

Working Memory: Rating Scale

Working memory is the ability to retain and recall the information necessary to complete tasks. The working memory manages newly learned information.



- 1.) Rate yourself on each of the working memory skills listed.
- 2.) Circle the ones you feel you could improve upon.

Write a goal about how you could improve your ability in your working memory, be specific and indicate the strategies you could use in the box to the right.

- ① Agree ② Somewhat Agree ③ Disagree

_____ I am able to retain information in order to complete tasks.

_____ My recall skills are great.

_____ I use lists and visual reminders

_____ I usually remember important dates and information/facts

_____ I have strategies to help me retain important information

_____ I rarely need reminders.

_____ I come prepared with all necessary items for tasks or events

_____ I can work with information and not lose track of what I am doing