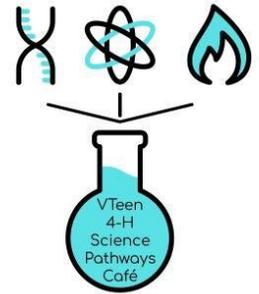




QuaranTEEN Virtual Science Cafes



Your Brain's Nightlife: The Neuroscience of Sleep and Dreams

Wednesday, June 10, 2020, 3:00-4:00 pm

Open to all youth in grades 7-12

Register@ www.uvm.edu/extension/youth/announcements

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On average, one-third of our lives is spent asleep, and 20% of this time is spent vividly hallucinating while paralyzed. Is there a point to all of this? Or is it just a weird waste of time? What controls sleep? Do we really need to sleep at all? Join us to learn about what goes on between your ears during your wildest dreams and most terrifying nightmares. We will address your questions and teach you a little about how the brain works while exploring new insights from the field of sleep research.

ABOUT OUR SPEAKERS

Nathan Jebbett Ph.D. is an Assistant Professor in the Department of Neurological Sciences at UVM's Robert Larner College of Medicine where he teaches classes in gross anatomy, neuroanatomy, and regenerative medicine to a diverse population of students in the health sciences. He earned his undergraduate degree in cellular neuroscience and biology at Colgate University in 2006 and his doctorate at UVM in 2013 for his work researching neural stem cells as models for studying neurotoxicity. Having taught more neuroscience courses in five years than any previous instructor, he is a passionate educator that considers himself a jack of all neuroscience-related trades.

Isabelle Petrucci just completed her freshman year at UVM and is a former teen leader of the VTeen 4-H Science Pathways Cafes. While not majoring in neuroscience, she has always been fascinated with neuroscience and her passion grew after she participated in the VT Brain Bee while a student at Essex High School.

What is a Virtual Teen Science Café? It is a free, fun way for teens to explore science, engineering and technology with local scientists, engineers and technology experts. Teens will "meet a scientist", learn about their work, and be able to participate in informal discussions.

Questions? Contact lauren.traister@uvm.edu

To request a disability-related accommodation to participate in this program, please contact the 4-H Office at 802-888-4972 or lauren.traister@uvm.edu by May 27, 2020 so we may assist you.



www.uvm.edu/extension/youth