

The Science of Being Human 2013

The Changing MIND: You are What You Think

**CENTRAL
LIBRARY**

251 Dundas Street

FREE!

2 hours validated parking in
Citi Plaza during Library hours

In this series, faculty members from Western's Psychology Department will share their research that sheds light on how our brains and minds, even in adulthood, are more malleable or "plastic" than previously recognized.



THURSDAY APRIL 4

7-8:30 PM

Personalizing Your Brain: How Experience Shapes Brain Function

Our brains are shaped by our experiences. The environment leads to re-tuning of the wiring of the brain. In this talk we will learn how experiences shape our brains over the course of learning and development and the implications of this for learning and education.

DR. DANIEL ANSARI is interested in how children learn, specifically, how they acquire and process mathematical skills. His broader interests are in how culture and education transform brain function and structure.

THURSDAY APRIL 11

7-8:30 PM

How Well You Hear Affects How Well You See

Throughout your life, your brain adapts to its changing environment. The loss of hearing profoundly changes the input to your brain and the function of your other senses. In this talk we will examine the remarkable ways the brain transforms itself after hearing loss and following hearing restoration.

DR. STEVE LOMBER studies plasticity in the developing and mature brain. He examines brain function following sensory loss in order to better understand the capabilities of the brain to modify itself and adapt to challenges.

THURSDAY APRIL 18

7-8:30 PM

Our Attitudes Guide How We See the World

How do people's attitudes and opinions influence their perceptions of the world? This talk will cover research showing that people with opposing attitudes on an issue may perceive exactly the same event very differently. The implications of this fact for important processes like conflict resolution will be considered.

DR. JAMES OLSON studies how attitudes guide information processing, memory and behaviour. He has investigated attitudes in many different domains, including prejudice, health, politics and religion.

SATURDAY APRIL 27

2-3:30 PM

Effective Strategies for Overcoming Depression

Feeling "down in the dumps" is not the same as clinical depression. In this presentation, participants will learn the difference between sadness and depression and about effective treatment options for depression. There will be a specific focus on cognitive approaches (e.g., defeating negative thinking) to managing the condition.

DR. DAVID DOZOIS is Professor of Psychology at Western, a Fellow of the Academy of Cognitive Therapy and a former Beck Institute Scholar at the Beck Institute for Cognitive Therapy and Research. His research focuses on cognitive vulnerability to depression and anxiety.