Key Research Findings to date

1. Working memory is key to attention, executive function

2. Working memory can be improved by training, using right tool/protocol

3. Working memory can be improved at all age levels

4. The improvement can be tracked by on four levels: fMRI/PET, neuropsych testing, rating scales and real life behavior.

5. Improved working memory generalizes to behavioral improvement

6. The behavioral improvement is sustained, at least six months

7. The effects of WM training are specific: WM and its derived functions are improved, but there is no across the-board-improvement

8. Training effects are pronounced in populations with a WM deficit, but effects not constrained to ADHD