

The Science of Being Human 2015

# It's All Under Control

**CENTRAL LIBRARY**

251 Dundas Street  
Stevenson Hunt Room A

**FREE!**

2 hours validated parking in  
Citi Plaza during Library hours

Faculty members in Western's Psychology Department share their insights and research on the internal and external forces that keep us in check, how the capacity to self-regulate develops, how we can capitalize on this ability and what happens when things go wrong, that is, when we 'lose control'.



**Western  
SocialScience**

**THURSDAY APRIL 9**

**7-8:30 PM**

## How Biological Clocks Make us Tick

Cycles of day and night and the turning of the seasons influence all life on earth. As a result we have internal biological clocks that are used to coordinate daily and yearly changes. Our internal clocks can affect jet lag, seasonal depression, and why we teenagers like to sleep.

**DR. SCOTT MACDOUGALL-SHACKLETON** is an expert in Animal Behaviour and studies bird behaviour and physiology. Part of his research examines how animals change with the seasons and use day-length to time seasonal reproduction.

**THURSDAY APRIL 16**

**7-8:30 PM**

## Control: Its Role in Crime and Corrections

It's not a new adage: "Don't do the crime if you can't do the time". But what does the contemporary science say about control and 'crime' and 'time'? And what might a psychologist have to say about Canada's current criminal justice initiatives, including the 2012 Safe Streets and Communities Act?

**DR. PETER HOAKEN** studied at Queen's University and McGill University but developed a real understanding of crime and corrections in a different kind of environment – Canada's prisons, where he has conducted studies since 2001.

**THURSDAY APRIL 23**

**7-8:30 PM**

## How the Mind can Control Machines

Neuroscientists may be unable to "read your mind" but increasingly they can "read your brain". One goal is to use brain signals to control artificial limbs in patients with paralysis. This talk will discuss the potential, hype, and challenges in developing brain-machine interfaces for patients and the general public.

**DR. JODY CULHAM** uses brain imaging (functional MRI) to study how the human brain perceives the world and performs hand actions such as reaching, grasping, feeding and tool use.

**THURSDAY APRIL 30**

**7-8:30 PM**

## The Development of Self-Control in Children and Adolescents

Have you ever wondered why some people struggle to control urges and are easily distracted away from their long-term goals? In my talk, I will show how these aspects our personality can be traced back to early development, a time that is increasingly recognized as crucial for shaping how the brain makes sense of rewards, risks, and goals.

**DR. J BRUCE MORTON** is an Associate Professor in the Department of Psychology and a Principal Investigator at the Brain and Mind Institute at Western. He received his PhD from the University of Toronto and worked for 2 years as a Post-Doctoral Fellow at the University of Denver before returning to Canada in 2002. His research interests concern the development of self-regulation in early development.