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Current Position:

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

Post-doctoral Training:

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

Education:

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

2003-2007 Colby College, Waterville, MA
B.A., Psychology; Neuroscience Concentration

Research Statement

My research interests surround attention and working memory, two aspects of cognition that guide our moment-to-moment experience. At times, these processes support successful execution of the task-at-hand such as having a conversation, driving to work, or even purposefully daydreaming. At other times, the limited capacity, fragile, and error-prone nature of attention and working memory impedes our success. Factors such as prolonged stress, negative emotion, and advanced age are associated with diminished working memory and attentional capacity, and so, in some individuals and some instances attending to and maintaining information becomes more cumbersome, but no less important to daily life. My research focuses on characterizing the limits of attention and working memory, and examining tools for enhancing or protecting our mental capacities. My work has been published in journals such as *PLoS ONE*, *Psychonomic Bulletin & Review*, & *Acta Psychologica*.

Three primary questions guide my research projects.

- What are the cognitive and neural processes that support attention and working memory capacity?
- How and why do factors such as aging and stress affect attention and working memory?
- Does cognitive training through mindfulness meditation or computerized training protect and/or strengthen cognitive performance?