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Metamemory based on retrospective judgments only predict recollection but not automatic influences

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Abstract

Dual process theories of memory state that memory can be dissociated as recollection (intentional, deliberate and effortful) and automatic (fast and effortless) components. Previous studies have established a strong positive correlation between people's Judgements of Learning i.e., predictions about their memory performance and the recollection component, but the studies have been inconclusive regarding the link of JOLs with the automatic component. The links between the time at which metacognition judgments are made and the two components of memory are investigated in this study. Experiment 1 inspects these links for prospective metacognitive judgements (Judgment of Learning) while Experiment 2 explores for retrospective metacognitive judgements (Retrospective Confidence Judgment). The results show a correlation between both the metacognitive judgments and recollection, as expected. There was a correlation between the metacognitive judgments and the automatic component in only the first experiment and not the second. The reasons for this are speculated.