

Déjà vu?



1. What's déjà vu?

Have you ever walked into a room, heard a sentence, or seen a scene and suddenly felt like you've lived that exact moment before, even though you know you haven't?

The strange feeling is called “**déjà vu**”, a French phrase meaning “already seen.” It's not supernatural or you have a super power, it's a temporary glitch in how the brain processes memories.

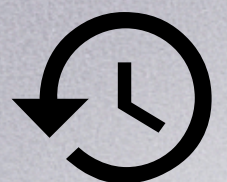
2. Why does it happen? (multiple hypothesizes)

- A Timing Error

Déjà vu happens when the brain processes the same information twice, with a very small delay between the two signal:

- The first signal is processed normally
- The second signal arrives slightly late
- The brain mistakes the second signal for a memory

As a result, the brain thinks the experience has already happened, even though it is happening for the first time.



• Familiarity Without a Clear Memory

Another explanation involves two different brain systems:

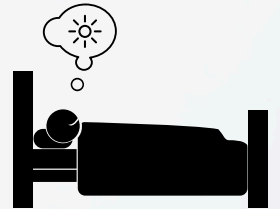
- One that detects familiarity
- Another that recalls specific memories

During déjà vu, the familiarity system may activate on its own, without the memory system providing details. This causes a strong feeling that something is familiar, but with no memory to explain why—creating confusion and discomfort.

• Similar Past Experiences or Dreams

Sometimes, a current situation may closely resemble something you experienced in the past which was forgotten or even something you dreamed about.

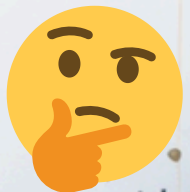
- A room may have a similar layout
- A conversation may sound familiar
- A situation may remind you of a previous experience



Your brain connects these similarities so strongly that it mistakenly believes the entire moment has already happened.

• Collective unconscious

All people have a shared pool of knowledge that has been passed down through generations and we can unconsciously access this knowledge. We can access shared knowledge déjà vu could be an effect of recognising one of the collectively stored patterns.



RELATED TERMS

Déjà vécu

Déjà vécu is an intense, but false, feeling of having already lived through the present situation. Recently, it has been considered a pathological form of déjà vu. However, unlike déjà vu, déjà vécu has behavioral consequences. Patients with déjà vécu often cannot tell that this feeling of familiarity is not real.

Jamais vu

Jamais vu is any familiar situation which is not recognized by the observer. (e.g. suddenly forgetting how to spell a familiar word)

3. Who will experience Déjà Vu?

Déjà Vu is extremely common (around 60%-80% people experience at least once in their lifetime) :

- **Teenagers** and **young adults** experience it more frequently
- Often happens during **busy or stressful** periods
- **Lack of sleep and extreme fatigue** can trigger or increase the frequency of déjà vu

However, it becomes less common as people get older since younger brains are more active in forming and organising memories which may increase the chance of small processing errors which leads to déjà vu.

4. How can we lower the chance of getting Déjà Vu?



- **Get enough of sleep**

Lack of sleep affects how the brain processes information and forms memories

Get 7-9 hours of sleep to help the brain organised memories correctly

- **Reduce stress and anxiety**

Stress causes brain to release chemicals that affect attention and memory

You may try practices such as exercise relaxation deep breathing and taking breaks to help bring activity balanced

- **Stay mentally focused**

Daydreaming and multitasking can interrupt brain processing
We should stay present and reduce distractions to the brain process experiences only once

Monthly Question



If you can answer all the Question correctly,
you will receive a small gift!

Deadline: 9/2/2025

December Quiz Answer

Q1: D Q2: D Q3: D Q4: C Q5: D

Relaxing Zone



		6	3		4		5
3						1	9
4				8	9		6
	2				7	9	5
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6	5	2	7	4	1	3	8
6	4	7	8	3	6	5	1
8	1	3	9	2	5	4	7
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5	6	4	1	9	3	8	2
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3	8	5	6	7	2	1	9
2	9	6	3	1	4	7	5

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