



# THE COGNITIVE AGING AND MEMORY LAB



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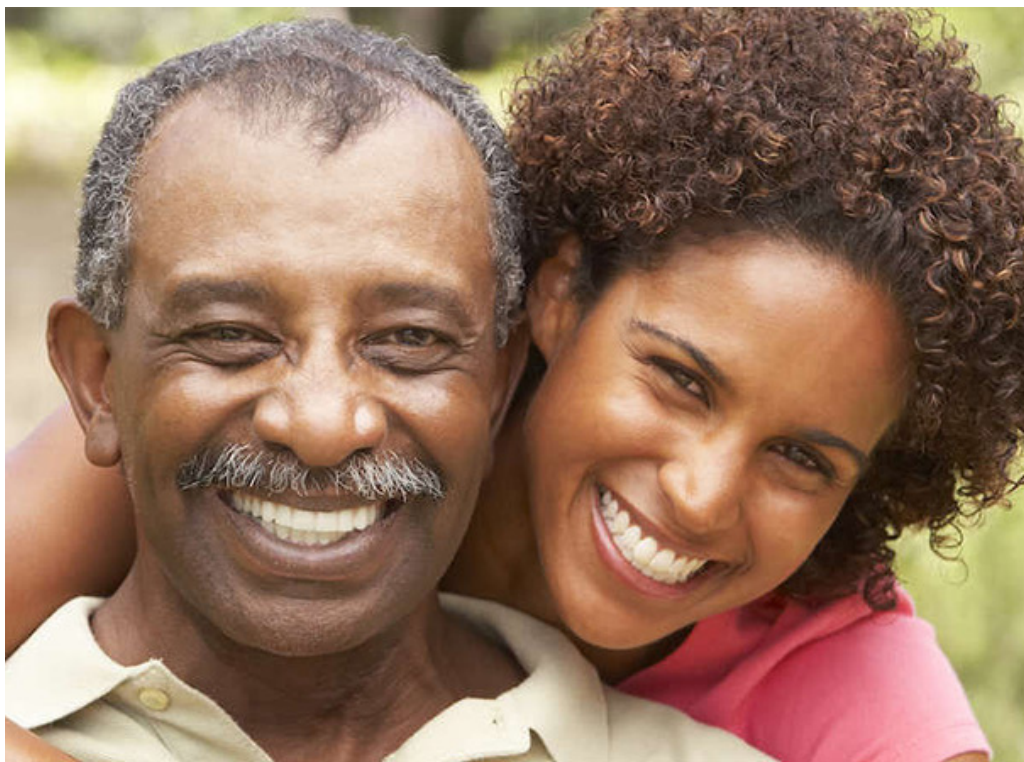
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Graduating Lab Members

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Greetings! We hope that this newsletter finds you happy, healthy and looking forward to a beautiful summer season on Long Island!

We've been busy here in The CAM Lab and we're excited to share what we've been up to including new publications, recent conference presentations and exciting collaborations we are a part of. Lastly, help us bid farewell to some of our graduating seniors who we will miss very much next year!



## Fun Memory Facts From Rosie the Rabbit

Did you know getting a good night's sleep can help you better store memories? Even a quick nap can help you retain information!



## COGNITIVE AGING CONFERENCE

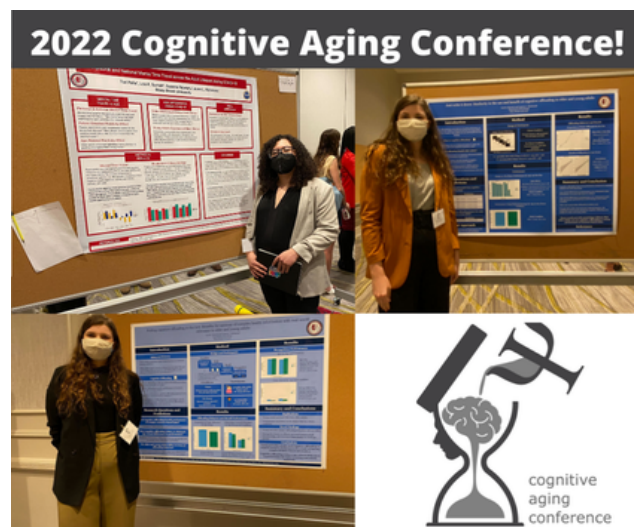
The CAM Lab set off for Atlanta, Georgia in March to present at the 2022 Cognitive Aging Conference. It was the first time that the conference was held since 2018!

**Katie Burnett** (PhD student in the Cognitive Science Program) presented two posters on different cognitive offloading projects, each with exciting results! **Tori Pena** (PhD student in the Cognitive Science program) presented a poster on research examining personal and national mental time travel during the COVID-19 pandemic. Last but not least, **Dr. Lauren Richmond** was an author on a poster presented by **Sydney Garlitch** (PhD student at University of North Carolina Greensboro) that explored age differences in context processing on a free recall task.

## NEW PUBLICATION ALERT

**Title:** Episodic memory performance modifies the strength of the age–brain structure relationship.

**Authors:** Richmond, L.L., Brackins T, Rajaram S.



## Talks on Ways to Improve Your Memory!



Principal Investigator of the CAM Lab, Dr. Lauren Richmond, has been offering 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 presentation with Dr. Richmond, please email: [lauren.richmond@stonybrook.edu](mailto:lauren.richmond@stonybrook.edu)

Dr. Richmond will be giving a talk on learning and memory on **Thursday July 28th at 11:00am** at the **Emma Clark Library**. For more information, please email [askus@emmaclark.org](mailto:askus@emmaclark.org).

# MEET SOME OUR COLLABORATORS

## Dr. Mary Hargis



Dr. Mary Hargis is an assistant professor at Texas Christian University (TCU) in the College of Science and Engineering. Dr. Hargis's research focuses on how younger and older adults remember information and how/why they make certain decisions. Further, her research is interested in how people assess their own memory and the effect that has on memory performance.

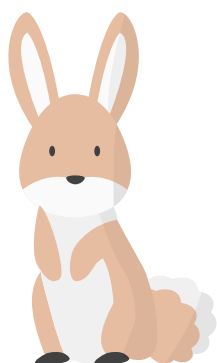
The CAM Lab is collaborating with Dr. Hargis on a project that is investigating how people choose to interact with information during learning and what this means for later memory recall.

## Dr. Hunter Ball



Dr. Hunter Ball is an assistant professor at University of Texas at Arlington (UTA). His lab is interested in the memory and attention control processes that are involved in prospective memory (remembering future intended actions), working memory, and long-term memory. Dr. Ball is interested in these processes in the context of individual and related differences.

The CAM Lab is collaborating on a project with Dr. Ball that investigates the relationship between cognitive offloading choices and working memory performance.



Taking a photo of something makes your memories of it worse. A photo may last a lifetime... but the memory may not!



## FAREWELL TO OUR GRADUATING SENIORS

**ASA WONG**



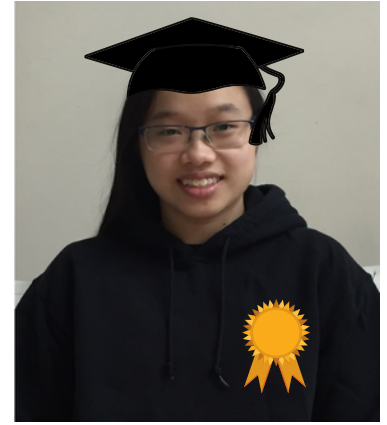
**Degree:** B.A. Biology & B.A. Psychology  
**Plans:** Take a gap year and then pursue grad school and eventually, medical school.  
**Words of wisdom:** Don't be scared to be more involved. Just put yourself out there and you'll find yourself an amazing group of friends.

**ALI AHMAD**



**Degree:** Biology  
**Plans:** Attend medical school (MD/DO)  
**Words of wisdom:** Never hesitate to reach out. A simple email or conversation could lead to opportunities that you could never have imagined of.

**ELITA LEE**



**Degree:** Psychology (B.S.)  
**Plans:** Take a couple of gap years to gain more research experience before applying to graduate school.  
**Words of wisdom:** Interests can change over time as you learn more - do not be afraid to explore them and try new things!

**FARHANA KHATUN**



**Degree:** Biology (B.S)  
**Plans:** Take a gap year and work as either a medical scribe or medical assistant. I plan on applying for medical school at the same time.

**Words of wisdom:** Be outgoing and don't be scared to talk to and meet new people.

**SAMARA SIBBLIES**



**Degree:** Psychology (B.S.)  
**Plans:** Work in another research setting in order to prepare for graduate school  
**Words of wisdom:** I would tell my freshman self to relax: grades are important but there are other aspects of life that are important as well.

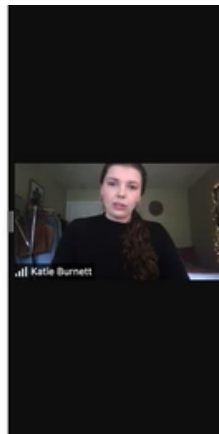
## Dr. Iana Kohler Presents at The Stony Brook Aging Interest Network (AIN) Meeting

Once a month, a team of scientists who share an interest in aging research meet to discuss various topics. This month, the AIN was excited to have Dr. Kohler present on her research. Dr. Iana Kohler is a health researcher and social demographer whose research builds on both social and biomedical sciences, and whose primary research agenda focuses on adult health outcomes, chronic diseases, intergenerational relationships and transfers, and morbidity in international contexts.

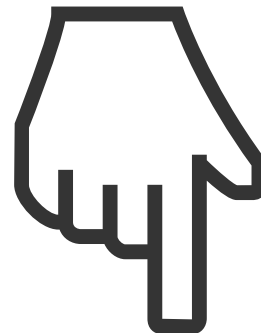


## Katie Burnett Invited to Present at The Healthy Aging Symposium, Hosted by UCLA's Psychology in Action Group!

What is cognitive offloading?



Wishing you and your loved ones a summer season filled with lots of fun memories!



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

