

CHECKLIST FOR IDENTIFYING COGNITIVE WEAKNESSES

Cognitive skills are the foundation of learning. Similar to a computer's processor, they are always running in the background and allow us to take in, process, store, and retrieve information. Weaknesses in cognitive skills are often the root cause of learning and performance challenges in many areas of life. The good news is that all cognitive skills can be made strong by focused and deliberate cognitive skills training. Below are some of the most common symptoms of weakness in each skill. A weakness in a particular skill can manifest in various ways and even be compensated for by strength in other skills. Keep in mind that not all symptoms of a weakness must be present for someone to be low in a cognitive skill. *Check all symptoms that match your observations of your child.*

SHORT TERM MEMORY

- ☐ Difficulty with multi-step instructions
- ☐ Needs repetition
- ☐ "In one ear and out the other" syndrome
- ☐ Distracted
- ☐ Off-task or zones out
- ☐ Frustrated easily
- ☐ Completes tasks slowly
- ☐ Poor note-taker
- ☐ Difficulty copying from board to paper
- ☐ Looks like ADD/ADHD

PROCESSING SPEED

- ☐ Difficulty finishing classwork
- ☐ Distracted
- ☐ Off-task or zones out
- ☐ Low class participation
- ☐ Frustrated easily
- ☐ Test anxiety, especially when timed
- ☐ Reads slowly
- ☐ Slow math facts
- ☐ Difficulty finishing tests
- ☐ Performs below their ability
- ☐ Looks like ADD/ADHD

LONG TERM MEMORY

- ☐ Performs poorly on tests
- ☐ Grades don't reflect effort
- ☐ Needs repetition
- ☐ Difficulty applying learned concepts
- ☐ Test anxiety
- ☐ Missing assignments
- ☐ Poor memory for academic content

ATTENTION

- ☐ Completes tasks slowly
- ☐ Distracted
- ☐ Difficulty jumping quickly between tasks
- ☐ Short attention span
- ☐ Impulsive

LOGIC & REASONING

- ☐ Difficulty with writing, word problems, or reading comprehension
- ☐ Answers are out of left field
- ☐ Overwhelmed by new problems
- ☐ Frequently says, "I don't get it"
- ☐ Difficulty reading between the lines
- ☐ Difficulty connecting ideas or concepts

AUDITORY PROCESSING

- ☐ Needs repetition
- ☐ Poor note-taker
- ☐ Choppy reader
- ☐ Poor spelling
- ☐ Mispronounces words
- ☐ Difficulty reading out loud
- ☐ Low reading comprehension
- ☐ Better with visual cues
- ☐ Confused when called on

VISUAL PROCESSING

- ☐ Difficulty making mental movies or pictures
- ☐ Difficulty visualizing word problems
- ☐ Dislikes imaginative play
- ☐ Low reading comprehension
- ☐ Poor spatial awareness/coordination
- ☐ Dislikes reading for pleasure

Parent: _____

Child: _____

Concerns: _____ Date: _____

Comments or Questions: _____

☐ Consultation ☐ Screening ☐ Testing (circle): Cognitive Subject-specific Comprehensive