

Marvin Green

v.

HRC, Secretary,  
U.S. Dept. of State

DOS Case: DOS F-125-10  
EEOC Case: 570-2011-00700X

Exhibit 20 of \_\_\_\_.

This exhibit is an excerpt from Sue Halpern's "Can't Remember What I Forgot – The Good News From The Front Lines of Memory Research" demonstrates that: "studies repeatedly show that older people who do poorly on timed tests actually do as well or better than their college-age counterparts when they are permitted to work at their own pace." This relates to page 4 lines 41 to 69 of my complaint where FSI discriminated against older students by the use of timed testing. A copy of this book was purchased for and sent to EEO investigator Timothy Liddard for inclusion as evidence.

CAN'T  
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THE GOOD NEWS  
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MEMORY RESEARCH

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SUE HALPERN

not being a reliable self-reporter. Another part, especially if you are, say, fifty, is forgetting to pay the phone bill now and again. The tendency to forget explains why automatic bill-paying services have become so popular: memory can be jobbed out.

One reason normal has become synonymous with forgetful, at least in the harried, driven, overworked, wired cultures of affluence and aspiration, has to do with the simple mathematics of overcommitment: if the average digit span is seven, then most people have too many things to hold in their heads at once—meetings and phone calls that need to be returned and doctor's appointments to keep and birthdays and medications to take, and not just one's own, but one's kids', and partners', and parents', and friends'.

Add to ordinary human limitations the physiological effects of normal aging—the shrinking, slowing prefrontal cortex, the diminution of neurotransmitters circulating in the brain, the weakening synaptic bonds, the death of synapses, all of which was normal, too. Still, there was some good news. According to the authors of the Johns Hopkins white paper on memory, “studies repeatedly show that older people who do poorly on timed tests actually do as well or better than their college-age counterparts when they are permitted to work at their own pace.” The machinery was slow, but it worked. It was dial-up, not broadband, but it was still connected.

Not all kinds of memory were susceptible to aging, either. Personal history survived intact well into old age. So, too, emotional memory. Implicit memory—the motor skills that most of us take for granted, for instance—also held. Moreover, in high-functioning older adults, there seemed to be some kind of compensatory mechanism at work, where the brain began to draw on its own resources, recruiting parts of the brain that, when younger, were idle. If cognition as one gets older is a dimming hallway, then the brain is not only photosensitive, it is able to throw a few switches to put out

more light. It does the  
brain for tasks that,  
 researchers at Duke Un  
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