

# Cognitive Strategies for Overcoming Deficient Cognitive Functions

# Input

## 1. Focus and perceive

Use the senses and mind together

## 2. Systematically search

Carefully seeking with a method

#### 3. Label object, things, ideas

Use a specific name to think about it

#### 4. Know where you are in SPACE

Internalize right, left, front, back. Be aware of space.

#### 5. Be aware of TIME

Know how much, how old, how often, sequence of events

#### 6. Conserve constancies

Decide what characteristics stay the same even when changes happen. What attributes must remain the same for an object to retain its identity.

## 7. Collect precise and accurate data

Get the right stuff to get the right answer

#### 8. Use 2 or more sources of information

Keep 2 ideas in the mind at the same time, assists in comparing and higher order thinking

## Elaboration

## 1. Define the problem

What am I to do? What is the challenge?

#### 2. Search for relevant cues

What is important or NOT important?

#### 3. Compare

See the need to seek out similarities and differences

#### 4. Recall and use information

Having a good picture in our mind of what we're looking for or what we are to do. Having a broad mental field, working memory

#### 5. Understand reality

Overcoming an episodic grasp of reality, search for cause and effect, see relationships, learn from past experiences

#### 6. Provide logical evidence

Does this make sense?

#### 7. Think abstractly

Moving away from the concrete. Visualize

## 8. Use hypothetical thinking

If this is true, then what else must be true? Creative brainstorming

## 9. Test the hypothesis

How can I see or test if this is true?

## 10. Have a need to make a plan

#### – think forward!

State the steps and the reasons.

## 11. Summing up: count the details

How many things are involved? Counting and organizing data. What is the main idea?

## 12. Form categories and their labels

Understand relationships for categorizing and use appropriate labels for categories

# Output

## 1. Consider another point of view

What is it like to be in your shoes? Can I see it in a new way in my own mind? Cognitive flexibility

#### 2. Projecting virtual relationships

Can see connections that aren't obvious, 4 dots can be a square, 2 women can be cousins

## 3. Sticking to it! Perseverance

Don't give up! Overcoming blocking

#### 3. Just a moment...Let me think!

Overcome trial and error or random responses

#### 5. Giving a thoughtful response

Have I REALLY thought through this answer? Can I communicate it clearly? (Engage mind before opening mouth)

## 6. Using precision and accuracy

Do it right, take my time, complete it with accuracy.

## 7. Visual transporting

Copy accurately from the board or other source, putting letters and words in order

## 8. Showing self-control

I think before I speak or act. Control impulsivity

Definitions and format by J. Zehr

Cognitive Functions as identified by Reuven Feuerstein