In this study we will measure neurophysiological activity with an electroencephalogram (EEG) while you perform three tasks: a rapid serial visual response (RSVP) task, a simple finger-tapping task, and guided somatic relaxation. We will also place an electrodes-attached cap on your head and around your eyes and put conductive gel in these electrodes. This gel is harmless and can easily be rinsed out at the end of the experiment in our laboratory. Due to the nature of an EEG experiment, it would be best if you could avoid applying a make-up around your eyes and forehead, or hair products (hair gel, cream, wax) on the study date to facilitate the set-up. After the experiment, you can wash up in our lab. \*\*\* IMPORTANT \*\*\* Recording EEG requires us to clean and gently exfoliate the skin around your eyes, forehead, and ear lobes in order to remove oil/dead skin cells from there. Please note, although we do our best to be as gentle as we can, there is a small chance these procedures may irritate your skin. Also, it’d be best if you avoided a make-up around your eyes/forehead, or hair products (hair gel, cream, wax) on the study date to speed up the set-up process). Additionally, if you are a regular user of eye-drops or tend to experience dry eyes, we encourage you to bring them to the experiment (as you will be doing a task on a computer for a while). Please contact John Eusebio at john.eusebio@mail.utoronto.ca if you have any questions/concerns about the study. Thank you!