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| Cat: | Has anyone ever told you to pick one major or choose one career? Well, it doesn't have to be an either-or situation. We went to the Conservatory of Music and met someone who didn't have to choose. |
|  | Meet Indre Viskontas, a soprano opera singer who also happens to have her PhD in cognitive neuroscience. |
| Indre: | There's a real disconnect between the neuroscience of learning and how musical training is taught. I felt that that might be a way that I could actually bring the two together. All right. Today, we're going to talk about learning versus performance. That's what I started to do is build this program where I can help musicians develop more effective practice strategies using neuroscience, but at the same time, I can share that passion for neuroscience with people outside of music too. |
| Speaker 3: | [Sanche 00:01:02]. Ready, and one. |
| Indre: | I think I figured out I had an opera voice pretty early on when I was the loudest singer in all the choirs that I joined. I wasn't always the one in tune, but I was always the loudest, so I could definitely project across the room. I really discovered science in high school, but it wasn't until I started reading the books of Oliver Sacks. His writing really showed me the human side behind science, in particular, neuroscience, and that's what got me really passionate about the brain. |
|  | Bipolar, right, because it has two projections. What about this one? My area of study in neuroscience was memory. I was really interested in how we learn and remember. In particular, how do we remember the details of our lives that make up our identity. As a person who is really interested in opera and characters, I was really interested in how we form identity and how we form our own characters. |
|  | A lot of times, I get letters from students, especially high school students who are trying to decide what to study in college, and they're often torn between some kind of artistic pursuit and some kind of scientific interest. I really want to encourage them to continue to pursue both. |
|  | Science opens up a lot of doors. There are a lot of opportunities, and nowadays too, I think with the advent of technology and all the major changes, people are much more open to the idea of art and science connecting, and it's a really exciting time to be both an artist and a scientist. |
| Cat: | What did you think of Indre's story? Do you think it's possible to be an artist and a scientist? What do you love about art and science? Comment below and let us know what you think. |

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