Using the Task-Switching Paradigm to Unveil Principles of Cognitive Control: Mixing Cost and the Task Rule Congruency Effect

Executive processes control action, thought and emotional responses. The task switching paradigm is considered a major tool in the study of these functions. Until recently, most of the research was on the costs associated with task switching. In the talk I will discuss two other robust phenomena: The task mixing cost (poorer performance in conditions where a task switch is possible) and the task rule congruency effect (poorer performance in trials where the two task rules indicate conflicting responses).