

What Is Working Memory?

One's working memory is their ability to give their attention to what they hear or see, retain the information, hold it in mind for long enough to organise it, and then use the information in an appropriate manner. A strong working memory underpins good progress in learning and socialising. A reduced capacity impacts on learning across most areas of the curriculum.

Whilst working memory capacity is determined by a combination of genetic factors and life experience, research shows that training can improve an individual's working memory capacity. The training involves individualised computer based activities designed to work the different components of working memory. It is individually coached and exercises are practiced at a frequency and intensity demonstrated to produce neurological change (neuroplasticity).

Who Benefits from Working Memory Training?

- Students who have been diagnosed with difficulties with verbal and/or visuospatial working memory capacity.
- Students who have completed the Cogmed training over two years ago and would like to “resharpen” their working memory and to potentially further strengthen verbal and visuospatial working memory capacities.
- The siblings of a child who has been identified working memory challenges will also benefit from the training.
- Students, particularly those in their final years of schooling, can benefit from strengthening their working memory capacity in order to prepare for future learning.
- Parents have often commented that they would benefit from the training. This is the opportunity to do so. If one uses the analogy of physical fitness, - it is seldom said that individuals have become too fit. Similarly with working memory - it is almost impossible to attend too well or to form responses that are too accurate.
- Whole families! It is motivating to take on a whole family challenge.



The Process

- An initial Zoom meeting

Followed by 25 days of intense training:

- 5 days of training each week for 5 weeks
- each training session takes approximately 45 minutes

Weekly Zoom meetings at an agreed upon time.

- On-going communication throughout the five weeks.

A final Zoom meeting to review progress and to determine future individual goals.

- Access to 100 shorter training sessions to maintain mental sharpness and working memory levels.

Costs

- \$1000 per single license
- \$1500 for two family licenses
- \$2400 for four family licences

Getting Started

To access the training please call the office of the Child Development Network on 3369 3369 to make an appointment. If you have any questions relating to the Cogmed training, please call Wendy Horton on 0409 626 926.