

Cogmed Working Memory Chart by Age Group

Age	Working memory is crucial for...	Indicators that a working memory needs exercise
Pre school	<ul style="list-style-type: none"> • Learning the alphabet • Focusing on short instructions such as "Come brush your teeth" • Remaining seated to complete independent activities, such as puzzles 	<ul style="list-style-type: none"> • Seems unwilling or unable to learn alphabet, numbers • Can't focus long enough to grasp and follow instructions • Flits from one thing to another
Elementary school	<ul style="list-style-type: none"> • Reading and understanding the content (reading comprehension) • Mental arithmetic • Interacting and responding appropriately in peer activities such as playing on the school ground 	<ul style="list-style-type: none"> • Reads (decodes) but does not understand or remember material read • Problems memorizing math facts • Difficulty participating in group activities (e.g. awaiting turn); makes friends but cannot keep them
Middle school	<ul style="list-style-type: none"> • Doing homework independently • Planning and packing for an activity • Solving multi-step math problems, especially word problems • Participating in team sports 	<ul style="list-style-type: none"> • Does not begin or persist with homework without supervision • Packs but forgets items essential for activity • Reads the problem but can't break it into understandable parts • Problems grasping rules of a game, functioning as a "team player"
High school	<ul style="list-style-type: none"> • Getting a driver's license – and driving safely • Understanding social cues, responding to demands of a social situation • Writing essays, reports 	<ul style="list-style-type: none"> • Problems with spatial awareness, reading and following traffic cues • Interrupts, talks excessively, doesn't listen to others • Essays and reports are short, sloppy, and disorganized
College	<ul style="list-style-type: none"> • Focusing on and following a conversation • Making and adhering to work plans, such as studying for an exam successfully • Participating in group activities in school and socially • Sustaining focus and interest throughout lectures 	<ul style="list-style-type: none"> • Changes topics suddenly, makes irrelevant comments • Procrastinates, then tries to "cram" the night before an exam • Doesn't listen or participate during group activities • Falls asleep or "zones out" during lectures
Adults	<ul style="list-style-type: none"> • Getting to work on time • Meeting deadlines at work • Prioritizing multiple activities • Handling conflicts within the family 	<ul style="list-style-type: none"> • Frequently late to work • Often underestimates time required for a task • Has problems breaking a project into manageable steps • Often loses temper with children and spouse
Seniors	<ul style="list-style-type: none"> • Actively participate in group discussions • Being able to perform what you are planning to do • Organizing your materials and activities • Managing important financial transactions 	<ul style="list-style-type: none"> • Forgetfulness • Distractability • Losing track of the topic in a conversation • Misplacing things like glasses, mobile phone, keys etc