

2011 PICKERING LECTURE



Made possible by a generous donation from the Pickering family and in part by the Carleton Child Studies program

TRAINING THE BRAIN

IMPROVING ATTENTION & SELF-REGULATION

Dr. Diamond's research has shown that **cognitive control** abilities, such as selective attention and self-regulation, can be improved through training and practice. They are also particularly susceptible to disruption by stress, lack of sleep, loneliness, or lack of exercise. Conversely, what nourishes the human spirit is also what enhances these abilities.

Adele Diamond, Ph.D., is the Canada Research Chair Professor of Developmental Cognitive Neuroscience in the Department of Psychiatry at the University of British Columbia. Her work integrates developmental, cognitive, neuroscience, and molecular genetic approaches to examine fundamental questions about the development of the cognitive control abilities that rely on a region of the brain known as 'prefrontal cortex' and has changed medical practice worldwide for the treatment of PKU (phenylketonuria) and for the type of ADHD without hyperactivity. Her recent work, including a paper in the journal, *Science*, is affecting early education practices around the world.

MARCH 3 | 7 PM | FREE
TORY BUILDING, RM. 360

ADELE DIAMOND