



# THE COGNITIVE AGING AND MEMORY LAB



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

The CAM Lab is excited to share what we've been up to in the past several months, including new publications, recent conference presentations and awards that our members have achieved.

Also, please help us bid farewell to our graduating seniors. They will be missed!



## Fun Memory Facts From Oswald the Owl

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



## New Publications

**Title:** Take a load off: Examining partial and complete cognitive offloading of medication information.

**Authors:** Richmond, L. L., Kearley, J., Schwartz, S. T., & Hargis, M. B.



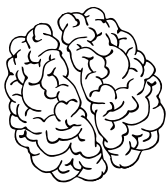
**Title:** Just write it down: Similarity in the benefit of cognitive offloading in young and older adults

**Authors:** Burnett, L. K. & Richmond, L. L.



**Title:** Personal and collective mental time travel across the adult lifespan during COVID-19

**Authors:** Burnett, L. K., Peña, T., Rajaram, S., & Richmond, L. L.



### Talks on Ways to Improve Your Memory!



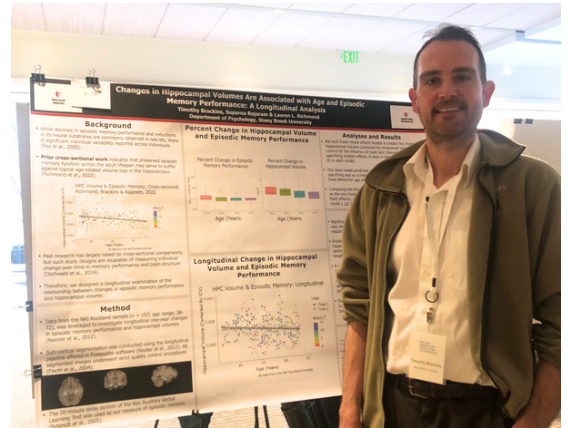
Principal Investigator of the CAM Lab, Dr. Lauren Richmond, has been offering talks that focus on ways to improve your memory. Memory is a fickle thing and there are many evidence-based tips and tricks that can improve your memory functioning in everyday life!

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)

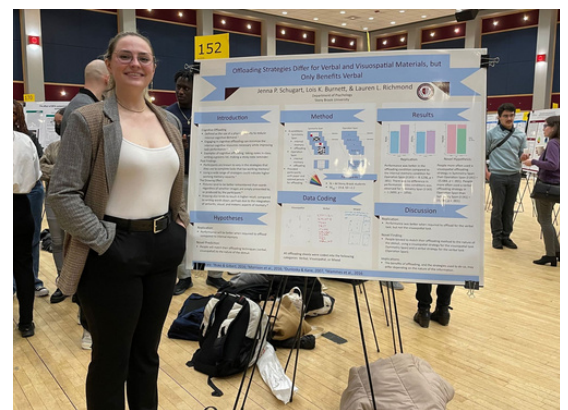
# Conferences and Presentations

The CAM lab had quite a few poster presentations over the past few months!

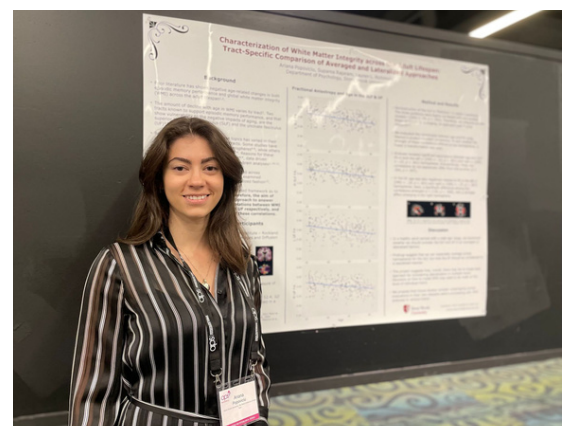
In late February, **Timothy Brackins** (PhD student in the Cognitive Science program) presented at the Dallas Aging and Cognition Conference in Dallas, TX. His work focused on changes in brain volume and episodic memory over time.



In early May, **Jenna Schugart** (Undergraduate student in the Psychology Department) shared her work on different ways of representing offloaded information. She presented a poster at the Undergraduate Research and Creative Activities (URECA) Program hosted by Stony Brook University.



**Ariana Popoviciu**, (PhD student in the Cognitive Science program) presented a poster at the Association for Psychological Science in late May in Washington, DC. Her research addressed questions about neuroimaging analysis methodologies.



Research shows that those who have positive beliefs about aging and memory tend to show better memory performance!



## FAREWELL TO OUR GRADUATING SENIORS

Congratulations to the seniors in our lab! We are excited to see where their paths lead them next.



**Jenna Schugart**

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

I would tell my freshman self that it is okay that you do not know exactly what you want to do because all the hard work you put in will pave the way for your future. Find value in being denied an opportunity, take that time to reflect on yourself, and focus on the areas you need to grow – you can always reapply.

***Where do you see yourself in 10 years?***

In 10 years, I see myself having recently completed my Ph.D. in Clinical Psychology, working simultaneously as a clinical psychologist and a research scientist. I see myself continuing to work with psychotic disorders and on the way to discovering the cause of schizophrenia.



**Dmitro Gubenko**

***What are your future plans?***

I am planning to pursue an MBA in Health Care Management, but I also would not be opposed to finding a comfortable job in my profession for a year until starting the MBA.

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

I started college with the intention of working towards a degree in Psychology, but it would have been interesting to explore other fields more. It could have enriched my college experience had I enrolled in classes from other disciplines in my freshman year.



**Natalya Franklyn**

***What was your favorite part about working in our lab?***

I enjoyed our weekly lab meetings, it was fascinating to learn more about other people's work within the lab and to review new literature. I also enjoyed working with the older participants in our research study, they all had great stories to tell!

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

My freshman year was during the pandemic, so the transition was hard for me and I felt a little defeated after my first year. I would tell my freshman self to trust yourself to find your own way and everything will work out!



## Awards Corner

**Awardee:** Dr. Lauren Richmond

**Organization:** Society for Applied Research in Memory & Cognition

**Award:** J. Don Read Early Career Award

We are excited to celebrate our own Dr. Lauren Richmond for her recognition as an outstanding early career researcher!



**Awardee:** Natalya Franklyn

**Organization:** Scientific Research Network on Decision Neuroscience & Aging

**Award:** Diversity Summer Research Award

Congratulations to Natalya for being selected for funding to support her intensive summer research experience in the CAM Lab!



**Awardee:** Timothy Brackins

**Organization:** Dallas Aging and Cognition Conference / The Center for Vital Longevity

**Award:** Sallie P. Asche Travel Assistance Award

We also commend Tim for his travel award to the Dallas Aging and Cognition Conference!



## CAM Lab Lunch

The CAM Lab meets on a weekly basis to put our heads together to discuss the latest research about memory and age. But sometimes, we also like to kick back and enjoy a meal together! See below for a lab photo from the event.



**Participate in our research!**

The CAM Lab is actively recruiting participants for some exciting new studies! We invite you, your friends, and family members to take part in our work.

Click [here](#) to be contacted about the possibility of participating in our ongoing studies!

Please also feel free to share with others that may be interested!



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

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

