



Flexible, Modular, and Energetically Efficient: A Dynamic Brain-Network Account of Flow Experiences

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10:00 a.m. - 11:30 a.m. (HKT)

Abstract

Flow is a positively valenced psychological state characterized by high levels of intrinsic reward during goal-directed behavior. Flow occurs when there is a balance between task difficulty and individual ability. After more than a decade of research, flow's neural substrates are increasingly resolved. Flow is associated with activation in structures belonging to frontoparietal control and reward networks. By comparison, the brain-network dynamics associated with flow are less understood. In this talk, I will detail results from a series of experiments and show that flow is associated with a flexible, modular, and energetically efficient brain network topology. Together, these results lay a foundation for future research linking specific events observed during naturalistic tasks with neural dynamics associated with flow onset and maintenance, thereby giving researchers a better understanding of flow's neural properties.

ZOOM



To register, please visit:
<https://cityu.zoom.us/join/7591282020>
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Speaker

Richard Huskey^{1,2,3} (PhD, University of California Santa Barbara) is an assistant professor in the Department of Communication and the Cognitive Science Program at the University of California Davis. Dr. Huskey is the principal investigator in the Cognitive Communication Science Lab, a researcher in the Computational Communication Research Lab, an affiliated faculty member at the Center for Mind and Brain, and an affiliated faculty member in the Designated Emphasis in Computational Social Science. He Chairs the International Communication Association Communication Science and Biology interest group, and is an Associate Editor at *Journal of Communication*. His work has been published in top communication journals (*Journal of Communication*), important neuroscience journals (*Neuroscience and Biobehavioral Reviews*; *Social Cognitive and Affective Neuroscience*; *Cognitive Affective and Behavioral Neuroscience*), and general interest outlets (*Nature Human Behaviour*). Broadly, Dr. Huskey uses naturalistic tasks to study motivated behavior. Methodologically, he uses lab-based experiments, computational methods and modeling, and neuroimaging.

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