SPEAKER BIO & PRESENTATION DESCRIPTION

ROBERT A. BJORK

Dr. Robert A. Bjork is Distinguished Research Professor in the Department of Psychology at the University of California, Los Angeles. His research focuses on human learning and memory and on the implications of the science of learning for instruction and self-regulated learning. He is past president or chair of the Association for Psychological Science; the Psychonomic Society; the Society of Experimental Psychologists; and the National Research Council’s Committee on Techniques for the Enhancement of Human Performance. He is a recipient of UCLA’s Distinguished Teaching Award; the American Psychological Association’s Distinguished Scientist Lecturer Award; the American Physiological Society’s Claude Bernard Distinguished Lecturership Award; the Society of Experimental Psychologists’ Lifetime Achievement Award; and, together with Elizabeth Bjork, the James McKeen Cattell Award from the Association for Psychological Science. He is a Fellow of the American Academy of Arts and Sciences.

SESSION NAME: Plenary III
PRESENTATION TITLE: Forgetting as a Friend of Learning
It is natural to think that learning is building up skills or knowledge in one’s memory and that forgetting is losing some of what was built up. The relationship between learning and forgetting is not, however, so simple and in some important respects is quite the opposite: Conditions that produce forgetting can enable additional learning, and learning or recalling some things can contribute to forgetting other things. In this talk I focus on why forgetting enables, rather than undoes, learning.