WHAT ARE COGNITIVE ABILITIES?

Cognitive abilities are “brain-based skills we need to carry out any task from simplest to the most complex (Michelon, 2006).” They help us learn, problem solve, remember, and sustain our attention.

**Visual-Spatial Processing** is the ability to understand where images and objects are in space. Examples include completing puzzles or reading a map.

Test your visual–spatial processing here: [https://www.psychologytoday.com/tests/iq/visual-spatial-intelligence-test](https://www.psychologytoday.com/tests/iq/visual-spatial-intelligence-test)

**Verbal Comprehension** is the ability to draw on one’s general knowledge and experience, and to reason with verbal information. Examples include recalling facts, vocabulary, communicating & reasoning.

**Executive functions** is a term that refers to mental skills that are necessary for regulating behaviour and emotions and goal achievement.

**Fluid Reasoning** is the ability to solve new problems. An example includes completing a task for the first time.

**Working Memory** is the ability to remember information while processing it. Examples include remembering a phone number or multiple instructions.

**Processing Speed** is the ability to process information quickly. An example includes the time it takes an individual to complete a test.

**COGNITIVE ABILITIES:**

- Visual-Spatial Processing
- Verbal Comprehension
- Executive functions
- Fluid Reasoning
- Working Memory
- Processing Speed

**Examples of executive function skills**

- Organization/planning
- Working memory
- Starting tasks
- Emotional regulation
- Controlling impulses
- Self-monitoring
- Thinking flexibly

For further information, contact the current psychological consultant at your child’s school, or Dr. Debra Lean, Chief Psychologist, at 905-890-0708, x24330

**References:**

