

Wednesday, March 24, 2021
7:20 am - 8:30 am (Program at 7:30)

The Unlocked Secrets of Lifelong Learners



Presentation By:
Rachel Wu

Assistant Professor of Psychology
Director of the UCR CALLA Lab

We have all heard “we aren’t as “sharp” as we once were, and we aren't able to remember things as easily.” We’re even led to believe that we can’t learn new skills such as operate a smart phone or learn a foreign language as we get older. But is that really so?

Back in 2017, UCR Psychology Professor Rachel Wu came to the CUC and fascinated us with her research about how we learn and how that changes as we age. At that time, Wu was

launching a study on the cognitive impacts on senior citizens who learn new skills, including how to play an instrument, how to speak a foreign language, and how to use an iPad.

On March 24th, Professor Wu, Director of the UCR CALLA Lab - *Cognitive Agility Across the Lifespan*, returns to the CUC to discuss the results of her study. Her findings about how we learn, including our ability to learn new things as we age, will surprise some of you, and possibly inspire others!

Dr. Rachel Wu is an Assistant Professor of Psychology, having joined the faculty in 2015. She received her Ph.D. from the University of London, and has four other degrees, including a Diploma in Art from Middlesex University. Dr. Wu’s research focuses on learning and attention to maximize cognitive agility from infancy to aging adulthood. In her free time, she paints, sculpts, plays the violin and piano, and sings.



CALLA Lab
COGNITIVE AGILITY ACROSS THE LIFESPAN
VIA LEARNING AND ATTENTION

We will also feature UCR campus and community updates, a UCR trivia contest to win great UCR swag, the CUC breakfast recipe of the day, and our post-meeting “after party” so you can reconnect with your CUC friends, and make some new ones!

This CUC “Virtual Meeting” Will Be Free of Charge!

There are Three Easy Ways to Participate:

Join Zoom Meeting (Preferred Method):

1. Go to: <https://ucr.zoom.us/j/96774106979?pwd=QVhiemlvU1FLcXFYREtDNXRwMVJlZz09>
2. Enter the Meeting ID: 967 7410 6979
3. Enter the Passcode: CUC

Join by Calling In By Phone:

1. Call: (669) 900-6833
2. When prompted, enter the Meeting ID: 967 7410 6979
3. Enter the Passcode: CUC

Join by Viewing Through Your Internet Browser:

If you would like to participate in the meeting without downloading the Zoom software, you can access the meeting using your internet browser and following the steps below:

- 1) Go to the website: <https://zoom.us>
- 2) Click on “Join A Meeting” in the upper right hand portion of your screen
- 3) Enter the “Meeting ID” - 967 7410 6979
- 4) Enter the Passcode: CUC
- 5) Click “Join”

The CUC Recipe of the Month!



A RECIPE ADAPTED FROM THE THUG KITCHEN COOKBOOK

ingredients

- 4 Cups Water
- 1/2 Cup Quinoa
- 1 Tsp Olive Oil or Coconut Oil
- 1 Cup Steel-Cut Oats
- Pinch of Salt
- 1/2 Cup Almond Milk

Chef's Notes

This is my go-to morning breakfast. I usually halve the recipe and I still have enough for multiple mornings. The best part is deciding what I want for toppings. Here are a few suggestions that I like:

- Blueberries
- Banana
- Greek Yogurt
- Fried Egg

directions

- Heat up the water in a kettle or on the stove until it is near boiling. Put the quinoa in a strainer and rinse it with cold water so it is not bitter after you cook it.
- In a saucepan, heat the oil (I prefer coconut oil) over medium heat. Add the oats and stir them around until they smell kind of toasty, about 2 minutes,. Add the Quinoa and the hot water and bring it to a boil.
- Once it is boiling, turn down the heat on the pot and let it simmer uncovered for about 20-30 minutes.
- Once cooked, stir in the almond milk and turn off the heat.

Enjoy!

ADAPTED BY CHARLOTTE MCKENZIE, CUC BOARD MEMBER