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“In Search of Memory” is a compelling blend of autobiography and history that recounts the life of one of the most important neuroscientists of the 20th century and illuminates scientific developments in our understanding of the brain’s role in recording and preserving memory. In addition to archival footage and dramatic recreation of Kandel’s childhood experiences in Nazi-occupied Vienna and his formative years as an emigrant in New York, the film features discussions with Kandel, friends and family, as well as his public lectures in Vienna and New York, which explore both his professional and personal life.” (From the DVD cover.)

The study and collaboration rooms on Lower Level 1 can be booked online. Several rooms of various sizes are available and reserving a room in advance will secure a space for studying or collaborating at your convenience. Go to: http://library.cpmc.columbia.edu/hsl/roomcal.html for more information and making a reservation.

Take some time to look at our new EndNote FAQ. It is based on questions frequently asked by CUMC users. We will continue using it to post important information about EndNote. Go to: http://library.cpmc.columbia.edu/hsl/citation/enfaq.html
Is one of your New Year’s resolutions to be a better student? We have some tips and tools to help you focus on your studies when at your computer instead of logging in to Facebook, messaging friends or surfing the web.

The following programs are to be used at your own risk, though they are recommended by reputable web sites. As with any freeware or software programs you are considering downloading, do a little research and verify that they are compatible with your computer before installing.

- **Leechblock** – an add-on for the Firefox web browser that lets you block specific web sites for set periods of time.

- **Freedom** – for Macintosh computers only. This program completely blocks any network access for your desired time frame. Great when you’re trying to finish up a project and don’t want any temptations distracting you.

- **Isolator** or **Dropcloth** – freeware programs for Macintosh and Windows systems respectively that highlight the active window on your computer and hide everything else onscreen. These are great tools for when you don’t want to block online services, but need to make sure you’re only paying attention to one program on your computer.

There are also many web sites out there with excellent productivity tips such as [http://www.academicproductivity.com/](http://www.academicproductivity.com/), [http://lifehacker.com](http://lifehacker.com) and [http://zenhabits.net/](http://zenhabits.net/) - but don’t let reading posts about productivity distract you from getting the work done!