

The Metacognition and Memory Lab

Research Projects

Metacognition refers to (a) our ability to monitor our own cognitive states (e.g., assessing how well we understand a text or how likely we are to remember a set of facts) and (b) the ways in which we use the output of this monitoring to make strategic decisions about how to study or what to study next.

We have two main lines of research in the lab:

1. Studying the metacognitive processes that contribute to effective self-guided learning in young adults, with emphasis on mind wandering and examining how/when one mind wanders.
2. Investigating the causes and consequences of the feeling of being in control of one's behavior and through it, effects in the environment.

RAs tasks include, but are not restricted to: recruitment, running subjects, attending lab meetings, and literature searches. More experienced RAs (typically those who have spent more than a year with us) may sometimes take on their own research project. Ideally, we hope that RAs can commit to working 5-10h weekly for two semesters.

If interested, please email us at metalab@psych.columbia.edu.

Contact Information

| Contact | Role | Email |
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| Janet Metcalfe | PI | metalab@psych.columbia.edu |