

Silver Jackets Meeting

Tuesday November 14, 2017

Georgia Tech Student Center, Room 343

Minutes

Members Attending (33) Kathy Tomajko (Library), Ron Bohlander (GTRI), Andy Smith (Psych & Provost), Nannette Dooley (Library), Janis Goddard (OSP), Walter Allen (Purchasing), Ed Rondeau (Real Estate Dev), Earl Cagle (Purchasing), Harriet Thuesen (Visitor), Jerry Thuesen (ISYE), Steve H. Bomar, Jr. (GTRI), Mary Duncan (Development), Wayne Book (ME), Judy Book (Visitor), Jo Freeman (Laser Dynamics), Sally Hammock (Student Ctr/CAE), Tom Morley (Math), Rex Pulford (IT), Annette Satterfield (Registrar), Susan Keenan (Lang Inst), C.A. Johnston Folds (Lang Inst), Ian Gatland (Physics), Len Parsons (Mgt), Julie Parsons (Visitor), Pat Davis (COS), Ward O. Winer (COE/ME), Don Runnion (Library). John Balsam (GTRI), Steve Dickerson (ME), Roger Rupnow (Arch, City Pl), Jo McIver (Registrar), Kimsey Pollard (I.E.N.), Larry Webster (Audit), William L. Green (Math), Antoinette J. Early (Visitor), Chuck Parsons (Scheller COBus), James Powers (Chem & Bio Chem).

Business Meeting

Ron Bohlander, President, called the meeting to order and had everyone introduce him or herself.

Sally Hammock announced that the Holiday luncheon meeting will be held on December 5th at Petite Violette; the cost will be \$32. She also stated that we are again supporting the Children Reads program, which provides books to children of kindergarten age or younger. Members were asked to donate one or more books and bring them to the luncheon. Our fellow member Sandra Thornton will see that they are distributed to children through Tall Tales Bookstore.

Program

Kathy Tomajko introduced our speakers Dr. Ann Pearman and Dr. Chris Hertzog, GT School of Psychology, who spoke on “Optimal Aging in the 21st Century.” Specifically, they spoke on their NIH funded “Intervention Study” on helping improve memory in older adults. Techniques taught to improve

memory don't necessarily work. People use calendars, pillboxes, grocery lists, etc. Habits and routine are useful and needed.

The goal of the study is to increase every day cognitive competence and train aspects of self-regulatory behavior in life. Use metacognitively grounded habits. Space retrieval is highly affective; use of repeated retrieval can increase likelihood of later remembering. When learning new names, focus on and repeat; use the name several times with self-testing later. Train a metacognitive approach to self-regulation at key moments during the day. Stop, think, plan, act, encourage people to be mindful of what they are doing—anticipate and review (where the car is parked, for example).

The study uses a unique two-stage training program. (1) training basic memory skills and habits of the mind, and (2) learning to use the techniques.

If you are interested in participating in the study, contact Dr. Pearman or Dr. Hertzog.

Announcements

Kathy Tomajko provided following announcement:

January 9, 2018: STEM Education will be discussed by Dr. Lizanne DeStefano, Executive Director of CEISMC and Professor, School of Psychology, and Leigh McCook, GTRI Principal Research Associate and Division Chief, GTRI Socio-Technical Systems Division, Information and Communications Lab.

April 10, 2018: President Bud Peterson will be our speaker.

John Balsam, GTRI, was introduced as the incoming Silver Jackets Vice President.

Respectfully submitted,
Janis Goddard
Secretary