

Type of Skill	Cognitive Skill	Definition
Attention	Visual Sustained Attention Auditory Sustained Attention	The ability to stay on task for sustained periods of time.
Attention	Visual Selective Attention Auditory Selective Attention	The ability to screen out inputs other than the one that requires focus.
Attention	Divided Attention	The ability to attend to two activities at the same time – such as taking notes while listening to the teacher.
Attention	Flexible Attention	The ability to shift focus from one task to another quickly and efficiently, when necessary.
Visual Processing	Visual Discrimination	The ability to recognize the details of an image and distinguish differences.
Visual Processing	Visual Figure Ground	The ability to attend to a specific feature or form while maintaining an awareness of the relationship of the form to less relevant background information.
Visual Processing	Visual Form Consistency	The ability to reorganize the visual information in a form that is consistent, regardless of object distance, location or orientation.
Visual Processing	Directionality	The ability to interpret and project the concepts of “left” and “right” into space and onto other objects.
Visual Processing	Visual Span	The ability to process a volume of visual information with a glance.
Visual Processing	Visual Simultaneous Processing	The ability to combine and interpret the parts and the whole of a visual image and to recognize a pattern.
Visual Processing	Visual Sequential Processing	The ability to see objects in a sequential order, as in reading.
Visual Processing	Visualization	The ability to recall an image of what has been and to mentally manipulate or change aspects of that image in the mind.

Type of Skill	Cognitive Skill	Definition
Visual Processing	Visual Processing Speed	The ability to scanning, inspect and compare incoming visual information quickly.
Auditory Processing	Auditory Discrimination	The ability to recognize the details of sounds and distinguish differences.
Auditory Processing	Auditory Sequential Processing	The ability of the auditory perceptual processing system to send auditory information to the brain in the same order it was received.
Auditory Processing	Auditory Processing Speed	The ability to process incoming auditory information quickly.
Sensory Integration	Oculomotor Skill	The ability to use the eyes efficiently to read and gather information from the environment.
Sensory Integration	Visual-Motor Integration	The ability to use the eyes and hands together efficiently, as in writing, drawing, typing, catching a ball, etc.
Sensory Integration	Auditory-Motor Integration	The integration of auditory inputs and motor skills such as tapping to a beat.
Sensory Integration	Timing - Rhythm	The ability to process information at an adequate and consistent speed, the ability to appropriately pace oneself.
Sensory Integration	Visual-Auditory Integration	The ability to match auditory and visual stimuli and coordinate them into a meaningful product.
Memory	Visual Sensory Memory Auditory Sensory Memory	The ability to screen out unimportant sensory information and keep important information for further processing (approximately 1/1000 th of a second).
Memory	Visual Short-Term Memory Auditory Short-Term Memory	The ability to hold onto information in sensory memory for up to 30 seconds until sent on for further processing or discarded.

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Memory	Visual Spatial Memory	The ability to recall the location of stimuli and to identify and reproduce a design.
Memory	Long-Term Memory	The ability to permanently store information and retrieve it when needed, including semantic information and episodic information (experiences).
Memory	Visual Sequential Memory Auditory Sequential Memory	The ability to recall a sequence of bits of information in the same order as originally received.
Memory	Visual Simultaneous Memory	The ability to recall several things received at the same time and preserve the relationships among them.
Executive Functions	Working Memory	The ability to hold and manipulate information consciously in the mind.
Executive Functions	Inhibitory Control	The ability to suppress a thought or idea and to refrain from doing something one otherwise would do.
Executive Functions	Cognitive Flexibility	The ability to change our mindset when the rules of the world around us change, to shift between mental processes.
Logic and Reasoning	Visual Thinking (Reasoning)	The ability to logically and systematically transform mental images to test a hypothesis.
Logic and Reasoning	Verbal Thinking (Reasoning)	The ability to understand and logically work through concepts and problems presented in words.
Logic and Reasoning	Conceptual Thinking (Abstract Reasoning)	The ability to recognize a collection of features that go together to create an idea or category of ideas.

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Cognitive Skills Definitions



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Logic and Reasoning	Logic	The ability to identify cause and effect, to reason and think rationally and analytically.
Logic and Reasoning	Decision Speed	The ability to use our thinking skills quickly and efficiently to make correct decisions.
Higher Order Executive Functions	Planning	The ability to use forethought to create a practical and systematic strategy for attaining defined goals.
Higher Order Executive Functions	Problem Solving	The ability to find solutions to complex issues and to constructively resolve challenges, mistakes, failures and conflicts.
Higher Order Executive Functions	Strategic Thinking	The ability to identify alternative solutions and select the solution most likely to help one attain defined objectives, keeping in mind relevant external factors and the likely consequences of one's choices.