

# Improving my Working Memory

Working memory is being able to hold information in your mind to be able to start and complete an activity or perform tasks. Being able to recall pertinent information is key to a working memory. Working memory is reviewing, retrieving and holding information. Working memory requires the executive functioning skill attention as the two work hand in hand. People who have a good working memory are less forgetful and use strategies to help them to remember. A working memory is a skill we use every day in our lives.



***TASK:*** Select 3-4 areas where you need to improve your working memory (*paying attention, remembering things/be less forgetful, focus intently, avoid distractions*) and, list 3 strategies you will commit to in order to become more flexible and explain how this will be beneficial for you to improve your working memory.