

## Working Memory Guide

Age	Working memory is crucial for...	Indicators that working memory needs exercise
<b>Pre school</b>	<ul style="list-style-type: none"> <li>• Learning the alphabet</li> <li>• Focusing on short instructions such as "Come brush your teeth"</li> <li>• Remaining seated to complete independent activities, such as puzzles</li> </ul>	<ul style="list-style-type: none"> <li>• Seems unwilling or unable to learn alphabet, numbers</li> <li>• Can't focus long enough to grasp and follow instructions</li> <li>• Flits from one thing to another</li> </ul>
<b>Elementary school</b>	<ul style="list-style-type: none"> <li>• Reading and understanding the content (reading comprehension)</li> <li>• Mental arithmetic</li> <li>• Interacting and responding appropriately in peer activities such as playing on the school ground</li> </ul>	<ul style="list-style-type: none"> <li>• Reads (decodes) but does not understand or remember material read</li> <li>• Problems memorizing math facts</li> <li>• Difficulty participating in group activities (e.g. awaiting turn); makes friends but cannot keep them</li> </ul>
<b>Middle school</b>	<ul style="list-style-type: none"> <li>• Doing homework independently</li> <li>• Planning and packing for an activity, such as dance class</li> <li>• Solving multi-step math problems, especially word problems</li> <li>• Participating in team sports, such as soccer</li> </ul>	<ul style="list-style-type: none"> <li>• Does not begin or persist with homework without supervision</li> <li>• Packs but forgets items essential for activity</li> <li>• Reads the problem but can't break it into understandable parts</li> <li>• Problems grasping rules of game, functioning as a "team player"</li> </ul>
<b>High school</b>	<ul style="list-style-type: none"> <li>• Getting a driver's license</li> <li>• Understanding social cues, responding to demands of a social situation</li> <li>• Writing essays, reports</li> </ul>	<ul style="list-style-type: none"> <li>• Problems with spatial awareness, reading and following traffic cues</li> <li>• Interrupts, talks excessively, doesn't listen to others</li> <li>• Essays and reports are short, sloppy, and disorganized</li> </ul>
<b>College</b>	<ul style="list-style-type: none"> <li>• Focusing and following a conversation</li> <li>• Making and adhering to work plans, such as studying for an exam</li> <li>• Participating in group activities in school</li> <li>• Sustaining focus and interest throughout lectures</li> </ul>	<ul style="list-style-type: none"> <li>• Changes topics suddenly, makes irrelevant comments</li> <li>• Procrastinates, then tries to "cram" the night before an exam</li> <li>• Doesn't listen or participate during group activities</li> <li>• Falls asleep or "zones out" during lectures</li> </ul>
<b>Adults</b>	<ul style="list-style-type: none"> <li>• Getting to work on time</li> <li>• Meeting deadlines at work</li> <li>• Prioritizing multiple activities</li> <li>• Handling conflicts within the family</li> </ul>	<ul style="list-style-type: none"> <li>• Frequently late to work</li> <li>• Often underestimates time required for a task</li> <li>• Has problems breaking a project into manageable steps</li> <li>• Often loses temper with children and spouse</li> </ul>
<b>Seniors</b>	<ul style="list-style-type: none"> <li>• For seniors that are working all the adult items are relevant</li> <li>• Being able to perform what you are planning to do</li> <li>• Organizing your materials and activities</li> <li>• Managing important financial transactions</li> </ul>	<ul style="list-style-type: none"> <li>• Forgetfulness</li> <li>• Distractability</li> <li>• Losing track of the topic in a conversation</li> <li>• Misplacing things like glasses, mobile phone, keys etc</li> </ul>