIS, 2022-2023

Psychonomic Society Fellow, 2021 Spring Class of Fellows

Updated December 2022

Sacramento State Faculty Senate's Research and Creative Activity Award (\$7,500) (April 2019)

American Psychological Association Dissertation Award (\$1000) (November 2011)

Peer-Reviewed Journal Articles:

1. Witkin, J. E., Denkova, E., Zanesco, A. P., **Morrison, A. B.**, Rooks, J., Carpenter, J., ... & Jha, A. P. (2022). Does Intensive Mindfulness Training Strengthen Sustained Attention? Examining Individual Differences in Mind Wandering during the Sustained Attention to Response Task. *OBM Integrative and Complementary Medicine*, 7(2), 1-1.
2. Samper, J. R., **Morrison, A.B.**, & Chein, J. (2021). Doubts about the role of rehearsal in the irrelevant sound effect. *Experimental Psychology*, 68(5), 229–242. <https://doi.org/10.1027/1618-3169/a000527>
3. Richmond, L. L., Burnett, L. B., **Morrison, A. B.**, & Ball, B. H. (2021). Performance on the processing portion of complex working memory span tasks is related to working memory capacity estimates. *Behavior Research Methods*.
4. **Morrison, A. B.***, & Richmond, L.* (2020). Offloading items from memory: individual differences in cognitive offloading in a short-term memory task. *Cognitive Research: Principles and Implications*, 5(1), 1.
5. Zanesco, A. P., Witkin, J. E., **Morrison, A. B.**, Denkova, E., & Jha, A. P. (2020). Memory load, distracter interference, and dynamic adjustments in cognitive control influence working memory performance across the lifespan. *Psychology and Aging*, 35(5), 614.
6. Jha, A. P., Zanesco, A. P., Denkova, E., **Morrison, A. B.**, Ramos, N., Chichester, K., ... & Rogers, S. L. (2020). Bolstering Cognitive Resilience via Train-the-Trainer Delivery of Mindfulness Training in Applied High-Demand Settings. *Mindfulness*, 11(3), 683-697.
7. Jha, A. P., Zanesco, A. P., Denkova, E., Rooks, J., **Morrison, A. B.**, & Stanley, E. A. (2020). Comparing Mindfulness and Positivity Trainings in High-Demand Cohorts. *Cognitive Therapy and Research*, 44(2), 311-326.
8. Weimers, E., Redick, T., & **Morrison, A. B.** (2019). The influence of individual differences in cognitive ability on working memory training gains
9. Jha, A. P., Witkin, J. E., **Morrison, A. B.**, Rostrup, N., & Stanley, E. (2017). Mindfulness Training Protects Against Working Memory Degradation over High-Demand Intervals. *Journal of Cognitive Enhancement*, 1(2), 154-171. doi:10.1007/s41465-017-0035-2
10. Rooks, J., **Morrison, A. B.**, Goolsarran, M., Rogers, S. L., & Jha, A. P. (2017). “We Are Talking About Practice”: The influence of mindfulness vs. relaxation training on athletes’ attention and well-being over high-demand intervals. *Journal of Cognitive Enhancement*, 1(2), 141-153. doi:10.1007/s41465-017-0016-5.
11. **Morrison, A. B.***, Rosenbaum, G.M.* , Fair, D., & Chein, J.M. (2016). Variation in strategy use across measures of verbal working memory, *Memory & Cognition*, 44(6), 922-936. doi:10.3758/s13421-016-0608-9
12. Jha, A. P., **Morrison, A. B.**, Parker, S. C., & Stanley, E. A. (2016). Practice is protective: Mindfulness training promotes cognitive resilience in high-stress cohorts. *Mindfulness*, 7(1), 1-13. doi: 10.1007/s12671-015-0465-9

13. Moreau, D., **Morrison, A. B.**, & Conway, A. R. A. (2015). An ecological approach to cognitive enhancement: Complex motor training. *Acta Psychologica*, 157, 44-55. doi:10.1016/j.actpsy.2015.02.007
 14. Jha, A. P., **Morrison, A. B.**, Dainer-Best, J., Parker, S., Rostrup, N., & Stanley, E. (2015). Minds “At Attention”: Mindfulness training curbs attentional lapses in military cohorts. *PLoS ONE*, 10(2). doi:10.1371/journal.pone.0116889
 15. **Morrison, A. B.**, Conway, A. R. A., & Chein, J. M. (2014). Primacy and recency effects as indices of the focus of attention. *Frontiers in Human Neuroscience*, 8:6. doi: 10.3389/fnhum.2014.00006
 16. **Morrison, A. B.**, Goolsarran, M., Rogers, S. L., & Jha, A.P. (2014). Taming a wandering attention: A study of short-form mindfulness training. *Frontiers in Human Neuroscience*, 7:987. doi:10.3389/fnhum.2013.00897
 17. **Morrison, A. B.**, & Chein, J. M. (2012). The controversy over Cogmed. *Journal of Applied Research in Memory and Cognition*, 1(3), 208-210. doi:10.1016/j.jarmac.2012.07.005
 18. Richmond, L., **Morrison, A. B.**, Chein, J. M., & Olson, I. (2011). Working memory training and transfer in older adults. *Psychology and Aging*, 26(4), 813-822. doi: 10.1037/a0023631
 19. **Morrison, A. B.**, & Chein, J. M. (2011). Does working memory training work? The promise and challenges of enhancing cognition by training working memory. *Psychonomic Bulletin & Review*, 18(1), 46-60. doi: 10.3758/s13423-010-0034-0
 20. Chein, J. M. & **Morrison, A. B.** (2010). Expanding the mind's workspace: Training and transfer effects with a complex working memory span task. *Psychonomic Bulletin & Review*, 17(2), 193-199. doi: 10.3758/PBR.17.2.193
- * Denotes shared first authorship

Book Chapters:

1. Denkova, E., Zanesco, A., **Morrison, A. B.**, Rooks, J., Rogers, S., & Jha, A. (2020). Strengthening Attention with Mindfulness Training in Workplace Settings In Daniel J Siegel & Marion F Solomon (Eds.), *Mind, Consciousness, and Well-Being*. New York, NY: Norton Professional Books.
2. **Morrison, A. B.** & Jha A. P. (2015). Mindfulness, attention, & working memory. In Ostafin, B. et al., (eds): *Handbook of mindfulness and self-regulation*. (pp. 33-45). New York, NY: Springer.
3. Jha, A. P., Rogers, S. L., & **Morrison, A. B.** (2014). Mindfulness training in high stress professions: Strengthening attention and resilience. In R. A. Baer (Ed.), *Mindfulness-based treatment approaches: A clinician's guide (2nd ed.)*. (pp. 347-366). San Diego, CA: Elsevier.

Conference and Invited Academic Talks:

1. **Morrison A.B.** & Richmond, L.R. (April, 2021). *Working Memory: Limitations and Remediation*. University of Nevada, Reno, Cognitive and Brain Sciences Early Career Seminar Series.
2. **Morrison, A. B.** (April, 2021). *Cognitive Offloading as an External Memory Strategy*. University of Sheffield, Department of Psychology Virtual Seminar Series.

3. Brown, M. & **Morrison, A. B.**, (July, 2021). Enhancing short-term memory through cognitive offloading by typing. Cognitive Offloading Virtual Conference. University College London.
4. **Morrison, A. B.** (2018). *Executive Control: Limitations and Remediations*. Claremont Graduate University, Conway Lab Meeting.
5. **Morrison, A. B.** (2016). *Mindfulness in the military: Insights from research with the troops*. The Academy of Brain-Based Leadership Global Exchange, Silicon Valley, CA.
6. **Morrison, A. B.** (2016). *Attention, working memory, and mindfulness*. 3rd International Symposium of Cognitive Neuroscience & Mindfulness, Gurabo, PR.
7. **Morrison, A. B.** (2015). *Short-form mindfulness training as an attentional enhancement tool*. Mindful Tuesdays Meeting. University of Miami Miller School of Medicine, Miami, FL.
8. **Morrison, A.B.** (2015). *Mindfulness training as an attentional enhancement tool*. Getting Smart about Getting Smarter: Critically Evaluating Interventions to Improve Intelligence and Reasoning. University of Michigan, Ann Arbor, MI.
9. **Morrison, A. B.** (2014). *fMRI as a tool to test models of working memory*. University of Miami Neuroimaging Workshop, Coral Gables, FL.
10. **Morrison, A. B.** Chein, J., Fitzhugh, S., Newcombe, N. & Shipley, T. (2009). *Improving spatial skills: Converging on mechanism*. Presented in symposium on Contemporary Data in Gender, Math and Space at the annual meeting of the American Educational Research Association, San Diego, CA.

Select Poster Presentations

1. Al Jaburi, L., Garcia, M., Gutierrez, V., Zhong, S. & **Morrison, A.B.**, (2023). Tired of Zoom? Comparing Exhaustion and Fatigue between Online and In-person Meetings to be presented at Western Psychological Association Annual Meeting
2. Zuniga, A., Vallejo, E., Troxel, D. & **Morrison, A.B.**, (2023). Volitional Multitasking: When Do We Pause the Video? Poster to be presented at Western Psychological Association Annual Meeting
3. Brown, M. & **Morrison, A.B.**, (2021). Enhancing Short-Term Storage through Cognitive Offloading by Typing. Poster presented at Psychonomic Society Annual Meeting. Online.
4. Vallejo, E., Zuniga, A., & **Morrison, A.B.**, (2020). Adjustments in Media Multitasking During an Ongoing Working Memory Task. Poster presented at Psychonomic Society Annual Meeting. Online.
5. Richmond, L., Burnett, L., **Morrison, A.B.**, Ball, H. (2020). More than just a performance check: Processing performance on complex span tasks is related to working memory capacity estimates. Poster to be presented at Psychonomic Society Annual Meeting. Online.
6. Griffith, J. & **Morrison, A.B.** (2019). The Effects of Listening to Music on Working Memory. Poster presented at Psychology Department's Annual Conference, Sacramento, CA.
7. **Morrison, A.B.**, Richmond, L., Duffy, N., Hatcher, R., & Thornton, S. (2019). Investigating the Relationship Between Cognitive Offloading and Working Memory Capacity: A Replication and Extension of Risko & Dunn, 2015. Poster presented at Psychonomic Society Annual Meeting. Montreal, Quebec, Canada.

8. Vallejo, E, Wick, K., Thornton, & **Morrison, A.B.** (2019). Helpful or harmful? The influence of music on attention and mind-wandering. Poster presented at Western Psychological Association, Pasadena, CA.
9. Woodard, J., Garrett, K., Schreib, F., & **Morrison, A. B.** (2019). Adagio versus presto - the effects of musical tempo on attentional performance. Poster presented at Western Psychological Association, Pasadena, CA.
10. Hirota, C., Datko, K., Thornton, S., Vallejo, E., K, Wick., **Morrison, A.B.**, & McTernan, M. (2019). Creating reproducible research with r and rmarkdown: A data pipeline project using data from a cognitive task. Poster presented at Western Psychological Association, Pasadena, CA.
11. Zanesco, A., Witkin, J.E., **Morrison, A. B.**, Denkova, E., & Jha, A. (2019). Memory Load, Distracter Interference, and Dynamic Adjustments in Cognitive Control Influence Working Memory Performance Across the Lifespan. Poster presented at the annual meeting of The Social and Affective Neuroscience Society, Miami, Fl.
12. Samper, J., Morrison, A. B., and Chein, J. (2018). The Role of Rehearsal in the Irrelevant Sound Effect. Poster presented at annual meeting of the Psychonomic Society, New Orleans, LA.
13. Vallejo, E, Wick, K., Thornton, S., Schreib, F., Garrett, K., & **Morrison, A. B.**. (2018). *Helpful or harmful? The influence of music on attention and mind-wandering.* Poster presented at Psychology Department's Annual Conference, Sacramento, CA.
14. Witkin, J.E., **Morrison, A. B.**, Zanesco, A. P., & Jha, A.P. (2017). *Dynamic Adjustments in Working Memory in the Face of Affective Distraction.* Poster presented at annual meeting of the Psychonomic Society, Vancouver, BC, Canada

Invited Guest Reviewer (2013 – present)

Brain Research, Cognitive Affective and Behavioral Neuroscience, Consciousness and Cognition, Developmental Neurorehabilitation, Frontiers in Aging Neuroscience, Frontiers in Human Neuroscience, Frontiers in Psychology, Journal of Applied Research in Memory and Cognition, Journal of Child Experimental Psychology, Journal of Cognitive Psychology, Journal of Experimental Psychology: General, Journal of Experimental Psychology: Learning, Memory, & Cognition, Journal of Memory and Language, Memory and Cognition, Psychological Science, PLoS ONE, Psychology & Aging, Psychonomic Bulletin & Review, The Journal of Psychology: Interdisciplinary and Applied

Teaching Experience

Courses

Cognitive Psychology
Introductory Statistics in Psychology
Graduate Seminar in Cognitive Psychology
Psychology as a Natural Science

Mentoring

Graduate Student Research Assistants

Andrew Gale, Courtney Hirota, Megan Thomas, Danielle Troxel, Emily Vallejo, Alejandra Zuniga

Undergraduate Student Research Assistants

Laila Al Jaburi, Khayrat Abdulla, Maree Baird, Daniel Bracamontes, Jenna Busse, Valeria Casas-Perez, Amy Cole, Olivia Diprosper, Erin Dyer, Daniel Garibay, Kelsey Garrett, Cassidy Gibson, Brooke Estrada, Elizabeth Feranen, Angel Gomez, Valeria Gutierrez, Griffith, Jonastasya, Aries Gresham, Taylor Ramirez, Tana MacPherson, Dominique Roach, Araya Saephan, Faith Schreib, Sara Thornton, Danielle Troxel, Emily Vallejo, Susy Quinto, Kelley Wick, James Tellez, Alejandra Zuniga

Instructional Student Assistants

Statistics in Psychology Fall 2017: Susy Kolak
Cognitive Psychology Spring 2018: Emily Vallejo
Statistics in Psychology Fall 2018, Spring 2019: Kelly Datko
Cognitive Psychology Fall 2019, Spring 2020: James Tellez
Introductory Statistics in Psychology Fall 2020: Courtney Hirota
Introductory Statistics in Psychology Fall 2021: Courtney Hirota

Service (Selected)

Department Service

- General Psychology Program Committee (member 2018 – 2021, committee chair)
- Search committee for Endowed Assistant Professor of Happiness position (member, fall 2019).
- Planning committee for Psychology Department's Annual Conference (member fall 2018, 2019).
- Human Subjects Committee (member 2017 –2021)
- Invited speaker for panels organized by student groups, Psi Chi, Psych Society, Prospects (2017 – present)

College Service

RTP Secondary Committee (fall 2022)

University Service

CSUS chapter of Phi Kappa Phi (board member 2017 – present, current chapter president)

Faculty Senate General Education/Graduation Requirements Policies Committee (2017 – 2019)