



THE COGNITIVE AGING AND MEMORY LAB



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Spring Has Sprung!

Happy Spring! We hope that this newsletter finds you and your family in good health.

We are excited to share what we've been up to in the lab over the past few months!

Read on to find out about recent developments, awards and accomplishments and events in the CAM Lab. Lastly, help us bid farewell to our graduating seniors and find out what their future plans are after SBU!

We hope to see soon in the lab!

- The CAM Lab

The CAM Lab is Open for In-Person Testing!



We are excited to announce that we are **officially open for in-person testing** in the CAM Lab! We will be implementing safety measures that are consistent with the current health and safety guidelines in order to ensure the safety of our participants. This will include wearing masks, socially distancing, testing in rooms with air purifiers and pre-screening procedures.

It's been a long time without seeing our research participants so we are very eager and excited to get back to testing in-person!

If you are interested in participating in an in-person study, please click **[HERE!](#)**



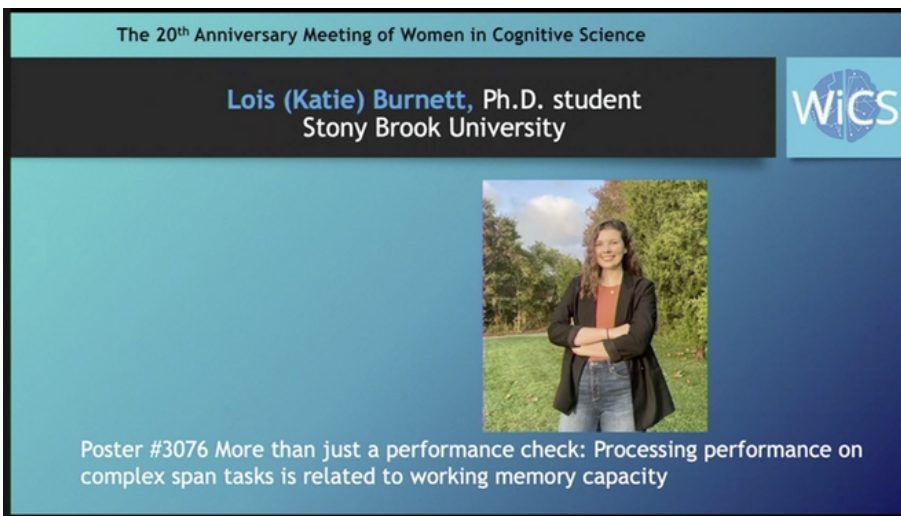


Awards & Achievements



Katie Burnett Receives The Women in Cognitive Science Jr. Scientist Networking Award!

During the 61st annual 2020 Psychonomic Society meeting Katie Burnett, a 2nd year PhD student in the CAM lab, was announced as a winner of the Women in Cognitive Science (WiCS) Jr. Scientist Networking award. This award supports early career scientists in developing professional relationships among senior peers and mentors in the field. As part of her networking plan, Katie got the opportunity to connect with three senior scientists at the Psychonomic conference who conduct research on cognitive offloading.



Joli Vidal Selected for Honors Program

Joli, a junior undergraduate researcher in the CAM Lab, has been accepted into The Psychology Honors Program at SBU! The Honors program gives students the opportunity to work closely with a faculty mentor to conduct independent research resulting in a senior thesis. Joli will be working under Dr. Richmond's mentorship to conduct research examining cognitive offloading. Specifically, Joli is interested in studying the different modalities that people use to offload information and how this affects subsequent memory! Congrats, Joli!

Virtual Talks on Ways to Improve Your Memory!



Principal Investigator of the CAM Lab, Dr. Lauren Richmond, has been offering virtual talks that focus on ways to improve your memory. Memory is a fickle thing and there are many evidence-based tips and tricks that can improve your memory functioning in everyday life!

If this sounds interesting to you and you'd like to schedule a virtual presentation with Dr. Richmond, please email:

lauren.richmond@stonybrook.edu



Farwell to Our Senior Class!

Congratulations to our graduating seniors! While we're sad to see them go, we can't wait to see all of the success they achieve in the future!

Kylie Fried

Future Plans:

I plan on going to graduate school. I will be attending Stony Brook University's Occupational Therapy Program earning my MSOT.

Favorite part about working in the CAM Lab?

My favorite part about working in the CAM Lab was getting to know everyone and stepping out of my comfort zone.

What piece of advice would you give to your freshman self?

Relax a bit. Don't rush your college experience away trying to figure out what you want to do with your life. You're doing great and things will fall into place just how you've always wanted them to.

Where do you see yourself in 10 years?

I see myself as a successful occupational therapist. I will be helping people of all ages and capabilities all while enjoying my career and doing research to further the field.



Jackie Ho

Future Plans:

This fall semester, I'll be starting as a graduate student at University of Maryland to study Human Computer Interaction!

Favorite part about working in the CAM Lab?

I appreciated having a good balance between hearing discussions on relevant research papers along with tips and advice from other members within the lab.

What piece of advice would you give to your freshman self?

After having taken Dr. Richmond's Memory course and learning about how we retain information, I'd highly recommend for freshman to learn more about which study strategies are research-based and which are only learning misconceptions. It would definitely save a lot of time and effort learning what works and what doesn't!

Where do you see yourself in 10 years?

If everything goes according to plan, I'll be applying the skills I've learned as a UX researcher.





Santhosh Koduri

Future Plans:

My future plans include medical school.

Favorite part about working in the CAM Lab?

Dr. Richmond, my graduate student mentor (Katie Burnett) and all the other research assistants made my experience as pleasant as it was enjoyable and educational.

What piece of advice would you give to your freshman self?

Be ready to be exposed to a diverse array of experiences, both educational and otherwise.

Where do you see yourself in 10 years?

I see myself getting close to the end of my residency and looking for a job as I aspire to be a neurosurgeon which has a 7 year long residency program.



Nikitha Menon

Future Plans:

My plans for next year are to take a gap year before medical school and working as a phlebotomist.

Favorite part about working in the CAM Lab?

The discussions lab members would have after reading and analyzing research papers, and how that valuable insight could be applied to our own research.

What piece of advice would you give to your freshman self?

Seek out opportunities even if they seem daunting - it's better to try new things early on!

Where do you see yourself in 10 years?

I see myself finishing residency (hopefully) and looking to start working as a licensed physician.



Amanda Truppo

Future Plans:

After graduation I will be starting a master's program in school psychology.

Favorite part about working in the CAM Lab?

The passion everyone had for their work. The weekly lab meetings had in-depth and enriching discussions about relevant topics.

What piece of advice would you give to your freshman self?

Don't be afraid to reach out and ask for opportunities. Everyone here wants to help you and see you succeed. Asking for opportunities shows initiative.

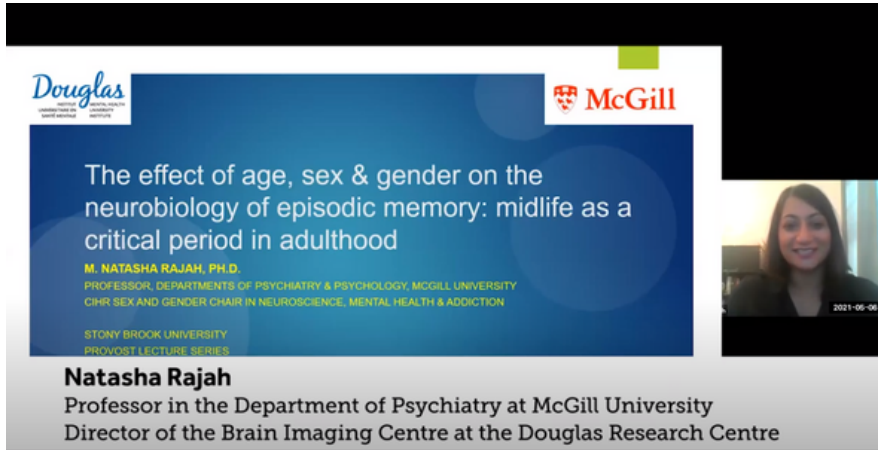
Where do you see yourself in 10 years?

I see myself having a PhD In School Psychology and working at a school. I also see myself traveling to as many places as I can.





Dr. Natasha Rajah Gives Lecture on Episodic Memory in Aging Adults



This past month, Stony Brook University hosted Dr. Natasha Rajah who gave a virtual talk on her research examining the effect of age, sex and gender on the neurobiology of episodic memory. Dr. Rajah is currently a professor at McGill University in Montreal, Canada and is also the director the Brain Imaging Center at the Douglas Institute Research Center. In her talk, Dr. Rajah presented research from the Montreal Adult Lifespan study. In this study, results revealed that declines in episodic memory and the associated brain regions arise by early mid-life (40-59 years old). You can find the link to the full recorded talk [HERE](#).



We Have a New Facebook Page!

The CAM Lab has an official Facebook page! On our Facebook page we will be sharing opportunities for community members to participate in our research, along with exciting news announcements and snippets from our everyday life in the lab. Visit our page [HERE](#) and give us a like!



Click [HERE](#) to visit our lab website!