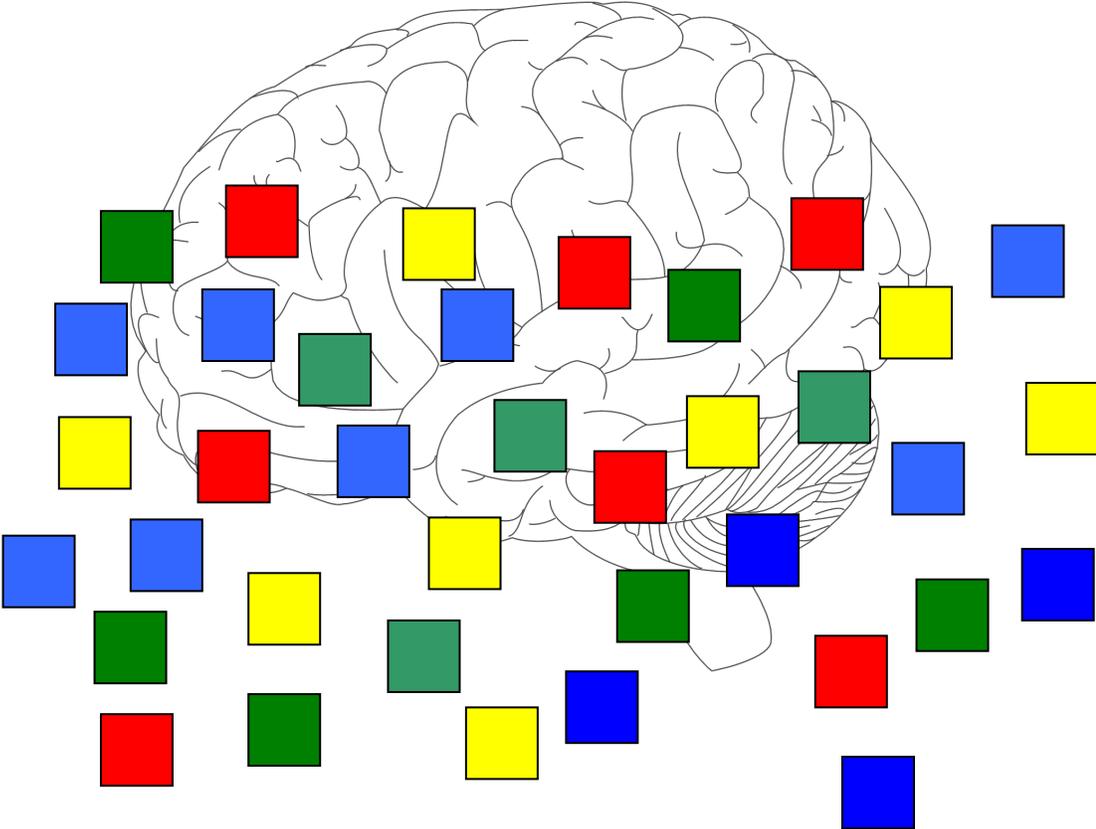


Working Memory and Memory Span: Fine Motor Speed Tasks



Concentration and Mindfulness Workbook

By
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2016

Ideo-Motor Speed and Your Ability to Concentrate

Caution: You are not to use these tasks as diagnostic tools or assessment instruments; these tasks are not a measure of intelligence or a measure of any psychological concept or variable. You are not to use these tasks as outcome measures. There are no implicit or explicit guarantees of a cure or success. The advice and strategies contained herein may not be suitable for your situation. You should consult with a competent professional in your field where appropriate. I am not liable for any loss of profit or any other commercial damages, including but not limited to specific, incidental, consequential, or other damages.

These tasks will help you to focus and develop your visual recall tasks, visual rote learning, and your fine motor speed in searching and adequate visual tracking. You will complete six sets of letter coding, which of varying complexity and stimuli presentation accurately and carefully. Each item has a diversity of stimuli to encourage adaptation. You will be required to meet new requirements and make minimal adjustments to complete these ideo-motor tasks. You will visually track horizontal and disregard competing distractions. Through each item, you will self-monitor your performance and adjust your routines accordingly. You want to try out different methods to solve this problem and improve. Your effectiveness in accurately completing ideo-motor speed tasks. This task requires active participation. If you make an error, figure out what went wrong and try again—encourage yourself to learn to reason about what you are doing carefully. You will be more careful if you make a plan before beginning each task.

In substitution tasks, the therapist presents the person with symbols, numbers, designs, or letters. You have several boxes to practice. These tasks measure motor speed, visual-motor coordination, and "visual associative memory." If the person has sensory problems in these areas, use another modality. These tasks also involve attention span, immediate visual recall, and visual rote learning; and measure the person's speed in copying symbols and adequate visual tracking. Fatigue, nervous exhaustion, depression, anxiety, or behavioral stresses influence the performance of these types of tasks. When working with someone in doing Coding tasks, decrease anxiety and hesitancy that impairs the stability of your visual organization. In the course of hesitant movements, your ability to act purposefully and efficiently may be limited.

The objective of this task is to increase your accurate realism and your ability to make calm decisions (resiliency). You will get more accurate mental performance, such as computing, reading, and estimating time. After completing these tasks, hopefully, you will be more alert and have a better ability to concentrate. I designed these tasks to increase your ability to increase your working memory. I also hope that you will develop a greater sense of self-control. As a cross-reference, you will want to go to Clinical Worksheets Resiliency Training: Feeling Social Tension.

You will see a set of numbers going down the page something like this: Put a check next to each number that has seven in it, or else 7 multiplied by something. In the above example, you would check 17, because it has a 7 in it and 14 because it is 7 multiplied by 2. Work down the column of number on the left before starting on the column to the right. Work quickly and accurately as you can.

3	_____	14	_____
7	_____	10	_____
8	_____	17	_____
1	_____	13	_____
2	_____	30	_____
20	_____	41	_____
18	_____	16	_____

Put a check (✓) next to each number that has three in it, or else 3 multiplied by something. You would check 13, because it has a 3 in it and 15 because it is 5 multiplied by 3. Work down the column of number on the left before starting on the column to the right. Work quickly and accurately as you can.

3	_____	18	_____	6	_____	45	_____
7	_____	11	_____	44	_____	18	_____
9	_____	17	_____	8	_____	42	_____
1	_____	13	_____	12	_____	7	_____
2	_____	30	_____	9	_____	9	_____
21	_____	19	_____	11	_____	4	_____
18	_____	31	_____	2	_____	27	_____

UI 25 (22): Ideational Rigidity/ Color Naming Task/ Put a capital letter for each color:
Blue=B; Red=R; Yellow=Y; Green=G; Do each color one by one and don't skip around. See
how many rows you can do. Here are some different colors. There are four of them Blue
p.485

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

UI 25 (22): Ideational Rigidity/ Color Naming Switching Task/
 Put a capital letter for each color: See Yellow write a B See Blue write a Y
 Do each color one by one and don't skip around. See how many rows you can do.

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

1	2	3	4	5	6	7	8	9	10	11	12
											
—	—	—	—	—	—	—	—	—	—	—	—

UI 25: Letter Coding, Ideomotor Speed (t49)/ 30 SECONDS PER LINE

(1)

- #1** *Put an X under every P*
Put an Z under every A

Q R S P S A B P O S P X A C D E P R A M H I A R S P D A E F G

- #2** *Put a V under every B*
Put a 1 under every P and R

M H I A R C B E P R A S P B A E F G B R S P O S P X A C B E P T

- #3** *Put a W under every A*
Put a M under every B

P O S P X A C D E P R A M H A R C B E P R A S P B A E F G B R

- #4** *Put a 7 under every M*
Put a 0 under every W

R S M S A W P O S P X A W D E M R A M H W A R W P D M E F

- #5** *Put an X under every P*
Put an Z under every A

H A I A R C B E P R A S P B A E F G B R S P O S P X A C B E P T

- #6** *Put a B under every A*
Put a C under every B

P O S B X A C D E B R A M H A B C B E P B A S P B A E F G B R

UI 25: Under each underlined letter put the letter that follow in the alphabet. If A is underlined, write a B under the A. If D is underlined, write E under D.

#1

A R S P S A P O S P X H A C D E P R A M T X J N K O Q T U A B

#2

A R S P S A P O S P X H A C D E P R A M T X J N K O Q T U A B

#3

A R S P S A P O S P X H A C D E P G A M T X J N K O Q T U A B

#4

A R S P S A P O S V W H A C D E P R A M T X J N K O Q T U A B

#5

A C D E S A P O S I X H A C D E P R A M T X J N K O Q T U A B

#6

A R T G B A P O E P M H A C D E P R A M T X J N K O Q T U A B

UI 25: Under each underlined letter put the letter that is two letters ahead in the alphabet. If A is underlined, write a C under the A. If D is underlined, write F under D.

#1
C F H K A M P Q D H B W L X O E A S C T K E J W M I N O K

#2
C F H K A M P Q D H B W L X O E A S C T K E J W M I N O K

#3
C F H K A M P Q D H B W L X O E A S C T K E J W M I N O K

#4
C F H K A M P Q D H B W L X O E A S C T K E J W M I N O K

#5
C F H K A M P Q D H B W L X O E A S C T F E J W M I N O K

#6
C F H K A M P Q D H B W L X O E A S C T K E J W M I N O K

UI 25: *Under each underlined letter put the letter which is two letters previous in the alphabet. If D is underlined, write a B. If F is underlined, write D.*

#1

Z C W G T F U K P D L H N R V I Q C O S M E J Y O M U X

#2

Z C W G T F U K P D L H N R V I Q C O S M E J Y O M U X

#3

Z C W G T F U K P D L H N R V I Q C O S M E J Y O M U X X

#4

Z C W G T F U K P D L H N R V I Q C O S M E J Y O M U X

#5

Z C W G T F U K P D L H N R V I Q C O S M E J Y O M U X

#6

Z C W G T F U K P D L H N R V I Q C O S M E J Y O M U X X

Part I

Count A's

	a	b	c
1. GALDANYCAB	[] 1 A	[] 2 A's	[] 3 A's
2. APXXAALAMCA	[] 1 A	[] 2 A's	[] 3 A's
3. OXDFUALUBJ	[] 1 A	[] 2 A's	[] 3 A's
4. UFXALOPDAY	[] 1 A	[] 2 A's	[] 3 A's
5. BAALOXTABM	[] 1 A	[] 2 A's	[] 3 A's
6. KYUDWAXYOD	[] 1 A	[] 2 A's	[] 3 A's
7. AGDAYALOAX	[] 1 A	[] 2 A's	[] 3 A's
8. PRSOQUAMNA	[] 1 A	[] 2 A's	[] 3 A's
9. OFADLAXOYL	[] 1 A	[] 2 A's	[] 3 A's
10. RBAAMDWLAN	[] 1 A	[] 2 A's	[] 3 A's
11. AYLDZBYXUE	[] 1 A	[] 2 A's	[] 3 A's
12. FYPAXAKLWA	[] 1 A	[] 2 A's	[] 3 A's
13. OAVAQAATAB	[] 1 A	[] 2 A's	[] 3 A's
14. ADEAAPQADE	[] 1 A	[] 2 A's	[] 3 A's
15. GAABAXAAVE	[] 1 A	[] 2 A's	[] 3 A's
16. ANGADQALTV	[] 1 A	[] 2 A's	[] 3 A's
17. XABWLEVTDN	[] 1 A	[] 2 A's	[] 3 A's
18. IGTABIAOTP	[] 1 A	[] 2 A's	[] 3 A's
19. ZWEVLAADNG	[] 1 A	[] 2 A's	[] 3 A's
20. KALTRAMAAO	[] 1 A	[] 2 A's	[] 3 A's

Part II

Count 3's

21. 5303393736	[] 1 [] 2 3's []3+ 3's
22. 6735520642	[] 1 [] 2 3's []3+ 3's
23. 3426953439	[] 1 [] 2 3's []3+ 3's
24. 7593340051	[] 1 [] 2 3's []3+ 3's
25. 2103733633	[] 1 [] 2 3's []3+ 3's
26. 9433457930	[] 1 [] 2 3's []3+ 3's
27. 3814963652	[] 1 [] 2 3's []3+ 3's
28. 7546355219	[] 1 [] 2 3's []3+ 3's
29. 3670363835	[] 1 [] 2 3's []3+ 3's
30. 9534096751	[] 1 [] 2 3's []3+ 3's
31. 8323976832	[] 1 [] 2 3's []3+ 3's
32. 3763439335	[] 1 [] 2 3's []3+ 3's
33. 2334367393	[] 1 [] 2 3's []3+ 3's
34. 7035343324	[] 1 [] 2 3's []3+ 3's
35. 3417689973	[] 1 [] 2 3's []3+ 3's
36. 3645955828	[] 1 [] 2 3's []3+ 3's
37. 6073381429	[] 1 [] 2 3's []3+ 3's
38. 2335336483	[] 1 [] 2 3's []3+ 3's
39. 9283134762	[] 1 [] 2 3's []3+ 3's
40. 3739632138	[] 1 [] 2 3's []3+ 3's

After the person is familiar with a few Coding tasks, the task given should ask the person “How far did you get in 60 seconds (or 90 seconds)?” and “How far will you get next time?” This increases the person’s ego skills in judging his or her performance based on behavior. These tasks are the most sensitive to the presence of brain damage.

UI 25 Coding Vowels: Look at these boxes. Each vowel (A, E, I, O, and U) in the upper part has a special symbol (circle, triangle, square, and diamond in the lower part. In the practice section, you see a list of letters. When the list contains an “A” draw a circle in the lower part, when the list contains an “E” draw that triangle. Do the practice item and stop. How many boxes do you think you will complete? When I say go, complete the remaining items.

A	E	I	O	U	A	E	I	O	U
									

Practice

QTPFIHLXVN	REBKZBCTF	NBACXLKDG	PPSRQORTPD	RQANVCZL	FDGHATYWQ
					

Start

FDFDIYTFD	HLKJAHLKJ	ZCXVOZCXV	GFAZXCMNV	DFUSDFDDS	KLKJEQFPR

1 2 3 4 5 6

PPLAMNVDF	LKPJEWQDF	KRLIKRKNRN	JJZXWQUVLS	CZXBVZEZD	DKMORRLPL

7 8 9 10 11 12

LKJLKOJRJR	ULKJQWMN	JLKDDUVVT	SQEFFPPRR	MMNATRW	WMWMWIM

13 14 15 16 17 18

MNMNFGUV	LTTIXTZXP	ROPQZXMN	PRVUWNK	FGFGEJKJ	DLDOQCD

19 20 21 22 23 24

TYAYTGBKJL	LPALBGGBP	PLUWDDW	DWWDELP	QZZQILP	TYZQZUGF

25 26 27 28 29 30

UI 25

A	E	I	O	U	A	E	I	O	U
									

QTPFIHLXVN	REBKZBCTF	NBACXLKDG	PPSRQORTPD	RQNVCZULX	FDGHATYWQ

1 2 3 4 5 6

BCNVUCBVZ	LKJUKLJJKLZ	WRYTOYUYT	ZQZQXEXCX	KJAWDFGHJZ	ZQWETNBVC

7 8 9 10 11 12

ZXCVIVCZX	VCXVUZCVX	ZVZCVOZVC	ZCVXVUZVC	WSDFOWSXC	XSEFGHJKCZ

13 14 15 16 17 18

CDADCDCDC	TYRUTYR ZX	HJGAHJGXZX	NMEVNMNBZX	XCBVIXBVC	CNBVOCBVN

19 20 21 22 23 24

XXXZZIXXV	VVVAMMNX	QQCCDDOQQ	FKFLFKFLIFF	DKDUDLLDZ	KJHLENBMZZ

25 26 27 28 29 30

ZXCVAZXCXV	GHIKEGJHKZ	RTYIRTYTRZ	TRYUTYRNB	ZGEGDFFDFD	DFORYQZZX

31 32 33 34 35 36

HKJLOHKJLX	YTRURTYX	JKKJOKJKJX	RTTRETRTRX	DCVACVCVX	KLIWQWQX

37 38 39 40 41 42

UI 25 ONLY PUT SYMBOLS FOR VOWEL /// Coding Vowels: Look at these boxes. Each vowel (A, E, I, O, and U) in the upper part has a special symbol (circle, triangle, square, and diamond in the lower part. In the practice section, you see a list of letters. When the list

contains an "A" draw a circle in the lower part, when the list contains an "E" draw that triangle. Do the practice item and stop. How many boxes do you think you will complete? When I say go, complete the remaining items.

V	E	T	O	C	A	I	Q	Z	U
									

Practice

qtpfihlxvn	rebkzbcft	NBACXL KDG	ppsrqortpd	RQANVC ZL	fdghatywq
					

Start

FDFDIYT FD	hlkjahlkj	ZCXVOZC XV	GFAZXC MNV	dfusdfdds	KLJKJEQ FPR

1 2 3 4 5 6

pplamnvdf	lkipjewqdf	KRLIKRK NRN	JJZXWQU VL	CZXBVZE ZD	dkmorrlpl

7 8 9 10 11 12

lkjlkjrr	ulkjqwmn	JLKDDUVVT	sqeffpprr	MMNATRW	WMWMWIM

13 14 15 16 17 18

mnmnfguv	ltxixzxp	ROPQZXMN	PRVUWNK	FGFGEJKJ	DLDLOQCD

19 20 21 22 23 24

TYAYTGBKJL	LPALBGGP	pluwddw	DWWDELP	QZZQILP	TYZQZUGF

25 26 27 28 29 30

UI 25 Coding Vowels: Look at these boxes. Each vowel (A, E, I, O, and U) in the upper part has a special symbol (circle, triangle, square, and diamond) in the lower part. In the practice section, you see a list of letters. When the list contains an "A" draw a diamond in the lower part, when the list contains an "E" draw that triangle. Do the practice item and stop. How many boxes do you think you will complete? When I say go, complete the remaining items.

A	B	I	K	N	W	E	O	Z	U
									

Practice

QTPFIHLXVN	REBKZBCTF	NBACXLKDG	PPSRQORTPD	RQANVCZL	FDGHATYWQ
					

Start

FDFDIYTFD	HLKJAHLKJ	ZCXVOZCXV	GFAZXCMNV	DFUSDFDDS	KLJKJEQFPR

1	2	3	4	5	6
PPLAMNVDF	LKPJEWQDF	KRLIKRKNRN	JJZXWQUVLS	CZXBVZEZD	DKMORRLPL

7	8	9	10	11	12
LKJLKOJRJR	ULKJQWMN	JLKDDUVVT	SQEFFPPRR	MMNATRW	WMWIM

13	14	15	16	17	18
MNMNFGUV	LTTIXTZX	ROPQZXMN	PRVUWNK	FGFGEJKJ	DLDLOQCD

19	20	21	22	23	24
TYAYTGBKJL	LPALBGGBP	PLUWDDW	DWWDELP	QZZQILP	TYZQZUGF

25 **26** **27** **28** **29** **30**

UI 25 TWO STEP CODING: HIDDEN WORDS I- Below there are nine words with a corresponding number. In the performance section, there are boxes divided in half. The top half is blank (except for the examples) and the bottom half are list of letters. Within that list of letters, there are the letters that could spell cat, bat, hog, six, win, tin, one, dog, or two. You find the hidden word and write the corresponding number. You have two minutes per sheet.

CAT	BAT	HOG	SIX	WIN	TIN	ONE	DOG	TWO
1	2	3	4	5	6	7	8	9

Practice

2	5	6				
LRALTVBU	QVNW6UIQ	JR7T4I4N	QZ3NRELO	QKTPWYOL	YJDUOKGD	PI8N2PTV

Start

UDGROJD7	FNUT3YIY	DKAJTRCP	YKOH8PGJ	UO5VEQNR	QVNW6UIQ	LRALTVBU

1 2 3 4 5 6 7

QKTPWYOL	FTPC5A8Q	JDXJSRID	LRALTVBU	VOIGHQ2K	RL6W2T9O	PYIYWN3R

8 9 10 11 12 13 14

VF3D9G5O	KS5I3X6F	VYOUNR5E	UPWT9O5P	JR7T4I7N	YJDUOKGD	PTAZ3B6V

15 16 17 18 19 20 21

LFIKZUSJ	JPCKAU7T	LIDN5W2N	YN6E6VOK	QBZPAYTY	ULLHVORGL	DVNV9IKT

22 23 24 25 26 27 28

ZG2ODL3F	KFWZIYNU	YO7QTVWQ	KQYTICAR	RG5H7OIP	PI8N2PTV	PJXLSI3K

29 30 31 32 33 34 35

PJXLSI3K	RVAQTZBZ	QWVTQ7OY	JGP8HOKY	QIU6WNV8	DIRSJXDJ	PCRTJAKD

36 37 38 39 40 41 42

N3I9T2RJ	LOYWPTKQ	UBVTLARL	OLE5N3ZQ	7DJORGDU	V6B3AZTP	K2QHG1OV

43 44 45 46 47 48 49

YIY3TUNF	O9T2W6LR	Q8A5CPLT	O5G9D3FN	R3NWPIPF	F6X3I5SK	RNQEVSOU

50 51 52 53 54 55 56

UI 25 TWO STEP CODING: HIDDEN WORDS II- Below there is nine words with a corresponding number. In the performance section, there are boxes divided in half. The top half is blank (except for the examples) and the bottom half are list of letters. Within that list of letters, there are the letters that could spell rate, bat, cat, boy, joy, toy, car, tar, or rage. You find the hidden word and write the corresponding number. You have two minutes per sheet.

RAT	BAT	CAT	BOY	JOY	TOY	CAR	TAR	RAG
2	3	7	4	9	6	5	8	1

Practice

3	9	6				
LRALTVBU	QYNJ6UIO	YR7T4I4O	QZ3CRALT	QKRPCYOA	TJRUOKGA	PR8N2AVG

Start

ADGROJG7	ANUT3YIB	DKAJTRKP	YKOH8PGJ	CO5VETNA	QVNW6UIQ	LRALTVBU

1 2 3 4 5 6 7

QKTPWYOL	FTPC5A8Q	JDXJSRID	LRALTVBU	VOIGHQ2K	RL6W2T9O	PYIYWN3R

8 9 10 11 12 13 14

VF3D9G5O	KS5I3X6F	VYOUNR5E	UPWT9O5P	JR7T417N	YJDUOKGD	PTAZ3B6V

15 16 17 18 19 20 21

LFIKZUSJ	JPCKAU7T	LIDN5W2N	YN6E6VOK	QBZPAYTY	ULLHVORGL	DVNV9IKT

22 23 24 25 26 27 28

ZG2ODL3F	KFWZIYNU	YO7QT VWQ	KQYTICAR	RG5H7OIP	PI8N2PTV	PJXLSI3K

29 30 31 32 33 34 35

PJXLSI3K	RVAQTZBZ	QWVTQ7OY	JGP8HOKY	QIU6WNV8	DIRSJXDJ	PCRTJAKD

36 37 38 39 40 41 42

N3I9T2RJ	LOYWPTKQ	UBVTLARL	OLE5N3ZQ	7DJORGDU	V6B3AZTP	K2QHG1OV

43 44 45 46 47 48 49

YIY3TUNF	O9T2W6LR	Q8A5CPLT	O5G9D3FN	R3NWPIPF	F6X3I5SK	RNQEVSOU

50 51 52 53 54 55 56

UI 25 Can you deal with uncertainty: HIDDEN WORDS II - Below there are nine words with a corresponding number. Within that list of letters, there are the letters that could spell cat, bat, hog, six, win, tin, one, dog, or two. You find the hidden word and write the corresponding number. You have two minutes per sheet. But some of the words in the coded. When a word is not in the code or in the list of letters but a O, if you are unsure put an X.

CAT	BAT	HOG	SIX	WIN	TIN	ONE	DOG	TWO
1	2	3	4	5	6	7	8	9

Practice

2	5	6				
LRALTVBU	QVNW6UIQ	JR7T4I4N	QZ3NRELO	QKTPWYOL	YJUGOTKC	PI8N2PTV

Start

UDGROJD7	FNUT3YIY	DKAJTRCP	YKOH8PGJ	UO5VEQNR	QVNW6UIQ	LRALTVBU
1	2	3	4	5	6	7

QKTPWYOL	FLPC5A8Q	JDXJSRID	LRALTVBU	VOIGHQ2K	RL6W2A9R	PYIYWN3R
8	9	10	11	12	13	14

VF3D9G5O	KS5I3X6F	VYOUNR5E	UPWT9O5P	JR7T417N	YJDUOKGD	PTAZ3B6V
15	16	17	18	19	20	21

LFIKZUSJ	JPCKAU7T	LD6N5W2N	YN6E6VOK	QMZPAYTY	ULLHVORGL	DVNV9IKT
22	23	24	25	26	27	28

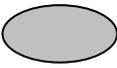
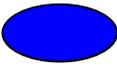
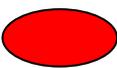
ZG2ODL3F	KFWZIYNU	YO7QTWVQ	KQYKICAR	HG57RATC	PI8N2PTV	PJXLSI3K
29	30	31	32	33	34	35

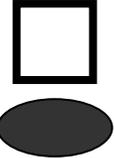
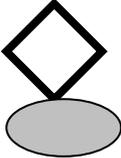
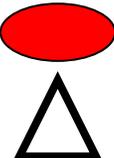
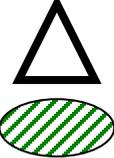
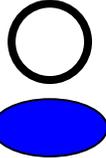
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36	37	38	39	40	41	42

N3I9T2HJ	LOYWPTKQ	UBVTLARL	OLE5N3ZQ	7DJORGDU	V6B3AZTP	K2QFOG1V
43	44	45	46	47	48	49

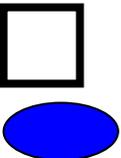
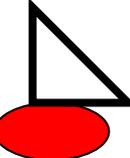
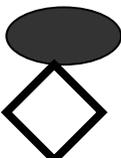
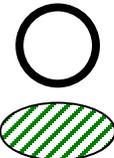
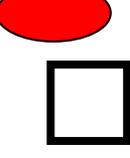
YIY3TUNF	O9T2W6LR	Q8A5CPLF	O5G9D3FN	R3NWPPIF	F6X3I5SK	RNQEVSOU
50	51	52	53	54	55	56

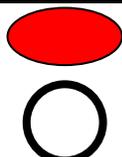
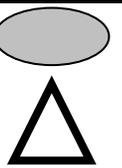
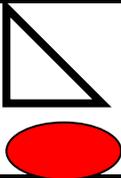
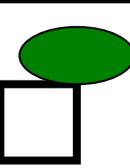
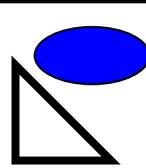
UI 25 Coding Matrix I: Use the margins and match the design.

					
	D	1	I	J	2
	6	E	F	7	H
	9	3	R	V	M
	L	8	5	F	N
	X	G	0	4	K

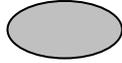
PRACTICE

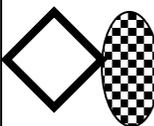
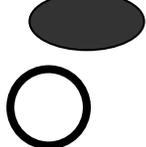
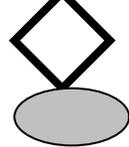
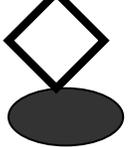
						

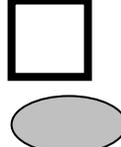
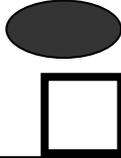
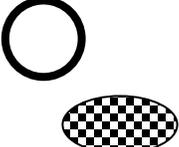
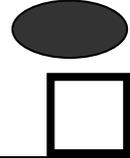
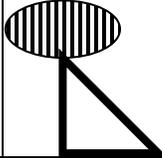
8 9 10 11 12 13 14

UI 25 Coding Matrix II: There are designs along the top (triangle, circle, square, diamond, etc). Along the left-hand margin are ovals of various colors. Using the margins, match the design.

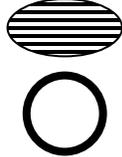
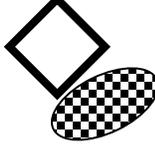
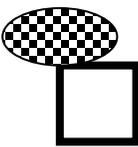
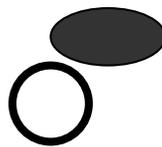
					
	Y	T	S	E	P
	M	W	B	R	F
	N	V	A	O	Q
	K	U	D	G	C
	J	I	H	Z	X

1 2 3 4 5 6 7

8 9 10 11 12 13 14

15 16 17 18 19 20 21

UI 25 Coding Matrix III: There are designs along the top (triangle, circle, square, diamond, etc). Along the left-hand margin are ovals of various colors. Using the margins, match the design.

			1		
		2		3	
			5		4
	10	6		7	
		8			9

3						

UI 25 Coding Matrix IV: There are designs along the top (triangle, circle, square, diamond, etc). Along the left-hand margin are ovals of various color. Using the margins, match the design.

			A		
		B		C	
			E		D
	H	G		F	
		I			J

3						

UI 25 Coding Matrix V: There are designs along the top (triangle, circle, square, diamond, etc). Along the left-hand margin are ovals of various color. Using the margins, match the design.

3						

UI 25 CODING: NUMBER OF A's, B's, and C's

								
One A	Two A's	Three A's	One B	Two B's	Three B's	One C	Two C's	Three C's

Practice

GHBVBURY	TUAAUIAG	NMNJCOPR	QWERBQEK	LKCJCLCK	RUBOBBRT	NMCHJKCK
						

START

VANAJUKJ	UGCOUCO	DFGBDFGG	KLBKLBKLE	ICOCHGCG	TYUAYUTIT	POREBPFP
1	2	3	4	5	6	7

KLSDCVBK	UIOAOAUA	PRBPREBE	GCUCTCSD	KJBYTWBY	NMAKAKAO	LKBYTBSD
8	9	10	11	12	13	14

JHBYTBIUB	JKCRTWEF	KLBUYBTB	FGAUAPGH	LKJCDFGO	KLJBERTBU	UCOICERCU
15	16	17	18	19	20	21

GODCREW	JKBHGBUY	IUAREAKLJ	JIJBIPYTU	KLADSTYA	YUREAFKL	JIOJCRYTR
22	23	24	25	26	27	28

KOBKOBK	IUIUBYTYR	JKJATFAIU	IUTCIUCTR	KJHBGFDM	HIADAZXL	IOBIUOBRE
29	30	31	32	33	34	35

HAHAHUA	YUUCUYCT	BUIBTREBI	GJHGAIPIPI	HBYUTUBB	CCRCRRTTE	BUCRDCTC
36	37	38	39	40	41	42

GHCHJDID	JBIBIOIOB	JKBKOIJOIC	IUAIOIAOIOI	JJAJHAJAJ	JKJKJCKKL	NOIAVIMIAQ
43	44	45	46	47	48	49

UI 25 Coding the Number of A's, B's, and C's II:

								
One A	Two A's	Three A's	One B	Two B's	Three B's	One C	Two C's	Three C's

Practice

GHBVBURY	TUAAUIAG	NMNJCOPR	QWERBQEK	LKCJCLCK	RUBOBBRT	NMCHJKCK

START

VANAJUKJ	UGCOUCO	DFGBDFGG	KLBKLBKLE	ICOCHGCG	TYUAYUTIT	POREBPFP

1	2	3	4	5	6	7
KLSDCVBK	IIOAOAUA	PRRPREBE	GCUCTCSD	KIBYTWBY	NMAKAKAO	LKBYTBSD

8	9	10	11	12	13	14
JHBYTBIUB	JKCRTWEF	KLBUYBTB	FGAUAPGH	LKJCDFGO	KLJBERTBU	UCOICERCU

15	16	17	18	19	20	21
GODCREW	JKDHGBUY	IUAREAKLJ	JIBJIFTTU	KLADSTTA	YUREAFKL	JIOJORYTR

22	23	24	25	26	27	28
KOBKOBK	IUIUBYTYR	JKJATFAIU	IUTCUCTR	KJHBGFDM	HIADAZXL	IOBIUCBRE

29	30	31	32	33	34	35
HAHAHUA	YUUCUYCT	BUIBTREBI	GJHGAIPIPI	HBYUTUBB	CCRCRTE	BUCRDCTC

36	37	38	39	40	41	42
GHCHJDID	JBIBIOIOB	JKBKOIJOIC	IUAIOIAOIOI	JJAJHAJAJ	JKJKJCKKL	NOIAVIMIAQ

43 44 45 46 47 48 49

UI 25 Coding the Number of A's, B's, and C's III:

								
One A	Two A's	Three A's	One B	Two B's	Three B's	One C	Two C's	Three C's

Practice

GHBVBURY	TUAAUIAG	NMNJCOPR	QWERBQEK	LKCJCLCK	RUBOBBRT	NMCHJKCK

START

HAHAHUA	YUUCUYCT	BUIBTREBI	GJHGAIPIPI	HBYUTUBB	CCRCRTE	BUCRDCTC
1	2	3	4	5	6	7

KLSDCVBK	UIOAOAUA	PRBPREBE	GCUCTCSD	KJBYTWBY	NMAKAKAO	LKBYTBSD
8	9	10	11	12	13	14

JHBYTBIUB	JKCRTWEF	KLBUYBTB	FGAUAPGH	LKJCDFGO	KLJBERTBU	UCOICERCU
15	16	17	18	19	20	21

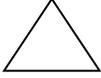
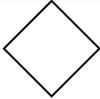
GODCREW	JKBHGBUY	IUAREAKLJ	JIJBJIPYU	KLADSTYA	YUREAFKL	JIOJCRYTR
22	23	24	25	26	27	28

VANAJUKJ	UGCOUCO	DFGBDFGG	KLBKLBKLE	ICOCHGCG	TYUAYUTIT	POREBPFP
29	30	31	32	33	34	35

KOBKOBK	IUIUBYTYR	JKJATFAIU	IUTCIUCTR	KJHBGFDM	HIADAZXL	IOBIUOBRE
36	37	38	39	40	41	42

GHCHJDID	JBIBIOIOB	JKBKOIJOIC	IUAIOIAOIOI	JJAJHAJAJ	JKJKJCKKL	NOIAVIMIAQ
43	44	45	46	47	48	49

UI 25 ANIMAL CODING: I

BIG	SMALL	MAMMAL	BIRD	INSECT	CARNIVORE	HERBIVORE	OMNIVORE
							

ANT	BUFFALO	BAT	BEE	CAT	BULL	CAMEL	HEN	DEER
1	2	3	4	5	6	7	8	9

SKUNK	SHEEP	LLAMA	RAT	GORILLA	LEOPARD	RABBIT	PIGEON	DONKEY
10	11	12	13	14	15	16	17	18

CROW	DOG	DOE	TIGER	GOAT	PONY	LAMB	LARK	ELK
19	20	21	22	23	24	25	26	27

PIG	BOAR	MOOSE	SNAIL	WALRUS	WREN	ANTELOP	BISON	SPIDER
28	29	30	31	32	33	34	35	36

WOLF	ROOSTER	GIRAFFE	RAVEN	COW	CANARY	DOLPHIN	FINCH	HUMAN
37	38	39	40	41	42	43	44	45

UI 25 ANIMAL CODING: II

BIG	SMALL	MAMMAL	BIRD	INSECT	CARNIVORE	HERBIVORE	OMNIVORE
							

Only put in the shape and don't color in the shape

DUCK	FLEA	EEL	HAWK	HORSE	LYNX	MINK	MOUSE	ZEBRA
1	2	3	4	5	6	7	8	9

WHALE	FOX	FROG	ROBIN	BEAR	MULE	LION	OTTER	PARROT
10	11	12	13	14	15	16	17	18

PIG	BOAR	MOOSE	SNAIL	WALRUS	WREN	ANTELOP	BISON	SPIDER
19	20	21	22	23	24	25	26	27

WOLF	ROOSTER	GIRAFFE	RAVEN	COW	CANARY	DOLPHIN	FINCH	HUMAN
28	29	30	31	32	33	34	35	36

SKUNK	SHEEP	LLAMA	RAT	GORILLA	LEOPARD	RABBIT	PIGEON	DONKEY
37	38	39	40	41	42	43	44	45

CROW	DOG	DOE	TIGER	GOAT	PONY	LAMB	LARK	ELK
46	47	48	49	50	51	52	52	53

UI 25: Working Memory I: Number Span and Remember the Word: “I’m going to say some numbers and letters. The letters will spell a simple word. In this example 6-C-1-A-2-T-9, the word was CAT and the numbers were 6-1-2-9.”

2-T-5-H-8-E-3 THE 2-5-8-3

3-B-8-O-6-Y-3 BOY 3-8-6-3

6-R-1-A-5-N-8 RAN 6-1-5-8

8-T-4-W-2-O-3 TWO 8-4-2-3

5-M-7-I-4-L-1-E-3-S MILES 5-7-4-1-3

What sentence did the words make? The boy ran two miles.

8-H-4-I-2-S-3 HIS 8-4-2-3

3-E-8-A-9-R-1 EAR 3-8-9-1

4-W-2-A-3-S-6 WAS 4-2-3-6

9-R-8-E-5-D-7 RED. 9-8-5-7

What sentence did the words make? His ear was red.

3-T-6-H-7-E-1 THE 3-6-7-1

4-F-5-O-7-X-9 FOX 4-5-7-9

3-A-1-T-3-E-4 ATE 3-1-3-4

5-T-9-H-1-E-6 THE 5-9-1-6

4-H-1-E-3-N-5 HEN 4-1-3-5

What sentence did the words make? The fox ate the hen.

UI 25: Working Memory II: Number Span and Remember the Word: “I’m going to say some numbers and letters. The letters will spell a simple word. In this example 6-C-1-A-2-T-9, the word was CAT and the numbers were 6-1-2-9.”

2-W-5-H-8-Y-3 WHY 2-5-8-3

5-D-8-I-6-D-4 DID 5-8-6-4

6-S-8-H-1-E-4 SHE 6-8-1-4

8-R-4-U-2-N-3 RUN 8-4-2-3

5-O-7-F-4-F-1- OFF 5-7-4-1-

What sentence did the words make? Why did she run off?.

8-H-4-I-2-S-3 HIS 8-4-2-3

3-H-8-A-9-T-1 HAT 3-8-9-1

4-F-2-E-3-L-6-L-8 FELL 4-2-3-6-8

9-i-8-n-5-t-7-o-2 INTO. 9-8-5-7-2

5-T-3-H-9-E-2 THE 5-3-9-2

7-M-3-U-9-D-5- MUD 7-3-9-5

What sentence did the words make? His hat fell into the mud.

3-D-6-I-7-D-1 DID 3-6-7-1

4-M-5-O-7-M-9 MOM 4-5-7-9

3-H-1-A-8-V-5-E-2 HAVE 3-1-8-5-2

5-F-9-U-1-N-6 FUN 5-9-1-6

4-S-1-k-3-i-5-i-2-n-6-g SKIING 4-1-3-5-2-6

What sentence did the words make? Did Mom have fun skiing.

From Memory I: How far did the boy run? _____

What did the fox eat? _____

What was red? _____

UI 25: Positional Working Memory: Words

I will read you a list of words. For example, I may say “red, green, blue, and yellow.” Then I will ask what the third color was. In this example, you would say... (blue). Do you understand?

1. alert	attentive	active	agile		What was the 3 rd word?	<input type="checkbox"/>
2. worry	concern	trouble	dismay		2 nd	<input type="checkbox"/>
3. fast	quick	hasty	swiftly	immediately	5 th	<input type="checkbox"/>
4. sluggish	slow	delay	unhurried	procrastinating	1 st	<input type="checkbox"/>
5. gentle	tender	pleasant	warm	kind empathic	2 nd	<input type="checkbox"/>
6. untamed	wild	reckless	unruly	fierce mad	3 rd	<input type="checkbox"/>

correct ___/6

“Now I’m going to say some more words. Remember the exact order in which I say them.”

1. oats	wheat	barley	corn		What was the 4 th word?	<input type="checkbox"/>
2. apple	banana	peach	plumb	orange	3 rd	<input type="checkbox"/>
3. trout	bass	salmon	sunfish	catfish	2 nd	<input type="checkbox"/>
4. pencil	crayon	brush	pen	chalk	3 rd	<input type="checkbox"/>
5. table	swing	bench	sofa	stool chair	1 st	<input type="checkbox"/>
6. wheat	plumb	sofa	pencil	salmon cat	3 rd	<input type="checkbox"/>

“Now, I am going to ask you to remember the sum of simple math problems. Remember each answer and then add them together. For example: $2+2=$ ___ and $1+3=$ ___. The answer is ___ (8).

					Response	Answer
1.	$3+3=$	$4+8=$			_____ <input type="checkbox"/>	18
2.	$4+2=$	$5+2=$	$7+4$		_____ <input type="checkbox"/>	24
3.	$5+1=$	$5+8=$	$6+5$		_____ <input type="checkbox"/>	30
4.	$8+3=$	$7+4=$	$3+6$		_____ <input type="checkbox"/>	31
5.	$6+2=$	$3+6=$	$2+7$	$3+3=$	_____ <input type="checkbox"/>	32
6.	$4+8=$	$5+2=$	$3+8$	$4+2=$	_____ <input type="checkbox"/>	36
					total correct _____/6	

Two Person Task

Divided Memory (UI 19)

**I'm going to say some numbers. I want you to remember the second number I say and find the sum of both numbers.
You don't have to remember the sum of the two numbers.**

1 and 3			is	(04)
Examiner says 2	and	{3}	is	(05)
Examiner says 3	and	{2}	is	(05)
Examiner says 1	and	{3}	is	(04)
Examiner says 4	and	{1}	is	(05)
Examiner says 2	and	{4}	is	(06)
Examiner says 1	and	{2}	is	(03)
Examiner says 4	and	{1}	is	(05)
Examiner says 2	and	{4}	is	(06)
Examiner says 3	and	{2}	is	(05)
Examiner says 5	and	{3}	is	(08)
Examiner says 3	and	{5}	is	(08)
Examiner says 6	and	{3}	is	(09)
Examiner says 2	and	{6}	is	(08)
Examiner says 7	and	{2}	is	(09)
Examiner says 1	and	{7}	is	(08)
Examiner says 3	and	{1}	is	(04)
Examiner says 7	and	{3}	is	(10)
Examiner says 2	and	{7}	is	(12)
Examiner says 4	and	{2}	is	(06)
Examiner says 3	and	{4}	is	(07)

REMEMBER THE LAST LETTER IN THE WORD.

CAT
EN (TEN)
EAT (NEAT)
OW (TOW)
IN (WIN)
ET (NET)
OP (TOP)
IE (PIE)
AT (EAT)
ON (TON)
ICE (NICE)
AR (EAR)
AN (RAN)
EAR (NEAR)
OW (ROW)
IN (WIN)

OW (NOW)
ON (WON)
ECK (NECK)
ITE (KITE)
ASY (EASY)
OUR (YOUR)
AT (RAT)
OLD (TOLD)
UCK (DUCK)
NIGHT (KNIGHT)
RUE (TRUE)
LBOW (ELOW)
ATER (WATER)
ATTLE (RATTLE)
RASE (ERASE)

CORD
OWN (DOWN)
OW (NOW)
ATCH (WATCH)
AT (HAT)
RUCK (TRUCK)
EEP (KEEP)
IN (PIN)
AIL (NAIL)
INE (LINE)
AST (EAST)
AG (TAG)
AS (GAS)
AW (SAW)
AGE (WAGE)
ARN (EARN)

AP (NAP)
AIR (PAIR)
ACE (RACE)
DGE (EDGE)
GG (EGG)
EAR (GEAR)
ATE (RATE)
FFORT (EFFORT)
ACT (TACT)
OY (TOY)
EARS (YEARS)
AIL (SAIL)
ITTLE (LITTLE)
XACT (EXACT)
AIL (TAIL)

REMEMBER THE NEXT TO LAST LETTER IN THE WORD

PILL			WORD		
ONG	(LONG)	UCKY	(LUCKY)	ADICAL	(RADICAL)
AME	(NAME)	ICK	(KICK)	TTITUDE	(ATTITUDE)
AKE	(MAKE)	HAT	(CHAT)	ARK	(DARK)
ISS	(KISS)	CTIVE	(ACTIVE)	AINCOAT	(RAINCOAT)
AD	(SAD)	ALUE	(VALUE)	BLE	(ABLE)
IM	(AIM)	MPIRE	(UMPIRE)	USTER	(LUSTER)
NK	(INK)	AIN	(RAIN)	CHO	(ECHO)
EED	(NEED)	DEAL	(IDEAL)	AGGLE	(HAGGLE)
PIC	(EPIC)	LIKE	(ALIKE)	IP	(LIP)
CE	(ICE)	ING	(KING)	MAGE	(IMAGE)
ALL	(CALL)	AVY	(NAVY)	REEN	(GREEN)

UI 19 Divided Memory

Instructions: Say the first two numbers and have the person add them together and you want to see if the person can remember the digits you were adding together. $3+7=10$; you just say 8 ($8+7=15$) if person say "15" you say correct. If the person is incorrect, tell them the correct answer:

Example: Start with 3

7	(10)	correct	incorrect the answer is
8	(15)	correct	incorrect the answer is
	1	(09) correct	incorrect the answer is
	5	(06) correct	incorrect the answer is
	6	(11) correct	incorrect the answer is
	9	(15) correct	incorrect the answer is
	1	(10) correct	incorrect the answer is

Now try these numbers *Start with 5*

8	(14)	correct	incorrect the answer is
	6	(11) correct	incorrect the answer is
	1	(09) correct	incorrect the answer is
	3	(04) correct	incorrect the answer is
	6	(09) correct	incorrect the answer is

Now try these numbers *Start with 3*

	6	(09) correct	incorrect the answer is
	2	(08) correct	incorrect the answer is
	8	(10) correct	incorrect the answer is
	3	(11) correct	incorrect the answer is
	5	(08) correct	incorrect the answer is
	1	(06) correct	incorrect the answer is
	2	(03) correct	incorrect the answer is
	5	(07) correct	incorrect the answer is
	9	(14) correct	incorrect the answer is

Now these numbers *Start with 9*

	5	(14) correct	incorrect the answer is
	7	(12) correct	incorrect the answer is
	3	(10) correct	incorrect the answer is
	8	(11) correct	incorrect the answer is
	1	(09) correct	incorrect the answer is
	5	(06) correct	incorrect the answer is
	3	(08) correct	incorrect the answer is
	9	(12) correct	incorrect the answer is
	4	(13) correct	incorrect the answer is
	6	(10) correct	incorrect the answer is

Now these numbers *Start with 4 and 6*

	8	(18) correct	incorrect the answer is
	3	(21) correct	incorrect the answer is
	1	(22) correct	incorrect the answer is
	6	(28) correct	incorrect the answer is
	9	(37) correct	incorrect the answer is
	2	(39) correct	incorrect the answer is
	8	(47) correct	incorrect the answer is
	4	(51) correct	incorrect the answer is
	2	(53) correct	incorrect the answer is

Now try these numbers *Start with 7 and 3 (10)*

	8	(18) correct	incorrect the answer is
	2	(20) correct	incorrect the answer is
	1	(21) correct	incorrect the answer is
	5	(26) correct	incorrect the answer is
	3	(29) correct	incorrect the answer is
	4	(33) correct	incorrect the answer is
	8	(41) correct	incorrect the answer is
	3	(44) correct	incorrect the answer is
	6	(50) correct	incorrect the answer is
	2	(52) correct	incorrect the answer is

Two Person Task

Question #1	Attention		Ans.	Correct
What is the sum of these numbers and remember that sum?	Working Memory	3 + 5 + 2 + 1	11	<input type="checkbox"/> yes <input type="checkbox"/> no
Name the days of the week backward starting with Saturday	Switching Attention	F Th W Tu M Sn		<input type="checkbox"/> yes <input type="checkbox"/> no
What was the sum of numbers?	Selective Attention		11	<input type="checkbox"/> yes <input type="checkbox"/> no
Remembered the question?	Sustained Attention			<input type="checkbox"/> yes <input type="checkbox"/> no
I want you to say the alphabet as quickly as you can without making any mistakes. (Mental Control)	Sustained Attention	ABCDEFGHIJKLMN OPQRSTUVWXYZ	30"	<input type="checkbox"/> yes <input type="checkbox"/> no (2 pts mental control)
Total				5/5
Question #2	Attention		Ans.	Correct
What is the sum of these numbers and remember that sum.	Working Memory	4+ 14+ 5+ 17	40	<input type="checkbox"/> yes <input type="checkbox"/> no
Count backward by 1's and start with 20 (Mental Control)	Switching Attention	20 19 18 17 16 15 14 13 12 11 10 9 8 7 6 5 4 3 2 1		<input type="checkbox"/> yes <input type="checkbox"/> no (2 pts mental control)
What was the sum of numbers	Selective Attention		40	<input type="checkbox"/> yes <input type="checkbox"/> no
Remembered the question	Sustained Attention			<input type="checkbox"/> yes <input type="checkbox"/> no
I want you to say the months of the year starting with January	Sustained Attention	J F M A M June J A S O N December	30"	<input type="checkbox"/> yes <input type="checkbox"/> no
Total				5/5
Question #3	Attention		Ans.	Correct
I want you to count by 3's and start with 1. Add 3 to each number and start with 1. Remember the number you stopped at. (Mental Control)	Working Memory	1 4 7 10 13 16 19 22 25 28 31 34 37 40	45"	<input type="checkbox"/> yes <input type="checkbox"/> no (2 pts mental control)
Name the months of the year backward starting with May and stopping with January	Switching Attention	May April March February January		<input type="checkbox"/> yes <input type="checkbox"/> no
What number did you stop at?	Selective Attention			<input type="checkbox"/> yes <input type="checkbox"/> no
Remembered the question	Sustained Attention			<input type="checkbox"/> yes <input type="checkbox"/> no
Tap exactly the number of taps I do with my right hand and the number of taps on my left hand. Watch carefully (Tap out pattern 3 times)	Sustained Attention	Right 2 with Left 3 Right 4 with Left 2		<input type="checkbox"/> yes <input type="checkbox"/> no <input type="checkbox"/> yes <input type="checkbox"/> no
Total (5 point is the mean with 1 point std. dev. for mental control)				5/5

Working Memory

Remember the number you start with because it will not be repeated.

Example 1: Your start with 5

and take away

2 + 1

the answer is 2

Example 2 : Start with 4

add these numbers

1 + 2 in your head

and subtract that number from 4

Correct

10.	Start with	10	take away	3 + 4	(03)	<input type="checkbox"/>	Span of
2							
11.		12		2 + 5	(05)	<input type="checkbox"/>	Span of
2							
12.		20		1 + 10 + 3	(06)	<input type="checkbox"/>	Span of
3							
13.		17		4 + 1 + 2	(10)	<input type="checkbox"/>	Span of
3							
14.		22		4 + 2 + 5 + 3	(08)	<input type="checkbox"/>	Span of
4							
15.		15		3 + 1 + 2 + 4	(05)	<input type="checkbox"/>	Span of
4							
16.		25		1 + 3 + 5 + 3 + 6	(07)	<input type="checkbox"/>	Span of 5
17.		29		2 + 4 + 6 + 4 + 5	(08)	<input type="checkbox"/>	Span of 5

UI 19 and Working Memory: Working Memory is necessary in the first stages of skill acquisition.

Do all these problems in your head. Do not use a paper and pencil.

Add 3 times 5 to 2 times 2 (19)

15 + 6 and divided by 7 (03)

Add 2 times 6 to 5 times 2 (22)

16 + 8 and divided by 6 (04)

Add 4 times 4 to 3 times 3 (25)

17 + 13 and divided by 15 (02)

Add 2 times 3 to 4 times 2 (48)

3 x 8 and divide by 2 (12)

Add 3 times 4 to 2 times 7 (26)

5 x 8 and divide by 4 (10)

Add 4 times 7 to 3 times 6 (46)

9 x 2 and divide by 6 (03)

Add 5 times 8 to 4 times 3 (52)

6 x 7 and divide by 3 (14)

Add 6 times 3 to 5 times 4 (38)

4 x 9 and divide by 3 (12)

Add a half of 4 (2) and add a third of 6 (2)

and you get (04)

Add a half of 8 (4) and add a fourth of 12 (3)

and you get (07)

Add a third of 12 (4) and add the half of 18 (9)

and you get (13)

Add a half of 10 (5) and add the fourth of 8 (2)

and you get (07)

You have 12 books, lost 3 and then lost 4 more but later you get 5 more, how many now? (10)

You buy 9 apples, eat 3 and give 2 apples away, how many do you have left? (4)

You have 8 pencils and buy another half dozen. In a week you realized you lost 3 pencils, how many pencils do you have? (17)

You make \$2 per day. You start on Monday and work through Thursday, how much would you make? (8)

You make \$1.25 an hour and you work 8 hours, how much would you make? (10)

I'm going to say some numbers. For example, if I say 2, 4, 6 and you added those numbers you would get (12). As you noticed, I said three numbers, 2, 4, and 6. If you divide the sum the numbers by the number of numbers, you would have the average. In this example, the answer would be... (4) because $2+4+6=12$ and three divided into 12 is 3.

3, 6, and 9

$(18) / 3 = (06)$

6 and 4

$(10) / 2$

$= (05)$

9 and 3

$(12) / 2$

$= (06)$

2, 4, 7, and 3

$(16) / 4 = (04)$

$= (04)$

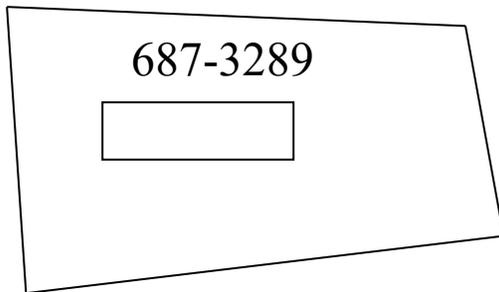
55 and 45

$(100) / 2$

$= (50)$

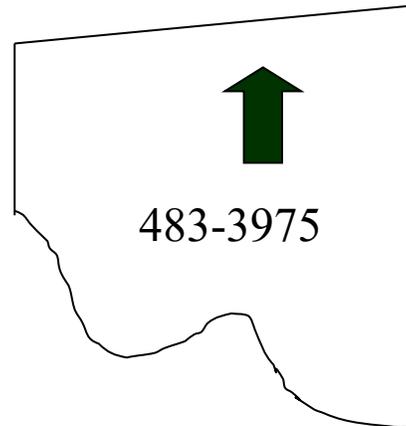
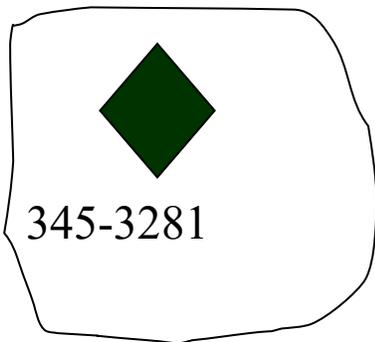
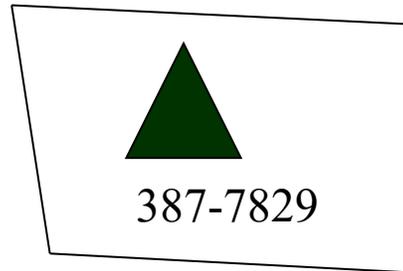
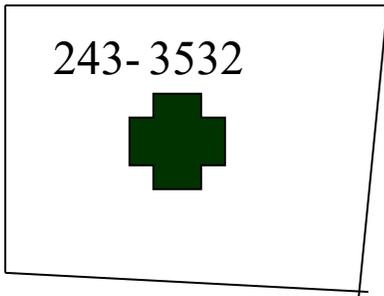
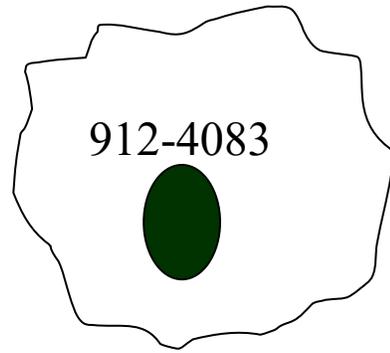
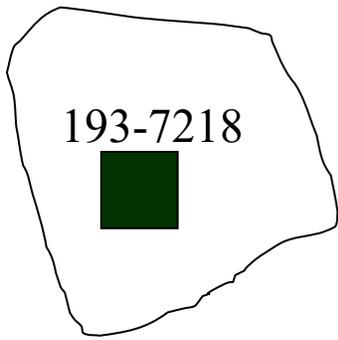
UI 25: On the following page, there are phone numbers surrounding a design. Do not add up the numbers but remember the phone number that goes with that design. Do not use a pencil.

For example, study



Now, without going back, you will be asked did the rectangle go with {} 454-3284, {} 687-3298, or {} 867-2386

Study for 2 ½ minutes



Do not draw the designs on this page. You have 90 seconds to complete these items. Circle the correct answer.

1. Diamond 243-3532 387-7829 345-3281 483-3975 912-0483

2. Square **193-7218** **912-4083** **243-3532** **387-7829** **345-3281**

3. Cross *193-7218* *912-4083* *243-3532* *387-7829* *345-3281*

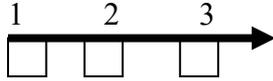
4. Triangle **193-7218** **912-4083** **243-3532** **387-7829** **345-3281**

5. Up Arrow 243-3532 387-7829 345-3281 483-3975 912-0483

6. Oval **193-7218** **912-4083** **243-3532** **387-7829** **345-3281**

Quickly and Accurately Following Directions: Practice

In the following tasks please be neat, but work fast and follow directions carefully. Ten sentences provide with specific instructions. Start at the LEFT, start counting



STOP: Wait for the signal to begin then read the following directions

- 01. Start at the Left of Line 1 code A in boxes 6, 1, 10 and 4,
- 02. Start at the Left of Line 4 code C in boxes 2, 5, 4, and 9
- 03. Start at the Left of Line 2 code B in boxes 3, 5, and 10
- 04. Start at the Left of Line 5 code E in boxes 2, 9, 6 and 3
- 05. Start at the Left of Line 2 code D in boxes 10, 2 and 5

Code

D	△	□	○	◇	○	□
A	B	C	D	E	F	G

LEFT

RIGHT

Line 1

1	2	3	4	5	6	7	8	9	10

Line 2

1	2	3	4	5	6	7	8	9	10

Line 3

1	2	3	4	5	6	7	8	9	10

Line 4

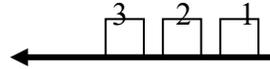
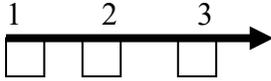
1	2	3	4	5	6	7	8	9	10

Line 5

1	2	3	4	5	6	7	8	9	10

Quickly and Accurately Following Directions I

In the following tasks please be neat, but work fast and follow directions carefully. There are ten sentences that provide you with specific instructions. When you read to start at the LEFT, start counting



When you are told to start from the RIGHT

STOP: Wait for the signal to begin then read the following directions

01. Start at the Right of Line 1 code A in boxes 6, 1, 10 and 4,
02. Start at the Left of Line 2 code I in boxes 2, 5, 4, and 9
03. Start at the Left of Line 5 code B in boxes 3, 5, and 10
04. Start at the Right of Line 3 code H in boxes 2, 9, 6 and 3
05. Start at the Right of Line 2 code D in boxes 11, 2 and 5
06. Start at the Left of Line 6 code F in boxes 7, 9 and 4
07. Start at the Right of Line 4 code C in boxes 8, 1 and 4
08. Start at the Left of Line 1 code E in boxes 10, 7, 4, and 1
09. Start at the Left of Line 7 code A in box 2, code C in box 11 and code B in box 6
10. Start at the Right of Line 6 code G in boxes 9 and 1 and code C in box 4

Code

A	B	C	D	E	F	G	I	H

LEFT

RIGHT

Line 1

--	--	--	--	--	--	--	--	--	--	--

Line 2

--	--	--	--	--	--	--	--	--	--	--

Line 3

--	--	--	--	--	--	--	--	--	--	--

Line 4

--	--	--	--	--	--	--	--	--	--	--

Line 5

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Line 6

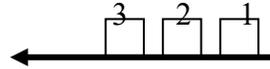
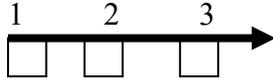
--	--	--	--	--	--	--	--	--	--	--

Line 7

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Quickly and Accurately Following Directions II

In the following tasks please be neat, but work fast and follow directions carefully. There is ten sentences that provide you with specific instructions. When you read to start at the LEFT, start counting



When you are told to start from the RIGHT

STOP: Wait for the signal to begin then read the following directions

01. Start at the Left of Line 5 code C in boxes 3, 5, and 10
02. Start at the Right of Line 2 code H in boxes 11, 2 and 5
03. Start at the Right of Line 1 code D in boxes 6, 1, 10 and 4,
04. Start at the Right of Line 6 code I in boxes 9 and 1 and code C in box 4
05. Start at the Right of Line 4 code A in boxes 8, 1 and 4
06. Start at the Left of Line 1 code E in boxes 10, 7, 4, and 1
07. Start at the Left of Line 6 code G in boxes 7, 9 and 4
08. Start at the Right of Line 3 code C in boxes 1, 8, 10 and 3
09. Start at the Left of Line 7 code B in box 2, code G in box 11 and code H in box 6
10. Start at the Left of Line 2 code F in boxes 2, 5, 4, and 9

Code

A	B	C	D	E	F	G	I	H

LEFT

RIGHT

Line 1

--	--	--	--	--	--	--	--	--	--	--

Line 2

--	--	--	--	--	--	--	--	--	--	--

Line 3

--	--	--	--	--	--	--	--	--	--	--

Line 4

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Line 5

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Line 6

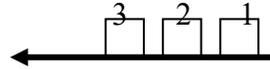
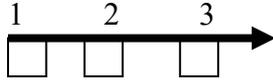
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Line 7

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Quickly and Accurately Following Directions III

In the following tasks please be neat, but work fast and follow directions carefully. There is ten sentences that provide you with specific instructions. When you read to start at the LEFT, start counting



When you are told to start from the RIGHT

STOP: Wait for the signal to begin then read the following directions

- | | | | | |
|------------|---------------------------|------------------|--|-----------------|
| 01. | Start at the Right | of Line 1 | code B in boxes | 6, 1, 10 and 4, |
| 02. | Start at the Left | of Line 2 | code I in boxes | 2, 5, 4, and 9 |
| 03. | Start at the Left | of Line 6 | code F in boxes | 7, 9 and 4 |
| 04. | Start at the Left | of Line 5 | code G in boxes | 3, 5, and 10 |
| 05. | Start at the Right | of Line 3 | code H in boxes | 2, 9, 6 and 3 |
| 06. | Start at the Right | of Line 4 | code C in boxes | 8, 1 and 4 |
| 07. | Start at the Right | of Line 2 | code D in boxes | 11, 2 and 5 |
| 08. | Start at the Left | of Line 1 | code E in boxes | 10, 7, 4, and 1 |
| 09. | Start at the Left | of Line 7 | code A in box 2, code C in box 11 and code B in box 6 | |
| 10. | Start at the Right | of Line 6 | code G in boxes 9 and 1 and code C in box 4 | |

Code

A	B	C	D	E	F	G	I	H

LEFT

RIGHT

Line 1

--	--	--	--	--	--	--	--	--	--	--

Line 2

--	--	--	--	--	--	--	--	--	--	--

Line 3

--	--	--	--	--	--	--	--	--	--	--

Line 4

--	--	--	--	--	--	--	--	--	--	--

Line 5

--	--	--	--	--	--	--	--	--	--	--

Line 6

--	--	--	--	--	--	--	--	--	--	--

Line 7

--	--	--	--	--	--	--	--	--	--	--

With this task, you will need a pencil. Draw a line freehand all the way around between the outer and inner squares, and then draw a circle around the inner star. Do as many as you can, as fast as you can, but remember be careful.

Part I-A 30 seconds. How many boxes do you think you will complete?

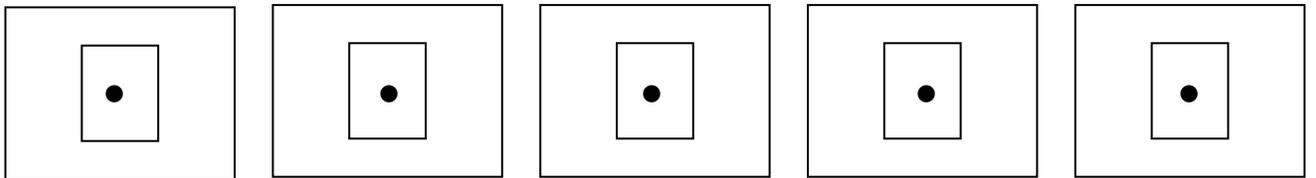
Part II-A 30 seconds. How many boxes do you think you will complete?

A Part I 30 seconds. How many boxes do you think you will complete?

A Part II 30 seconds. How many boxes do you think you will complete?

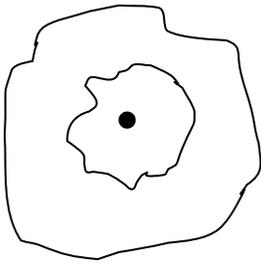
A Part III 30 seconds

Start on the small dot, go around both boxes, and then do the two inner stars separately.

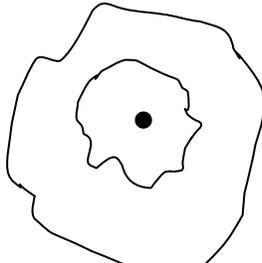


Aiming Complex II and III

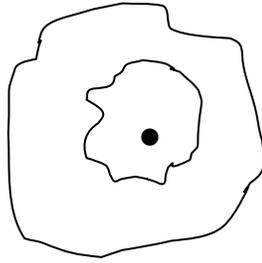
With this task, you will need a pencil. Draw straight lines freehand all the way around between the outer and inner shapes, and then draw a square around the inner dot. Do as many as you can, as fast as you can, but remember be careful.



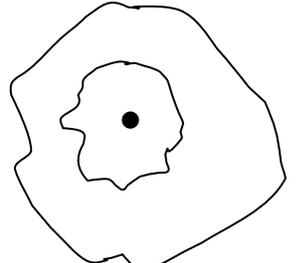
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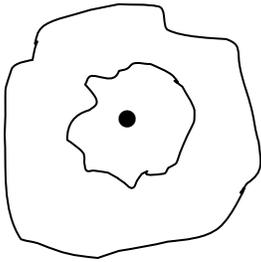
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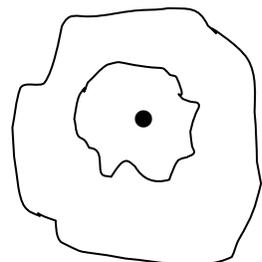
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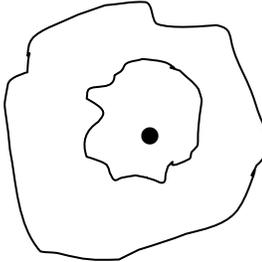
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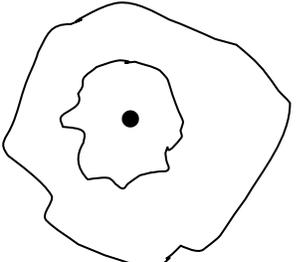
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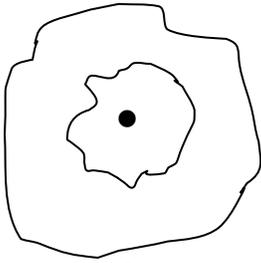
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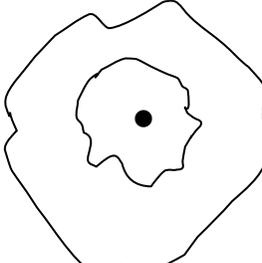
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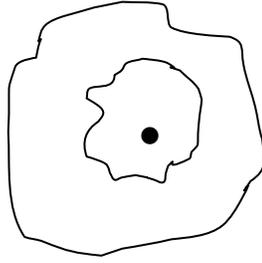
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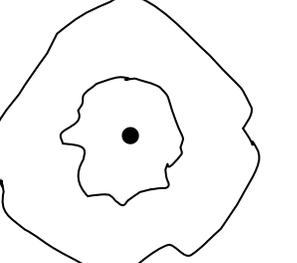
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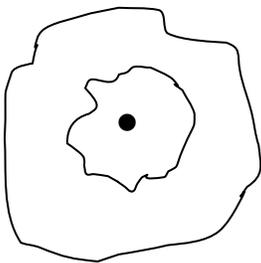
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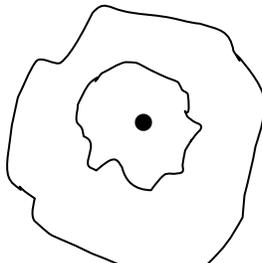
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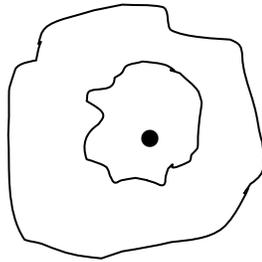
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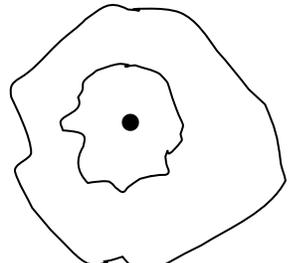
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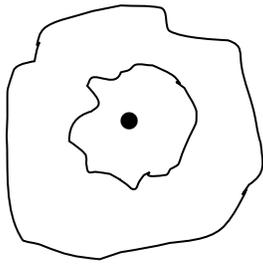
14



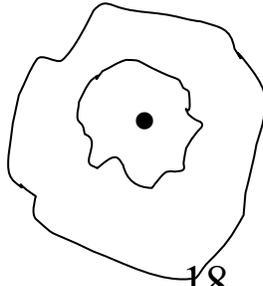
15



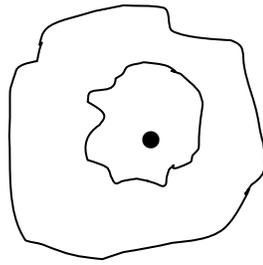
16



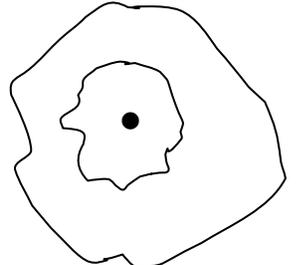
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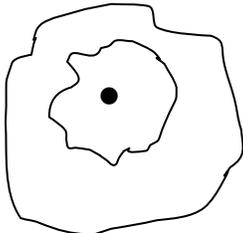
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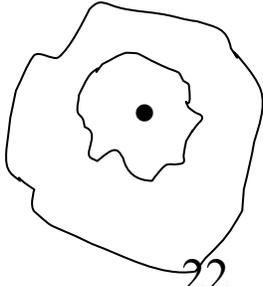
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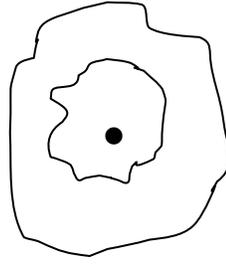
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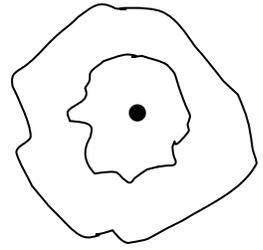
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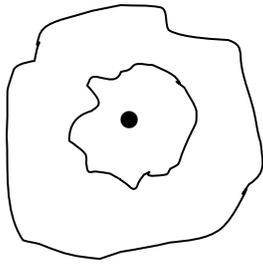
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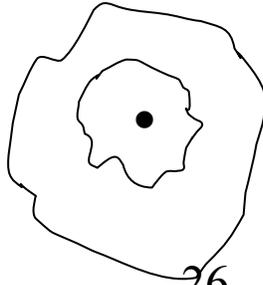
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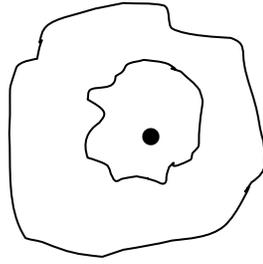
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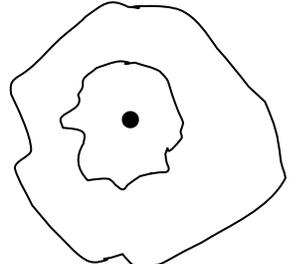
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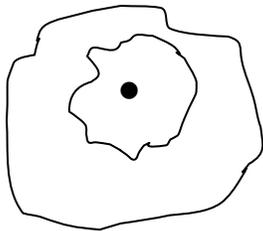
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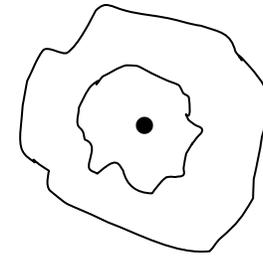
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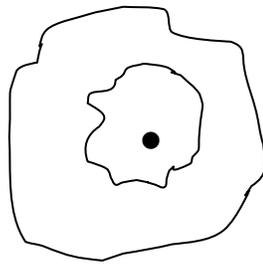
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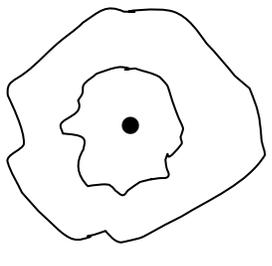
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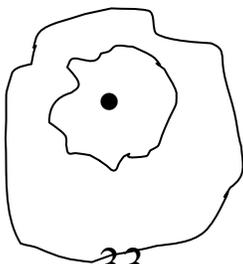
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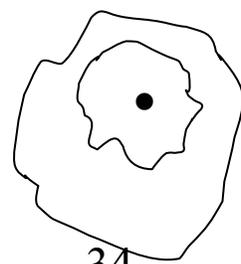
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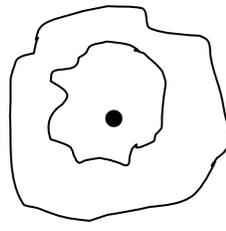
32



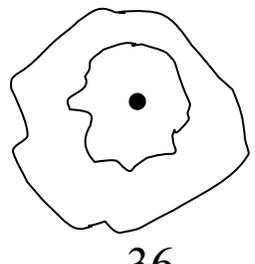
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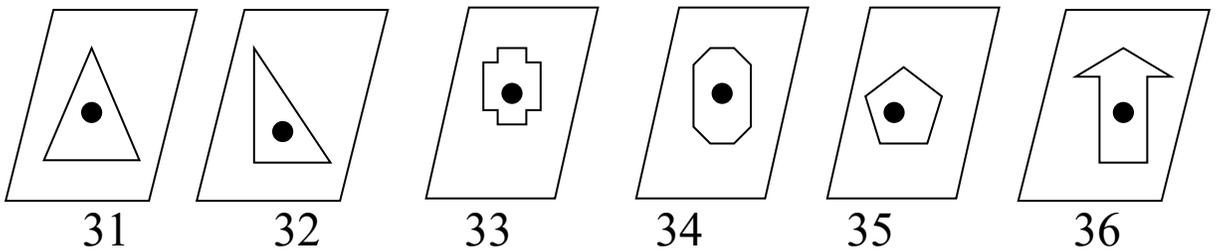
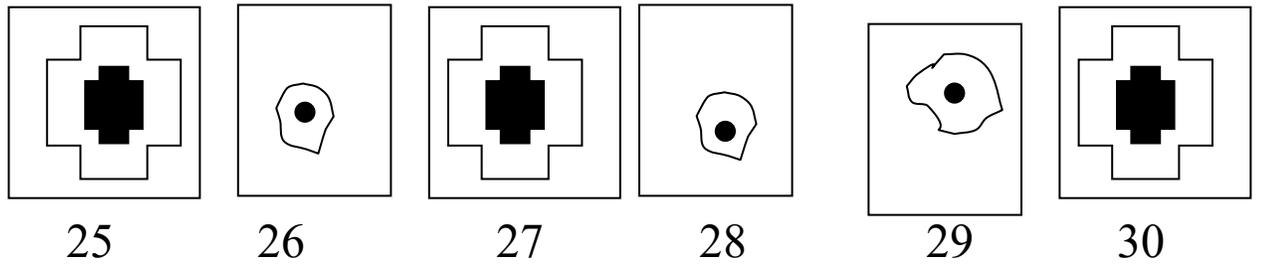
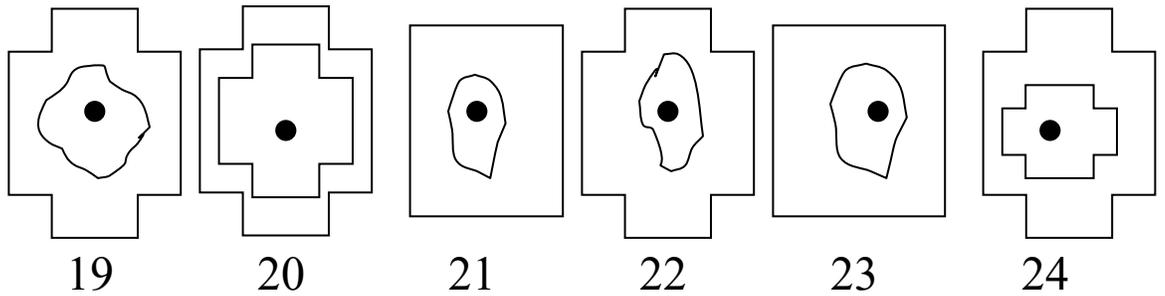
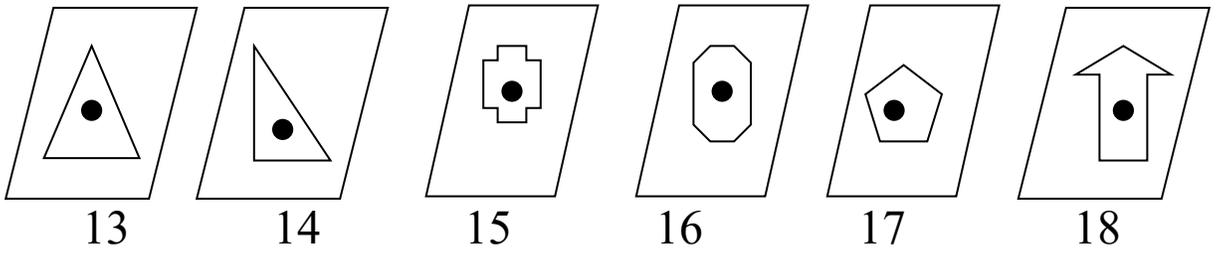
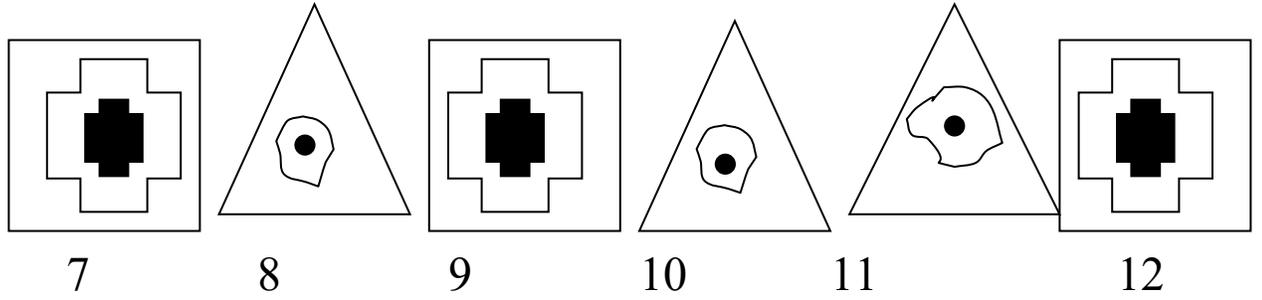
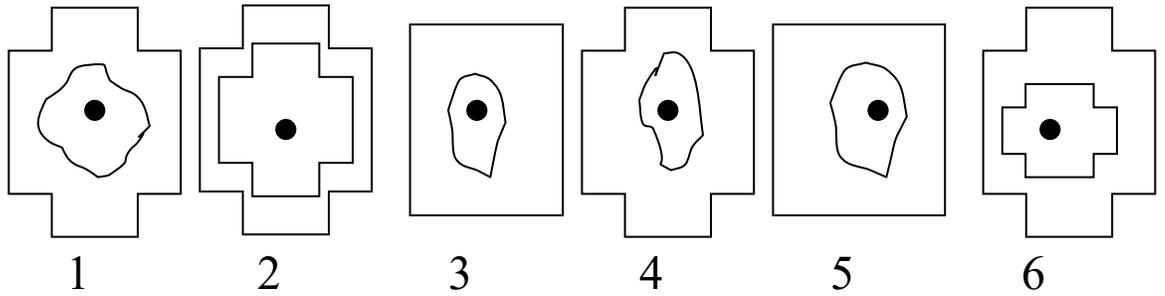
34



35

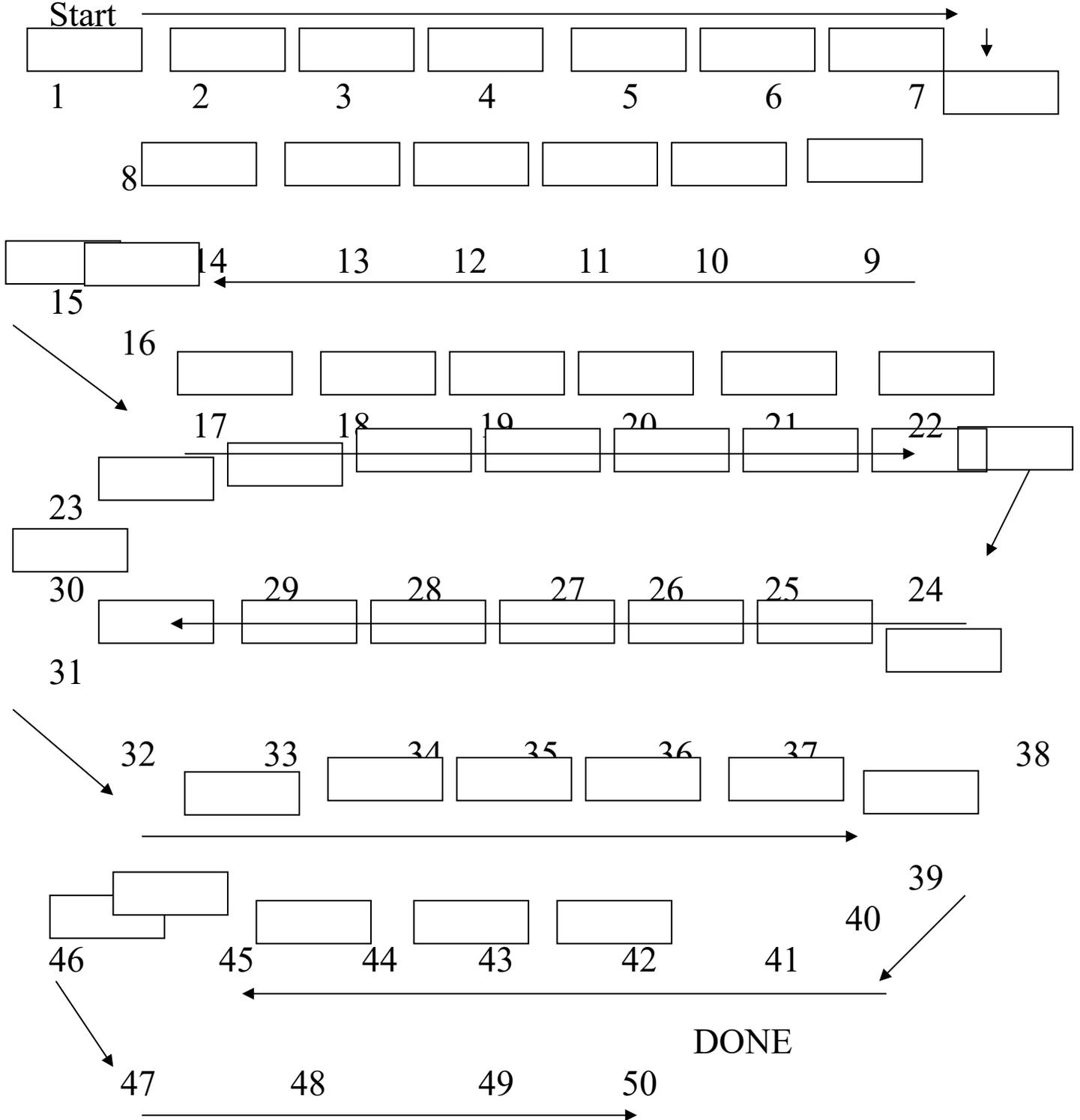


36

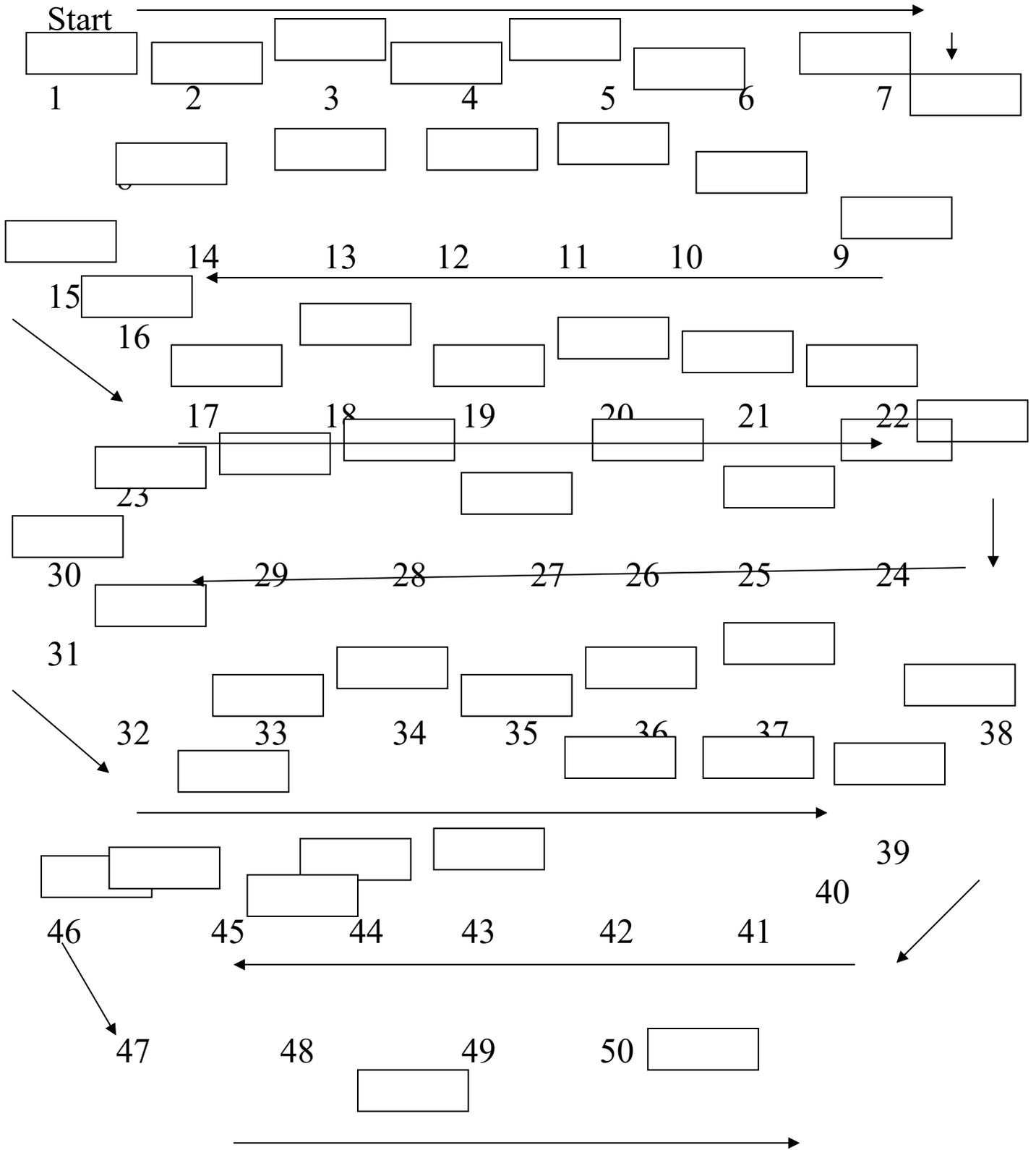


Tapping I : With your pencil, you are to tap four little dots inside each of the blocks below. There must be four dots in each block. Work quickly but carefully. Do not expect to finish. You have 60 seconds per sheet.

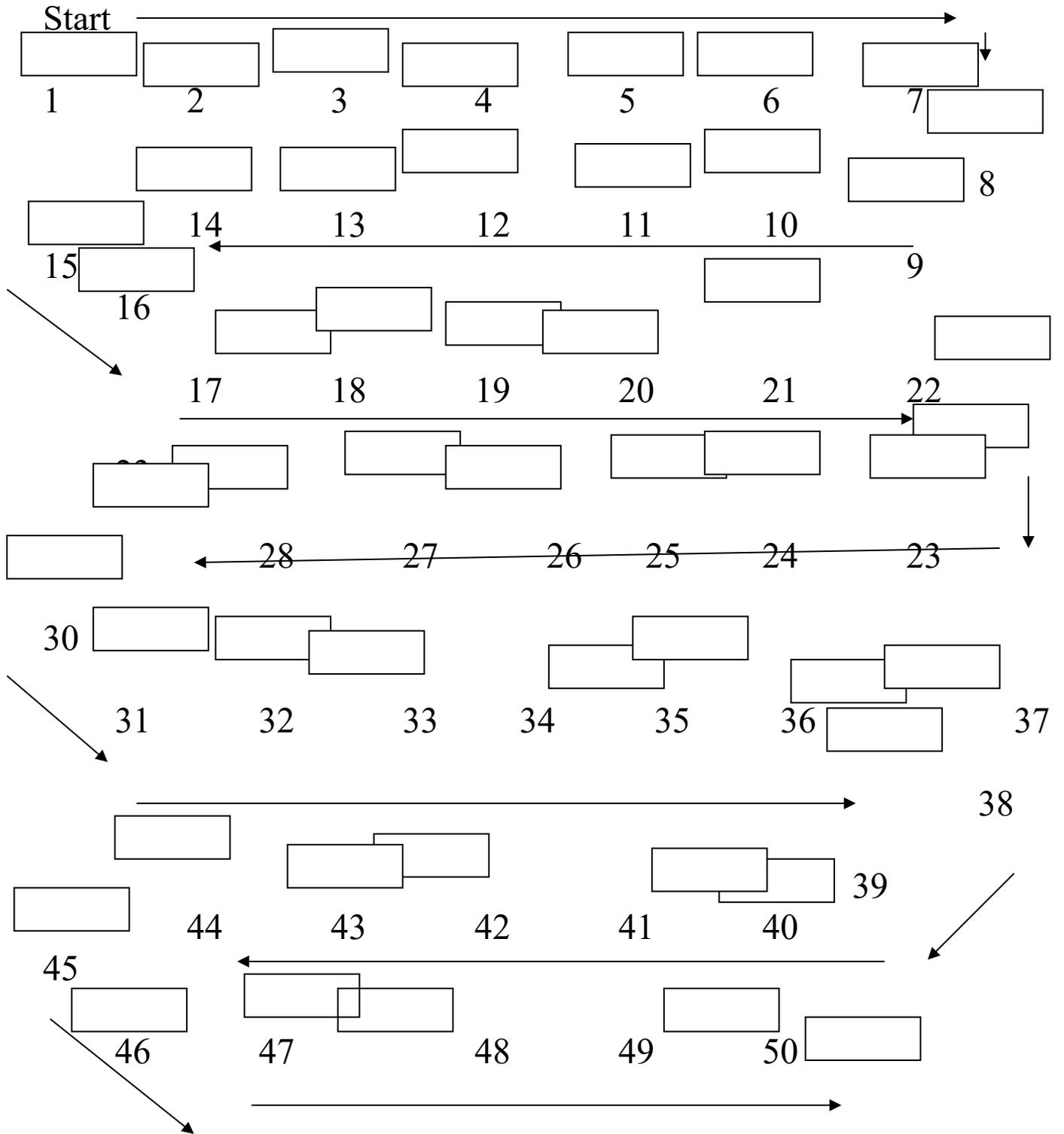
Start



Tapping II: Four Dots per Box:



Tapping III: Four Dots Per Box



Tapping IV: Four dots per block and follow the numbers **carefully**

1	2	3	4	5	6	7
14	13	12	11	10	9	8
15	16	17	18	19	20	21
28	27	26	25	24	23	22
29	30	31	32	33	34	35
36	37	38	39	40	41	42
43	44	45	46	47	48	49
56	55	54	53	52	51	

Item One

7		B				
---	---	---	---	--	--	--

Item Two

R	9			I		
---	---	---	---	---	--	--

Item Three

	G	?	1			
---	---	---	---	---	--	--

Item Four

6		C		2		
---	---	---	---	---	--	--

Item Five

P		3	E		7	
---	--	---	---	--	---	--

Item Six

		K	0	F	4	
---	---	---	---	---	---	--

Item Seven

	D	5	X	9	R	8
---	---	---	---	---	---	---

Item One-a

7		R				
---	---	---	---	--	--	--

Item One-b

7		B				
---	---	---	---	--	--	--

Item One-c

7		B				
---	---	---	---	--	--	--

Item Three-a

	G		1	?		
---	---	---	---	---	--	--

Item Three-b

	G	1	?			
---	---	---	---	---	--	--

Item Three-c

	G	?	1			
---	---	---	---	---	--	--

Item Three-d

	1	?	G			
---	---	---	---	---	--	--

Item Two-a

R	9			I		
---	---	---	---	---	--	--

Item Two-b

R	9			I		
---	---	---	---	---	--	--

Item Two-c

9	R			I		
---	---	---	---	---	--	--

Item Two-d

R	I			9		
---	---	---	---	---	--	--

Item Four-a

Six		C		Two		
-----	---	---	---	-----	--	--

Item Four-b

Six		Two		C		
-----	---	-----	---	---	--	--

Item Four-c

Six		C		Two		
-----	---	---	---	-----	--	--

Item Four-d

C		Six		Two		
---	---	-----	---	-----	--	--

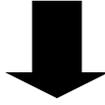
Item Five-a

P		3	E		7	
---	---	---	---	---	---	--

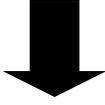
Item Five-b

P		E	3		7	
---	---	---	---	---	---	--

Item Five-c

E		7	P		3	
---	---	---	---	---	---	--

Item Five-d

P		3	E		7	
---	---	---	---	---	---	--

Item Six-a

		K	Zero	F	Four	
---	---	---	------	---	------	--

Item Six-b

		K	Four	F	Zero	
---	---	---	------	---	------	--

Item Six-c

		F	Zero	K	Four	
---	---	---	------	---	------	--

Item Six-d

		K	Zero	F	Four	
---	---	---	------	---	------	--

Item Seven-a

★	X	5	D	9	R	8
---	---	---	---	---	---	---

Item Seven-b

★	D	5	X	9	R	8
---	---	---	---	---	---	---

Item Seven-c

★	D	5	9	X	R	8
---	---	---	---	---	---	---

Item Seven-d

★	D	5	X	R	9	8
---	---	---	---	---	---	---

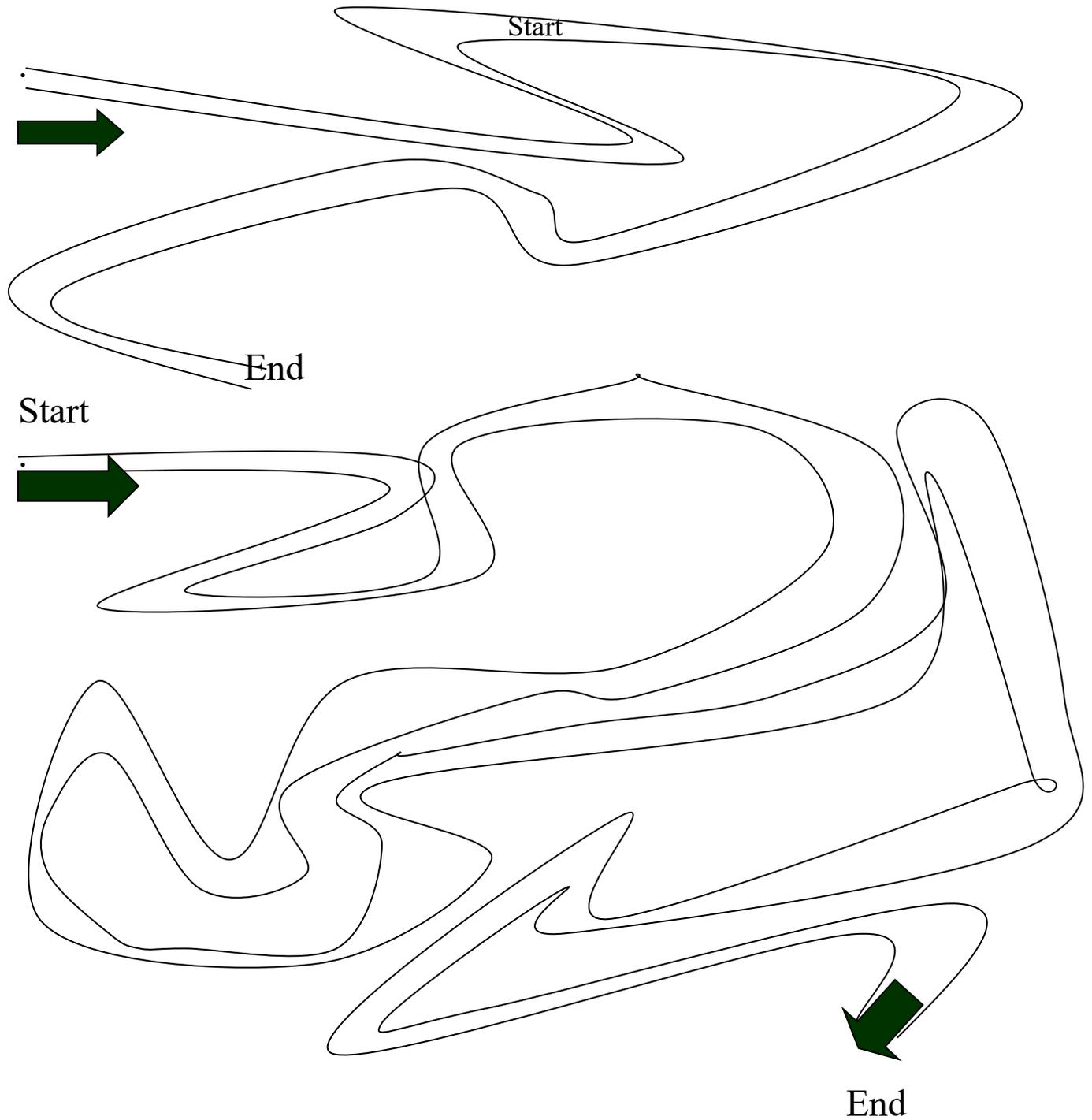
Four Dots Per Box

57	58	59	60	61	62	63
70	69	68	67	66	65	64
71	72	73	74	75	76	78
85	84	83	82	81	80	79
92	91	90	89	88	87	86
93	94	95	96	97	98	99
106	105	104	103	102	101	100

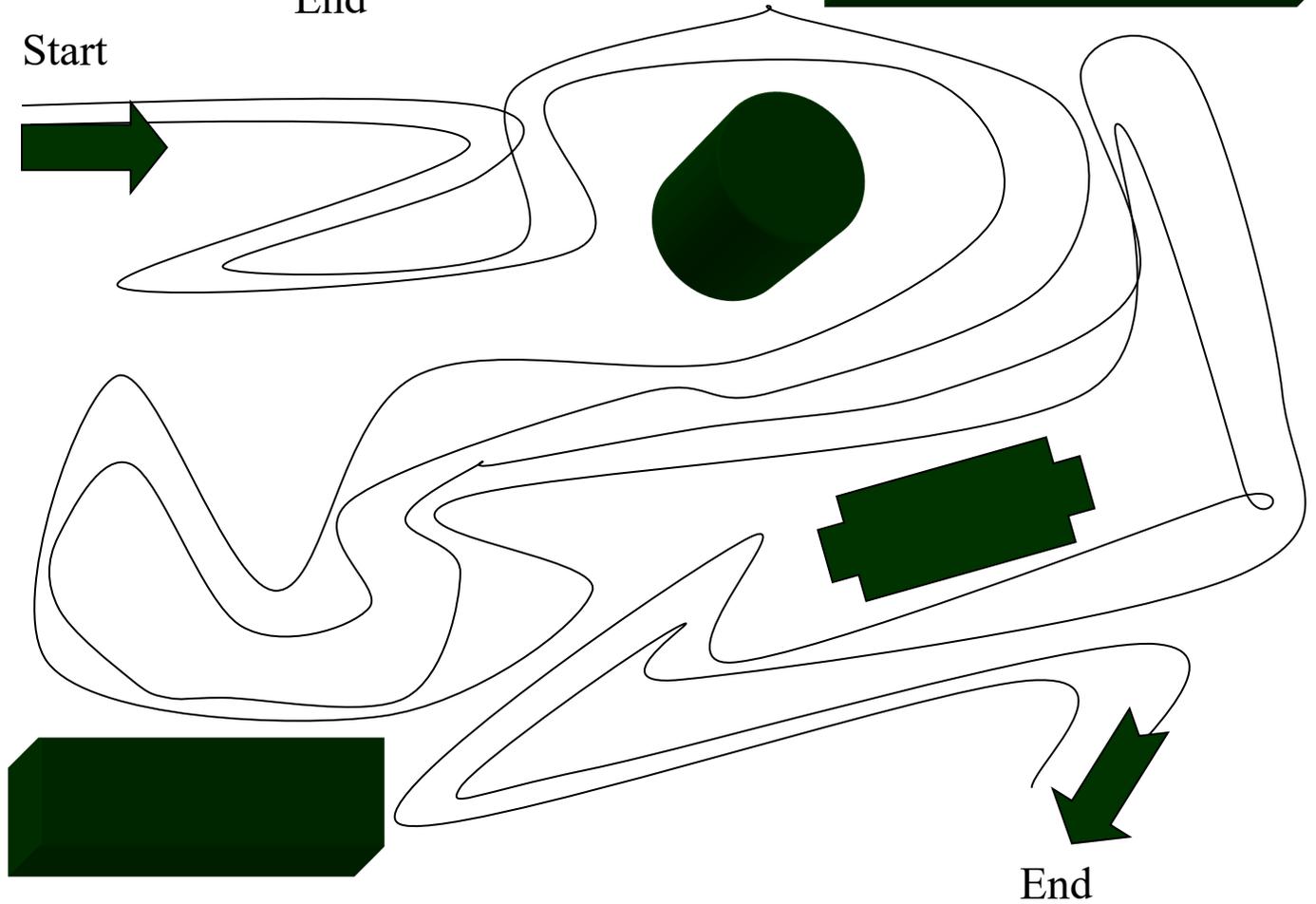
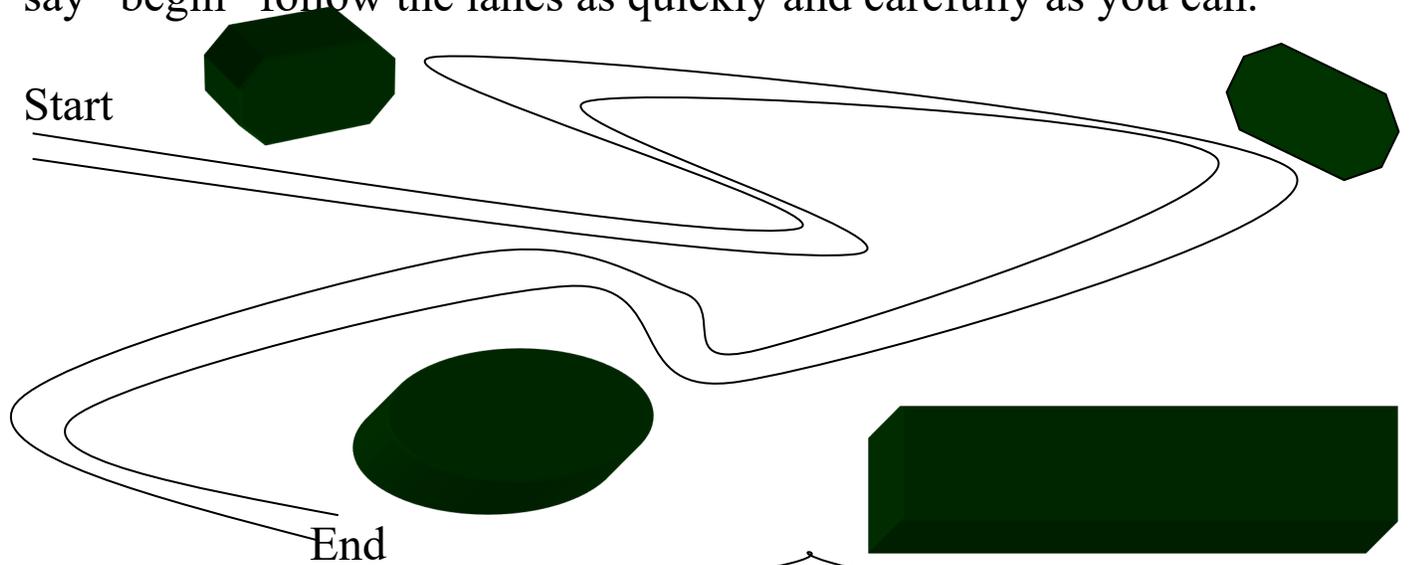
Tapping V: Four dots per block and follow the numbers **carefully**

1	2	3	4	5	6	7	
14	13	12	11	10	9	8	
15	16	17	18	19	20	21	
28	27	26	25	24	23	22	
29	30	31	32	33	34	35	
36	37	38	39	40	41	42	
43	44	45	46	47	48	49	
	56	55	54	53	52	51	50
57	58	59	60	61	62	63	
70	69	68	67	66	65	64	
71	72	73	74	75	76	78	
85	84	83	82	81	80	79	
92	91	90	89	88	87	86	
93	94	95	96	97	98	99	
106	105	104	103	102	101	100	

LANES: Put your pencil near the word “Start.” When the instructor say “begin” follow the lanes as quickly and carefully as you can.

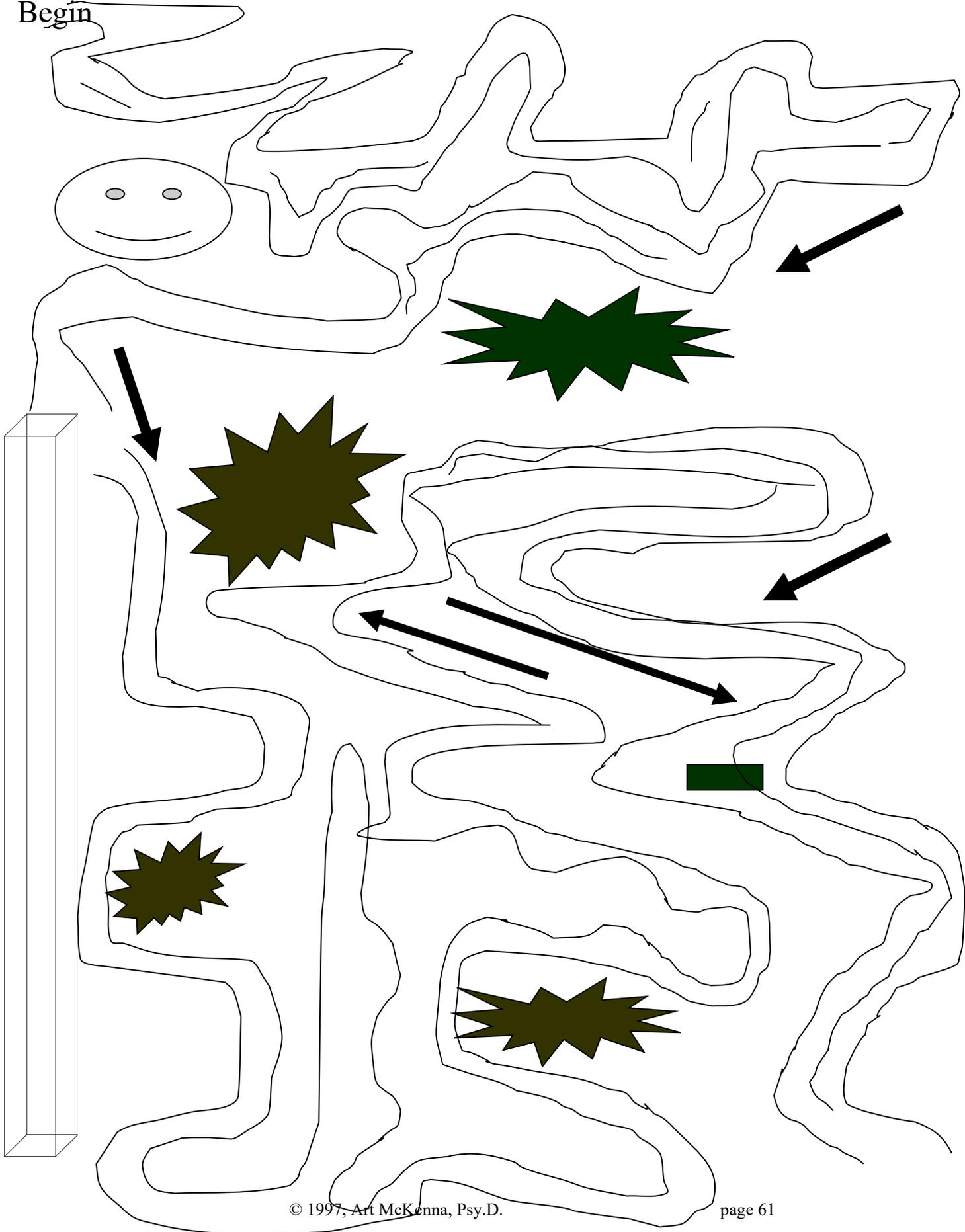


LANES: Put your pencil near the word “Start.” When the instructor say “begin” follow the lanes as quickly and carefully as you can.



Stay in the lane!

Begin



Item One

7		B				
---	---	---	---	--	--	--

Item Two

R	9			I		
---	---	---	---	---	--	--

Item Three

	G	?	1			
---	---	---	---	---	--	--

Item Four

6		C		2		
---	---	---	---	---	--	--

Item Five

P		3	E		7	
---	---	---	---	---	---	--

Item Six

		K	0	F	4	
---	---	---	---	---	---	--

Item Seven

	D	5	X	9	R	8
---	---	---	---	---	---	---

Item One-a

7		R				
---	---	---	---	--	--	--

Item One-b

7		B				
---	---	---	---	--	--	--

Item One-c

7		B				
---	---	---	---	--	--	--

Item Three-a

	G		1	?		
---	---	---	---	---	--	--

Item Three-b

	G	1	?			
---	---	---	---	---	--	--

Item Three-c

	G	?	1			
---	---	---	---	---	--	--

Item Three-d

	1	?	G			
---	---	---	---	---	--	--

Item Two-a

R	9			I		
---	---	---	---	---	--	--

Item Two-b

R	9			I		
---	---	---	---	---	--	--

Item Two-c

9	R			I		
---	---	---	---	---	--	--

Item Two-d

R	I			9		
---	---	---	---	---	--	--

Item Four-a

Six		C		Two		
-----	---	---	---	-----	--	--

Item Four-b

Six		Two		C		
-----	---	-----	---	---	--	--

Item Four-c

Six		C		Two		
-----	---	---	---	-----	--	--

Item Four-d

C		Six		Two		
---	---	-----	---	-----	--	--

Item Five-a

P		3	E		7	
---	---	---	---	---	---	--

Item Five-b

P		E	3		7	
---	---	---	---	---	---	--

Item Five-c

E		7	P		3	
---	---	---	---	---	---	--

Item Five-d

P		3	E		7	
---	---	---	---	---	---	--

Item Six-a

		K	Zero	F	Four	
---	---	---	------	---	------	--

Item Six-b

		K	Four	F	Zero	
---	---	---	------	---	------	--

Item Six-c

		F	Zero	K	Four	
---	---	---	------	---	------	--

Item Six-d

		K	Zero	F	Four	
---	---	---	------	---	------	--

Item Seven-a

★	X	5	D	9	R	8
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Item Seven-b

★	D	5	X	9	R	8
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Item Seven-c

★	D	5	9	X	R	8
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Item Seven-d

★	D	5	X	R	9	8
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