



PEN vs. COMPUTER - how to write by hand improves memory and creativity

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Abstract:

The pen is one of the many channels for transforming thoughts into written words. Handwriting acts as a “memory propeller”. For example, when you are at the supermarket, the simple act of writing keeps the products you really need in your mind; or when someone at school was a shrewd knows that very often there was no need to use the sheets prepared before a class assignment to copy because they remembered everything that was written. This memory would have failed if the ticket to copy had been written or better typed on the keyboard. The latter characterizes the work of many people and yet, even today, children make their first experiences of writing with a pen or pencil. But is it really out of fashion? Today we have the opportunity to write our thoughts in other ways, “keyboard, tablet, touch screen”, and even the signature, once the test par excellence of our identity, is faced with the competition of our “Fingerprints”. Indeed, in some American schools the writing, replaced by the PC, is no longer included in the didactic plans; according to some scientists and promoters of this event, this method would facilitate children’s learning and improve creativity.

Biography:

Dario Furnari is a PhD in Neuroscience, Research Psychology, Traumatology & Orthopedic, Project Manager, Strength and Conditioning specialist Physical Therapy, Skynesiology and Spinology, Exercise Physiology, Spa Therapist Physiology, Support Health Worker, aesthetic medical, sports masseur, expert in postural gymnastics, psychology and psychomotion for the elderly and special children or with learning disabilities. Coach and athletic trainer of various sports (football, swimming, volleyball, basketball, hockey, tennis, swimming) Spa & Clinical Manager, Lecture in neuro rehabilitation kinesiology, specialist in aesthetic gymnastics, weight-loss and pre and post natal, Osteopathy, Psicomotricist, aesthetic and lymphatic drainage. The lines of research on which I worked at the Department of Biotechnology and Biomedical Sci-



ences, section of applied physiology and kinesiology and motion control, have been in the field of neuroscience, in particular in the role of beta-amyloid and glycoprotein F3 in the synaptic plasticity of hippocampal memory of mice and then in Alzheimer’s disease; I dealt with behavior and various behavioral tests in mice; of electrophysiology of in vitro slices of hippocampus, stereotaxy and cannulation implantation, administration of drugs and animal welfare. In addition, I have helped other laboratories in the analysis of human movement, in neuroparmacology, in motor learning and control, in the performance of elite athletes in training programming, in rehabilitation, in the measurement of lactate in the physiology physical exercise.

Recent Publications:

1. Dario Furnari; Sulzenbruck S. and others, The Death of Handwriting: Secondary Effects of Frequent Computer Use on Basic Motor Skills, in “Journal of Motor Behavior”, 2011;
2. Dario Furnari; LongCamp M. and others, Learning through Hand- or Typewriting influences Visual Recognition of New Graphic Shapes: Behavioral and Functional Imaging Evidence, in “Journal of Cognitive Neuroscience”, 2008.

7th International conference on Medical and Nursing education, July 17, 2020, Vienna, Austria

Citation: Dario Furnari, PEN vs. COMPUTER - how to write by hand improves memory and creativity, July 17, 2020, Vienna, Austria.