

# Predicting future learning from baseline network architecture

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## 13 **Abstract**

14 Human behavior and cognition result from a complex pattern of interactions between brain regions. The flexible  
15 reconfiguration of these patterns enables behavioral adaptation, such as the acquisition of a new motor skill. Yet, the  
16 degree to which these reconfigurations depend on the brain's baseline sensorimotor integration is far from understood.  
17 Here, we asked whether spontaneous fluctuations in sensorimotor networks at baseline were predictive of individual  
18 differences in future learning. We collected functional MRI data from 22 participants prior to six weeks of training  
19 on a new motor skill. We found that visual-motor connectivity was inversely related to learning rate: sensorimotor  
20 autonomy at baseline corresponded to faster learning in the future. Using three additional scans, we found that  
21 visual-motor connectivity at baseline is a relatively stable individual trait. These results demonstrate that individual  
22 differences in motor skill learning can be reliably predicted from sensorimotor autonomy at baseline prior to task  
23 execution.

## 24 Introduction

25 Adaptive biological systems display a common architectural feature that facilitates evolvability [1, 2, 3]. That feature  
26 is modularity, or near-decomposability [4], in which the system is composed of small subsystems (or modules) that each  
27 perform near-unique functions. This compartmentalization reduces the constraints on any single module, enabling  
28 it to adapt to evolving external demands relatively independently [2, 5, 6]. These principles relating modularity to  
29 adaptivity are evident across the animal kingdom, offering insights into phenomena as diverse as the developmental  
30 program of beak morphology in Darwin’s finches [7] and the heterochrony of the skeletal components of the mammalian  
31 skull [8].

32 While an intuitive concept in organismal evolution, where genetic programs drive dynamics over long time scales, it  
33 is less clear how modularity might confer functional adaptability in neural systems whose computations are inherently  
34 transient and fleeting. To gain conceptual clarity, we consider synchronization: a foundational neural computation that  
35 facilitates communication across distributed neural units [9, 10]. Recent evidence from the field of statistical physics  
36 demonstrates that synchronization of a dynamical system is directly dependent on the heterogeneity of the associations  
37 between units [11]. Specifically, in systems where units with oscillatory dynamics are coupled in local modules, each  
38 module can synchronize separately [12], offering the potential for unique functionality and independent adaptability.  
39 These theoretical observations become intuitive when we consider *graphs*: visual representations composed of nodes  
40 that represent oscillators and edges that represent coupling between oscillators (Fig. 1a). Modules that are densely  
41 interconnected will tend to become synchronized with one another, and each module will therefore be unable to  
42 adapt its dynamics separately from the other module [12]. This highly constrained state decreases the potential for  
43 adaptability to incoming stimuli in a changing environment. Conversely, modules that are sparsely interconnected  
44 with one another will maintain the potential for adaptive, near-independent dynamics.

45 Given these theoretical observations in oscillator networks, we hypothesize that human brains display a modular  
46 architecture for the explicit purpose of facilitating behavioral adaptability [13, 14]. Such a hypothesis is bolstered  
47 by evidence that neuronal cell distributions evolve differently in regions of the brain that code for simpler reflexive  
48 *versus* more complex adaptive functions [15]. The hypothesis also has specific implications for individual differences  
49 in cognitive ability across humans. Specifically, we expect that individuals that display greater modularity, or sparser  
50 connectivity, between neural units critical for task performance would also display more behavioral adaptability in  
51 the face of novel task demands [16, 17, 18] (Fig. 1b).

52 To test these hypotheses, we study a cohort of healthy adult human subjects who learn a new motor skill from  
53 visual cues over the course of 6 weeks (Fig. 1c). We acquire resting state fMRI data from each participant prior to  
54 task practice and model these data as whole-brain functional networks, where regions of the brain are represented as  
55 network nodes and statistical similarities, or synchronization, in regional activity are represented as network edges  
56 [19]. We extract the average activity in visual and motor regions that have previously been identified as key to evolving  
57 performance in this specific motor task [18], and quantify the functional integration between these two systems as  
58 the linear correlation between the two signals. We quantify motor skill learning as the reduction in the time required

59 to correctly execute a ten-element motor sequence, measured over the course of over 2000 trials per participant. We  
60 hypothesize that individuals who display a greater functional separation, or greater modularity, between motor and  
61 visual modules at rest are poised for enhanced adaptability, and therefore will learn faster over the 6 weeks of practice  
62 than individuals who display less functional separation between these modules. Further, we ask whether this baseline  
63 segregation between modules is a *trait* of an individual, consistently expressed over multiple scanning sessions, or a  
64 *state* of an individual, and therefore potentially vulnerable to external manipulation or internal self-regulation. The  
65 answers to these questions have direct implications for predicting and manipulating a human's ability to adapt its  
66 behavior — or learn — in the future.

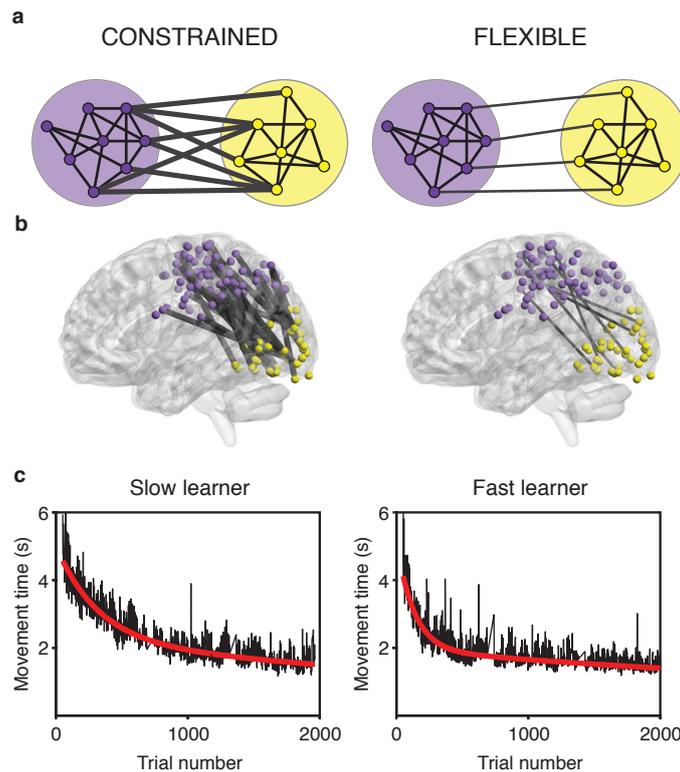


Figure 1: **Network dynamics constrain adaptive learning behavior.** (a) The degree of connectivity between two modules imposes constraints on the types of dynamics that are possible. Lower degrees of statistical dependence between the activity in two modules allow for greater flexibility in their dynamics. (b) Learning a new motor skill — a sequence of finger movements — induces a progressive change in the connectivity between visual and somato-motor cortices [18]. We hypothesize that individuals who display a greater functional separation, or greater modularity, between motor and visual modules at rest are poised for enhanced adaptability, and therefore will learn faster over the 6 weeks of practice than individuals who display less functional separation between these modules. (c) Time in seconds required to correctly perform each sequence of finger movements (here referred to as *movement time*) for two example human subjects over 6 weeks of training. We observe an exponential decay in the trial-by-trial movement times for all participants (black lines), indicating that learning is occurring. The exponential drop-off parameter of a two-term exponential fit (red line) quantifies how rapidly each participant learned. Left and right panels illustrate the fits for an example slow and fast learner, respectively.

## 67 Results

### 68 Behavioral markers of learning

69 Participants practiced a set of ten-element motor sequences in a discrete sequence-production (DSP) paradigm  
70 (Fig. S1). Training occurred over the course of 30 or more behavioral training sessions, spanning approximately  
71 42 days (Fig. S2). The time required to correctly perform each sequence (movement time) decayed exponentially over  
72 time, and the rate of this decay displayed remarkable individual variability (Fig. 1c, S5). To quantify this feature of be-  
73 havior, we defined the *learning rate* as the exponential drop-off parameter of the movement times, collated from home  
74 training sessions over the course of the entire experiment and averaged between two extensively practiced sequences  
75 (EXT sequences; see Methods) [18]. The learning rate – which quantifies how rapidly each participant converges to  
76 their own optimal performance – varied between  $2.7 \times 10^{-3}$  and  $8.0 \times 10^{-3}$  trial<sup>-1</sup> ( $M = 5.2 \times 10^{-3}$ ,  $SD = 1.6 \times 10^{-3}$   
77 trial<sup>-1</sup>). This indicates that the fastest learner converged to relatively steady performance approximately three times  
78 faster than the slowest learner (Fig. 1c).

### 79 Sensorimotor initialization predicts future learning

80 Next, we asked whether a modular architecture during resting state – an important correlate of underlying structural  
81 connectivity [20, 21] and a marker of prior experience [22, 23, 24] – is predictive of behavioral adaptability. More  
82 specifically, we hypothesized that functional connections previously shown to change during the learning process [18]  
83 would, at baseline, explain individual variability in future learning rate.

84 To test this hypothesis, we measured spontaneous fluctuations in BOLD activity while participants underwent  
85 functional magnetic resonance imaging (fMRI), immediately prior to the initial task practice session. Our goal was  
86 to use these data to assess individual differences in the baseline strength of functional connections that displayed  
87 significant changes during task performance. We defined two modules and corresponding connections of interest  
88 (COI) based on task-based fMRI data from the same cohort. These two sets of regions, identified in prior work in a  
89 data-driven way [18], broadly corresponded to (i) early visual cortex (which has been referred to as the *visual module*;  
90 Fig. 2a) and (ii) primary and secondary somato-motor regions (*somato-motor module*; Fig. 2a). The two modules  
91 show significantly different time courses of blood oxygenation level-dependent (BOLD) activation during task practice,  
92 and become increasingly autonomous as a result of visuo-motor learning [18] (Table 1 shows region labels associated  
93 with the two modules). In order to verify whether these modules identified from task-based data were also effective  
94 modules at rest, we calculated the modularity quality of this partition during resting state (equation (2) in Methods).  
95 The value obtained for this partition was larger than the modularity calculated for all 10,000 partitions of equal size  
96 with randomly permuted regions ( $P < 0.0001$ ), confirming that these sets of regions are also effective modules at rest.

97 We then asked whether gross interactions between these two modules at baseline were predictive of future learning  
98 rate. We extracted the average resting state time series across all regions from the visual module and across all  
99 regions from the motor module. We computed the Pearson correlation coefficient between these two time series, and

100 applied a Fisher  $r$ -to- $z$  transformation. We refer to this  $z$ -value as the *visual-motor connectivity*. We observed that  
101 individual differences in visual-motor connectivity in the resting state prior to any task practice predicted participant’s  
102 future learning rate as estimated from the following 6 weeks of practice (Spearman’s rank correlation:  $\rho = -0.7158$ ,  
103  $P = 0.0008$ ; Fig. 2b). These results suggest that baseline visual-motor connectivity can be thought of as a sensorimotor  
104 initialization parameter that constrains adaptive learning behavior.

105 The relationship between resting visual-motor connectivity and future behavior was highly specific to learning  
106 rate, being unrelated to error rates, reaction time, or other parameters of the fitted movement time *versus* trials-  
107 practiced curve (Fig. S8). Moreover, the relationship remained significant even after regressing out the effect of  
108 initial performance (Spearman’s rank correlation:  $\rho = -0.7175$ ,  $P = 0.0008$ ); after regressing out the effect of final  
109 performance (Spearman’s rank correlation:  $\rho = -0.5596$ ,  $P = 0.0141$ ); or after regressing out the effects of both initial  
110 and final performances (Spearman’s rank correlation:  $\rho = -0.5632$ ,  $P = 0.0135$ ). Therefore, baseline visual-motor  
111 connectivity is specifically related to the rate of decay of movement time (*learning rate*).

Visual module	Somato-motor module
Left/Right intracalcarine cortex	Left/Right precentral gyrus
Left/Right cuneus cortex	Left/Right postcentral gyrus
Left/Right lingual gyrus	Left/Right superior parietal lobule
Left/Right supracalcarine cortex	Left/Right supramarginal gyrus, anterior
Left/Right occipital pole	Left/Right supplementary motor area
	Left parietal operculum cortex
	Right supramarginal gyrus, posterior

Table 1: Brain areas in visual and somato-motor modules.

## 112 Regional specificity of predictor

113 We then asked whether the predictive relationship between visual-motor connectivity and learning rate was regionally  
114 and behaviorally specific. Using a permutation procedure, we found that visual-motor connectivity was significantly  
115 more predictive of learning rate than connectivity between a randomized visual module and a randomized motor  
116 module ( $P = 0.00006$ ; randomized modules are composed of random draws of brain regions — without replacement  
117 — of the same size as the real modules).

118 Having established that baseline functional connectivity between broadly defined visual and somato-motor areas  
119 predicts individual differences in future learning rate, we next explored which specific subregions — or functional  
120 connections — within visual and somato-motor areas might be most responsible for driving this effect. Using a  
121 surface-based parcellation in standard atlas space [25], we observed a general trend for negative correlations between  
122 visual-motor connectivity and learning rate, as evident from the predominantly blue color in Fig. 3a (Spearman’s  
123 rank correlation between visual-motor connectivity and learning rate, using broad visual and somato-motor regions  
124 of interest from a surface-based parcellation, was:  $\rho = -0.5596$ ,  $P = 0.0141$ ). This indicates that the broader  
125 regions selected in surface space still retain the overall properties of the volumetric parcellation. To test whether  
126 some functional connections were significantly more correlated with learning rate than others, we used a bootstrap

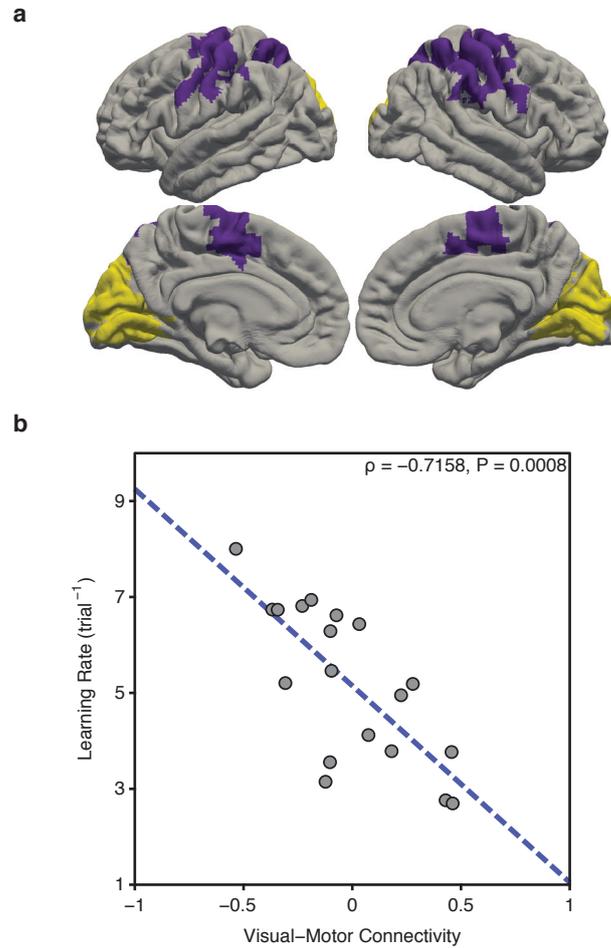


Figure 2: **Baseline Visual-Motor Connectivity Predicts Future Learning Rate.** (a) Visual module (yellow) and somato-motor module (purple), identified by time-resolved clustering methods applied to BOLD activity acquired during execution of motor sequences [18]. The modules were defined in a data-driven manner and correspond broadly but not exactly to putative visual and somato-motor modules. (b) Functional connectivity between visual and somato-motor modules, estimated at rest and prior to learning, reliably predicts individual differences in future learning rate. We define the learning rate as the exponential drop-off parameter of the participant's movement time as a function of trials practiced, and we define functional connectivity as the Fisher *r*-to-*z* transformation of the Pearson correlation coefficient between regional average BOLD time series.

127 procedure with 10,000 subject samples with replacement to derive the sampling distribution of each correlation  
 128 value in Fig. 3a. We observed that individual differences in future learning rate were most strongly predicted by  
 129 functional connectivity between the premotor area adjacent to the right superior precentral sulcus and early-visual  
 130 areas adjacent to the calcarine sulcus in both hemispheres (Left calcarine sulcus to right superior precentral sulcus:  
 131 Spearman's  $\rho = -0.8211$ , bootstrap:  $M = -0.7935$ , 95%  $CI = [-0.9365, -0.5434]$ ; Right calcarine sulcus to right  
 132 superior precentral sulcus: Spearman's  $\rho = -0.8228$ , bootstrap:  $M = -0.7904$ , 95%  $CI = [-0.9043, -0.6060]$ ;  
 133 Fig. 3b,c). Across all bootstrap samples, these two values were larger than 98% of the others, demonstrating that  
 134 these connections are robustly more correlated with learning rate than other visual-motor connections.

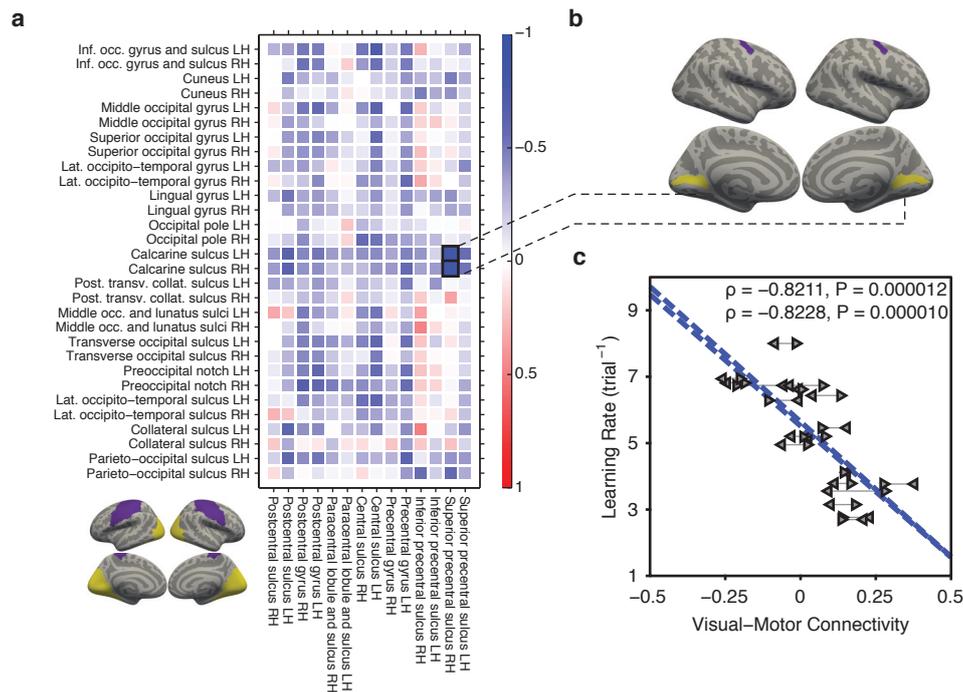


Figure 3: **Learning rate is best predicted by connectivity between early visual and dorsal premotor areas.** (a) Using a surface-based annotation encompassing broadly defined visual and somato-motor areas (inset in lower left), we calculated the correlation between learning rate and the functional connectivity between each pair of subregions (negative correlations are represented in blue; positive correlations are represented in red). Learning rate was best predicted by connectivity between early-visual areas adjacent to the calcarine sulcus in both hemispheres and the dorsal premotor area adjacent to the right superior precentral sulcus. (b) Regions whose connectivity were found to have highest correlation with learning rates. *Left*: Left calcarine sulcus (yellow) and right superior precentral sulcus (purple). *Right*: Right calcarine sulcus (yellow) and right superior precentral sulcus (purple). (c) Functional connectivity between left calcarine sulcus and right superior precentral sulcus significantly predicted individual differences in future learning rate ( $\rho = -0.8211$ , adjusted  $P = 0.0051$ ; data points are indicated by left pointing triangles). Similarly, functional connectivity between right calcarine sulcus and right superior precentral sulcus significantly predicted learning rate ( $\rho = -0.8228$ , adjusted  $P = 0.0042$ ; data points are indicated by right pointing triangles). P-values adjusted with Bonferroni correction at  $\alpha = 0.05$ .

### 135 Sensorimotor initialization *versus* online control

136 The results described in the previous sections offer a parsimonious and simple explanation for individual differences in  
 137 motor skill acquisition: namely that sensorimotor initialization constrains the flexible brain reconfiguration required  
 138 for successful learning. Yet, such an explanation does not address the known role of higher-order cognitive processes

139 in sequence learning. Indeed, prior evidence suggests a critical role for online cognitive control – and its dynamic  
140 release [18] – during learning [26, 27] as well as adaptive behavior in general [28, 29]. Key control areas observed in  
141 motor skill learning include prefrontal cortex [26], anterior cingulate [18], and basal ganglia [30]. Are cognitive control  
142 processes only required *during* task performance, or can individual differences at baseline predict future learning?

143 To address this question, we focused on a circuit of interest identified in a data-driven manner from BOLD data  
144 collected as participants performed the task inside the scanner, composed of connections whose change in module  
145 allegiance throughout learning significantly correlates with individual differences in learning rate [18] (see Methods).  
146 This circuit is largely composed of connections between regions in the frontal cortex, anterior cingulate and basal  
147 ganglia including the nucleus accumbens and putamen (Fig. 4a). We observed that individual differences in the mean  
148 *baseline* strength of functional connections in the circuit of interest was not significantly correlated with future learning  
149 rate (Spearman’s  $\rho = -0.3965$ ,  $P = 0.0939$ , Fig. 4b). These results indicate that, while cognitive control is a critical  
150 driver of learning during task performance, baseline connectivity in this circuit of interest is statistically unrelated to  
151 future learning.

## 152 **Sensorimotor initialization: A state or a trait?**

153 Given the predictive nature of baseline visual-motor connectivity, one might wish to know whether this baseline varies  
154 from day to day, thereby playing the role of an online initialization system, or whether it remains relatively stable  
155 over the course of the 6-week experiment. That is, are we measuring a network property related to learning that  
156 varies from session to session (over the course of hours to days) or is this a consistent relationship over the entire  
157 experiment, indicative of a trait effect? The answer to this question could offer much needed insight into the potential  
158 neurophysiological mechanisms underlying the observed relationship between baseline connectivity and learning: for  
159 example, from stable trait markers of structure [20, 21] or prior experience [22, 23, 24] to dynamic state markers of  
160 arousal [31].

161 To address this question, we measured spontaneous BOLD fluctuations in each of four resting state sessions  
162 conducted immediately prior to task execution and separated by 1.5–2 weeks over the 6 week training period. We  
163 calculated visual-motor connectivity and assessed the degree of inter-scan consistency using a random effects intraclass  
164 correlation coefficient, which we observed to be  $ICC(C, 1) = 0.2395$  ( $P = 0.0110$ ; Fig. 5a). These results indicate that  
165 approximately 24% of the observed variance in visual-motor connectivity was accounted for by differences between  
166 subjects (a *trait* marker), while 76% of the observed variance was accounted for by differences within subjects (which  
167 can include both measurement error and a potential *state* marker), varying from session to session. Importantly, there  
168 was no significant trend in the evolution of visual-motor connectivity across sessions (one-way analysis of variance,  
169  $F(3, 72) = 1.1624$ ,  $P = 0.3301$ ).

170 How does the trait *versus* state nature of visual-motor connectivity impact prediction accuracy? We explicitly  
171 estimated the stable trait component by averaging an individual’s visual-motor connectivity values over all four  
172 scanning sessions, and we observed that this trait component significantly predicts learning rate over the 6 weeks of

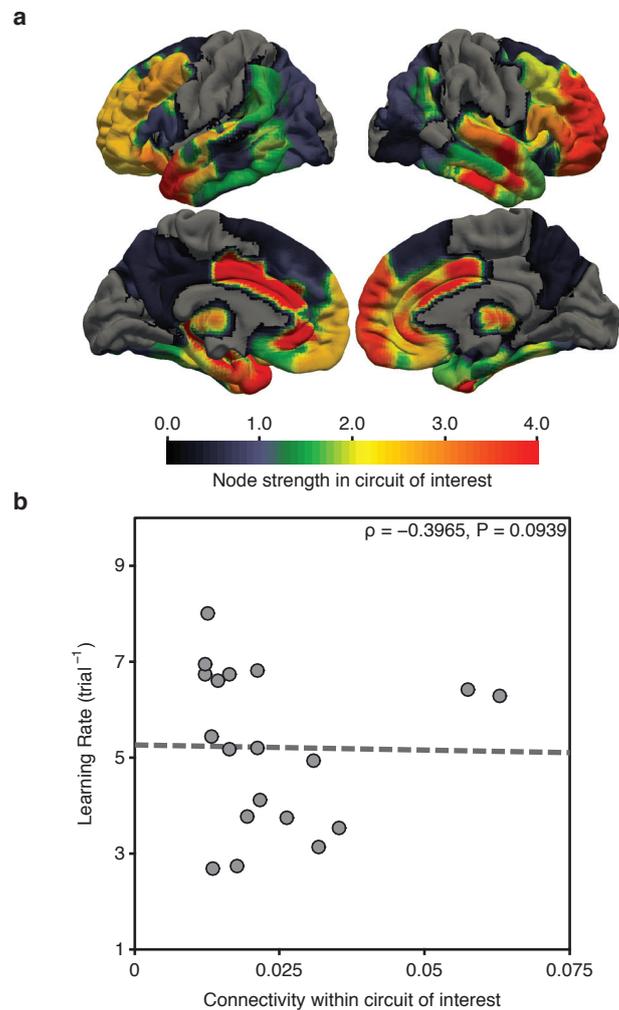


Figure 4: **Mean baseline connectivity within cognitive control areas does not correlate significantly with learning rate.** (a) Mean strength of areas from the circuit of interest, identified as the set of connections whose modulation over the course of the training period were significantly correlated ( $p < 0.05$ , uncorrected) with individual differences in learning rate [18]. This circuit largely corresponds to cognitive control areas, including regions in the frontal cortex, anterior cingulate and basal ganglia. (b) Mean baseline connectivity in connections from the circuit of interest prior to learning do not significantly correlate with individual differences in learning rate (Spearman's  $\rho = -0.3965$ ,  $P = 0.0939$ ; Pearson's  $r = -0.0191$ ,  $P = 0.9381$ ). A robust regression (using iteratively reweighted least squares with a bisquare weighting function) also indicated that the relationship was not significant ( $P = 0.9484$ ), suggesting that the lack of correlation was not solely driven by outliers.

173 training (Spearman's  $\rho = -0.5228$ ,  $P = 0.0233$ ; Fig. 5b). Yet, there is clearly additional variance that is not explained  
174 by this trait component, as evidenced by session-to-session variability in visual-motor connectivity (Fig. 5a, S7).

175 To assess the potential predictive role of state dependent components of visual-motor connectivity, we asked  
176 whether visual-motor connectivity estimated from a single baseline scan predicts learning rate in a temporally adjacent  
177 training session more so than in temporally distant training sessions. Because of its exponentially decaying profile,  
178 learning rate is more robustly estimated early in training (see Fig. S9 for a demonstration). Therefore, we estimated  
179 a session-specific learning rate from movement times of minimally trained sequences. These trials were performed  
180 during scan sessions, in runs immediately following the resting state scans. While the individual correlations between  
181 session-specific learning rate and session-specific visual-motor connectivity were not statistically significant, their  
182 average ( $\bar{\rho} = -0.29543$ ) was the largest of all possible pairings of resting state scans and task execution sessions (24  
183 permutations,  $P = 0.0400$ ). Importantly, the same result was obtained when the trait component was regressed out  
184 from the visual-motor connectivity at each session, indicating that the state component of visual-motor connectivity  
185 has a high temporal specificity. These results demonstrate that visual-motor connectivity contains both a trait and a  
186 state component, the former predicting a stable task aptitude and the latter predicting temporally-specific measures  
187 of learning.

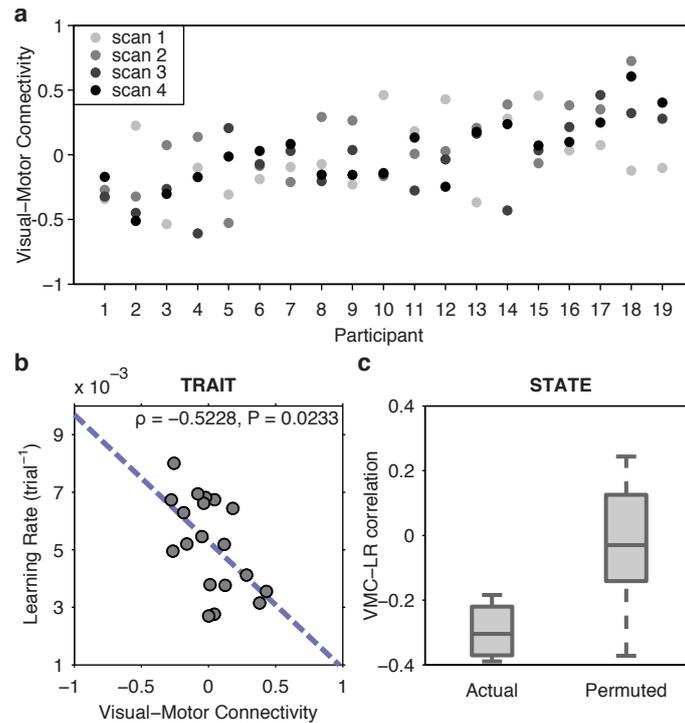


Figure 5: **Visual-motor connectivity as a trait and as a state.** (a) Between-session variability of visual-motor connectivity. For each participant, dots represent visual-motor connectivity measured at each of four resting state scans conducted immediately prior to task execution. Despite large variability between sessions, approximately 24% of the observed visual-motor connectivity variance was accounted for by a trait marker, representing between-subject variability. (b) By definition, the trait marker is the component of visual-motor connectivity that remains stable across time, with the variability from session to session here termed the *state* component. The average visual-motor connectivity across all four sessions, an estimator of the trait component of visual-motor connectivity, significantly predicted overall learning rate ( $\rho = -0.5228, P = 0.0233$ ). (c) *Left*: Spearman's correlation coefficients between session-specific learning rate, estimated from trials performed inside the scanner immediately following resting state scans, and session-specific visual-motor connectivity. *Right*: Spearman's correlation coefficients for all 24 permutations of resting state scans to task sessions, between visual-motor connectivity and session-specific learning rates. The actual pairing of resting state scans to task sessions had the strongest average correlation from all possible pairings ( $P = 0.0400$ ), indicating that the state component of visual-motor connectivity has a high temporal specificity.

## 188 Discussion

189 While an understanding of many higher-level cognitive functions requires one to study the brain during effortful  
190 thought [32], some basic organizational principles and constraints can be observed while the brain idles at baseline.  
191 Consistent evidence from multiple imaging modalities and subject cohorts demonstrate that the brain's resting baseline  
192 is characterized by a modular [33, 14, 34], or near-decomposable nature [4], and that these modules are composed  
193 of brain regions that tend to perform similar cognitive functions [35, 36, 37, 38]. Yet, how this modular architecture  
194 supports the sequential and dynamic integration of the many high-level cognitive functions required during motor skill  
195 learning remains far from understood [39]. Here we observe that individuals who display lower values of correlation  
196 between their resting baseline activity in motor and visual regions learn faster in the following 6 weeks of task  
197 practice. That is: more modular architecture at rest is beneficial for learning in the future. This result complements  
198 both empirical and theoretical lines of inquiry recently demonstrating that modular architecture confers robustness  
199 as well as evolvability simultaneously [40], helps organisms evolve new skills without forgetting old skills [41], and –  
200 in the motor-visual systems – increases as learning occurs [18].

201 **The Benefits of Independence.** While the baseline separation between entire motor and visual modules was  
202 predictive of individual differences in future learning behavior over 6 weeks of task practice, we also observed that  
203 the regional associations that drove this prediction most were the functional connections between the contralateral  
204 superior precentral sulcus and the bilateral calcarine sulcus. In classical models of motor processing and control, the  
205 superior precentral sulcus is thought of as the dorsal premotor area [42], and activation in this area is related to the  
206 performance of visuomotor hand/arm conditional responses [43]. It is well known that this region plays a central role  
207 in mapping visual cues to spatial motor responses in both human and non-human primates [44, 45, 46, 47, 48]. Given  
208 this specific role in motor-visual integration, it is interesting that individuals with the weakest baseline connections  
209 between this area and early visual cortices learn the fastest. One simple interpretation of these findings builds on the  
210 notion that the learning process is one in which the task of the brain is to develop direct motor-motor associations  
211 [49, 50]: each finger movement directly triggers the next, without the need for visual cues. Individuals with low  
212 connectivity between dorsal premotor and visual areas – and therefore more independence or autonomy of visual and  
213 motor processes [18] – are able to develop motor-motor associations faster.

214 Such an explanation suggests the presence of a broader competitive process that may play a role in other cognitive  
215 tasks: individuals that display greater integration between cognitive processes at rest may be less able to disengage  
216 such processes from one another during task execution. This hypothesis is indeed supported by preliminary evidence in  
217 both healthy and clinical cohorts. For example, in healthy adult subjects, increased modularity (decreased integration)  
218 of resting state functional connectivity networks has been shown to be positively correlated with improvement in  
219 attention and executive function after cognitive training [51]. Similarly, individuals with greater negative correlation  
220 between default mode and working memory networks exhibited better behavioural performance on a working memory  
221 task [52]. Conversely, in subcortical vascular mild cognitive impairment, increased integration between modules in the

222 inferior and superior parietal gyrus at rest has been shown to be associated with impaired cognitive performance [53].  
223 Finally, such a broad competitive process is supported by recent work in normative neurodevelopment showing that  
224 individuals with weaker sensorimotor integration at rest tended to display better cognitive performance ( $N = 780$  in  
225 the Philadelphia Neurodevelopmental Cohort) [54].

226 **Drivers of Baseline Architecture.** A growing literature demonstrates the absolutely fundamental role of base-  
227 line network architecture in explaining individual differences in cognition and behavior. The strength of individual  
228 functional connections, or larger sets of connections, have been observed to correlate with individual differences in IQ  
229 [55], visual orientation discrimination [56], working memory [52, 57], color knowledge [58], auditory stimulus detection  
230 [59], pursuit rotor performance [60], and the ability to learn foreign sounds [61] and probabilistic regularities [62]. Yet,  
231 it is unclear what neurophysiological or developmental factors drive these individual differences at baseline.

232 Current theories of resting state drivers can be summarized along two key dimensions: genetically-encoded struc-  
233 ture, and prior or current experience. First, resting state functional connectivity is related to some degree to underlying  
234 large-scale structural connectivity as estimated by white matter tractography [20, 63, 64, 21, 65]: two brain areas  
235 that are connected by a large number of white matter streamlines also tend to display strong correlations in their  
236 resting BOLD activity. These structural patterns may form a constraint on resting state dynamics, at least partially  
237 driven by the genetic codes underlying module formation [66]. Yet, structural connectivity can only be a partial  
238 explanation, as resting state functional connectivity varies appreciably over time scales in which structure remains  
239 constant [67, 68, 69, 70]. It will be interesting in future to determine whether structural differences among individuals  
240 might explain some of the predictive relationship between resting state functional connectivity and future learning  
241 behavior.

242 The second key driver of resting state functional connectivity is experience. Over short time scales, resting state  
243 patterns are altered for up to 20 minutes following task performance [71], being modulated by cognitive processes  
244 as diverse as short term memory [72] and visuomotor learning [73]. Moreover, resting state connectivity can be  
245 altered over longer time scales with cognitive training [51], mindfulness training [22, 74], progressive neurological  
246 disorders [75], and aging [76]. While recent and more distant experience can play a role, perhaps the more tantalizing  
247 observation is that a person's arousal state is also directly linked to their resting state functional connectivity [77].  
248 This finding is particularly interesting in light of our results from the state-trait analysis, which indicate that visuo-  
249 motor connectivity is more correlated with learning occurring in the immediately following trials than with trials  
250 performed in a different session. These state-dependent predictors of future learning are consistent with recent work  
251 demonstrating that arousal systems may directly regulate learning by coordinating activity in the locus coeruleus and  
252 anterior cingulate cortex [31]. Future work is necessary to determine the degree to which arousal state – as opposed  
253 to prior training – might manipulate the pattern of resting state connectivity, priming the system to optimally learn  
254 in the immediate future.

255 **Baseline Initializations vs. Transient, Online Control.** While cognitive control is a critical driver of learning  
256 during task performance [78, 26, 79, 18], we observe that baseline functional connections within this circuit do not  
257 significantly correlate with individual differences in future learning. This finding nuances our understanding of the  
258 relative importance of (i) baseline architecture, which represents the initialization of the brain, and (ii) task-elicited  
259 dynamics, which represents transient, online control. In combination with prior literature, our results suggest that  
260 the relative autonomy of sensorimotor systems at rest is followed by flexible alterations in the functional circuitry of  
261 cognitive control regions as the task is executed [18], strengthening the motor-motor associations that enable automatic  
262 performance [49, 50].

263 **Methodological Considerations.** There are several important methodological and conceptual considerations rel-  
264 evant to this work. First, while we use the term *modularity*, we do not mean the tradition notion of pure encapsulation  
265 of function as propounded by Fodor in his historic contribution to the field: “Modularity of Mind” [80]. Instead, we  
266 use the term as mathematically defined in [81] to mean separation or segregation without requiring complete indepen-  
267 dence. Second, it is important to determine the specificity of the findings. We note that the degree of connectivity  
268 between visual and somato-motor areas predict learning rate but not other metrics of task performance, and that this  
269 effect does not generalize to a cognitive control circuit defined *a priori* from task-based fMRI data collected while  
270 the same participants performed the DSP paradigm. Third, it is important to be clear about what the estimate of  
271 learning rate used here measures and what it does not measure. Critically, the learning rate is independent of initial  
272 performance, a measurement of experience on similar tasks, and is independent of final performance, a measurement  
273 of finger mechanics. Finally, in this work, we utilize large-scale non-invasive human recording of BOLD signals across  
274 cortical, subcortical, and cerebellar areas. It would be interesting in future to determine whether the sensorimotor  
275 autonomy that we describe here is related to competitive sensorimotor interactions reported at the neuronal level [82].

276 **Implications for Educational and Clinical Neuroscience.** We have shown that baseline visuo-motor connec-  
277 tivity is a strong predictor of learning rate specifically in a DSP paradigm, but it is possible that these results would  
278 generalize to other motor skills, or that baseline separation between relevant cognitive systems is, in general, beneficial  
279 for other classes of learning in perceptual, cognitive or semantic domains. Predicting individual differences in future  
280 learning has massive implications for neurorehabilitation (in those who are aging, injured or diseased) and neuroed-  
281 ucation (in children or older trainees). Predictors drawn from behavioral performance or from brain images acquired  
282 during behavioral performance necessarily have limited applicability in rehabilitation and education domains where  
283 subjects may be unable to perform the task, or be unable to lie still in a scanner during task performance. Predictors  
284 drawn from resting state scans offer the possibility for direct translation to the clinic and classroom. Moreover, our  
285 delineation of state and trait components of sensorimotor initialization predictors suggests the possibility of directly  
286 manipulating subject state, for example with non-invasive stimulation [26, 83], neurofeedback, or task priming [84] to  
287 enhance future performance, thereby optimizing rehabilitation or training.

## 288 **Methods**

### 289 **Participants**

290 Twenty-two right-handed participants (13 females and 9 males; mean age of 24 years) volunteered to participate in  
291 this study. All volunteers gave informed consent in writing, according to the guidelines of the Institutional Review  
292 Board of the University of California, Santa Barbara. Three participants were excluded: one failed to complete the  
293 experiment, one had excessive head motion, and one had a functional connectivity profile whose dissimilarity to those  
294 obtained from other participants was more than three standard deviations away from the mean, potentially due to  
295 sleep (Fig. S4). Therefore, the final cohort included 19 participants who all had normal or corrected vision and no  
296 history of neurological disease or psychiatric disorders.

### 297 **Experimental setup and procedure**

298 In a discrete sequence-production (DSP) task, participants practiced a set of ten-element motor sequences either  
299 on a laptop keyboard, responding to sequential visual stimuli using their right hand (Fig. S1). The visual display  
300 contained a horizontal array of five square stimuli, each corresponding to one finger. Mapped from left to right, the  
301 thumb corresponded to the leftmost stimulus and the smallest finger corresponded to the rightmost stimulus. The  
302 square corresponding to the current button press was highlighted in red, changing to the next square immediately  
303 following a correct button press. Only correct button presses advanced the sequence, and the time for completion was  
304 not limited. Participants were instructed to respond quickly and to maintain accuracy.

305 Six different ten-element sequences were used in the training protocol, with three possible levels of exposure: two  
306 sequences were extensively trained (EXT; 64 trials per session); two sequences were moderately trained (MOD; 10  
307 trials per session); and two sequences were minimally trained (MIN; 1 trial per session). The same sequences were  
308 practiced by all participants. In each sequence, each of the five possible stimulus location was presented twice and  
309 included neither immediate repetitions (e.g. “1-1”) nor regularities such as trills (e.g., “1-2-1”) or runs (e.g., “1-2-3”).  
310 A sequence-identity cue indicated, on each trial, what sequence the participant was meant to produce: EXT sequences  
311 were preceded by either a cyan (EXT-1) or a magenta (EXT-2) circle, MOD sequences were preceded by either a red  
312 (MOD-1) or a green (MOD-2) triangle, and MIN sequences were preceded by either an orange (MIN-1) or a white  
313 (MIN-2) star. No participant reported any difficulty viewing the identity cues. The number of error-free sequences  
314 produced and the mean time required to complete an error-free sequence was presented after every block of ten trials.  
315 See Fig. S3 for the number of trials performed for each sequence type.

316 Participants were scanned on the first day of the experiment (scan 1) and on three other occasions (scans 2–4)  
317 spaced approximately 1.5–2 weeks from one another. The entire experiment spanned approximately a 42-day period  
318 (Fig. S2). A minimum of ten home training sessions was completed in between any two successive scanning sessions,  
319 for a total of at least 30 home sessions. Home training sessions were performed on personal laptop computers using a  
320 training module installed by the experimenter.

321 Before the first scanning session, the experimenter provided a brief introduction to participants in which he  
322 explained the mapping between the fingers and the DSP stimuli, as well as the significance of the identity cues. Next,  
323 fMRI data was acquired as Subjects rested quietly in the scanner prior to any task performance. Finally, fMRI data  
324 was acquired as subjects performed a series of trials on the DSP task spread over five scan runs, using a 5-button  
325 button box with distances between keys similar to placement on a standard 15in laptop. Each scan run acquired during  
326 task performance contained 60 trials grouped in blocks of ten, and similarly to home training sessions, performance  
327 feedback was given at the end of every block. Each block contained trials belonging to a single exposure type (EXT,  
328 MOD or MIN), and included five trials for each of the two sequences. Therefore, an equal number of trials from each  
329 sequence was performed during scan sessions (50 trials per sequence, for a total of 300 trials per scan session; Fig. S3).  
330 Trial completion was indicated by a fixation cross, which remained on the screen until the onset of the next sequence  
331 identity cue (the intertrial interval varied between 0 and 6s).

332 Two sessions were abbreviated due to technical challenges. In each case when a scan was cut short, participants  
333 completed four out of the five scan runs for a given session. We included behavioral data from these abbreviated  
334 sessions in this study.

## 335 Behavioral apparatus

336 In home train sessions, stimuli were presented with Octave 3.2.4 and Psychtoolbox 3 [85] on each participants' laptop  
337 computer. During scanning sessions, stimuli were presented with MATLAB version 7.1 (Mathworks, Natick, MA) and  
338 Psychtoolbox 3 [85], backprojected onto a screen and viewed through a mirror. Key-presses and response times were  
339 collected using a custom fiber optic button box and transducer connected via a serial port (button box, HHSC-1 ×  
340 4-l; transducer, fORP932; Current Designs, Philadelphia, PA), with design similar to those found on typical laptops.  
341 For instance, the center-to-center spacing between the buttons on the top row was 20 mm (compared to 20 mm from  
342 “G” to “H” on a recent version of the MacBook Pro), and the spacing between the top row and lower left “thumb”  
343 button was 32 mm (compared to 37 mm from “G” to the spacebar on a MacBook Pro).

## 344 Behavioral estimates of learning

345 Consistent with convention, we defined the movement time ( $MT$ ) as the difference between the time of the first button  
346 press and the time of the last button press in a single sequence. We calculated  $MT$  for every sequence performed  
347 in home training sessions over the course of the 6 weeks of practice. Across all trials in home training sessions, the  
348 median movement time was, on average, 1.70 s (average minimum 1.03 s and average maximum 7.12 s), with an  
349 average standard deviation of 0.79 s. For each participant and each sequence, the movement times were fit with a  
350 two-term exponential model [86, 87] using robust outlier correction (using MATLAB's function “fit.m” in the Curve  
351 Fitting Toolbox with option “Robust” and type “LAR”), according to the equation (1).

$$MT = D_1 e^{t\kappa} + D_2 e^{t\lambda}, \quad (1)$$

352 where  $t$  is time,  $\kappa$  is the exponential drop-off parameter (which we refer to as the *learning rate*) used to describe  
353 the fast rate of improvement,  $\lambda$  is the exponential drop-off parameter used to describe the slow, sustained rate  
354 of improvement, and  $D_1$  and  $D_2$  are real and positive constants. The magnitude of  $\kappa$  indicates the steepness of  
355 the learning curve: curves with larger  $\kappa$  values decay more quickly than curves with smaller  $\kappa$  values. Therefore,  $\kappa$   
356 indicates the speed of learning independently of initial performance or performance ceiling. The decrease in movement  
357 times has been used to quantify learning for several decades [88, 89]. Several functional forms have been suggested for  
358 the fit of movement times [90, 91], and variants of an exponential are viewed as the most statistically robust choices  
359 [91]. Given the vastly superior number of practiced trials in EXT sequences (Fig. S3), we estimate the *learning rate*  
360 for each participant as the average  $\kappa$  between both EXT sequences, consistent with previous work [18].

361 In addition to movement time, we defined *error rate* as the number of incorrect button presses during the full  
362 execution of each sequence, and *reaction time* as the time between the onset of a trial and the first button press. We  
363 performed a linear fit on both of these additional measures and repeated our main analysis with both their intercept  
364 and slope terms (Fig. S8).

## 365 MRI Data collection

366 Magnetic resonance images were obtained at 3.0T on a Siemens Trio using a 12-channel phased-array head coil.  
367 T1-weighted structural images of the whole brain were collected from each subject (repetition time  $[TR] = 15.0ms$ ;  
368 time echo  $[TE] = 4.2ms$ ; flip angle:  $90^\circ$ ; 3D acquisition; field of view:  $256mm$ , slice thickness:  $0.89mm$ ;  $256 \times 256$   
369 acquisition matrix). Data from one resting state run (146 TRs), five experimental runs (variable number of TRs  
370 depending on how quickly the task was performed [18]), and a second resting state run (146 TRs) were acquired  
371 with a single-shot echo planar imaging sequence that was sensitive to BOLD contrast ( $[TR] = 2,000ms$ ; time echo  
372  $[TE] = 30ms$ ; flip angle:  $90^\circ$ ; field of view:  $192mm$ , slice thickness:  $3mm$  with  $0.5mm$  gap;  $64 \times 64$  acquisition matrix  
373 across 37 axial slices per TR).

## 374 MRI Data preprocessing

375 Cortical reconstruction and volumetric segmentation of the structural data was performed with the Freesurfer image  
376 analysis suite [92]. Preprocessing of the resting state fMRI data involved multiple steps: the first four volumes in  
377 each run were discarded to allow stabilization of longitudinal magnetization; sinc-interpolation in time was performed  
378 with AFNI's [93] 3dTshift to correct for the slice acquisition order; orientation of all images was changed to Right-  
379 Posterior-Inferior using AFNI's 3dresample; images were rigid-body motion corrected with AFNI's 3dvolreg by aligning  
380 all volumes with the mean volume (estimated with AFNI's 3dTstat) in each run; coregistration between structural  
381 and mean functional image was performed with Freesurfer's bbregister [94]; brain-extracted functional images were  
382 obtained by applying Freesurfer's brain mask on to images from each functional run using AFNI's 3dcalc; global  
383 intensity normalization was performed across all functional volumes using FSL's fslmaths [95] to ensure that all time  
384 series were in the same units; functional data was smoothed in surface space with an isotropic Gaussian kernel of

385 5-mm full width at half-maximum and in the volumetric space with an isotropic Gaussian kernel of 5-mm full width  
386 at half-maximum and, using Freesurfer's `mrisc_volsmooth`; intensity and motion outliers were detected using Artifact  
387 Detection Tools (ART) [96] and removed from time-series using a regression approach; the six motion parameters  
388 (three for translation and three for rotation) estimated with ART, as well as the temporal derivatives, quadratic  
389 terms, and temporal derivatives of the quadratic terms had also their contribution removed from the BOLD signal; non-  
390 neuronal sources of noise (white-matter and CSF signals) were estimated by averaging signals within masks obtained  
391 with Freesurfer segmentation tools and by identifying voxel time series with high temporal standard deviations, and  
392 removed using the anatomical (aCompCor) and temporal CompCor (tCompCor) methods [97]; finally, a temporal  
393 band-pass filter of 0.01 Hz to 0.1 Hz was applied using AFNI's 3dFourier. Global signal was not regressed out of voxel  
394 time series due to its controversial application to resting state fMRI data [98, 99, 100].

395 Using the above processing pipeline, we expect to have been able to correct for motion effects due to volume-to-  
396 volume fluctuations relative to the first volume in a scan run. After this motion-correction procedure, we observed no  
397 correlation between any of the six motion parameters (x-translation, y-translation, z-translation, roll, pitch and yaw,  
398 calculated for each run and training session) and visual-motor connectivity ( $P > 0.05$ ) across all scanning sessions.  
399 These results indicated that individual differences in motion were unlikely to drive the effects reported here.

## 400 Parcellation scheme

401 We used a volumetric-based parcellation scheme composed of 626 regions of interest (ROIs) that was formed by the  
402 combination of two separate atlases: (i) an AAL-derived 600-region atlas [63, 64], which subdivides the 90 AAL  
403 anatomical regions into regions of roughly similar size via a spatial bisection method, and (ii) a high-resolution  
404 probabilistic 26-region atlas of the cerebellum in the anatomical space defined by the MNI152 template, obtained  
405 from T1-weighted MRI scans (1-mm isotropic resolution) of 20 healthy young participants [95, 103] (note that this  
406 latter atlas is provided by SPM8). The combination of these two atlases provided a high-resolution, 626-region  
407 atlas of cortical, subcortical, and cerebellar regions. This volumetric atlas, which we call AAL-626 atlas, have been  
408 used previously [18]. The surface-based analyses used an automatic parcellation of human cortical gyri and sulci  
409 (Freesurfer's `aparc.a2009`) [25].

## 410 Functional Connectivity estimation

411 In previous work, analyses of the task data from the same experiment yielded two sets of ROIs from the AAL-  
412 626 atlas based on the high probability that its regions were assigned to the same functional community by time-  
413 resolved clustering methods [18]. These two sets of regions broadly corresponded to (i) early visual cortex (which has  
414 been referred to as the *visual module*; Fig. 2a) and (ii) primary and secondary somato-motor regions (*somato-motor*  
415 *module*; Fig. 2a). A list of region labels associated with the two modules is displayed in Table 1. We extracted  
416 the average resting state time series across regions from each of the functional modules, calculated their Spearman's  
417 rank correlation coefficient (a nonparametric measure of statistical dependence between two variables), and applied a

418 Fisher  $r$ -to- $z$  transformation. We refer to this  $z$ -value as the *visual-motor connectivity*.

419 Importantly, the removal of various signal components present throughout most of the brain (in particular by  
420 the tCompCor method) leads to a shift on the distribution of functional connectivity values, giving rise to negative  
421 correlations. We note that, while these approaches substantially improve the robustness of our results by eliminating  
422 physiological noise from the data [104], our results remain significant with a less stringent noise removal pipeline that  
423 does not shift the range correlation values (Fig. S6).

424 We confirmed that the modules identified from the task data were also modules at baseline by comparing the  
425 modularity quality [105] of the actual partition with the modularity quality of 10,000 permuted partitions. The  
426 modularity quality is given by equation (2):

$$Q = \frac{1}{4m} \sum_{ij} \left( A_{ij} - \frac{k_i k_j}{2m} \right) \delta(g_i, g_j), \quad (2)$$

427 where  $A_{ij}$  is the functional connectivity matrix including all visual and motor regions,  $k_i$  and  $k_j$  are the strength  
428 of nodes  $i$  and  $j$ ,  $m = \frac{1}{2} \sum_i k_i$  is the total strength in the network, and  $\delta(g_i, g_j) = 1$  if nodes  $i$  and  $j$  belong to  
429 the same module or  $\delta(g_i, g_j) = 0$  otherwise. We observed that the modularity quality of the actual partition into  
430 visual and motor modules was higher than the modularity quality of all 10,000 permuted partitions ( $p = 0.0001$ ),  
431 demonstrating that the separation of brain regions into motor and visual modules is an accurate representation of the  
432 network organization.

433 A similar approach was performed for the surface-based analysis, which aimed to identify which specific functional  
434 connections within visual and somato-motor areas were most correlated with learning rate. We used broadly defined  
435 visual and somato-motor regions of interest (ROIs) and examined the correlations between each visual-to-motor  
436 connection and learning rate. The visual ROI was defined as composed of the entire occipital lobe, parieto-occipital,  
437 and occipito-temporal areas (Fig. 3a), and the somato-motor ROI was defined as composed of precentral, paracentral  
438 and postcentral sulci and gyri, and central sulcus (Fig. 3a). After projecting the BOLD time-series from each voxel  
439 into surface vertices in subject native space, we extracted the average activity within each of the surface-based parcels  
440 and calculated the Fisher  $r$ -to- $z$  transformation of the Spearman's rank correlation coefficient between the activity in  
441 each region of the visual ROI and each region of the somato-motor ROI.

442 The fronto-cingulate cognitive control circuit of interest from Fig. 4a was defined from prior work [18], comprising  
443 data collected as participants performed the task inside the scanner and parcellated into 112 cortical and subcorti-  
444 cal regions using the Harvard-Oxford (HO) atlas of the FMRIB (Oxford Centre for Functional Magnetic Resonance  
445 Imaging of the Brain) Software Library [95, 103] (FSL; Version 4.1.1). The circuit was defined as the set of edges  
446 connecting non-visual and non-motor areas whose modulation in module allegiance over the 6-week period was sig-  
447 nificantly correlated with learning rate. It was composed of 180 functional connections distributed asymmetrically  
448 throughout the network, with few brain areas having most of the connections and most areas having only a few. We  
449 converted each connection of the circuit of interest from the HO atlas to the AAL-626 atlas by identifying the region

450 in AAL-626 with the largest volumetric overlap with each region of HO and connecting corresponding pairs of regions  
451 with the appropriate edge strength. A visualization of the sum of the weights of the edges emanating from each area  
452 in AAL-626 is illustrated in Fig. 4a.

### 453 **Measure of statistical relationship**

454 Spearman's rank correlation was chosen as a measure of statistical relationship between any two variables with  
455 different units. This nonparametric statistic measures the extent to which two variables are monotonically related  
456 without a requirement for linearity. To assess the relationship between two variables with the same units, Pearson  
457 product-moment correlation was used.

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657 **Supporting Information**

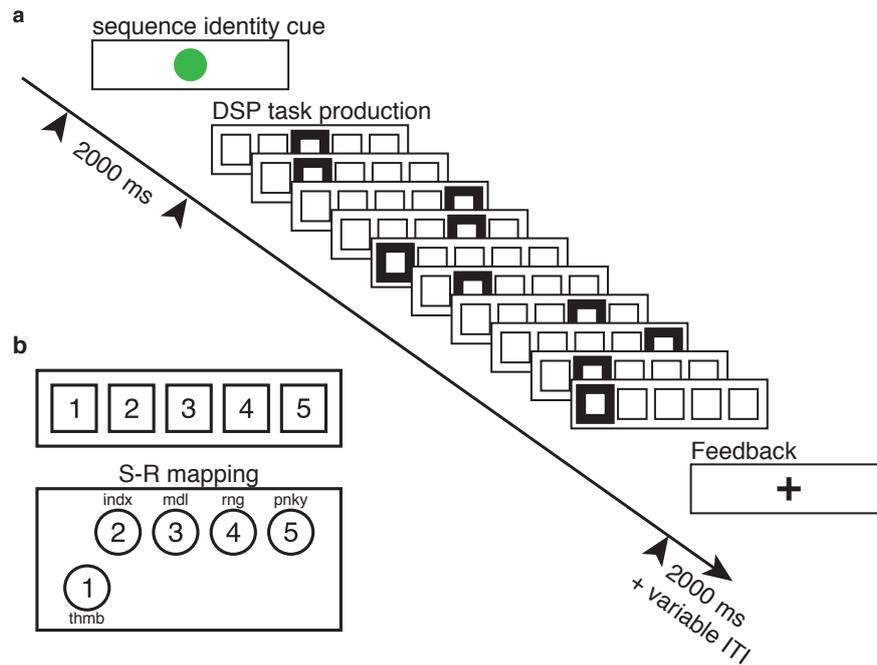


Figure S1: **Trial structure and stimulus-response mapping.**

(a) Each trial began with the presentation of a sequence-identity cue that remained on screen for 2 seconds. Each of the six trained sequences was paired with a unique identity cue. A discrete sequence-production (DSP) event structure was used to guide sequence production. The onset of the initial DSP stimulus (thick square, colored red in the task) served as the imperative to produce the sequence. A correct key press led to the immediate presentation of the next DSP stimulus (and so on) until the ten-element sequence was correctly executed. Participants received a + as feedback to signal that a sequence was completed and to wait (approximately 0–6 s) for the start of the next trial. This waiting period was called the intertrial interval (ITI). At any point, if an incorrect key was hit, a participant would receive an error signal (not shown in the figure), and the DSP sequence would pause until the correct response was received.

(b) There was direct stimulus-response mapping between a conventional keyboard or an MRI-compatible button box (lower left) and a participant's right hand, so that the leftmost DSP stimulus cued the thumb and the rightmost stimulus cued the pinky finger. Note that the button location for the thumb was positioned to the lower left for maximum comfort and ease of motion.

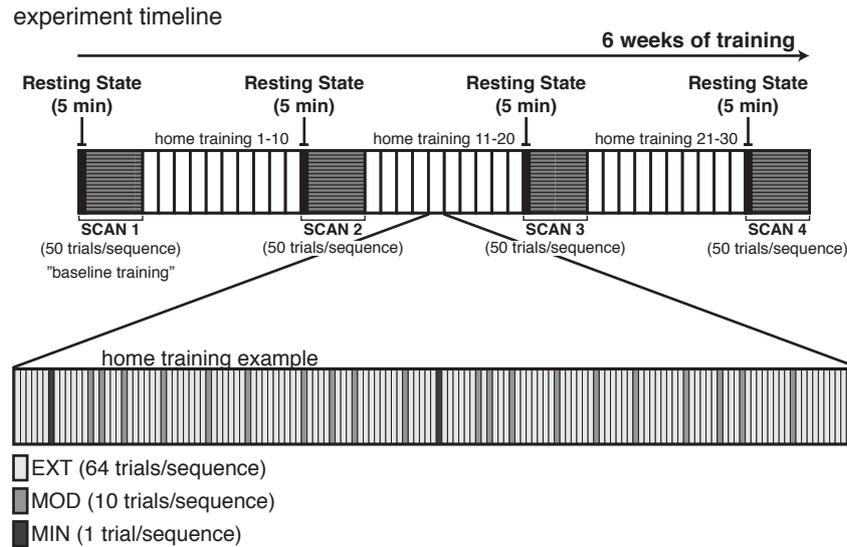


Figure S2: **Experiment protocol and timeline.**

(a) The experiment protocol comprised of six weeks of training of six distinct motor sequences. Following a brief explanation of the task instructions, a initial MRI scan session was held during which blood oxygen level-dependent (BOLD) signals were acquired from each participant. The scan session began with a resting state scan lasting 5 minutes where participants were instructed to remain awake and with eyes open without fixation. During the remainder of the first scan session (baseline training), participants practiced each of six distinct motor sequences for 50 trials each, or approximately 1.5 hour. They were then instructed to continue practicing the motor sequences at home using a trainind module that was installed by the experimenter (N.F.W.) on their personal laptops. Participants completed a minimum of 30 home training sessions, which were interleaved with two additional scan sessions, each occurring after at least 10 home training sessions. A final scan session was held following the completion of the 6 weeks of training. The same protocol was followed in each of the four scan sessions: a 5 minute resting state scan, followed by approximately 1.5 hour of the DSP task, where each of six distinct motor sequences was practiced for 50 trials each.

(b) Most of the motor sequence training occurred at home, between scanning sessions. An ideal home training session consisted of 150 trials with sequences practiced in random order (randomization used the Mersenne Twister algorithm of Nishimura and Matsumoto as implemented in the random-number generator rand.m of MATLAB version 7.1). Each EXT sequence was practiced for 64 trials, each MOD sequence was practiced for 10 trials, and each MIN sequence was practiced for 1 trial.

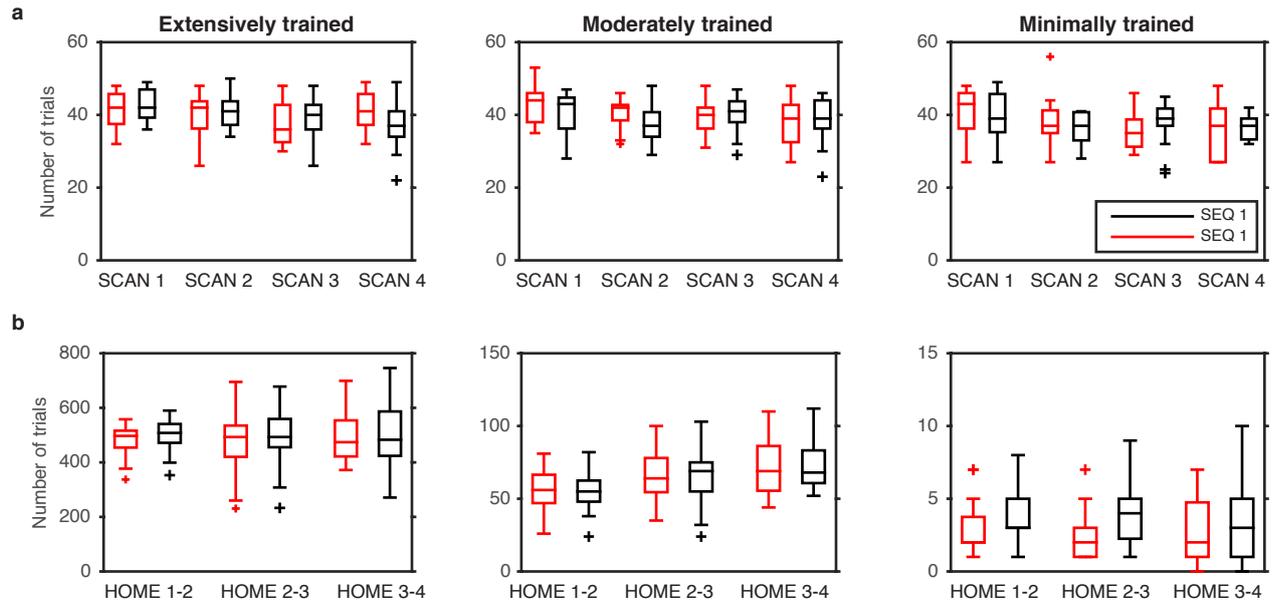


Figure S3: **Number of error-free trials performed per session.**

(a) Number of trials practiced in each scan session. *Left panel:* Extensive training (EXT) session; *Middle panel:* Moderate training (MOD) session; *Right panel:* Minimal training (MIN) session. Box plot represents quartiles and + symbols represent outliers. The variability in the number of executed trials during scan sessions arose mainly from software or hardware difficulties.

(b) Number of trials practiced in each home session. *Left panel:* Extensive training (EXT) session; *Middle panel:* Moderate training (MOD) session; *Right panel:* Minimal training (MIN) session. Box plot represents quartiles and + symbols represent outliers. The variability in the number of executed trials are due to some subjects training more days than others between successive scanning sessions.

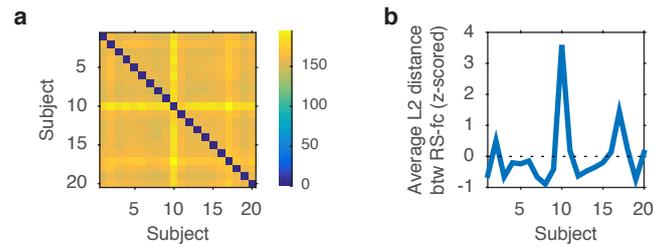
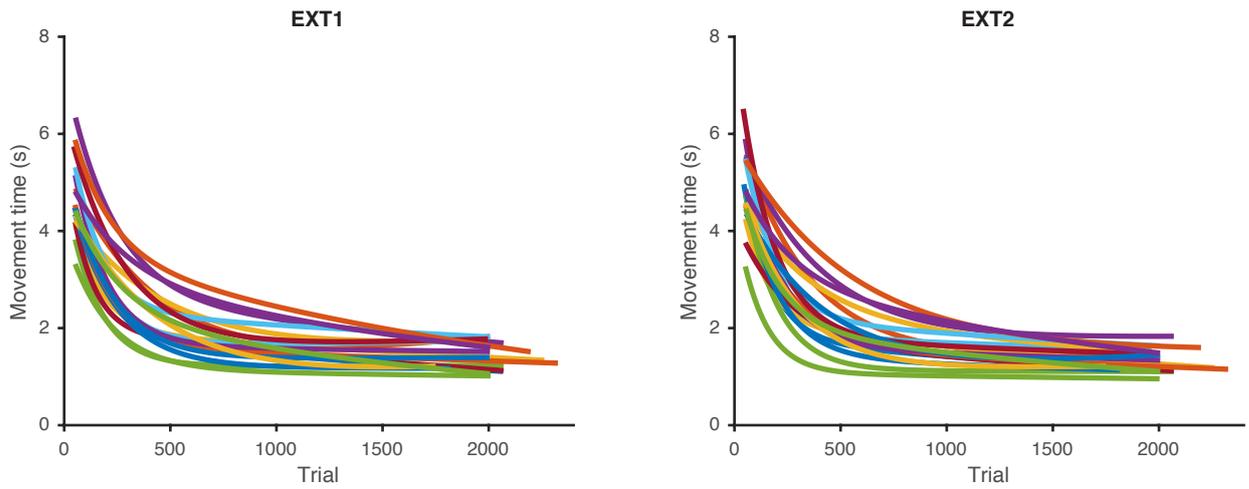


Figure S4: **Subject exclusion criterion.**

(a) We aimed to identify corrupted resting-state data by sleep or poor data quality by tracking functional connectivity outliers from our group norm. We calculated the average L2 distance between corresponding cells of the 626x626 functional connectivity matrices from all pairs of participants, summarized in the dissimilarity matrix of the figure.

(b) Average L2 distance between the RS-fc matrix of one participant and that from all others. With the exception of subject 10, all subjects were within 1.5 standard deviations from each other. The resting state data from subject 10 differed on average by 3.6 standard deviations from the others and, therefore, was excluded from the remainder of the analyses.

a



b

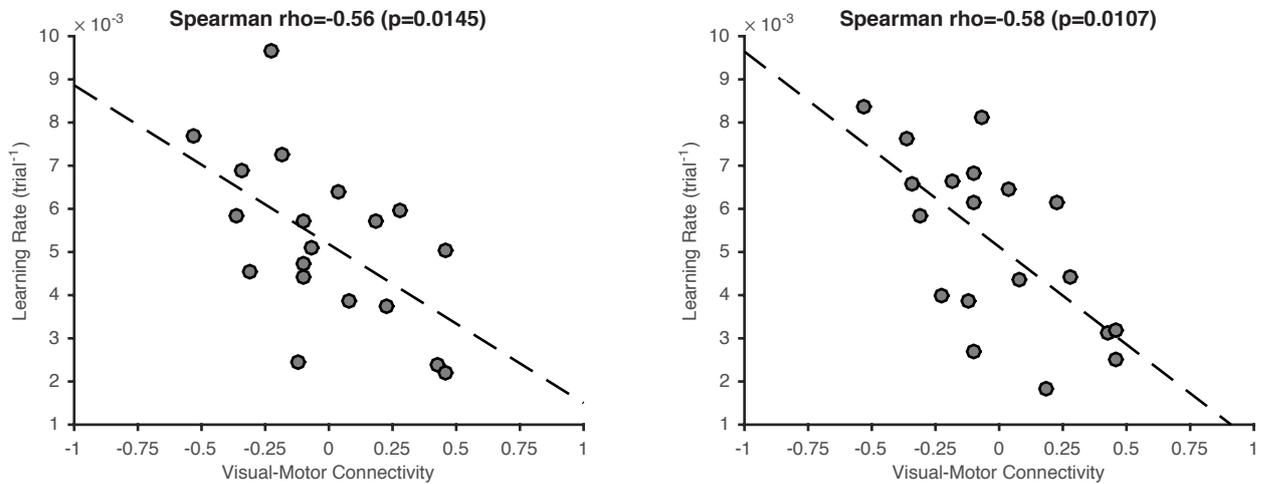


Figure S5: **Learning curves from individual participants.**

(a) Time required to execute a complete motor sequence (Movement Time), as a function of trial number. Colored curves are two-term exponential fits of the movement times from each participant. Learning happened for all participants, as evidenced by the reduction of movement times, but with large variability in the decay rates. Left and right panels correspond to the two extensively trained sequences.

(b) Functional connectivity between visual and somato-motor regions estimated at rest reliably predicts individual differences in learning rate for both EXT1 (left panel) and EXT2 (right panel) sequences.

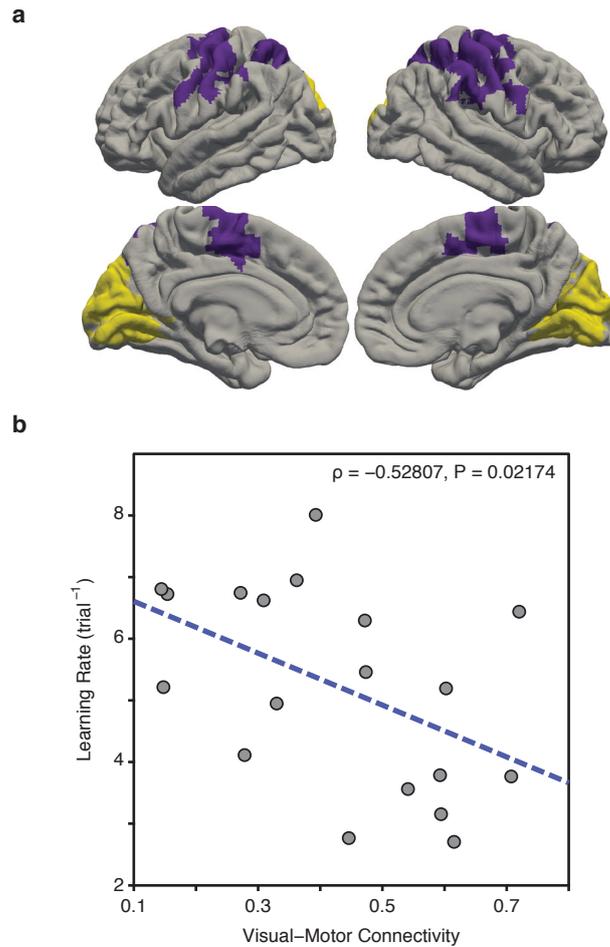


Figure S6: **Replication of Fig. 2 with uncentered functional connectivity values**

(a) Same as Fig. 2a: Visual (yellow) and somato-motor (purple) modules.

(b) Similar to Fig. 2b. The removal of various signal components present throughout most of the brain (in particular by the tCompCor method) leads to a shift on the distribution of functional connectivity values, giving rise to negative correlations (Fig. 2b). Here, we use a less stringent noise removal pipeline (same as original but without the tCompCor method) that does not shift the range of correlation values. Similarly to our original results, we observe that functional connectivity between visual and somato-motor modules, estimated at rest and prior to learning, reliably predicts individual differences in future learning rate ( $\rho = -0.5280$ ,  $P = 0.02174$ ). The weaker statistical relationship is likely a consequence of residual physiological noise [104].

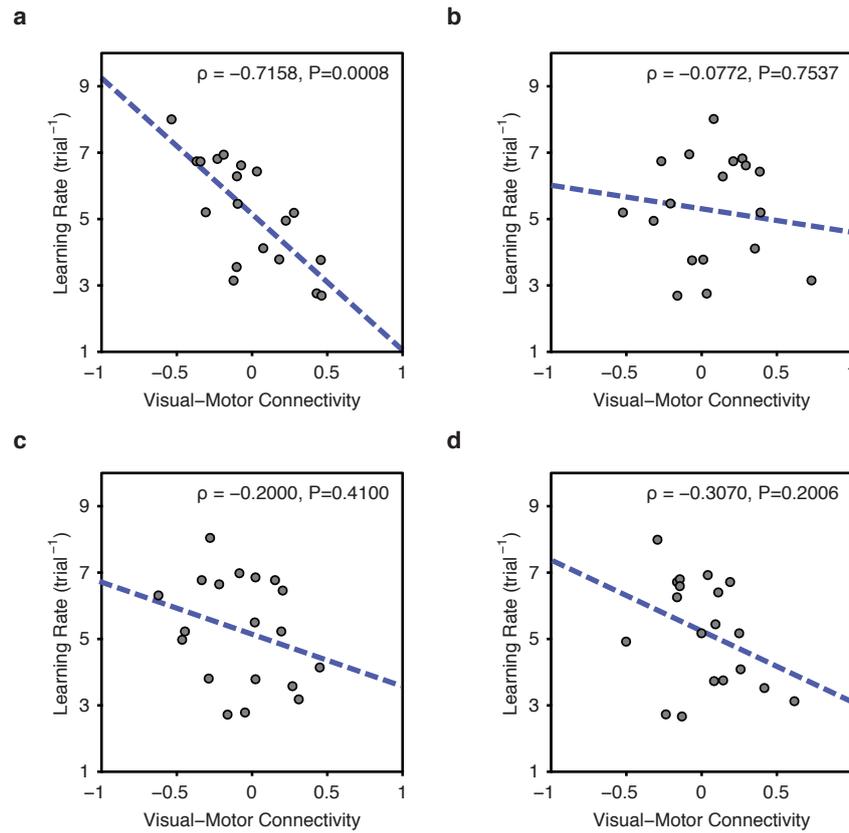


Figure S7: **Correlation between visual-motor connectivity at various sessions and overall learning rate.** (a) Relationship between visual-motor connectivity estimated from the resting-state scan acquired in SESSION 1 and overall learning rate. The Spearman correlation between these two quantities is  $\rho = -0.7158$ ,  $P = 0.0008$ . (b) Relationship between visual-motor connectivity estimated from the resting-state scan acquired in SESSION 2 and overall learning rate. The Spearman correlation between these two quantities is  $\rho = -0.0772$ ,  $P = 0.7537$ . (c) Relationship between visual-motor connectivity estimated from the resting-state scan acquired in SESSION 3 and overall learning rate. The Spearman correlation between these two quantities is  $\rho = -0.2000$ ,  $P = 0.4100$ . (d) Relationship between visual-motor connectivity estimated from the resting-state scan acquired in SESSION 4 and overall learning rate. The Spearman correlation between these two quantities is  $\rho = -0.3070$ ,  $P = 0.2006$ . The combined p-value across all four tests, calculated with Fisher's method, is  $P = 0.0112$ .

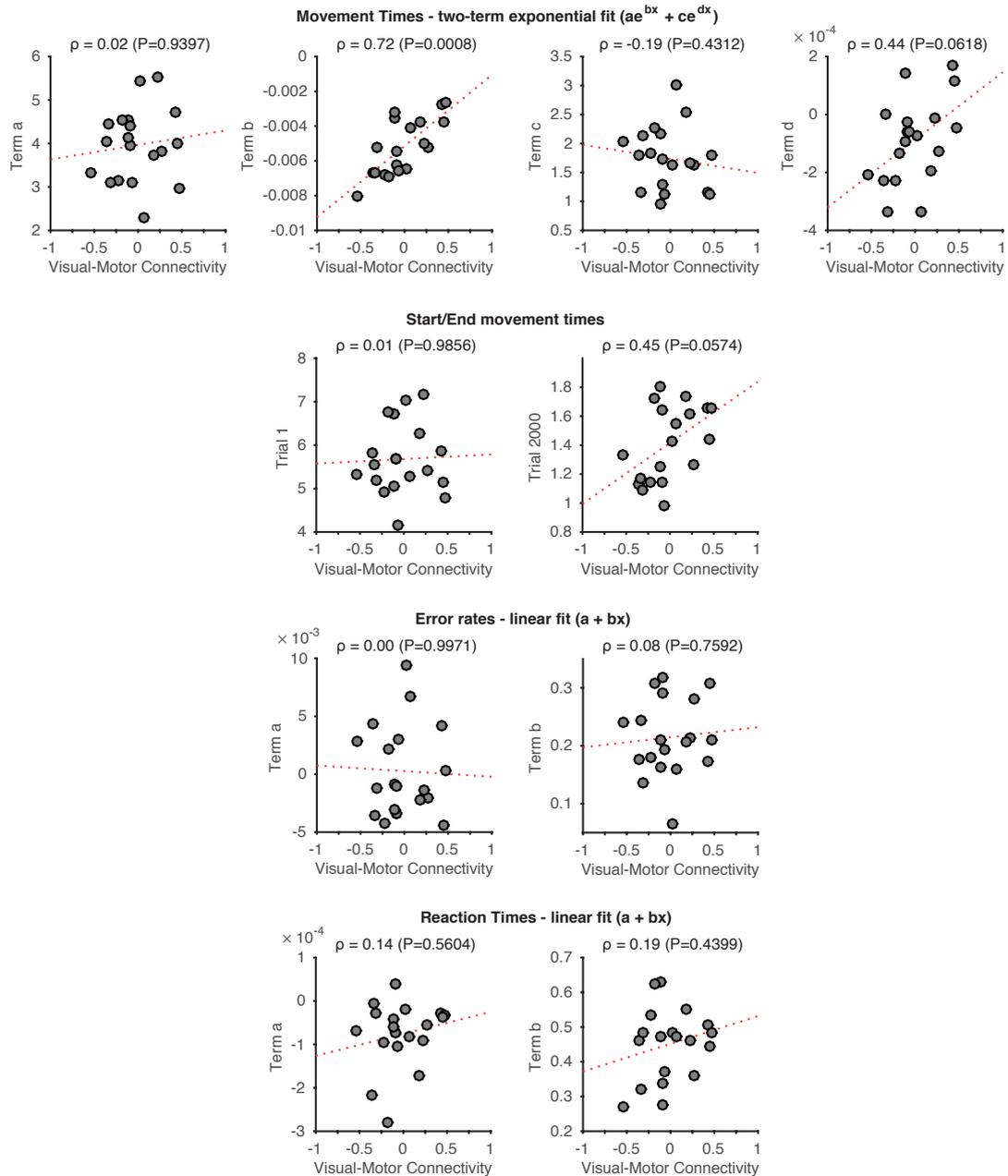


Figure S8: **Statistical relationship between resting visual-motor connectivity and different behavioral markers.**

(a) Relationship between resting-state visual-motor connectivity estimated from the resting-state scan acquired in SESSION 1 and each of the four parameters from the two-term exponential fits of the movement times. Notice the marginal significance of the correlation between visual-motor connectivity and *term d*, suggesting that visual-motor connectivity correlates not only with the faster drop-off parameter (*term b*), but also with the slower decay parameter (*term d*).

(b) Relationship between resting-state visual-motor connectivity estimated from the resting-state scan acquired in SESSION 1 and the fitted start movement time (*left*); similarly for fitted end movement time (*right*). Notice the marginal significance of the correlation between visual-motor connectivity and movement time at trial 2000, suggesting that participants with high visual-motor connectivity tend to have longer movement times.

(c) Relationship between resting-state visual-motor connectivity estimated from the resting-state scan acquired in SESSION 1 and both parameters from a linear fit to the error rates.

(d) Relationship between resting-state visual-motor connectivity estimated from the resting-state scan acquired in SESSION 1 and both parameters from a linear fit to the reaction times.

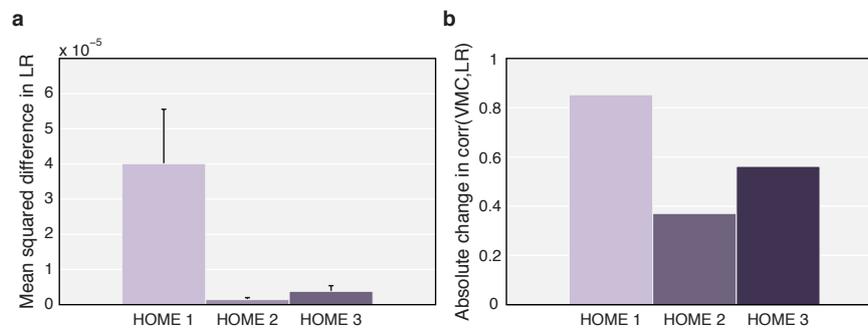


Figure S9: **Effect of removing trials from different portions of the learning curve.**

(a) Effect of removing trials from different epochs of training on the estimated learning rates. Removing HOME 1 trials, corresponding to home training sessions between the first and second scan sessions, had the largest impact on the estimations of learning rate using a two-term exponential fit.

(b) Effect of removing trials from different epochs of training on the correlations between visual-motor connectivity and learning rates. Removing HOME 1 trials also had the largest absolute impact on the Spearman's correlations coefficients.

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## 665 **Author Contributions**

666 NW and SG developed the experimental paradigm. NW collected the data. DB, MM designed the research. MM  
667 analyzed the data. MM, NW, AB, GA, and DB wrote the paper.

## 668 **Keywords**

669 fMRI; functional connectivity; network science; cognitive systems; brain networks; behavioral adaptability; human  
670 learning