

Hallowell Center
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Working Memory Constraint Checklist

Do you or your child...

- 1) Get easily distracted when doing something not so interesting? Yes/No
- 2) Have trouble waiting for a turn to talk? Yes/No
- 3) Struggle with reading comprehension? Yes/No
- 4) Struggle with doing mental math calculations? Yes/No
- 5) Struggle with getting started? Yes/No
- 6) Struggle with completing a task? Yes/No
- 7) Have difficulty planning and organizing with multiple steps? Yes/No
- 8) Often seem restless and on the go? Yes/No
- 9) Lose belongings frequently? Yes/No

If you answered **yes** to 3 or more of these questions, consider [Cogmed Working Memory Training](#) as an option for intervention. Call Rebecca Shafir M.A.CCC a qualified Cogmed coach with the Hallowell Center in Sudbury, MA at 978 287 0810 x117 or her West Newbury, MA office 978 255 1817 for more information. Also see www.cogmed.com.