

## Alexandra B. Morrison

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Assistant Professor  
Department of Psychology | California State University, Sacramento

### **Contact information:**

Email: [alexandra.morrison@csus.edu](mailto:alexandra.morrison@csus.edu) Phone: 916.278.6892  
Mailing Address: Sacramento State, 6000 J Street, Sacramento, CA 95819

### **Positions and Academic History:**

#### **Academic Position**

Fall 2017 - present California State University, Sacramento  
Assistant Professor, Department of Psychology

#### **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

#### **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

### **Teaching Experience:**

#### **California State University, Sacramento (2017 - present)**

Cognitive Psychology (Undergraduate, fall 2017)  
Statistics for Psychology (Undergraduate, fall 2017)

#### **Temple University (2007 – 2011)**

##### *Instructor:*

Psychology as a Natural Science

##### *Recitation Leader or Teaching Assistant:*

Foundations in Statistical Methods	Inferential Methods
Cognitive Psychology	Scientific Thinking

**Peer-Reviewed Publications:**

1. Jha, A. P., Witkin, J. E., **Morrison, A. B.**, Rostrup, N., & Stanley, E. (2017). Short-Form 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
  2. 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.
  3. **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
  4. 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
  5. 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
  6. 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
  7. **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
  8. **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
  9. **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
  10. 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
  11. **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
  12. 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
- \* ABM & GMR contributed equally

**Book Chapters:**

1. **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.

- 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 Talks:

- 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.
- Morrison, A. B.** (2016). *Attention, working memory, and mindfulness*. 3rd International Symposium of Cognitive Neuroscience & Mindfulness, Gurabo, PR.
- 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.
- 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.
- Morrison, A. B.** (2014). *fMRI as a tool to test models of working memory*. University of Miami Neuroimaging Workshop, Coral Gables, FL.
- 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.

### Poster Presentations

- Brudner, E. G., Ramos, N., **Morrison, A. B.**, Cullen, M., & Jha, A. P. (2016). *The influence of training program duration on cognitive and psychological benefits of mindfulness and compassion training in military spouses*. Poster to be presented at the International Symposium for Contemplative Studies. San Diego, CA.
- Witkin, J. E., **Morrison, A. B.**, Stanley, E., & Jha, A. P. (2016). *Short-form practice focused mindfulness training provides prophylaxis from working memory degradation in high-stress cohorts*. Poster to be presented at the International Symposium for Contemplative Studies. San Diego, CA.
- Ramos, N., **Morrison, A. B.**, Rogers, S. L., & Jha, A. P. (2016) *The influence of train-the-trainer delivery of short-form mindfulness training on sustained attention in high stress cohorts*. Poster to be presented at the International Symposium for Contemplative Studies. San Diego, CA.
- Rooks, J., **Morrison, A. B.**, Goolsarran M., Rogers, S. & Jha A. P. (2015). *Mindfulness training improves attentional performance in elite college athletes*. Poster presented at the annual meeting of the Cognitive Neuroscience Society. San Francisco, CA.
- MacKinnon, L. L, Goolsarran, M., Tang-Smith, E. T., **Morrison, A. B.**, Rogers, S., & Jha, A.P. (2015). *The role of trainer expertise on train-the-trainer methods of delivering mindfulness training to active-duty military cohorts*. Poster presented at the annual meeting of the Association for Psychological Science. New York, NY.
- Krimsky, M., **Morrison, A. B.**, & Jha, A.P. (2015). *Delayed-recognition working memory task performance is influenced by mnemonic load and self-reported mind*

- wandering*. Poster presented at the annual meeting of the Association for Psychological Science. New York, NY.
7. Goolsarran, M., **Morrison, A. B.**, Cullen, M., & Rosenbaum, E., & Jha, A. P. (2015). *Mindfulness training improves attention and perceived stress in military spouses*. Poster presented at the annual meeting of the Association for Psychological Science. New York, NY.
  8. **Morrison, A. B.**, Goolsarran, M., Tang-Smith, E., Rogers, S., & Jha, A. P. (2014). *Massed versus spaced delivery of short-form mindfulness training*. Poster presented at the annual meeting of the Psychonomic Society. Long Beach, CA.
  9. **Morrison, A. B.**, Parker, S., & Jha, A. (2014). *Dynamic control adjustments in a working memory task*. Poster presented at the annual meeting of the Cognitive Neuroscience Society. Boston, MA.
  10. Cameron, L., **Morrison, A. B.**, Kounios, J., & Jha, A. (2014). *Mind wandering impairs textbook reading comprehension and retention*. Poster presented at the annual meeting of the Cognitive Neuroscience Society. Boston, MA.
  11. Moreau, D., **Morrison, A. B.**, & Conway, A. R. A. (2013). *Designing ecological interventions to enhance cognition: Complex motor training*. Poster presented at the annual meeting of the Psychonomic Society. Toronto, Canada.
  12. **Morrison, A. B.**, Goolsarran, M., Rogers, S., & Jha, A. (2013). *The impact of short-form mindfulness training on sustained and executive attention over the academic semester*. Poster presented at the Mind and Life Summer Research Institute. Garrison, NY.
  13. Moreau, D., **Morrison, A. B.**, & Conway, A. R. A. (2013). *An ecological approach to cognitive enhancement: Complex motor training*. Poster presented at the annual meeting of the American Psychological Society. Washington, D.C.
  14. **Morrison, A. B.**, Conway, A. R. A., & Chein, J. M. (2012). *Influences of task-demand on the focus of attention*. Poster presented at the Annual Meeting of the Cognitive Neuroscience Society. Chicago, IL
  15. **Morrison, A. B.**, Conway, A. R. A., & Chein, J. M. (2011). *Influences of task-demand and strategy on the focus of attention*. Poster presented at the annual meeting of the Psychonomic Society, Seattle, WA.
  16. **Morrison, A. B.**, & Chein, J. M. (2011). *Strategy use in working memory performance*. Poster presented at inter-Science of Learning Centers (iSLC) Conference. Washington, DC.
  17. **Morrison, A. B.**, Streeter, N., Olson, I., & Chein, J. M. (2010). *Strategy use in working memory tasks*. Poster presented at the annual meeting of the Psychonomic Society. St. Louis, MO.
  18. Villagomez, A., **Morrison, A.B.**, & Chein, J. (2010). *On the role of rehearsal in the irrelevant speech effect*. Poster presented at the annual meeting of the Eastern Psychological Association. Brooklyn, NY.
  19. **Morrison, A. B.**, Chein, J. M., Fitzhugh, S., Olson, I., Newcombe, N. & Shipley, T. (2008). *Training and transfer using a complex span working memory task*. Poster presented at the annual meeting of the Psychonomic Society. Chicago, IL.
  20. Fitzhugh, S., Chein, J. M., **Morrison, A. B.**, Newcombe, N. & Shipley, T. (2008). *Training mental rotation: A comparison of training spatial skills and working memory*. Poster presented at the annual meeting of the Psychonomic Society. Chicago, IL.

### **Awards & Honors**

International Symposium for Contemplative Studies Hershey Scholarship (November, 2016)

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

Temple University Graduate Student Spotlight (March, 2011)

Graduate Student Travel Award: Workshop of Cognitive and Working Memory Training, Center for Advanced Study of Language, University of Maryland, College Park MD. (August, 2011)

### **Ad-Hoc Reviewer**

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, Psychological Science, PLoS ONE, Psychology & Aging, Psychonomic Bulletin & Review, The Journal of Psychology: Interdisciplinary and Applied

### **Mentoring:**

University of Miami, Laboratory of Amishi Jha (2012-present)

#### **Undergraduate Honors Thesis Students 2016-2017:**

Ethan Homedi, Shivani Hanchate, Sydney Feldman, Ariel Paz, Kristen Zayan

#### **Student work resulting in a conference poster at a national meetings or a manuscript:**

##### **Undergraduates**

Lisa Cameron [conference poster]

Merissa Goolsarran [peer-reviewed paper, conference poster]

##### **Graduate Students**

Marissa Krinsky, Doctoral Student [conference poster]

Joshua Rooks, Doctoral Student [peer-reviewed paper, conference poster]

Joanna Witkin, Doctoral Student [peer-reviewed paper, conference poster]

### **Service:**

Undergraduate Research, Creativity and Innovation Forum (2015, 2016, 2017)

Judge at Poster session for the University of Miami College of Arts and Sciences

Empowering Young Girls with Gulliver Schools (2016)

Coordinated visit of female middle school students to the Jha Lab and Neuroimaging Suite at the University of Miami

Mandelstam School Field Trip (2016)

Coordinated visit of male and female elementary school students to the Jha Lab and Neuroimaging Suite at the University of Miami

Gulliver Schools Professional Development Day for Science Teachers (2014)

Presented research for science educators

Brain Awareness Week (2010, 2011)

Participated with the Philadelphia Chapter of Society of Neuroscience in Brain Awareness Week. Engaged primary school students brain related activities at the Franklin Institute in Philadelphia, PA.