We have 7 areas of cognitive “brain skills” that help us learn

Crystallized Knowledge
- What you know
- How you use language to talk with others about what you know
- How you listen and understand when others are sharing their knowledge with you

Fluid Reasoning
- Your skills for solving problems
- How you discover patterns and find solutions

Mental Processing Speed
- How quickly you perform mental tasks

Visual Processing
- How you use your eyes for learning
- How you see and use visual patterns

Auditory Processing
- How you use your ears for learning
- Sound awareness skills, like rhyming, are important for learning how to read

Short Term Memory
- How you hold information in your memory while you think and learn
- All thinking occurs in working memory

Long Term Memory
- How you store and later remember what you have learned

We all have learning strengths and weaknesses.

People with “learning disabilities” have significant weaknesses in one or more brain skills, and as a result, they experience great challenges learning how to read, write, or use mathematics.

We can help these individuals learn by identifying their unique profile of strengths and weaknesses, and using that understanding to specially design their instruction.