

Free time, sharper mind: A computational dive into working memory improvement

Benjamin Kowialiewski, Steve Majerus

Introduction

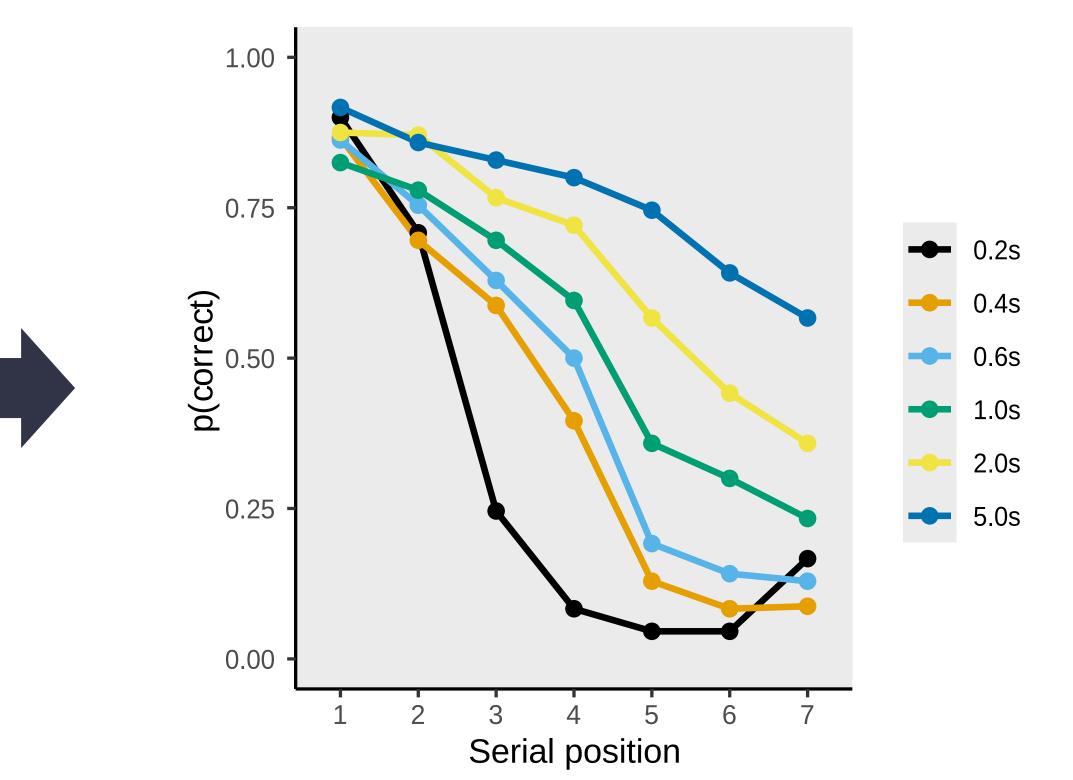
•Working memory performance improves with additional free time¹.

• This free-time benefit grows across serial position²: The *fanning-out effect*.

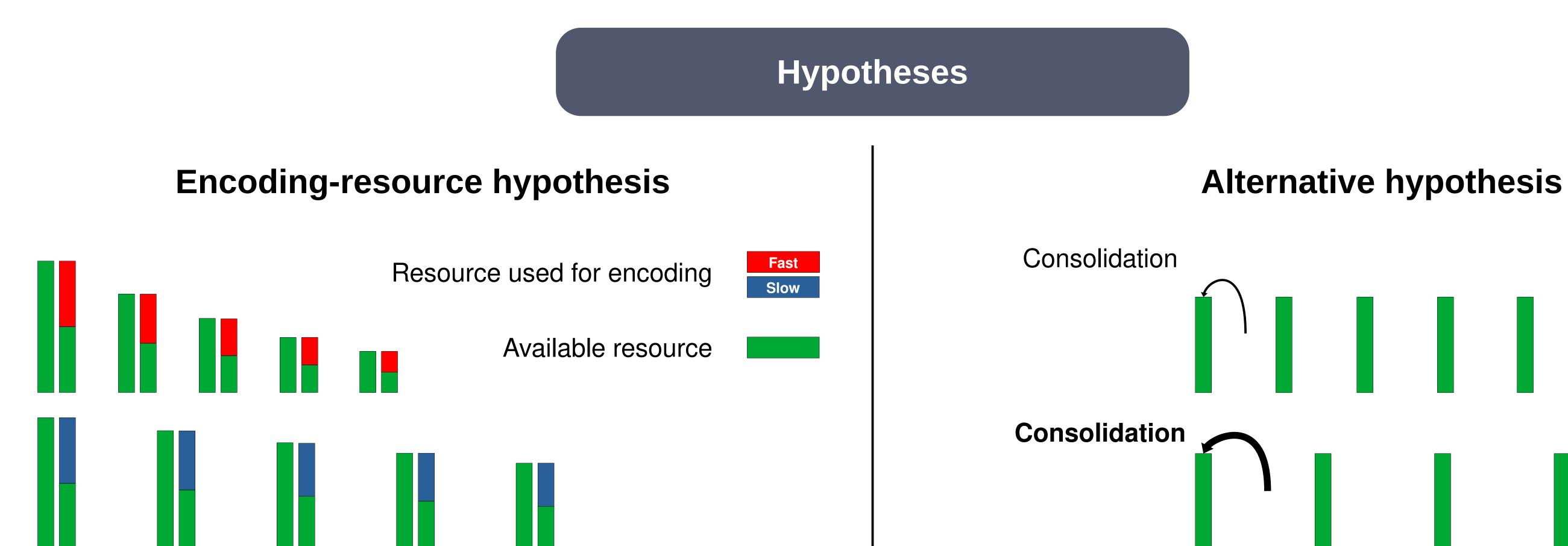
•Current interpretation: Limited encoding resources that progressively replenish with free time³.

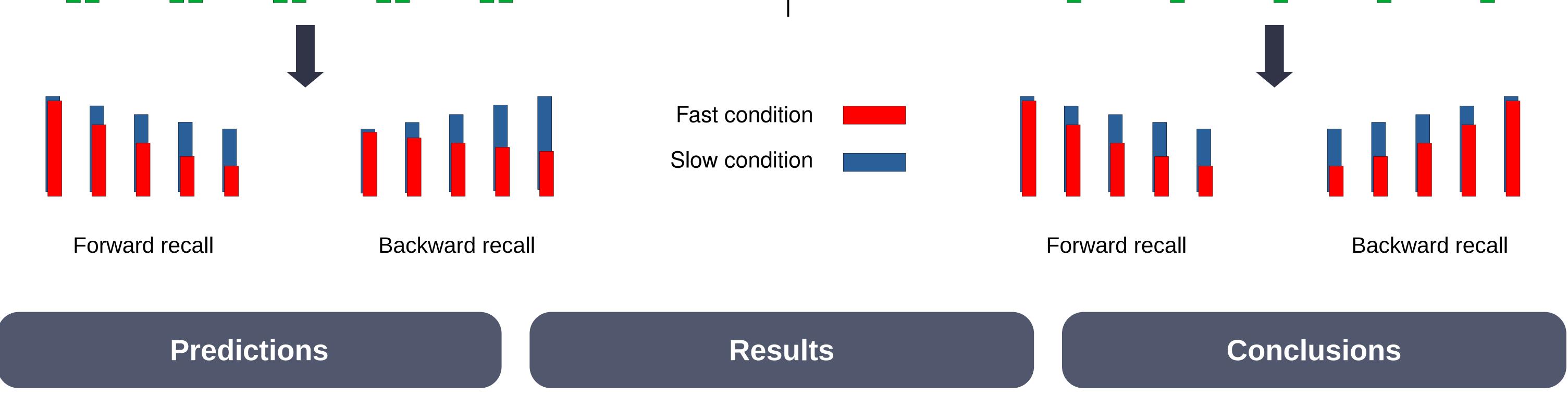


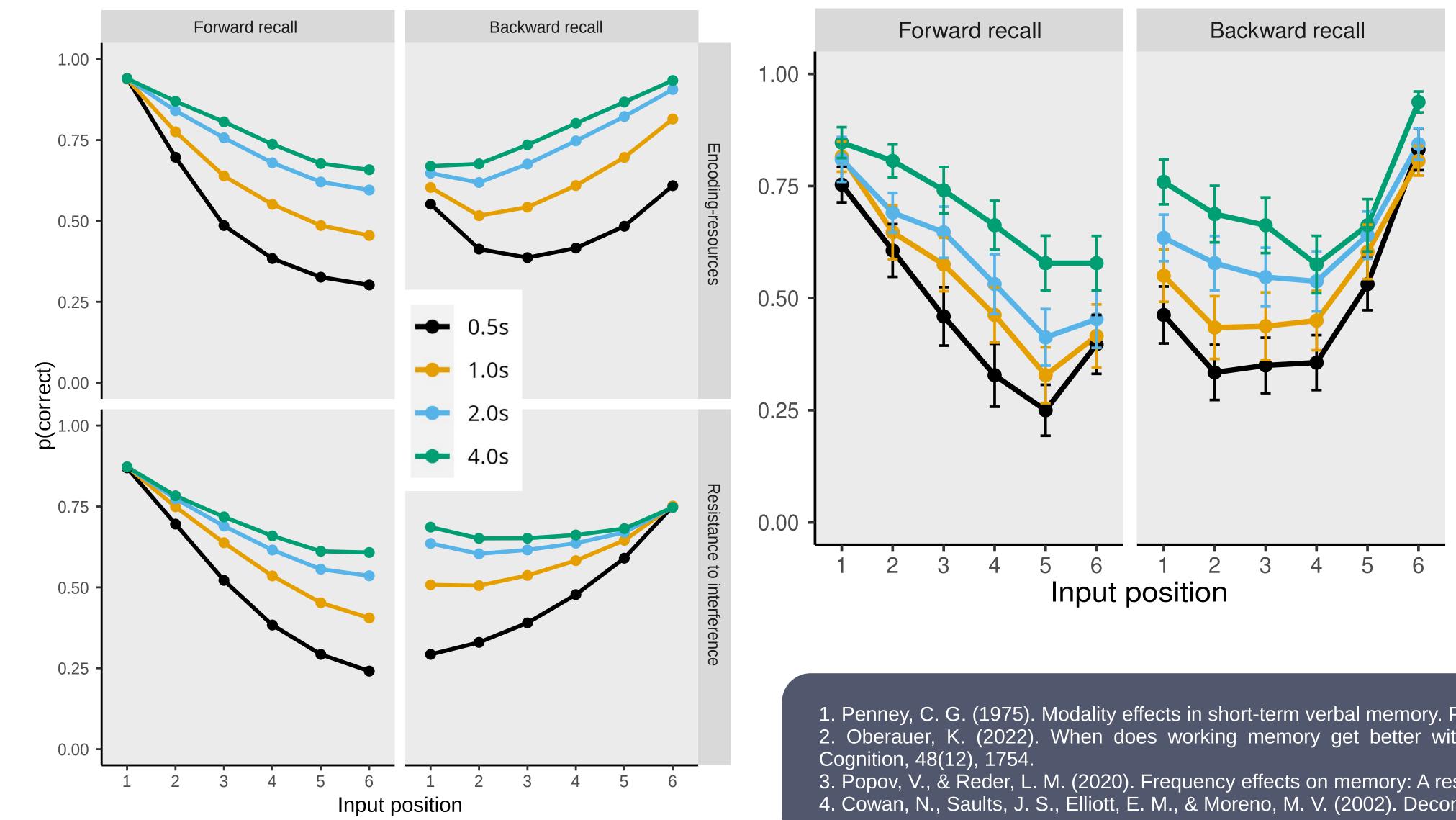
The fanning-out effect Reproduced from Oberauer (2022)



•Alternative hypothesis: Stronger resistance to output interference⁴ via a consolidation process.







- •The fanning-out effect reversed with backward recall.
- Does not support the encoding-resource mechanism as a plausible explanation.
- Better explained mechanism by a

through which items become more interference with resistant to output additional free time.

1. Penney, C. G. (1975). Modality effects in short-term verbal memory. Psychological bulletin, 82(1), 68.

2. Oberauer, K. (2022). When does working memory get better with longer time?. Journal of Experimental Psychology: Learning, Memory, and

3. Popov, V., & Reder, L. M. (2020). Frequency effects on memory: A resource-limited theory. Psychological review, 127(1), 1.

4. Cowan, N., Saults, J. S., Elliott, E. M., & Moreno, M. V. (2002). Deconfounding serial recall. Journal of Memory and Language, 46(1), 153-177.