Name: Christine Tunstall       Date: ____________________

Attention Skills

<table>
<thead>
<tr>
<th>Visual Reaction Time</th>
<th>238.43 ms</th>
<th>Visual Go/No Go</th>
<th>100%, 421.40 ms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Auditory Reaction</td>
<td>187.00 ms</td>
<td>Aud Go/No Go</td>
<td>100%, 312.67 ms</td>
</tr>
</tbody>
</table>

Your scores are normal if basic reaction is below 300 ms. Go/No Go accuracy should be over 80% with less than 500 ms. If your scores are over 500 ms for the basic reaction time then you may have slow processing speed. If Go/No Go accuracy was less than 80% you may have impulsivity issues.

Word Search - Comments fine, a little boring

Hidden Pictures – Comments difficult; I found 3 and struggled for the rest

How do you feel about your reaction speeds? Was it difficult to not click in the Go/No Go? Did you organize your word search? Could you organize your search for hidden pictures? Describe your attention skills. Do you feel that attention problems are affecting your memory?

My reaction times were pretty good, but I practiced the visual one a couple of times first.

The Visual Go/No Go was really difficult for me. I clicked wrong several times on my first try, and then really focused. Both auditory tasks were much easier. I was good at Word Search, but a little bored there. Sometimes I could simply spot a word, but mostly I organized myself by picking the most unusual letter in the word and looking row by row. Hidden Pictures was very challenging. I kept getting caught up in the actual drawing, and I often forgot which picture I was looking for just moments earlier! My attention skills are variable, and especially not good when I’m tired. I’m very distractible. I can get lost mid-sentence when another thought occurs to me, and I’m always forgetting what I went into a room for. But when I decide to focus or to remember something and there isn’t competition for my attention, I can usually focus at least for a while.
Processing Skills

Conditional Statements: ___10/ 10 (8 out of 10 or better is normal)

Tangrams with Solutions: Comments ___ easy

Reaction to Screen Reader: ___interesting, but not necessary for me_____

Do you have difficulty reading or have you been diagnosed with a disability that affects your processing? Did you have difficulty understanding the Conditional Statements, or was it more in getting how the parts of the Conditional Statements went together? How were doing the tangrams with the answers? Did the screen reader help? What do you think about how you process information?

I have epilepsy, which is not a disability that affects processing. I had a Dilantin toxicity situation and during the recovery process learned that my memory had been nearly photographic. Now I find that while I lean towards processing things visually, I process more quickly auditory and I am often guiding my thoughts verbally. I found the Conditional Statements easy to understand and fun to figure out. It took some effort to hold all the ideas together in my head. The Tangram puzzles were very easy to put together when the correct pieces were shown. The screen reader went too slowly for me; I read very fast. Although I seem to have changed my processing style, I don’t think processing skills affect my memory.
**Working Memory**

Color Reading Interference 100%; normal 777.50 ms.; interference 997.07 ms

Dual-and-Back: 1 Back Spatial: 100%  1 Back Auditory: 98%  1 Back Dual: 97%
  2 Back Spatial: 88%  2 Back Auditory: 74%  2 Back Dual: 80%

Tangrams: Comments ___a few were easy, but most were pretty hard_____

Folding Paper: ___6/6 Interesting task_________________________

Matrices: 5/6 Difficult for me

What did you experience while doing working memory tasks? Were you better with the auditory or with spatial Dual-and-Back? How did it go when dual? How were you with the visual tasks (Tangrams, Folding Paper and Matrices) Do you think your working memory affected your processing of the Conditional Statements? Describe what you tried to do to hang on to the information. How do you think your working memory skills affect your memory?

I did the Dual-and-Back tasks in the evening, when I was a bit tired, and they were really challenging. After I got the keys figured out, I did pretty well for the one back dual, but the two back dual was very frustrating. I got completely lost and restarted twice! I finally had to guide myself by repeating the items. I found the Tangrams and Matrices rather challenging in a good way, but really had to work a long time at the Matrices task. The Tangrams were slow and difficult when I didn’t have the solutions. Although I enjoyed the challenge of these tasks, I really had to work hard on the tasks that were visual or dual. I think my working memory is good with things like words and sounds, but not good with things that are visual. I would try to keep seeing the image in my mind so I could work with it, but it would slip away. So my attention skills – my distractibility – affects my working memory. And my working memory affects how well I remember information later.
**Short-Term Memory**

**Digit Span:** What was the highest level where you got both sets completely right? ___7_
Normal is 7 numbers, but 5 or 6 is still within normal range.

**Verbal Learning Pairs:** Trial 1 ___4_ Trial 2 ___7_ Trial 3 ___10_ Trial 4 ___10_ Trial 5 ___10_

If Trial 1 is much worse than Trial 2, you likely have anxiety issues with learning. In general, your scores should improve across the trials. Normal reaches 8/10 by last set.

These were probably among the most frustrating tasks. Describe anything you did that seemed to make it easier (if it was mental, it was not cheating). Do you think you’d already lost the information due to attention, processing or working memory issues? Which was easier for you, the word pairs or the numbers? Short-term memory problems are sometimes described as “in one ear and out the other.” Did it feel like that to you?

Do you think short-term memory is part of your memory problem?

My scores on the short-term memory tasks probably weren’t accurate because I’ve done them so many times. But my distractibility in attention skills can still affect them, especially digit span. My digit span is 7 unless I really focus and try to quickly group the numbers with a melody in my mind. I’ve always made pictures in my mind with Verbal Learning types of tasks (like clock-flower was a wall clock with a big flower on the face of the clock), so by the third trial I got all of them right. For me, the Verbal Learning task was easier than digit span because I found it more interesting. I think it held my attention more than the digits did. The digits were like “in one ear and out the other.” I’d hear them but then they’d be gone. Although my short-term memory was normal in these tasks, I know I have trouble with it in my daily life, although a lot of that may be due to my attention issues. It’s interesting that my working memory is better with words than pictures, but I remember better when I make pictures in my mind. Making sure I focus my attention also helps my short-term memory.
### Long-Term Memory

**Retrieving the Verbal Learning Pairs:** 10/10 (5/10 or better is good)

**Recognizing them:** 10/10 (7/10 is good, or better if you used reasoning for some)

**Survey:**
What do you think about your answers in group 5? A lot of things slip away, but I use a lot of supports (group 6)

**Attach your Long Term Memory Survey**

<table>
<thead>
<tr>
<th>Question</th>
<th>Response</th>
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<tbody>
<tr>
<td>Did you feel like enough information gets into your long-term memory? Are there factors other than memory that affected your answers to the survey?</td>
<td></td>
</tr>
<tr>
<td>Do you think you do much better at recognition than at recall?</td>
<td></td>
</tr>
<tr>
<td>Do you feel that you have a problem in long-term storage, or is it more in retrieval than in storage?</td>
<td></td>
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</tbody>
</table>

I think enough information gets into my long-term memory. In the long-term memory inventory, I noticed I don’t have any difficulty identifying what’s important to memorize, but I do have difficulty remembering what was important from the previous paragraph – sometimes even from the previous sentence! Since I used to easily remember anything I’d read once, having it now disappear so quickly been very frustrating for me. Some of my answers were affected by how many supports I use. I will highlight important points to draw my attention to them, but to remember them I usually take notes, either in the margins or on a separate piece of paper. I use a lot of sticky notes and to-do lists. Lately I’ve been using my cell phone calendar with alarms and lists so I have access to them. Sometimes I’ll even put a task on my phone and have my alarm go off during a time frame when I think I’ll be able to get to it. I got all of the Verbal Learning pairs right in both retrieval and recognition because of the pictures I made in my mind earlier. For this task, both recognition and retrieval were easy, but in most activities I need a cue, so recognition is easier for me. If I can recognize it, I know the information got into my long-term memory.
SUMMARY

Describe about what you have learned about your memory for each step of the memory process we have been using this semester (attention, processing, working memory, short-term memory, long-term retrieval). Did anything surprise you? Which step(s) in the process are your strengths? Which are your weaknesses? Are there things you’ve learned about your memory that may change what you do to help you remember better?

In reviewing the steps of memory, I have learned that my attention skills are weak, mostly due to distractibility. My processing is fine, although I seem to have changed my style somewhat. I’ve become increasingly aware of how much I verbally guide what I want to remember. My working memory and short-term memory are a little weak, but that may be due to the attention required in each. It surprised me that I got so easily distracted in the Hidden Pictures task and that the visual tasks for working memory were so hard for me without verbally processing them. My strength is processing, and I’m strong in working memory when the information is in words rather than images. My greatest weakness is my attention skills, although my short-term memory is also weak. Although my brain seems to prefer visual processing, I learned that I can use words to guide my focus and retention for working memory. I need to do the cognitive retraining activities for my attention and working memory. I know that if I stay focused, organize information, and do things like verbalize visual information in my mind, I can improve my memory.