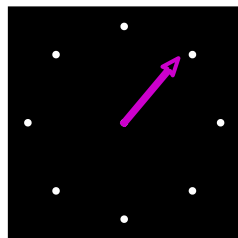# Aiming evokes explicit motor adaptation
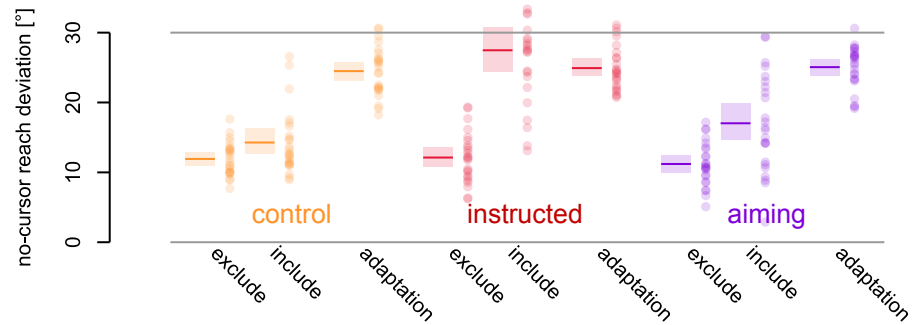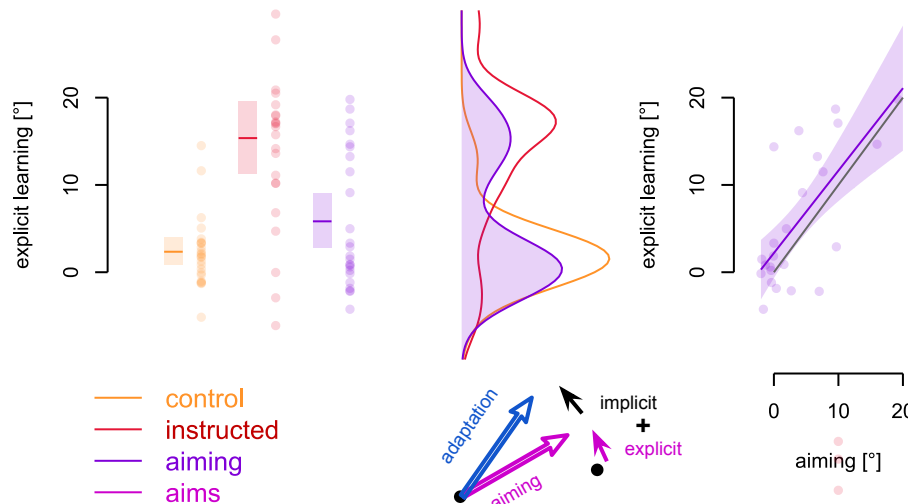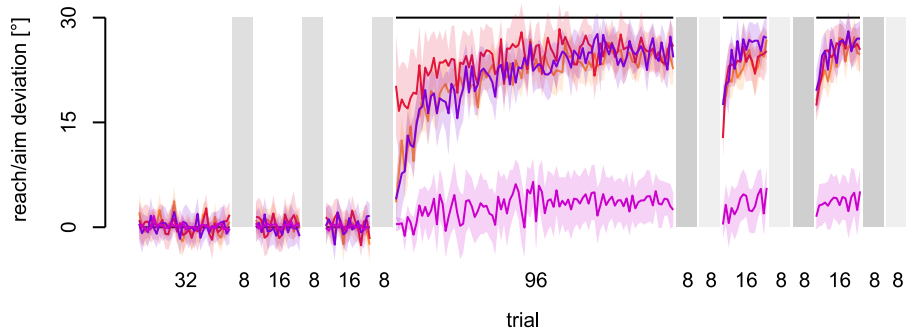
't Hart BM, Taqvi U, Gastrock RQ, Ruttle JE, Modchalingam S, Henriques DYP

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As context for our work on implicit adaptation processes, we wanted to see if asking people to think hard about how they will reach to a target on every single trial makes adapting to a small rotation more explicit.

aiming (N=24)
instructed (N=24)
control (N=24)

PDP: include & exclude strategy

@BMtHart

For ⅓ of people, aiming acted as an instruction, and had no effect on others.

control
instructed
aiming
aims