

# SCISOC SPOTLIGHT

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## RESEARCH FOCUS:

BEHAVIOURAL  
NEUROSCIENCE

My research aims to understand the **process of memory reconsolidation**, which is the hypothesised process by which **memories become updated under certain conditions**. I am interested in reconsolidation from a **basic and theoretical perspective**, and also from a **translational perspective**. As maladaptive memories **contribute to numerous mental health disorders** (including PTSD and drug addiction), disrupting the reconsolidation of these memories may provide a way to **improve patient outcomes in the long term**, with a relatively short duration treatment.

## WHY RESEARCH?

I became fascinated by **psychology and neuroscience** as an undergraduate, and I was particularly interested in **learning and memory**, and **compulsive behaviours**. I suppose that these are really related research interests: how do we **know how to behave** in future situations (based on our past experiences), and why do we **not always behave adaptively**? As I read more into these topics, it became clear that there is **so much left to learn** about these psychological processes, and I wanted to be part of the **research community** finding those answers.



**"Research often produces unexpected data, but this doesn't mean that it's bad data"**

## ONE PIECE OF ADVICE...

If I had to give a single piece of advice, I would say that aspiring researchers should **cultivate their willingness to learn from every situation**. Research often produces **unexpected data**, but this **doesn't mean that it's bad data**; you just need to figure out why what you are seeing is not what you expected. You can also learn a lot **talking to people from other disciplines** – even if what they're telling you now is not immediately relevant to your research, you'd be surprised how often that can **seed new ideas**. There is always something new to learn.