

Cognitive Skills Trained By MindPower Builder

Twenty different types of cognitive skills can be trained using the MindPower Builder System. The list below provides a functional definition and model of many important cognitive abilities. You can use this list to identify the specific cognitive skills that you may want to train for an individual. In each of the current programs' Help files you will find a summary of which of these cognitive skills are specifically trained by that program. You can then add that particular program to your training protocol for a specific player, if it contains one of the cognitive skills you have decided is important to train for that player.

1. **Alternating Attention:** the ability to shift the focus of attention quickly back and forth between two different sets of stimuli in the same sensory modality and respond appropriately. The code names of the programs which specifically train this cognitive skill are: ASD-5, ASD-8, NUM-2 and VMS-1.
2. **Auditory Processing Speed:** the time it takes to perceive relevant auditory stimuli, encode and interpret it and then make an appropriate response. The code names of the programs which specifically train this cognitive skill are: ANG-1, ASD-1, ASD-2, AWM-1, AWM-2, AWM-3, AWM-4, AWM-5, RLM-1, RLM-2, RLM-3, RLM-4, and RLM-5.
3. **Central Processing Speed:** the time it takes to encode, categorize, and understand the meaning of any sensory stimuli which is the focus of attention. The code names of the programs which specifically train this cognitive skill are: ASD-3, CON-1, CON-6, CON-7, LOG-2, LOG-4, LOG-5, NUM-1, VMS-2, VMS-7, AWM-1, AWM-2, AWM-3, AWM-4, AWM-5, RLM-1, RLM-2, RLM-3, RLM-4, and RLM-5.
4. **Conceptual Reasoning:** the cognitive skills which include concept formation (the capacity to analyze relationships between objects), abstraction (the ability to think symbolically), deductive logic (the application of general rules or concepts in making a decision for a specific set of stimuli) and/or inductive logic (the analysis of feedback or identification of relevant details in formulating a concept to use in decision making). The code names of the programs which specifically train this cognitive skill are: ANG-1, CON-1, CON-2, CON-3, CON-4, CON-5, CON-6, CON-7, LOG-1, LOG-2, LOG-3, LOG-4, LOG-5, NUM-1, NUM-2, NUM-3, NUM-4, NUM-5, VMS-1, VMS-2, VMS-7, WMS-1, and WMS-3.
5. **Divided Attention:** the capability to attend to, process and respond appropriately to two or more different types of sensory stimuli (typically visual and auditory) which occur simultaneously or in close temporal proximity in the environment. The code names of the programs which specifically train this cognitive skill are: ANG-1, VMS-5 and VMS-6.
6. **Fine Motor Control:** the ability to accurately control fine motor movements and avoid making erroneous responses. The code names of the programs which specifically train this cognitive skill are: ASD-7, CON-5, LOG-4, VMS-1, VMS-5, VMS-6, WMS-2, WMS-3, WMS-4, WMS-5, RLM-3, and RLM-5.
7. **Fine Motor Speed:** the time it takes to perform a simple motoric response independent of central processing speed. The code names of the program which specifically trains this cognitive skill is: VMS-3.

8. **Focused Attention:** the ability to recognize and respond to specific relevant stimuli. The code name of the program which specifically trains this cognitive skill is: ASD-1, ASD-2, ASD-6, CON-4, LOG-2, LOG-3, NUM-5 and VMS-3.
9. **General Attention:** the ability to focus, sustain and selectively attend to relevant stimuli and make correct responses (a combination of Focused, Sustained and Selective attention as defined above). The code names of the programs which specifically train this cognitive skill are: ANG-2, ASD-3, ASD-4, ASD-7, ASD-8, CON-3, CON-5, CON-6, CON-7, LOG-1, LOG-4, LOG-5, NUM-1, NUM-3, NUM-4, VMS-1, VMS-4, VMS-5, WMS-1, WMS-2, WMS-3, WMS-4, WMS-5, AWM-1, AWM-2, AWM-3, AWM-4, AWM-5, RLM-1, RLM-2, RLM-3, RLM-4, and RLM-5.
10. **Immediate Memory:** the ability to recognize or recall numbers, letters, symbols, words, sentences, stories, visual sequences or images immediately. The immediate delay period is operationally defined as less than 30 seconds after viewing or hearing the stimuli. This definition includes the ability to perceive and identify the relevant information that needs to be recalled, but excludes the need for any additional processing or mental manipulation in order to correctly respond. Also, no specific competing or interfering information is to be presented during this brief delay. The code names of the programs which specifically train this cognitive skill are: CON-1, CON-2, CON-3, CON-6, LOG-2, LOG-3, NUM-1, NUM-2, NUM-3, NUM-4 and NUM-5.
11. **Response Inhibition:** the capability of understanding and holding in working memory a rule which defines a correct response and using this rule to help avoid automatically reacting to an incorrect stimuli. The code names of the programs which specifically train this cognitive skill are: ASD-3, ASD-4, ASD-5, ASD-6, ASD-8, VMS-2, VMS-4 and VMS-5.
12. **Selective Attention:** the capacity to continue making a correct response during a task when competing or distracting stimuli are present. The code name of the program which specifically trains this cognitive skill is: ANG-3, ASD-6, CON-2, and NUM-2.
13. **Sustained Attention:** the capability of maintaining consistent and accurate responses during a continuous and repetitive activity. The code names of the programs which specifically train this cognitive skill are: ASD-5, ASD-6 and VMS-3.
14. **Visuospatial Classification:** the ability to accurately discriminate relevant features, count and group visual objects based on a concept or rule. The code names of the programs which specifically train this cognitive skill are: ANG-2, ANG-3, ASD-3, CON-3, CON-5, CON-6, CON-7, LOG-1, LOG-2, LOG-3, NUM-1, NUM-3, NUM-4 and VMS-6.
15. **Visuospatial Sequencing:** the ability to discriminate and discern the sequential or relational order of visual objects accurately based on a concept or rule. The code names of the programs which specifically train this cognitive skill are: ANG-2, CON-2, CON-5, CON-7, LOG-1, LOG-5, NUM-4 and NUM-5.
16. **Visual Perception:** the ability to accurately discriminate and respond appropriately to specific visual objects. The code names of the programs which specifically train this cognitive skill are: ASD-4, ASD-6, CON-1, CON-4, CON-5, CON-7, LOG-1, LOG-2, LOG-3, LOG-4, NUM-1, NUM-2, NUM-4, VMS-1, VMS-2, VMS-3, VMS-4, VMS-5, VMS-6, VMS-7, WMS-1, WMS-2, WMS-3, WMS-4, and WMS-5.
17. **Visual Processing Speed:** the time it takes to perceive relevant visual stimuli, encode and interpret it and then make an appropriate response. The code names of the programs which

specifically train this cognitive skill are: ANG-3, ASD-4, ASD-5, ASD-6, ASD-7, ASD-8, CON-2, CON-3, CON-4, and VMS-3.

18. **Visual Scanning:** the ability to accurately discriminate and respond appropriately to visual objects that appear without a cue and randomly over time within the field of vision. The code names of the programs which specifically train this cognitive skill are: ANG-1, ANG-2, ASD-3, ASD-7, ASD-8, LOG-4, LOG-5, VMS-2, VMS-3, VMS-5, VMS-6, AND WMS-5.
19. **Visual Tracking:** the ability to follow a continuous visual cue, accurately discriminate and respond appropriately to visual objects that move continuously within the field of vision. The code names of the programs which specifically train this cognitive skill are: ASD-4, ASD-5, CON-5, VMS-4, VMS-5, VMS-6, WMS-2 and WMS-4.
20. **Working Memory:** the ability to encode and “hold” perceptual information while processing it and the capability to recall and apply relevant procedural rules in order to accurately respond. The code names of the programs which specifically train this cognitive skill are: ANG-1, ANG-3, ASD-1, ASD-2, CON-1, CON-2, CON-3, CON-4, CON-7, NUM-1, NUM-3, NUM-4, NUM-5, VMS-1, VMS-7, WMS-1, WMS-2, WMS-3, WMS-4, WMS-5, AWM-1, AWM-2, AWM-3, AWM-4, AWM-5, RLM-1, RLM-2, RLM-3, RLM-4, and RLM-5.