

Cognitive Strategies for Life

Input

- 1. FOCUS the Senses
- 2. Systematic SEARCH
- 3. Using LABELS
- 4. Sensing SPACE
- 5. Sensing TIME
- 6. CONSERVE CONSTANCIES
- 7. GATHER precise data
- 8. HOLD 2 things in your mind

Elaboration

2. Search for RELEVANT CUES

1. DEFINE the problem

4. Working MEMORY

5. See CAUSE & EFFECT

9. TEST the Hypothesis

10. COUNT the details

11. Want to make a PLAN

12. Use CATEGORY labels

7. VISUALIZE = Abstract Thinking

8. HYPOTHETICAL THINKING

3. COMPARE

6. Use LOGIC

Output

- 1. Consider POINT of VIEW
- 2. Project Virtual RELATIONSHIPS
- 3. PERSEVERE don't give up!
- 4. "Just a moment...Let me think!"
- 5. Give THOUGHTFULLY worded answers
- 6. Use PRECISION and ACCURACY
- 7. VISUALLY Carry & Copy
- 8. Show SELF-CONTROL