

**ELIZABETH (LISA) HELDER BABCOCK**

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**PROFESSIONAL POSITION:**

Augustana College, Associate Professor

August 2008-present

**EDUCATION:**

**Ph.D.**, Cognitive psychology  
Michigan State University, East Lansing, MI

August 2008

**Certification in college teaching**  
Michigan State University, East Lansing, MI

September 2007

**M.A.**, Cognitive psychology  
Michigan State University, East Lansing, MI

May 2005

**B.A.**, Psychology  
Hope College, Holland, MI

May 2002

**TEACHING EXPERIENCE:**

Cognitive Psychology  
Research Methods in Psychology  
Human Lifespan Development  
Directed Research  
Sensation and Perception  
Senior Capstone Courses (team-taught)  
    – The Odyssey Experience  
    – How Then Shall We Live as Digital Natives?  
Data Analysis in Psychological Research  
New Student Seminar

**JOURNAL REVIEWING**

Teaching of Psychology

**PROFESSIONAL AFFILIATIONS**

Association for Psychological Science  
Midwestern Psychological Association

## PEER REVIEWED PUBLICATIONS:

**Helder, E.** & Shaughnessy, J.J. (2011). Self-generated retrievals while multitasking improve memory for names. *Memory, 19*, 968-974.

**Helder, E.** & Shaughnessy, J. J. (2008). Retrieval opportunities while multitasking improve name recall. *Memory, 16*, 896-909.

Darowski, E.S., **Helder, E.**, Hambrick, D. Z., Hasher, L., & Zacks, R. T. (2008). Age-related differences in cognition: The role of distraction control. *Neuropsychology, 22*, 638-644.

## PEER REVIEWED CONFERENCE PRESENTATIONS:

Buffie, M. L., Anderberg, D. E., Zylstra, H. J., & **Helder, E.** (2014 May). Improving name learning with distributed retrieval practice. *Poster presented at the annual meeting of the Midwestern Psychological Association, Chicago, IL, May 1-3, 2014.*

**Helder, E.** (2013 May). Extra practice improves memory for names in older and younger adults. *Poster presented at the Association for Psychological Science convention, Washington, DC: May 23-26, 2013.*

**Babcock, E.H.** & Erhardt, M. L. (2012 May). Older adults can use distributed retrieval practice to learn names, but get little benefit from three retrievals. *Poster presented at the Association for Psychological Science convention, Chicago, IL: May 24-27, 2012.*

**Helder, E.** & Lima, O. K. (2012 Jan). Incorporating primary sources in an intro course through student presentations of classic research. *Poster presented at the National Institute on the Teaching of Psychology, St. Pete Beach, FL: January 3-6, 2012.*

Jacobson, E. J. & **Helder, E.** (2011 May). An internal locus of control is associated with problem-focused coping at work. *Poster presented at the Association for Psychological Science convention, Washington, DC: May 26-29, 2011.*

**Helder, E.** (2011 May). Attentional filters help screen-out advertisements during an Internet search task. *Poster presented at the Association for Psychological Science convention, Washington, DC: May 26-29, 2011.*

McCoy, A.W., Wieth, M. B., & **Helder, E.** (2010 May). Sudoku: Memory for Digits and Irrelevant Information. *Poster presented at the Association for Psychological Science convention, Boston, MA: May 26-30, 2010.*

**Helder, E.**, Shaughnessy, J. J. & Jacobsen, E. J. (2010 April). Name learning in older and younger adults: Relationship between expanding retrieval effectiveness and working memory span. *Poster presented at the Cognitive Aging Conference, Atlanta, GA: April 15-18, 2010.*

Shaughnessy, J. J. & **Helder, E.** (2008 May). With training people can do distributed retrievals on their own while multitasking. *Poster presented at the APS convention, Chicago, IL: May 22-35, 2008.*

Hambrick, D. Z., Hasher, L., Zacks, R. T., **Helder, E. A.**, & Swensen, E. (2006 April). Distraction control and age-related differences in working memory. *Poster presented at the Cognitive Aging Conference, Atlanta, GA: April 20-23, 2006.*

**Helder, E.** & Zacks, R.T. (2006 April). Influences of Internet advertisements on reading in older and younger adults. *Poster presented at the Cognitive Aging Conference, Atlanta, GA: April 20-23, 2006.*

Swensen, E., **Helder, E. A.**, Zacks, R. T., Hasher, L., & Hambrick, D. Z. (2006 April). Reading with distraction across the adult lifespan. *Poster presented at the Cognitive Aging Conference, Atlanta, GA: April 20-23, 2006.*

Hambrick, D.Z., **Helder, E.**, Hasher, L., & Zacks, R.T. (2005 November). The relationship between inhibition and working memory: A latent-variable approach. *Paper Presented at the 46<sup>th</sup> meeting of the Psychonomic Society, Toronto, CA: November 10-13, 2005 (read by L. Hasher).*

Shaughnessy, J. J. & **Helder, E.** (2003 July). Stretching the boundaries of the expanding retrieval technique for remembering names. *Paper presented at SARMAC V Conference, University of Aberdeen, Scotland: July 2-6, 2003.*

Shaughnessy, J. J., **Helder, E.** & Root, L. M. (2003 May). Remembering names using expanding retrieval with concurrent memory demands: Effective but not easy. *Poster presented at the APS Convention, Atlanta, GA: May 29-June 2, 2003.*

## COLLOQUIM:

**Babcock, E. H.** (2013 December). Improving name learning with distributed retrieval practice. RSA Luncheon, Augustana College, Sioux Falls, SD. December 2, 2013.

**Babcock, E. H.** (2012 February). Effects of training in using distributed retrieval to improve name learning. RSA Luncheon, Augustana College, Sioux Falls, SD. February 29, 2012.

**Helder, E.** (2011 June). Memory's functioning, failings, and fixes. Osher Lifelong Learning Institute, University Center, Sioux Falls, SD. February 22, 2011.

**Babcock, E. H.** (2010 December). A distributed retrieval technique for name learning. RSA Luncheon, Augustana College, Sioux Falls, SD. December 8, 2010.

**Helder, E.** (2007 October). Influence of banner advertisements on reading in older and younger adults. Cognitive Forum, Michigan State University, October 12, 2007.

**Helder, E.** (2006 April). Internet Ads: Are they as distracting as they are “annoying”? Cognitive Forum, Michigan State University, April 7, 2006.

**Helder, E.** (2006 February). Memory and aging: What to expect and what can be done. Presentation to the Lansing Area Catholic Council on Aging, February 16, 2006.

**Helder, E.** (2005 April). Influences of Internet advertisements on reading in older and younger adults. Cognitive Forum, Michigan State University, April 8, 2005.

**Helder, E., Zacks, R., & Hambrick, D. Z.** (2003 October). Deletion and individual differences in inhibition. Cognitive Forum, Michigan State University, October 31, 2003.

#### **SERVICE:**

Faculty Grievance Committee	August 2014-present
Augustana Symposium Committee Chair	August 2013-present
Institutional Wellness Committee	Summer 2012-present
HPER Dept. Search Committee – Social Science rep	Fall 2012-Spring 2013
Philosophy Dept. Search Committee – Social Science rep	Fall 2011
Augustana Symposium Committee	Jan. 2011-present
Graduate Education Committee – Social Science rep	Aug. 2009-2011
Biology Dept. Search Committee – Social Science rep	Fall 2009
Psychology Department Webmaster	Aug. 2008-present

#### **AWARDS/Funding:**

Augustana Research and Artist Fund (ARAF)  
Special Conference Fund  
Ralph and Susie Wagoner Student-Faculty Award  
Honorable mention in the Fully Online Course category in the AT&T Faculty Awards program for **Cognitive Psychology**