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**Research Program: Honours**

**Title: “ Investigating the role of perspective taking in the behavioral & emotional effects of mental simulation**

Every day we navigate countless experiences, both familiar and foreign. We can apply knowledge from past experiences to present and future situations to influence the outcome of any given circumstance. One known strategy is to mentally simulate or rehearse our behaviours before that event taking place. While mentally simulating can improve performance, the efficacy of mental simulation seems to vary based on how one is simulating the upcoming event.

The current research project aims to investigate the effect of perspective-taking on the efficacy of mental simulation. Specifically, this project will focus on the implications of first-person and third-person perspective taking during the simulation for a future, novel cognitive task. With this research, we hope to improve our understanding of mental simulation and its implication in cognitive & emotional processes.