



# 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.