

## **Working Memory; It's About Brain Training!**

Working memory involves the ability to remember something and to perform an activity while using this memory. Working memory involves both verbal and visual-spatial skills. Verbal working memory helps us to remember instructions and comprehend what we have heard. Visual-Spatial working memory helps us to remember sequences of events and images and is important in math skills. Working memory involves both the amount of information that you can store temporarily in your head and the length of time you keep it there.

Working memory applies to many different learning situations, including academics. We use working memory to help us

- Complete reading comprehension and math-related tasks
- Plan and organize assignments and projects
- Use strategy and rule-following in extracurriculars
- Follow complicated multi-step directions
- Learn from and understand social situations at home and school including following conversations

Want to Improve Working Memory? Learn strategies to help boost working memory!

- Break big chunks of information into bite-size pieces. Learn to chunk items routinely.
- Repeat what you've heard or read in your head a few times while visualizing a picture.
- Use checklists for tasks with multiple steps. Use post-it notes!
- Develop routines. Create a routine when you get home from extracurriculars and school. Place your phone, homework, and keys in the same place every time you come home.
- Make connections when you study by using graphic organizers.
- Experiment with various ways to remember information; songs, mnemonics, visualization; even associating colors with information to jog your memory
- Summarize the information you hear.
- Read aloud your notes while you are rewriting them. .
- Memory fails us when we are overtired, overwhelmed, or really hungry.. Minimize these challenges to working memory. Getting enough sleep, eating a good diet, and exercising regularly won't necessarily improve memory, but will feed your 'brain'. There is evidence that physical exercise can improve memory and attention.
- Reduce distractions and your stress level. Your memory can't compete with music, the tv, kitchen conversations, incoming pinging with texts, the phone ringing, and the dogs barking.