

# Lisa Son, PhD

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Dr. Son, Chair and Professor of Psychology at Barnard College, Columbia University, specializes in human learning and memory, and in metacognition. Her research focuses on how people learn, and on the optimization of long-term retention. She has studied metacognitive behavior in a range of populations, including normal adults, children, and monkeys. Receiving a BA from the University of Pennsylvania and a Ph.D. from Columbia University, her work has been published in prestigious journals including Psychological Science, Cognitive Science, and Educational Psychology Review. She has received funding from the U.S. Department of Education and the American Psychological Society for her work with elementary school-aged children, and was a Visiting Member at the Institute for Advanced Study, in Princeton. Dr. Son was, twice, named a Fulbright Scholar to South Korea, which has allowed her to examine educational differences more broadly across South Korea and the US. Her two books, in Korean, "Metacognition" (2019), and "Impostor" (2022), have begun to raise awareness on the illusions that occur during study among the Korean population, and on ways in which to increase effective learning. Most recently, she has written and spoken of her work on metacognitive biases that threaten the well-being of all individuals, including those who have achieved success. She is happiest spending time with her two kids, Seryn and Guy.

