## **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.* 

**ATTENTION** 

	Difficulty with multi-step instructions		Completes tasks slowly
	Needs repetition		Distracted
	"In one ear and out the other" syndrome		Difficulty jumping quickly between tasks
	Distracted		Short attention span
	Off-task or zones out		Impulsive
	Frustrated easily	LO	GIC & REASONING
	Completes tasks slowly		Difficulty with writing, word problems,
	Poor note-taker	Ш	or reading comprehension
	Difficulty copying from board to paper		Answers are out of left field
	Looks like ADD/ADHD		Overwhelmed by new problems
PR	OCESSING SPEED		Frequently says, "I don't get it"
	Difficulty finishing classwork		Difficulty reading between the lines
	Distracted		Difficulty connecting ideas or concepts
	Off-task or zones out	ΑU	IDITORY PROCESSING
	Low class participation		Needs repetition
	Frustrated easily		Poor note-taker
	Test anxiety, especially when timed		Choppy reader
	Reads slowly		Poor spelling
	Slow math facts		Mispronounces words
	Difficulty finishing tests		Difficulty reading out loud
	Performs below their ability		Low reading comprehension
	Looks like ADD/ADHD		Better with visual cues
LO	NG TERM MEMORY		Confused when called on
	Performs poorly on tests	VIS	SUAL PROCESSING
	Grades don't reflect effort		Difficulty making mental movies or pictures
	Needs repetition		Difficulty visualizing word problems
	Difficulty applying learned concepts		Dislikes imaginative play
	Test anxiety		Low reading comprehension
	Missing assignments		Poor spatial awareness/coordination
	Poor memory for academic content		Dislikes reading for pleasure
Parent:			Child:
Concerns:			Date:
Comments or Questions:			
COI	milents of Anestions.		
Consultation Screening Testing (circle): Cognitive Subject-specific Comprehensive			

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SHORT TERM MEMORY

The Nectar Group is a team of highly trained professionals dedicated to resolving the root causes of learning challenges. We treat learning issues comprehensively, addressing cognitive, content, and behavioral weaknesses with unique, custom, and individualized programs grounded in neuroscience. Through medication-free interventions, we help children and adults through customized, one-to-one cognitive training, academic tutoring, and executive function coaching.

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