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Brain Age: Conditioning the Human Brain in Minutes A Day!

Have you ever had a moment where even the simplest tasks become easy to forget? Hundreds of people have probably felt that way. The purpose of this experiment was to examine whether 16 students could decrease their Brain Age. Brain Age is a video game based of a study done by Ryuta Kawashima. On the game, the subject completed several memory, simple math and vision skill activities and depending on how they performed, the game would give them a Brain Age. Brain Age is a calculation from an expected average for cognitive functions of specific age groups of people. The lower the Brain Age, the better. By having 16 students complete a Brain Age test once a week for four weeks, I believe that between each week, the Brain Age will decrease. Sixteen students were chosen randomly. Each week, the students were asked to perform three activities that included several different skills. These tests included a memory test, in which the subject had to memorize 25 different numbers, a vision test where the subject had to pick out the highest number from a set of numbers, and a subtraction test in which the subject had to continuously subtract numbers from a specific number. The Brain Age was then given. My results showed that the Brain Age of the 16 students decreased greatly each week. Using a t-test, all of my results were determined to be statistically significant at the alpha .001 level.