

## WORKING MEMORY

Working memory is a fundamental cognitive function that is necessary for us to perform a number of mental activities, such as reading, counting and problem-solving. With the help of working memory we can maintain and process a limited amount of information for a short time. In other words, working memory is our ability to keep things in mind in “real time”. For example, we use working memory when we remember a phone number or when we follow an instruction. With a good working memory we can better concentrate and deal with distractions. Evaluation of the Memory Quest program suggests that training can lead to improved working memory and mathematical ability.

## WORKING MEMORY TRAINING

The training consists of a number of computerized exercises that you should complete at each training session. The difficulty of the exercises is automatically adjusted according to your performance, so that the demands on working memory are always at an optimal level. The first time you train, we recommend a training program that contains either 20 or 25 training sessions. Each training session usually takes from 25 to 40 minutes depending on the selected program. During each training week you should carry out 4 to 5 training sessions so that the total length of the training period is 5 to 7 weeks.

The training itself is perceived by most as stimulating, but also very demanding. In order to maintain motivation throughout the training it may be helpful to use a reward system. Your coach will help you with this if you want, and with all other preparations to make sure the training is as beneficial as possible. During the training period, you will also have regular contact with your coach who will help you to maintain structure and focus.

Before you start training it is possible that your coach might suggest that you fill out a questionnaire and/or do psychological tests. This is to make it easier to evaluate the impact of your training after you have completed it.

For working memory training to have the best effect possible it is important that you always try to achieve your best. If you find things hinder you in your training you should, as quickly as possible, take it up with your coach to find solutions.

Good luck training!