

# HALLOWELL

## BOSTON METROWEST

### 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 Boston MetroWest at **978 287 0810 x117** or her West Newbury, MA office **978 255 1817** for more information.

Also see [www.cogmed.com](http://www.cogmed.com).