The **University of Poitiers** presents A comic adventure through our 37 research laboratories!



### Center for Cognition and Learning Research

Founded: 2008
Size: 120 people
Based in: Poitiers campus
(MSHS), Site des Tanneurs
(Tours)
et site des Tanneurs (Tours)
Research co-supervision:
University of Poitiers,
University of Tours, CNRS



Identity card n° UMR CNRS 7295

# THE INNER WORKINGS OF HUMAN COGNITION

## Our goal: to pierce the veils of human cognition.

ow exactly do we interact with our environment, and with each other? How do we learn to read and write? What can we do to go beyond our limits? These are all questions that our lab is attempting to answer!

Our main goal is to understand how a person's behavior evolves over the course of his or her life, from childhood into old age. We are interested in the functioning of memory and in written language acquisition and use, motor control, social interactions, and cognitive self-regulation functions such as concentration and "self-control", i.e., the ability to see a task through despite its difficulty and the desire to stop!

To do this, we evaluate individuals from different age bands, some presenting pathologies and some not, and study their reactions in a given situation. In the course of our observations, we make behavioral evaluations of varying degrees of

sophistication—monitoring reaction times, for instance, and tracking eye movement. We also measure physiological parameters, like heart rate and brain activity.

Our work frequently has applications in other domains. In education. for example, we study how a reader searches for specific information in a text, and we examine how this capacity can be taught. In health, we work with patients presenting with symptoms of neurological and psychological issues to improve diagnoses and care. We have shown, for example, that by practicing "mindfulness" (being attuned to one's emotions and physical feelings in the moment), people suffering from social anxiety can improve their negative self-image. Lastly, some of our research aims to improve the use of robots in the industrial sector.

## 80 years

The **age gap** between our youngest and oldest study participants.

## 100 billion

The number of **neurons** in an adult human's brain.

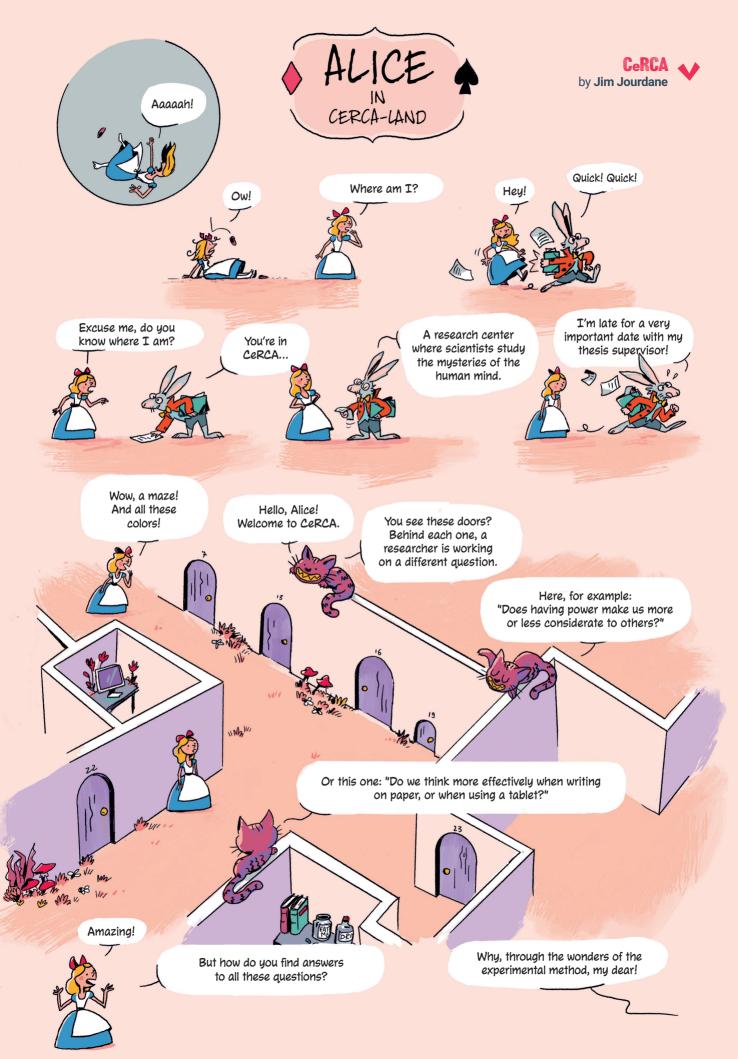
## **15** kg

The **weight** of the suit we give our younger participants to wear so they experience life in an older person's body.



# Did you know?

- Stimulating activity, if practiced throughout the course of one's life, can slow memory aging.
- O Taking notes on a laptop in during university lectures **does not help** students to remember them any better.
- An artificial intelligence, by analyzing clues that are imperceptible to humans, is capable of unveiling hidden thoughts.
- When they fail at a task, people who are prone to feelings of guilt tend to avoid looking at the part of a screen where their face is reflected.
- In right-handed people, the left hand adapts more quickly to visual disturbances than the right!



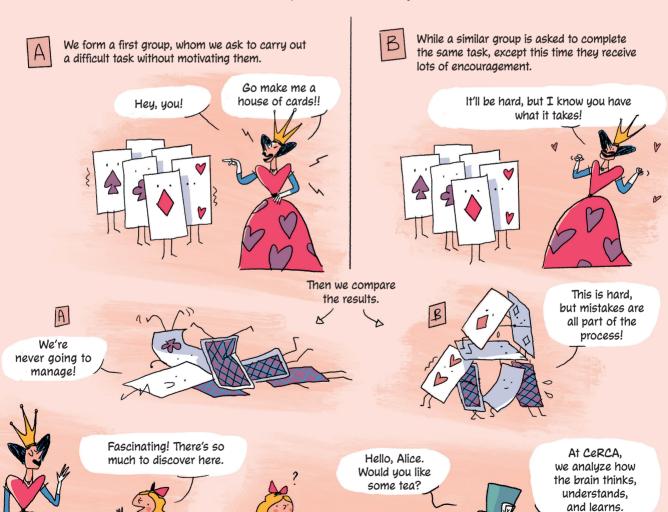


The experimental method allows us to test a wide range of hypotheses.



We change a single variable each time to see how it influences results. It's like when my chef adds a specific spice to my meals to see how it changes the flavor.

For instance, we can measure the impact of various teaching methods on academic success.





Even in an everyday action like this there are hundreds of different things to take into account.

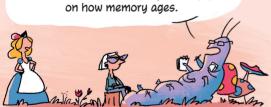
managing the angle of the teapot coordination between the hand and arm aiming the teapot's spout at the teacup muscle pressure estimating the correct amount of tea to pour teapot weight



It requires information from the senses: sight, touch, especially in the fingertips...

I use special equipment to work out how the eyes and hand coordinate during the action.





Not at all! We're leading a study

We're testing several hypotheses. For instance, do older people who play croquet have a better memory than those who don't?





#### Scan this QR code

## to read more comics about our 37 laboratories!





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