

New!

Real Life Working Memory Exercises

Five new practical Captain's Log programs that focus on working memory and auditory attention

Suitable for children, adolescents, and adults

Matching List Comparison

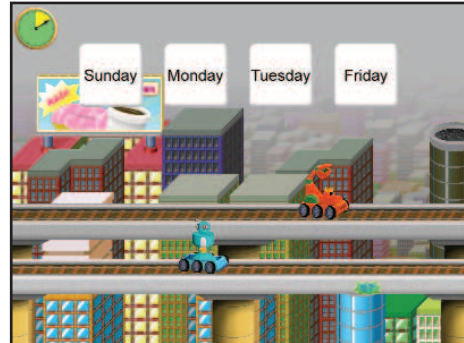
Birds of a Feather



Who is friends with whom? Sometimes people have the same friends in common. Use your working memory to keep track of the network of friends.

Schedule Recall

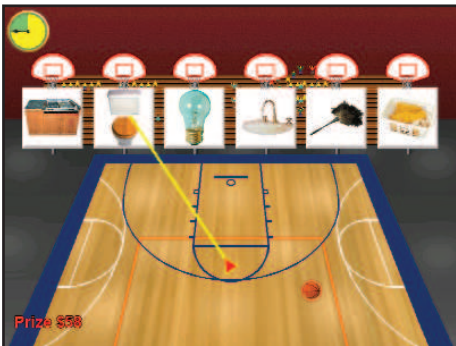
Don't Be Late



Keep track of your friend's appointments. You will need to hold several sets of information in your mind, as you must remember the kinds of appointments, as well as the day and time of each one.

Word List Comparison

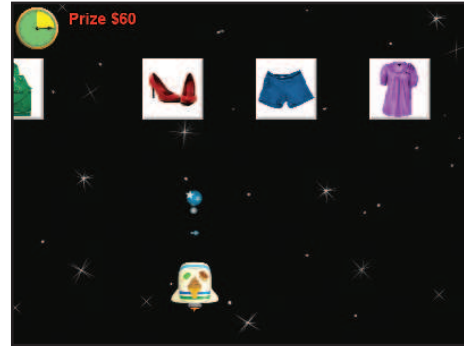
Forget Something?



Your friend was given assigned some chores. He finished most of them, but there are still a few more he has left to do. Can you figure out what chores he still has left?

Paired Word Lists

Lost & Found



You have left some of your clothes around the house. Can you remember what item you left in what location?

Audiovisual Spatial Recall

Where's My Car?



Someone has moved all of the cars to different locations. You need to put them back where they belong.

Why is working memory so important?

Working memory is the ability to retain new information and manipulate it at the same time. Research supports that developing working memory can lead to significant improvements in executive functioning. These programs help improve thinking skills by requiring you to apply your working memory to real life situations.

Visit www.braintrain.com
or call **1-800-822-0538**
for more information.