

Karl K. Szpunar | Curriculum Vitae

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ACADEMIC POSITION

- 2021- Associate Professor, Department of Psychology
Toronto Metropolitan University
- 2019-2021 Assistant Professor, Department of Psychology
Toronto Metropolitan University
- 2015-2019 Assistant Professor, Department of Psychology
University of Illinois at Chicago

TRAINING AND EDUCATION

- 2010-2015 Postdoctoral Fellow, Harvard University
- 2009-2010 Postdoctoral Fellow, Rotman Research Institute
- 2009 Ph.D., Washington University in St. Louis
- 2005 A.M., Washington University in St. Louis
- 2003 Honors B.Sc. (High Distinction), University of Toronto at Mississauga

HONORS AND AWARDS

- 2018 Psychonomic Society Early Career Research Award
- 2012 Association for Psychological Science Rising Star
- 2008 Washington University Dissertation Fellowship
- 2008 Washington University Dean's Award for Teaching Excellence
- 2008 Washington University Outstanding Teaching Assistant Award
- 2003 Ontario Graduate Scholarship
- 2002 Natural Sciences and Engineering Research Council of Canada (NSERC)
Undergraduate Research Award
- 2001 Golden Key International Honor Society
- 2000-2003 University of Toronto Dean's List Scholar

RESEARCH INTERESTS

The psychology of future thinking: Applying advanced experimental, fMRI, and statistical techniques toward elucidating the cognitive and neural mechanisms that support the ability to think about the future

Human learning and memory: Using novel experimental approaches to identify techniques for improving student learning and attention

RESEARCH GRANTS

External Grants

- 2021-2024 *Collective temporal thought*. James S. McDonnell Foundation Collective Memory Network. \$25,000 USD. Role: co-PI (Adam Putnam, Piotr Szpunar, Meymune Topcu, and Jeremy Yamashiro, co-PIs)
- 2021-2026 *Improving attention and learning for lectures and training materials*. Early Researcher Award, Ontario Ministry of Economic Development, Job Creation and Trade. \$150,000 CAD. Role: PI
- 2021-2026 *Aging and prosociality: Understanding the role of cognitive, motivational, and resource-related factors*. Social Sciences and Humanities Research Council of Canada (SSHRC) Insight Grant. 435-2021-0496. \$197,304 CAD. Role: Co-Investigator (Julia Spaniol, PI)
- 2020-2025 *Toward an understanding of why retrieval practice supports the construction of integrated memory representations*. Natural Sciences and Engineering Research Council of Canada (NSERC) Discovery Grant. RGPIN-2020-04618. \$165,000 CAD. Role: PI
- 2020-2025 Discovery Grant Launch Supplement. DGEGR-2020-00078. \$12,500 CAD. Role: PI
- 2020-2024 *Improving online learning with interpolated retrieval*. National Science Foundation—The Science of Learning and Augmented Intelligence Program (NSF-SL). \$642,010 USD. Role: co-PI (Jason Chan, co-PI)
- 2020-2022 *Age-related differences in thinking about the future of society*. Social Sciences and Humanities Research Council of Canada (SSHRC) Insight Development Grant. 430-2020-00515. \$42,236 CAD. Role: PI (Julia Spaniol, co-I)
- 2014-2015 *Applying principles of cognitive psychology to the classroom: Using interpolated tests to improve attention and learning in a live lecture*. EdCog LIVE Lab Grant (McMaster University). \$14,000 CAD. Role: co-PI (Dan Schacter, co-PI)

Internal Grants

- 2019 *Identifying the mechanism(s) by which future thinking reduces caloric intake*. Office of Social Science Research Seed Grant (University of Illinois at Chicago). \$2,400 USD. Role: PI
- 2014-2015 *Improving self-regulated learning from online lectures*. Office of the Provost (Harvard University). \$14,500 USD. Role: co-PI (Dan Schacter, co-PI)
- 2012-2014 *Test-enhanced learning: Applying principles of cognitive psychology to education*. Harvard Initiative for Learning and Teaching. \$49,363 USD. Role: co-PI (Dan Schacter, co-PI)

PUBLICATIONS (indicates supervised graduate or undergraduate student)**

Google Scholar Citations = 10,021

Google Scholar H-index = 43

Edited Books

1. **Szpunar, K.K.**, & Radvansky, G.A. (Eds.). (2017). *Imagining the Future: Insights from Cognitive Psychology*. Routledge.
2. Michaelian, K., Klein, S.B., & **Szpunar, K.K.** (Eds.). (2016). *Seeing the future: Theoretical perspectives on future-oriented mental time travel*. Oxford: Oxford University Press.

Articles submitted for publication

3. Önur, S., **Szpunar, K.K.**, Watson, L.A., & Cole, S.N. (submitted). Spatial optimism in individuals' future thinking about the COVID-19 pandemic.
4. **Szpunar, K.K.**, **Shrikanth, S., Leshikar, E.D., **Frank, A., **Gill, H.K., & Spaniol, J. (submitted). Lifespan differences in future thinking and their relation to voter turnout.

Articles published in peer-reviewed journals

5. Addis, D.R., & **Szpunar, K.K.** (in press). On pattern completion, cues and future-oriented cognition. *Behavioral and Brain Sciences*.
6. Liu, J.H., & **Szpunar, K.K.** (2023). Structure and dynamics of personal and national event cognition. *Journal of Applied Research in Memory and Cognition*, 12, 1-15.
7. **Szpunar, K.K.**, & Liu, J.H. (2023). On the relations between personal and collective cognition: Theoretical and methodological considerations. *Journal of Applied Research in Memory and Cognition*, 12, 38-42.
8. Önur, S., Watson, L.A., Adigüzel, Z., Ergen, I., Curci, A., Cole, S., de la Mata, M.L., Janssen, S.M.J., Lanciano, T., Markostamou, I., Nourkova, V., Santamaría, A., Taylor, A., Barzykowski, K., Bascón, M., Bermeitinger, C., Cubero-Pérez, R., Dessenbrerger, S., Garry, M., Gülgöz, S., Hackländer, R., Heux, L., Zheng, J., Lojo, M., Matías-García, J.A., Roediger, H.L., **Szpunar, K.K.**, Tekin, E., Uner, O. (2023). Collective remembering and future forecasting during the COVID-19 pandemic: How the impact of COVID-19 affected the themes and phenomenology of global and national memories across 15 countries. *Memory & Cognition*, 51, 729-751.
9. Patel, S.P., McCurdy, M.P., Frankenstein, A.N., Sklenar, A.M., Urban Levy, P., **Szpunar, K.K.**, & Leshikar, E.D. (2022). The reciprocal relationship between episodic memory and future thinking: How the outcome of predictions are subsequently remembered. *Brain and Behavior*, 12, e2603.
10. **Shrikanth, S., & **Szpunar, K.K.** (2021). The good old days and the bad old days: Evidence for a valence-based dissociation between personal and public memory. *Memory*, 29, 180-192.

11. ****Puig, V.A., **Özbek, M., & Szpunar, K.K.** (2020). A negativity bias in detail generation during event simulation. *Emotion, 20*, 1390-1398.
12. Devitt, A.L., Thakral, P.P., **Szpunar, K.K.**, Addis, D.R., & Schacter, D.L. (2020). Age-related changes in repetition suppression of neural activity during emotional future simulation. *Neurobiology of Aging, 94*, 287-297.
13. Frankenstein, A.N., McCurdy, M.P., Sklenar, A.M., Pandya, R., **Szpunar, K.K.**, & Leshikar, E.D. (2020). Future thinking about social targets: The influence of prediction outcome on memory. *Cognition, 204*, 104390.
14. Chan, J.C.K., Manley, K.D., Davis, S.D., & **Szpunar, K.K.** (2018). Testing potentiates new learning across a retention interval and a lag: A strategy change perspective. *Journal of Memory and Language, 102*, 83-96.
15. ****Shrikanth, S., Szpunar, P.M., & Szpunar, K.K.** (2018). Staying positive in a dystopian future: A novel dissociation between personal and collective cognition. *Journal of Experimental Psychology: General, 147*, 1200-1210.
16. St. Jacques, P.L., Carpenter, A.C., **Szpunar, K.K.**, & Schacter, D.L. (2018). Remembering and imagining alternative versions of the personal past. *Neuropsychologia, 110*, 170-179.
17. **Szpunar, K.K.**, & Chan, J.C.K. (2018). Beyond communication: Episodic memory is key to the self in time. *Behavioral and Brain Sciences, 41*, e33-e33.
18. De Brigard, F., Parihk, N., Stewart, G.W., **Szpunar, K.K.**, & Schacter, D.L. (2017). Neural activity associated with repetitive simulation of episodic counterfactual thoughts. *Neuropsychologia, 106*, 123-132.
19. ****Puig, V.A., & Szpunar, K.K.** (2017). The devil is in the details: Comparisons of episodic simulations of positive and negative future events. *Emotion, 17*, 867-873.
20. Schacter, D.L., Benoit, R.G., & **Szpunar, K.K.** (2017). Episodic future thinking: Mechanisms and functions. *Current Opinions in Behavioral Sciences, 17*, 41-50.
21. **Szpunar, K.K.** (2017). Directing the wandering mind. *Current Directions in Psychological Science, 26*, 40-44.
22. St. Jacques, P.L., **Szpunar, K.K.**, & Schacter, D.L. (2017). Shifting visual perspective during retrieval shapes autobiographical memories. *NeuroImage, 148*, 103-114.
23. Madore, K.P., **Szpunar, K.K.**, Addis, D.R., & Schacter, D.L. (2016). An episodic specificity induction impacts activity in a core brain network during construction of imagined future experiences. *Proceedings of the National Academy of Sciences of the United States of America, 113*, 10696-10701.
24. Szpunar, P.M., & **Szpunar, K.K.** (2016). Collective future thought: Concept, function and implications for collective memory studies. *Memory Studies, 9*, 376-389.

25. Jing, H.G., **Szpunar, K.K.**, & Schacter, D.L. (2016). Interpolated testing influences focused attention and improves integration of information during a video-recorded lecture. *Journal of Experimental Psychology: Applied*, *22*, 305-318.
Selected by editors of JEP: Applied as best article for 2016.
26. McDermott, K.B., Wooldrige, C., Rice, H.J., Berg, J.J., & **Szpunar, K.K.** (2016). Visual perspective in remembering and episodic future thought. *Quarterly Journal of Experimental Psychology*, *69*, 243-253.
27. **Szpunar, K.K.**, & Radvansky, G.A. (2016). Cognitive approaches to the study of episodic future thinking. *Quarterly Journal of Experimental Psychology*, *69*, 209-216.
28. **Szpunar, K.K.**, Jing, H.G., Benoit, R.G., & Schacter, D.L. (2015). Repetition-related reductions in neural activity during emotional simulations of future events. *PLoS ONE*, *10*, e0138354.
29. Wu, J.Q., **Szpunar, K.K.**, Godovich, S.A., Schacter, D.L., & Hofmann, S.G. (2015). Episodic future thinking in generalized anxiety disorder. *Journal of Anxiety Disorders*, *36*, 1-8.
30. Schacter, D.L., Benoit, R.G., De Brigard, F., & **Szpunar, K.K.** (2015). Episodic future thinking and episodic counterfactual thinking: Intersections between memory and decisions. *Neurobiology of Learning and Memory*, *117*, 14-21.
31. Schacter, D.L., & **Szpunar, K.K.** (2015). Enhancing attention and memory during video-recorded lectures. *Scholarship of Teaching and Learning in Psychology*, *1*, 60-71.
32. Benoit, R.G., **Szpunar, K.K.**, & Schacter, D.L. (2014). Ventromedial prefrontal cortex supports affective future simulation by integrating distributed knowledge. *Proceedings of the National Academy of Sciences of the United States of America*, *111*, 16550-16555.
33. **Szpunar, K.K.**, Jing, H.G., & Schacter, D.L. (2014). Overcoming overconfidence in learning from video-recorded lectures: Implications of interpolated testing for online education. *Journal of Applied Research in Memory and Cognition*, *3*, 161-164.
34. **Szpunar, K.K.**, Spreng, R.N., & Schacter, D.L. (2014). A taxonomy of prospection: Introducing an organizational framework for future-oriented cognition. *Proceedings of the National Academy of Sciences of the United States of America*, *111*, 18414-18421.
35. **Szpunar, K.K.**, St. Jacques, P.L., Robbins, C.A., Wig, G.S., & Schacter, D.L. (2014). Repetition-related reductions in neural activity reveal component processes of mental simulation. *Social Cognitive and Affective Neuroscience*, *9*, 712-722.
36. Weinstein, Y., Gilmore, A.W., **Szpunar, K.K.**, & McDermott, K.B. (2014). The role of test expectancy in the build-up of proactive interference in long-term memory. *Journal of Experimental Psychology: Learning, Memory, and Cognition*, *40*, 1039-1048.
37. De Brigard, F., **Szpunar, K.K.**, & Schacter, D.L. (2013). Coming to grips with the past: Effect of repeated simulation on the perceived plausibility of episodic counterfactual thoughts. *Psychological Science*, *24*, 1329-1334.

38. **Szpunar, K.K.**, and Jing, H.G. (2013). Memory-mediated simulations of the future: What are the advantages and pitfalls? *Journal of Applied Research in Memory and Cognition*, *2*, 240-242.
39. **Szpunar, K.K.** & Schacter, D.L. (2013). Get real: Effects of repeated simulation and emotion on the perceived plausibility of future experiences. *Journal of Experimental Psychology: General*, *142*, 323-327.
40. **Szpunar, K.K.**, Addis, D.R., McLelland, V.C., & Schacter, D.L. (2013). Memories of the future: New insights into the adaptive value of episodic memory. *Frontiers in Behavioral Neuroscience*, *7*, Article 47.
41. **Szpunar, K.K.**, Khan, N.Y., & Schacter, D.L. (2013). Interpolated memory tests reduce mind wandering and improve learning of online lectures. *Proceedings of the National Academy of Sciences of the United States of America*, *110*, 6313-6317.
42. **Szpunar, K.K.**, Moulton, S.T., & Schacter, D.L. (2013). Mind wandering and education: From the classroom to online learning. *Frontiers in Psychology: Perception Science*, *4*, Article 495.
43. Schacter, D.L., Addis, D.R., Hassabis, D., Martin, V.C., Spreng, R.N., & **Szpunar, K.K.** (2012). The future of memory: Remembering, imagining, and the brain. *Neuron*, *76*, 677-694.
44. **Szpunar, K.K.**, Addis, D.R., & Schacter, D.L. (2012). Memory for emotional simulations: Remembering a rosy future. *Psychological Science*, *23*, 24-29.
45. Arnold, K.M., McDermott, K.B., & **Szpunar, K.K.** (2011). Individual differences in time perspective predict autonoetic experience. *Consciousness and Cognition*, *20*, 712-719.
46. Arnold, K.M., McDermott, K.B., & **Szpunar, K.K.** (2011). Imagining the near and far future: The role of location familiarity. *Memory & Cognition*, *39*, 954-967.
47. **Szpunar, K.K.** (2011). On subjective time. *Cortex*, *47*, 409-411.
48. Weinstein, Y., McDermott, K.B., & **Szpunar, K.K.** (2011). Testing during study insulates against proactive interference in face-name learning. *Psychonomic Bulletin & Review*, *18*, 518-523.
49. **Szpunar, K.K.** (2010). Episodic future thought: An emerging concept. *Perspectives on Psychological Science*, *5*, 142-162.
50. **Szpunar, K.K.** (2010). Evidence for an implicit influence of memory on future thinking. *Memory & Cognition*, *38*, 531-540.
51. McDermott, K.B., **Szpunar, K.K.**, & Christ, S.E. (2009). Laboratory-based and autobiographical retrieval tasks differ substantially in their neural substrates. *Neuropsychologia*, *47*, 2290-2298.
52. **Szpunar, K.K.**, Chan, J.C.K., & McDermott, K.B. (2009). Contextual processing in episodic future thought. *Cerebral Cortex*, *19*, 1539-1548.
53. Tulving, E. & **Szpunar, K.K.** (2009). Episodic memory. *Scholarpedia*, *4*, 3332.

54. **Szpunar, K.K.**, McDermott, K.B., & Roediger, H.L. (2008). Testing during study insulates against the build-up of proactive interference. *Journal of Experimental Psychology: Learning, Memory, and Cognition*, *34*, 1392-1399.
55. **Szpunar, K.K.** & McDermott, K.B. (2008). Episodic future thought and its relation to remembering: Evidence from ratings of subjective experience. *Consciousness and Cognition*, *17*, 330-334.
56. **Szpunar, K.K.**, Watson, J.M., & McDermott, K.B. (2007). Neural substrates of envisioning the future. *Proceedings of the National Academy of Sciences of the United States of America*, *104*, 642-647.
57. **Szpunar, K.K.**, McDermott, K.B., & Roediger, H.L. (2007). Expectation of a final cumulative test enhances long-term retention. *Memory & Cognition*, *35*, 1007-1013.
58. McDermott, K.B. & **Szpunar, K.K.** (2005). The origin(s) of confabulation. *Trends in Cognitive Sciences*, *9*, 561-562.
59. **Szpunar, K.K.**, Schellenberg, E.G., & Pliner, P. (2004). Liking and memory for musical stimuli as a function of exposure. *Journal of Experimental Psychology: Learning, Memory, and Cognition*, *30*, 370-381.

Book Chapters

60. **Szpunar, K.K.**, & Schacter, D.L. (2018). Memory and future imagining. In Phelps, L., & Davachi, L. (Eds.), *Stevens' handbook of experimental psychology and cognitive neuroscience* (4th ed., Vol. 1: Learning and memory; pp. 145-168). Hoboken, NJ: John Wiley & Sons, Inc.
61. **Szpunar, K.K.**, **Shrikanth, S., & Schacter, D.L. (2018). Varieties of future thinking. In Oettingen, G., Sevincer, A.T., & Gollwitzer, P.M. (Eds.), *The psychology of thinking about the future* (pp. 52-70). New York: Guilford Press.
62. Schacter, D.L., Addis, D.R., & **Szpunar, K.K.** (2017). Escaping the past: Contributions of the hippocampus to future thinking and imagination. In Hannula, D.E., & Duff, M.C. (Eds.) *The hippocampus from cells to systems: Structure, connectivity, and functional contributions to memory and flexible cognition* (pp. 439-465). New York: Springer.
63. Michaelian, K., Klein, S.B., & **Szpunar, K.K.** (2016). The past, the present, and the future of future-oriented mental time travel. In Michaelian, K., Klein, S.B., & Szpunar, K.K. (Eds.) *Seeing the future: Theoretical perspectives on future-oriented mental time travel* (pp. 1-18). New York: Oxford University Press.
64. **Szpunar, K.K.**, Spreng, R.N., & Schacter, D.L. (2016). Toward a taxonomy of future thinking. In Michaelian, K., Klein, S.B., & Szpunar, K.K. (Eds.) *Seeing the future: Theoretical perspectives on future-oriented mental time travel* (pp. 21-35). New York: Oxford University Press.
65. Arnold, K.M., & **Szpunar, K.K.** (2015). Differences in time perspective predict differences in future simulations. In Stolarski, M., Fieulaine, N., & van Beek, W. (Eds.), *Time Perspective Theory: Review, Research and Application* (pp. 257-268). Essays in Honor of Philip G. Zimbardo. Springer.

66. Tulving, E. & **Szpunar, K.K.** (2012). Does the future exist? In Levine, B. & Craik, F.I.M. (Eds.), *Mind and the frontal lobes: Cognition, behavior, and brain imaging* (pp. 248-263). New York: Oxford University Press.
67. McDermott, K.B., **Szpunar, K.K.**, & Arnold, K.M. (2011). Similarities in episodic future thought and remembering: The importance of contextual setting. In Bar, M. (Ed.), *Predications in the brain: Using our past to generate a future* (pp. 83-94). New York: Oxford University Press.
68. **Szpunar, K.K.** & Tulving, E. (2011). Varieties of future experience. In Bar, M. (Ed.), *Predications in the brain: Using our past to generate a future* (pp. 3-12). New York: Oxford University Press.
69. **Szpunar, K.K.** & McDermott, K.B. (2008). Episodic future thought: Remembering the past to imagine the future. In Markman, K.D., Klein, W.M.P., & Suhr, J.A. (Eds.), *The handbook of imagination and mental simulation* (pp. 119-129). New York: Psychology Press.
70. **Szpunar, K.K.** & McDermott, K.B. (2008). Episodic memory: An evolving concept. In Roediger, H.L. (Ed.), *Cognitive psychology of memory. Vol. 2 of Learning and memory: A comprehensive reference*, 4 vols. (J.H. Byrne, Ed.) (pp. 491-509). Oxford: Elsevier.

Reprinted In: J.H. Byrne (Ed.), *Concise learning and memory: The editor's selection*. London Academic Press, 2009 (pp. 129-148).
71. **Szpunar, K.K.** & McDermott, K.B. (2008). Remembering the past to imagine the future. In *Cerebrum: Emerging ideas in brain science* (Ch. 2, pp. 17-27). New York: Dana Press.

PRESENTATIONS

Invited Talks and Addresses (**bold font** indicates keynote presentation)

- Mental simulation of the approximal future: Imagining what might happen next. Talk presented at Aarhus University, Denmark, Department of Psychology Colloquium (Spring, 2023).
- The psychology of thinking about the future. Talk presented at Furman University, South Carolina, Department of Psychology Colloquium (Spring, 2023).
- Mental simulation of the approximal future: Imagining what might happen next. Talk presented at the Spontaneous Future Cognition Conference (September, 2022; Online meeting).
- Mental simulation of the approximal future: Imagining what might happen next. Talk presented at the University of California, Santa Cruz, Department of Psychology, Cognitive Talk Series (October, 2021; delivered online due to Covid-19).
- The science of (e)learning: Using evidence-based research to improve the quality of online instruction. Talk presented to the McCall-MacBain Fellowship Program at McMaster University (April, 2020; delivered online due to Covid-19).

- Directing the wandering mind. Talk presented at Toronto Metropolitan University, Toronto, Department of Psychology Colloquium (February, 2019).
- Memory and future thinking: From personal to collective cognition. Talk presented at the University of California, Los Angeles, Department of Psychology Colloquium (January, 2019).
- Collective future thinking. Talk presented at Princeton University, Cognitive Seminar Series, Princeton, NJ (October, 2018).
- Collective future thinking. Talk presented at Iowa State University, Cognitive Seminar Series, Ames, IA (September, 2018).
- Collective future thinking. Talk presented at the Center on Autobiographical Memory Research, Aarhus, Denmark (April, 2018).
- **The psychology of future thinking: From personal to collective cognition. Keynote presented at the 5th International Conference on Prospective Memory, Melbourne, Australia (January, 2018).**
- The psychology of future thinking: Insights into dissociations between the personal and collective future. Talk presented at Duke University, Psychology & Neuroscience Colloquium Series, Durham, NC (December, 2017).
- Staying positive in a dystopian future: Evidence for a valence-based dissociation between personal and collective cognition. Talk presented at Washington University in St. Louis, Brain, Behavior, and Cognition Colloquium, St. Louis, MO (October, 2017).
- Staying positive in a dystopian future: Evidence for a valence-based dissociation between personal and collective cognition. Talk presented at the University of Illinois at Chicago, Social Psychology Colloquium, Chicago, IL (October, 2017).
- Episodic simulation of emotional future events. Talk presented at the University of Illinois at Chicago, Clinical Psychology Colloquium, Chicago, IL (August, 2017).
- Episodic simulation of emotional future events. Talk presented at the University of Waterloo, Psychology Department Colloquium, Waterloo, ON (July, 2016).
- Using interpolated testing to refocus attention and enhance integration during learning. Talk presented at the 88th Annual Meeting of the Midwestern Psychological Association. Chicago, IL (May, 2016).
- Directing the wandering mind: Using memory tests to boost attention and learning from lecture materials. Talk presented at the University of Chicago, Psychology Department Colloquium, Chicago, IL (April, 2016).
- Directing the wandering mind: Using memory tests to boost attention and learning from lecture materials. Talk presented at the University of Illinois at Urbana-Champaign, Cognitive Psychology Brown Bag Series, Champaign, IL (April, 2016).
- Towards an understanding of the relation(s) between mind wandering and learning. Talk presented at the University of Notre Dame, Cognitive Psychology Brown Bag Series, Notre Dame, IN (November, 2015).

- Research in Learning More: A Marriage of Cognitive Psychology and Digital Learning. Panel discussion at Massachusetts Institute of Technology (April, 2015).
- Taming the wandering mind: Improving attention and learning during lectures. Talk presented at 44th annual meeting of the Lower Ontario Visionary Establishment (February, 2015).
- Taming the Wandering Mind: Improving attention and learning during lectures. Talk presented at McMaster Symposium on Education and Cognition (August, 2014).
- Re-structuring online lectures: The role of interpolated testing. Talk presented at HarvardX Wednesday Workshop (March, 2014).
- Taming the wandering mind: Improving attention and learning during lectures. Talk presented at the University of Virginia, Department of Psychology Colloquium, Charlottesville, VA (January, 2014).
- Taming the wandering mind: Improving attention and learning during lectures. Talk presented at McGill University, Department of Psychology Colloquium, Montreal, QC (January, 2014).
- Taming the wandering mind: Improving attention and learning during lectures. Talk presented at the University of Utah, Department of Psychology Colloquium, Salt Lake City, UT (December, 2013).
- Improving attention and learning for video-recorded modules. Talk presented at Boston Children's Hospital, OPENPediatrics, Boston, MA (December, 2013).
- Taming the wandering mind: Improving attention and learning during lectures. Talk presented at University of Illinois at Chicago, Department of Psychology Colloquium, Chicago, IL (November, 2013).
- Improving attention to and learning from online lectures. Talk presented at the 54th annual meeting of the Psychonomic Society, From Principles of Cognitive Science to MOOCS: A Workshop in Honor of William K. Estes, Toronto, Canada (November, 2013).
- Blended classrooms: How intermittent memory tests reduce mind wandering and improve online learning. Talk presented at Learning & the Brain: Engaging student minds, Boston, MA (November, 2013).
- Improving attention to and learning from online lectures. Talk presented at Yale University, Current Work in Cognitive Psychology Series, New Haven, CT (October, 2013).
- Improving learning from classroom lectures. Talk presented at Georgia Southern University, Department of Psychology Colloquium, Statesboro, GA (September, 2013).
- **Remembering extended study sequences. Keynote presented at Center for Functionally Integrated Neuroscience/MINDLab Retreat, Aarhus, Denmark (August, 2013).**
- Cognitive and neural mechanisms that sustain repeated simulations of negative future events. Talk presented at Center on Autobiographical Memory Research – Con Amore, Aarhus, Denmark (August, 2013).

- Repetition-related reductions in neural activity reveal component processes of mental simulation. Talk presented at the VA Boston Neuropsychology/Neuroimaging Lecture Series (April, 2013).
- Episodic future thinking: Structure and function. Talk presented at the Department of Psychology at Columbia University (December, 2012).
- Episodic future thinking: Structure and function. Talk presented at the Department of Psychology at Purdue University (December, 2012).
- Episodic future thinking: Brain and cognition. Talk presented at the Department of Psychology Cognition, Brain and Behavior Research Seminar at Harvard University (November, 2012).
- Episodic future thinking: Structure and function. Talk presented at the Department of Psychology Colloquium Series at Colby College (October, 2011).

Additional Conference Presentations

- Age-related changes in future thinking and their relation to collective action. Talk presented as part of an accepted symposium entitled “Prosocial motivation and cognition in healthy aging” at the Cognitive Aging Conference, Atlanta, GA (April, 2022).
- Age-related changes in future thinking and their relation to collective action. Talk presented as part of a chaired session entitled “Memory changes in aging” at the 61st annual meeting of the Psychonomic Society, Virtual Conference (November, 2020).
- Episodic future thinking: Mechanisms and functions. Talk presented at meeting of the American Psychological Association, Chicago, Illinois (August, 2019).
- Mental simulation of the imminent future. Talk presented at 13th meeting of the Society for Applied Research in Memory and Cognition, Cape Cod, Massachusetts (June, 2019).
- Collective future thinking. Talk presented at 31st annual meeting of the Association for Psychological Science, Washington, DC (May, 2019).
- From me to we: Toward an understanding of valence-based dissociations in personal and collective future thinking. Talk presented at 31st annual meeting of the Association for Psychological Science, Washington, DC (May, 2019).
- Collective future thinking. Talk presented as part of a co-chaired session entitled “Collaborative remembering and collective memory” at the 59th annual meeting of the Psychonomic Society, New Orleans, LA (November, 2018).
- Interpolated testing improves attention, learning, and integration of information presented in video-recorded lectures. Talk presented as part of a co-chaired session entitled “Test-potentiated (new) learning: New developments and unanswered questions” at the 56th annual meeting of the Psychonomic Society, Chicago, IL (November, 2015).
- Memory for simulations of the future. Talk presented at 10th meeting of the Society for Applied Research in Memory and Cognition, Rotterdam, Netherlands (June, 2013).

- Remembering online lectures: Interpolating memory tests reduces mind wandering and improves learning. Talk presented at 10th annual meeting of the Society for Applied Research in Memory and Cognition, Rotterdam, Netherlands (June, 2013).
- Isolating contributions of the default network to future event simulation. Talk presented at 10th annual meeting of the Society for Applied Research in Memory and Cognition, Rotterdam, Netherlands (June, 2013).
- Memory for simulations of the future. Talk presented at the 24th annual meeting of the Association for Psychological Science, Chicago, IL (May, 2012).
- Brain regions involved in autobiographical memory and projecting oneself into the future. Talk presented at the 4th meeting of the International Conference on Memory, Sydney, Australia (July, 2006).

Selected Conference Posters (indicates supervised graduate student)**

- Ahn, D., Chan, J.C.K., Szpunar, K.K., **Gill, H.K., & O'Donnell, R. (2022). Testing can potentiate learning in distracting online environments. Poster presented at the 63rd annual meeting of the Psychonomic Society, Boston, Massachusetts.
- **Goldstein, M.A., Chan, J.C.K., Lohnas, L., Wahlheim, C.N., & Szpunar, K.K. (2022). The benefits of test-enhanced new learning emerge regardless of whether participants are encouraged to avoid intrusions. Poster presented at the 63rd annual meeting of the Psychonomic Society, Boston, Massachusetts.
- Szpunar, K.K., Dunnett, S., **Gill, H.K., & **Goldstein, M.A. (2022). Interpolated testing improves new learning in an online setting. Poster presented at the 63rd annual meeting of the Psychonomic Society, Boston, Massachusetts.
- **Li, Y., & Szpunar, K.K. (2021). The role of dyadic interactions in personal and collective future thinking. Poster presented at the 33rd annual meeting of the Association for Psychological Science. Virtual presentation.
- **Li, Y., & Szpunar, K.K. (2020). Collective future thinking: The role of person-person interactions. Poster presented at the 32nd annual meeting of the Association for Psychological Science. Virtual conference.
- **Puig, V.A., & Szpunar, K.K. (2019). The future is now: Structure and function of mental simulations of the imminent future. Poster presented at the 13th annual meeting of the Society for Applied Research in Memory and Cognition, Cape Cod, Massachusetts.
- **Shrikanth, S., & Szpunar, K.K. (2018). The bad old days: A negativity bias in the collective memory of America's past. Poster presented at the 59th annual meeting of the Psychonomic Society, New Orleans, Louisiana.
- **Puig, V.A., & Szpunar, K.K. (2018). The future is now: Structure and function of mental simulations of the imminent future. Poster presented at the 59th annual meeting of the Psychonomic Society, New Orleans, Louisiana.
- **Varao-Sousa, T.L., *Lerand, H., Aleman, R., Szpunar, K.K., & Kingstone, A. (2018). Learning from online lectures. Poster presented at the 59th annual meeting of the Psychonomic Society, New Orleans, Louisiana.

- ****Shrikanth, S., Szpunar, P.M., & Szpunar, K.K. (2018).** Staying positive in a dystopian future: A novel dissociation between personal and collective cognition. Poster presented at the annual meeting of the Society for Personality and Social Psychology, Atlanta, Georgia.
- ****Puig, V.A., **Özbek, M., & Szpunar, K.K. (2017).** A negativity bias in detail generation during event simulation. Poster presented at the 58th annual meeting of the Psychonomic Society, Vancouver, Canada.
- ****Shrikanth, S., Szpunar, P.M., & Szpunar, K.K. (2017).** Staying positive in a dystopian future: A novel dissociation between personal and collective cognition. Poster presented at the 58th annual meeting of the Psychonomic Society, Vancouver, Canada.
- **Manley, K.D., Davis, S.D., Chan, J.C.K., & Szpunar, K.K. (2016).** Testing potentiates new learning when retrieval or encoding is delayed. Poster presented at the 57th annual meeting of the Psychonomic Society, Boston, MA.
- ****Puig, V.A., & Szpunar, K.K. (2016).** Comparing mental simulations of positive and negative events: The devil is in the details. Poster presented at the 57th annual meeting of the Psychonomic Society, Boston, MA.
- ****Shrikanth, S., & Szpunar, K.K. (2016).** The role of semantic knowledge in simulating coherent and detailed future events: Insights from an experimental recombination procedure. Poster presented at the 57th annual meeting of the Psychonomic Society, Boston, MA.
- ****Shrikanth, S., & Szpunar, K.K. (2016).** The role of semantic knowledge in simulating coherent and detailed future events: Insights from an experimental recombination procedure. Poster presented at the 28th annual meeting of the Association for Psychological Science, Chicago, IL.
- **Jing, H.G., Szpunar, K.K., & Schacter, D.L. (2015).** Interpolated testing improves integration of information in online learning. Poster presented at the 56th annual meeting of the Psychonomic Society, Chicago, IL.
- **Szpunar, K.K., Jing, H.G., & Schacter, D.L. (2014).** Testing early and often: The presence or absence of the first test in an interpolated sequence determines the effectiveness of subsequent learning. Poster presented at the 55th annual meeting of the Psychonomic Society, Long Beach, CA.
- **Szpunar, K.K., Jing, H.G., & Schacter, D.L. (2014).** Pulvinar and orbitofrontal cortex demonstrate selective and dissociable reductions in neural responding to repeated simulations of emotional future events. Poster to be presented at the 21st annual meeting of the Cognitive Neuroscience Society, Boston, MA.
- **Szpunar, K.K., Jing, H.G., & Schacter, D.L. (2013).** Interpolated testing during online lectures helps students to monitor their learning. Poster presented at the 54th annual meeting of the Psychonomic Society, Toronto, Canada.
- **Szpunar, K.K., Addis, D.R., & Schacter, D.L. (2011).** Memory for emotional simulations: Remembering a rosy future. Poster presented at the 52nd annual meeting of the Psychonomic Society, Seattle, WA.

- Szpunar, K.K., Wig, G.S., St. Jacques, P.L., Robbins, C.A., & Schacter, D.L. (2011). Identifying the component processes of mental simulation: Evidence from repetition-related decreases of the BOLD response. Poster presented at the 18th annual meeting of the Cognitive Neuroscience Society, Montreal, Canada.
- Weinstein, Y., Szpunar, K.K., & McDermott, K.B. (2010). Testing and proactive interference. Poster presented at the 51st annual meeting of the Psychonomic Society, St. Louis, MO.
- Szpunar, K.K. (2009). Evidence for an implicit influence of memory on future thinking. Poster presented at the 50th annual meeting of the Psychonomic Society, Boston, MA.
- Arnold, K.M., Szpunar, K.K., & McDermott, K.B. (2009). Vividness of episodic future thought and episodic memory are differentially affected by temporal distance. Poster presented at the 50th annual meeting of the Psychonomic Society, Boston, MA.
- Arnold, K.M., Szpunar, K.K., & McDermott, K.B. (2009). Temporal distance differentially affects vividness of episodic future thought and episodic memory. Poster presented at the 21st annual meeting of the Association for Psychological Science, San Francisco, CA.
- Szpunar, K.K., Kang, S.H., Umanath, S., Wilkie, L., McDermott, K.B., & Roediger, H.L. (2008). Testing insulates against build-up of proactive interference. Poster presented at the 49th annual meeting of the Psychonomic Society, Chicago, IL.
- Wooldridge, C.L., Rice, H.J., Szpunar, K.K., & McDermott, K.B. (2008). Visual perspective in memory and episodic future thought. Poster presented at the 49th annual meeting of the Psychonomic Society, Chicago, IL.
- Wooldridge, C.L., Rice, H.J., Szpunar, K.K., & McDermott, K.B. (2008). Memory and episodic future thought: First- and third-person perspectives. Poster presented at the 20th annual meeting of the Association for Psychological Science, Chicago, IL.
- Szpunar, K.K., Chan, J.C.K., & McDermott, K.B. (2008). Contextual processing in episodic future thought. Poster presented at the 15th annual meeting of the Cognitive Neuroscience Society, San Francisco, CA.
- Szpunar, K.K., McDermott, K.B., & Roediger, H.L. (2007). Testing during study insulates against build-up of proactive interference. Poster presented at the 48th annual meeting of the Psychonomic Society, Long Beach, CA.
- Szpunar, K.K., & McDermott, K.B. (2006). From episodic memory to auto-noetic consciousness: What is the relationship between the personal past and future? Poster presented at the 47th annual meeting of the Psychonomic Society, Houston, TX.
- Szpunar, K.K., McDermott, K.B., & Roediger, H.L. (2005). "I'll never need to know that again": Can taking a memory test mimic an instruction to forget? Poster presented at the 17th annual meeting of the Association for Psychological Science, Los Angeles, CA.
- Szpunar, K.K., Schellenberg, E.G., & Pliner, P. (2003). Liking and memory for musical stimuli as a function of exposure. Poster presented at the 44th annual meeting of the Psychonomic Society, Vancouver, Canada.

EDITORIAL DUTIES, REVIEWING, AND ADDITIONAL SERVICE

Associate Editor

Journal of Applied Research in Memory and Cognition, 2019-

Editorial Boards

Imagination, Cognition, and Personality, 2015-

Journal of Memory and Language, 2015-

Memory & Cognition, 2016-

Journal of Applied Research in Memory and Cognition, 2017-2019

Additional Journal Editing

Guest Editor: *Quarterly Journal of Experimental Psychology*, Special Issue on Episodic Future Thinking. Gabriel Radvansky & Karl Szpunar (Eds.). Published: February 2016.

Journal Review (ad hoc, 58 journals)

Acta Psychologica • *Aging, Neuropsychology and Cognition* • *American Psychologist* • *Behavioral Sciences* • *Biological Psychiatry* • *British Journal of Psychology* • *Cerebral Cortex* • *Clinical Psychological Science* • *Cognition* • *Cognition and Emotion* • *Cognitive Neuropsychology* • *Consciousness and Cognition* • *Cortex* • *Current Biology* • *Current Directions in Psychological Science* • *Developmental Science* • *Emotion* • *Experimental Psychology* • *Frontiers in Behavioral Neuroscience* • *Frontiers in Cognitive Science* • *Frontiers in Psychology* • *Futures* • *Hippocampus* • *Human Brain Mapping* • *Journal of Applied Research in Memory and Cognition* • *Journal of Behavioral Decision Making* • *Journal of Behavioral Therapy and Experimental Psychiatry* • *Journal of Cognitive Neuroscience* • *Journal of Cognitive Psychology* • *Journal of Experimental Psychology: Applied* • *Journal of Experimental Psychology: General* • *Journal of Experimental Psychology: Learning, Memory, and Cognition* • *Journal of Memory and Language* • *Journal of Neuropsychology* • *Journal of Neuroscience* • *Learning and Instruction* • *Memory* • *Memory & Cognition* • *Nature Climate Change* • *Nature Communications* • *Nature Sustainability* • *Neuroimage* • *Neuropsychologia* • *New Ideas in Psychology* • *Perspectives on Psychological Science* • *PLoS ONE* • *Proceedings of the National Academy of Science of the United States of America* • *Psychological Bulletin* • *Psychological Research* • *Psychological Review* • *Psychological Science* • *Psychology and Aging* • *Psychology of Consciousness: Theory, Research, and Practice* • *Psychonomic Bulletin & Review* • *Quarterly Journal of Experimental Psychology* • *Science* • *Scholarship of Teaching and Learning in Psychology* • *WIREs Cognitive Science*

External Service: Grants, Awards, and Academic Committees

Committee member (Chair for 2022 competition), Natural Sciences and Engineering Research Council of Canada (NSERC) Scholarships and Fellowships Selection Committee for Psychology, 2020-2023

Grant review (ad hoc), Natural Sciences and Engineering Research Council of Canada (NSERC), National Science Foundation (NSF), and Marsden Fund (New Zealand)

External PhD examiner, Aarhus University (Denmark x3), University of Auckland (New Zealand), University of Queensland (Australia), University of New South Wales (Australia), University of Waterloo

University Service

Panelist, Minds and Algorithms: How does AI Shape Cognition?, March, 2023
 Member, Tri-council (NSERC) Internal selection committee (TMU), 2022-
 Panelist, What Does Scholarship of Teaching and Learning Look Like Across Disciplines?, October, 2021
 Panelist, Dean's Roundtable on Virtual Teaching and Learning, November, 2020
 Member, Faculty Senate (UIC), 2019
 Member, Faculty Quorum Committee (UIC), 2015-2018

Departmental Service

Director, Psychological Science Training (TMU), 2022-
 Member, Graduate Executive Committee (TMU), 2022-
 Member, Graduate Admissions Committee (TMU), 2020-
 Member, Psychological Science Program Committee (TMU), 2020-2021, 2022-
 Member, Undergraduate Research Ethics Committee (TMU), 2019-2020
 Member, Clinical Psychology Faculty Search Committee (UIC), 2018-2019

PROFESSIONAL MEMBERSHIPS

American Psychological Association • Association for Psychological Science • Cognitive Neuroscience Society • Psychonomic Society • Society for Applied Research in Memory and Cognition

MENTORSHIP

Graduate Students

Katriel Read, B.Sc., McMaster University (2023-present)
 Katriel will be working on various projects related to future-oriented cognition
**Awarded CGS-M NSERC Scholarship*

Samantha Gauvreau, B.Ed., Queens University (2022-present)
 Samantha is working on various projects related to improve educational outcomes
**Awarded CGS-M NSERC Scholarship*

Hymnjyot Gill, B.A., York University (2021-present)
Hymnjyot is completing their MA thesis on the relation of ADHD symptomatology to learning
**Awarded CGS-M SSHRC Scholarship*
**Awarded CGS-D SSHRC Scholarship*

Marni Goldstein, B.Sc., University of Toronto (2020-present)

Marni is completing their MA thesis on interpolated testing

**Awarded CGS-M NSERC Scholarship*

**Awarded CGS-D SSHRC Scholarship*

Yuchen Li, B.A., UCLA (2018-2020; now at Purdue University)

Yuchen completed their MA thesis on group dynamics in future thinking

Vannia Puig, B.A., University of Puerto Rico (2017-2019; now at University of Arizona)

Vannia completed their MA thesis on approximal simulations of the future

Sushmita Shrikanth, B.A., UC Santa Cruz (2015-2021; now at Google)

Dr. Shrikanth completed their PhD thesis on collective future thinking

Visiting Scholars

Ayleen Roderer, Aarhus University (Denmark), 2022

** Awarded funding from Aarhus University to conduct research for a term in our lab*

**Completed virtually due to ongoing Covid-19 pandemic*

Lisa Murphy, University College Cork (Ireland), 2018

**Awarded Fulbright Scholarship to conduct research for a term in our lab*

Trish Varao-Sousa, University of British Columbia, 2018

**Awarded NSERC CGS-MSFSS to conduct research for a term in our lab*

Jason Chan, Iowa State University, 2017

Spent part of sabbatical in our lab collaborating on NSF grant application

Müge Ozbek, Aarhus University (Denmark), 2016

**Awarded funding from Aarhus University to conduct research for a term in our lab*

Undergraduate Students

Thesis supervision:

Alec Benavides, 2022-present

Alec completed their thesis on goal structures in future thinking

**Awarded William Glassman Prize in Psychology*

**Awarded Dennis Mock Student Leadership Award*

**Awarded NSERC USRA, now working in lab as an RA*

Joey Vong, 2021-2022

Joey completed their thesis on the role of self-schemas in collective future thinking

**Awarded NSERC USRA*

**Joey is now a graduate student at Toronto Metropolitan University*

Anne Cabildo, 2020-2021

Anne completed a thesis relating music to personal and public event memory

**Anne is now a graduate student at the University of Toronto*

Ruthie Poizner, 2020-2021

Ruthie completed a thesis on proximal simulations of the future

**Ruthie is now a graduate student at Concordia University*

Avishag Frank, 2020-2021

Avishag completed a thesis on age differences in collective future thinking

**Avishag is now a graduate student at Toronto Metropolitan University*

Aurelie Ganem, 2019-2020

Aurelie completed a thesis on how people think about the future of other countries

**Aurelie is now a graduate student at the Chicago School of Professional Psychology*

Breyauna Spencer, 2015-2016

Breyauna completed a thesis on the impact of interpolated testing on reminiscence

**Research funded by an Undergraduate Research Initiative Award*

**Dr. Spencer is now a psychiatry resident at Authority Health (Detroit, Michigan)*

Additional undergraduate lab members who pursued academic positions:

Ben Chaloupka, graduate student at the University of Oregon

Tony Cossidente, graduate student at Elmhurst College

SELECTED EXAMPLES OF MEDIA PARTICIPATION AND COVERAGE

Radio and Television Interviews (Public Outreach)

2023 Discussing the impact of reading versus listening to audiobooks on memory

Radio

CBC Radio

2021 Discussing the impact of pandemic brain and fatigue

Television and online

<https://ottawa.ctvnews.ca/video?clipId=2347579&binId=1.1164511&playlistPageNum=1>

<https://www.ctvnews.ca/health/coronavirus/had-enough-yet-omicron-pushes-canadians-deeper-into-pandemic-fatigue-1.5691371>

Radio

iHeart Radio 580 CFRA (Ottawa), 900 CHML (Hamilton)

2021 Discussing new SSHRC-funded research on prosocial behaviour and aging

Radio

CBC Information Morning (Cape Breton), CBC Superior Morning (Thunder Bay), CBC Ottawa Morning, CBC Island Morning (Charlottetown), CBC Morning Edition (Kitchener-Waterloo), CBC Saskatoon Morning, CBC Labrador Morning, CBC Windsor Morning, CBC The Early Edition (Vancouver), CBC The Eyeopener (Calgary), CBC Information Morning (Halifax)

2021 Discussing the relation of COVID-19 to brain fog

Television and online

<https://globalnews.ca/news/7700212/coronavirus-brain-fog-memory-researchers/>

Radio

CBC Windsor Morning, CBC Metro Morning (Toronto), CBC Superior Morning (Thunder Bay), CBC Information Morning (Moncton), CBC Saskatoon Morning, CBC Edmonton AM, CBC Labrador Morning, CBC Qulliq (Iqaluit), CBC The Morning Edition (Regina), CBC Daybreak South (Kelowna), CBC Daybreak Kamloops, CBC The Morning Edition (Kitchener-Waterloo)

2020 Discussing the impact of COVID-19 on memory

Radio

CBC Metro Morning (Toronto), CBC Superior Morning (Thunder Bay), CBC Windsor Morning, CBC Newfoundland Morning, CBC Information Radio (Winnipeg), CBC The Trailbreaker (Yellowknife), CBC Edmonton AM, CBC On the Island (Victoria), CBC The Morning Edition (Regina), CBC Ontario AM, CBC The Early Edition (Vancouver), CBC Radio One Calgary

Future Thinking (Research)

2022 Collective mental time travel can influence the future, *Wired Magazine*

<https://www.wired.com/story/psychology-mental-time-travel-politics/>

2019 The memory hackers, *Chicago Magazine*

<http://www.chicagomag.com/Chicago-Magazine/June-July-2019/The-Memory-Hackers/>

2017 Imagining the future is just another form of memory, *The Atlantic*

<https://www.theatlantic.com/science/archive/2017/10/imagining-the-future-is-just-another-form-of-memory/542832/> (article)

<https://www.youtube.com/watch?v=TrKWloN88Dk> (video)

2013 Imagining the future invokes your memory: Why we tend to predict rosy times ahead, *Scientific American*

2013 What might have been and what could be, *Psychology Today*

- 2012 Memories of the future, *Huffington Post*
- 2007 Scan shows how brains plot future, *BBC News*
- 2007 Future plans may rely on memories: U.S. study, *CBC News*
- 2007 See the future by concentrating on the past, *ABC News*
- 2007 The future you: déjà vu?, *CBS News*
- 2007 Back to the future: How the brain sees the future, *Scientific American*

Learning and Education (Research)

- 2020 Ryerson professor's research enables better virtual learning for psychology students, *Ryersonian*
- 2017 Corraling the drifting mind, *APS Observer*
<https://www.psychologicalscience.org/observer/teaching-current-directions-in-psychological-science-43> (article)
- 2016 Reducing and redirecting mind wandering in the classroom, *Lasting Learning*
<https://www.youtube.com/watch?v=UCUvvuJ9V34> (video)
- 2014 How to make online learning effective, *APS Observer*
- 2013 How to make online courses massively personal, *Scientific American*
- 2013 Memory: are tests best?, *Wall Street Journal*
- 2013 Online learning: its different, *Harvard Gazette*
- 2013 Study finds tests cure a wandering mind, *Boston Globe*
- 2010 Tests get high marks as learning tool, *The Globe and Mail*