

# GRADUATE TALK SERIES: APRIL

## To Fidget or Not to Fidget: The Effect of Movement on Cognition

Previous research suggests that there is controversy of the effects of fidgeting. On one hand, fidgeting has been associated with inattention. On the other hand, the act of suppressing movement has shown extensive costs on cognitive abilities. Thus, allowing fidgeting might be beneficial for attention. However certain fidgeting behaviors, such as large body movements, might be disruptive in certain situations, like a classroom or an office meeting. Fidget toys have been developed that allow for smaller fidgeting movements that are non-disruptive. Most previous studies have been conducted in an elementary school or university classroom and have used primarily observational data. Here we examine the effects of suppression or activation of fidgeting on one's executive functioning in a college population. We have found at least partial support for the benefits of fidgeting, however, more research is needed to determine the exact nature of fidgeting that is helpful.

**Presenter: Kelsey Grodner**

**Thesis Chair: Dr. Leanne Boucher**

**Thesis Committee Members: Dr. W. Matthew Collins & Dr. Weylin Sternglanz**

**When: April 15, 2015**

**12:00pm-1:00pm**

**Parker Building Room 204**

**\*\*PIZZA AND REFRESHMENTS WILL BE PROVIDED\*\***