BIO-633

Building Brain Resilience Synapsy Symposium

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Cursus	Sem.	Type
Neuroscience		Opt.

Language of teaching	English
Credits	1
Session	
Exam	Project report
Workload	30h
Hours	**3**
Courses	3
Number of positions	**120**

Frequency

Only this year

Summary

This symposium brings together leading experts in the fields of resilience to life stressors and resilience to cognitive decline. Topics will include allostasis, plasticity and adaptation across body systems, as well as cognitive reserve, brain maintenance and mechanisms related to dementia risk.

Content

This symposium "Building Brain Resilience: From Stress Adaptation to Cognitive Aging" aims to connect two rapidly advancing fields that too often remain separated: resilience to life stress (allostasis, plasticity and adaptation across body systems) and resilience to cognitive decline (cognitive reserve, brain maintenance and mechanisms relevant to dementia risk).
The program will combine a 1-day Scientific Symposium with internationally leading invited speakers alongside talks from the EPFL community. This symposium will be followed by an early-evening roundtable intended to engage the broader campus community, including colleagues from the University of Lausanne and beyond â## this roundtable will be part of the 2026 EPFL Jours SantÃ© program. Students will be required to summarize the meeting, in particular one talk of their choice, in order to obtain their credit point.

- *Students must sign in each day to confirm their attendance at the sessions*
- *They must write a brief summary (between one-third and half a page) followed by a question they would ask the speaker for at least half of the presentations each day. They can send them as PDF document to me aurelie.lattion@epfl.ch after the meeting*

Learning Outcomes

By the end of the course, the student must be able to:

- understand the different approaches to study brain resilience against the backdrop of stress and in the face of cognitive decline

Resources

Websites

- https://www.epfl.ch/research/domains/synapsy-research-center/synapsy-symposiumoctober-7-2026/building-brain-resilience-from-stress-adaptation-to-cognitive-agingsymposium/

Moodle Link

- https://go.epfl.ch/BIO-633