# Instructions for STL Gain v13, v14 and v15.

**Before starting the experiment, make sure that**:

1. Participants have signed the consent form, and have used the bathroom
2. Participants are seated comfortably in the seat, pushed back all the way such that their belly touches the table.
3. Make sure they are at the right height to see the screen without hurting their backs. Adjust seat height using the lever if required.

**Common instructions for v13, 14 and 15:**

The cursor that you see as a little white dot on the screen represents your hand. When I start the experiment, move the cursor to the “S” in the middle of the screen. “S” stands for “Start Point.” A (large blue colored circle) will appear. It will be your target for the movement. Your job is to quickly move the cursor to the target. Once you arrive at that target, another target will appear; you will then move to that target.

The goals of the movements are two-fold: Your job is to move the cursor to straight to the target (1) quickly and (2) accurately.

**1. Speed.** Speed is the most important thing in this task, always keep up the speed. Each movement should be quick/fast: However, this is not a test of reflexes. Moving quickly does not mean you move early. Theoretically, you can keep the cursor on the “S” as long as you want; however, once you start a movement, you should move quickly. If you begin moving too soon, you will hear a “bad buzzer” noise like this (play buzz) to signal your “false start”. Please try to avoid that. We will time how long it takes between when you **start each movement** [emphasize] and when you get to the target. You’ll hear a ding sound like this (play ding) if your movement was fast and accurate enough. But if you are too slow, you will hear the sound of glass shattering! This may sound a bit complicated at first, but don’t worry. I’ll coach you through it as you practice, and you’ll probably get the hang of it pretty quickly.

**2. Accuracy** – You want to try to land inside the target in one attempt. At first, it will be hard to be accurate when you are moving quickly. Remember: speed is the most important part of this task. If you miss, just move to the target from wherever you are after you make the movement. You only get one try per movement. If you overshoot or miss, just correct to the center of the target, and wait for the next target to appear. You’ll get plenty of tries.

**3. Straight movements:** You need to make straight movements from the start to the target, do not curve your movements on purpose.

If you’re successful in moving both quickly and accurately straight to the target, you’ll be rewarded with a “DING” sound (Yay!). If not, you’ll hear the sound of ‘glass shattering’. You want to get as many “Dinging” noises as possible.

Remember, speed is the most important thing. At first, I want you to focus on getting the right speed. The accuracy will come with practice. If you are moving too slowly, I will be relentlessly nagging you to move faster. It is a challenging task, especially when you’re first doing it.

On the backward movements, you won’t see your cursor, nor will you hear a sound indicating your speed, but still try to come back fast. That will help you keep up the speed for the next forward movement.

**For v15**:

On some trials, you will find that the cursor disappears halfway through the forward movement. On such trials, just reach out to the target as closely as you think possible and come to a full stop. The next trial will be triggered automatically.