



Cognitive Skill	Type of skill	Definition of skill
Visual Sustained Attention Auditory Sustained Attention	Attention	The ability to stay on task for sustained periods of time.
Visual Selective Attention Auditory Selective Attention	Attention	The ability to attend to one input while not being distracted by other inputs.
Divided Attention	Attention	The ability to attend to two activities at the same time – such as taking notes while listening to the teacher.
Flexible Attention	Attention	The ability to shift focus from one task to another quickly and efficiently, when necessary.
Visual Discrimination	Visual Processing	The ability to distinguish differences.
Visual Figure Ground	Visual Processing	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 Form Consistency	Visual Processing	The ability to reorganize the visual information in a form that is consistent, regardless of object distance, location or orientation.
Directionality	Visual Processing	The ability to interpret and project the concepts of “left” and “right” into space and onto other objects.
Visual Span	Visual Processing	The ability to process a volume of visual information with a glance.
Visual Simultaneous Processing	Visual Processing	The ability to combine and interpret from simultaneous pieces of information – such as getting a split second look at a situation and knowing the who, what and where of that situation.
Visual Sequential Processing	Visual Processing	The ability to combine and get meaning from pieces of information that are received sequentially, as in reading.
Visualization	Visual Processing	The ability to recall an image of what has been seen and the ability to mentally manipulate and change aspects of that image in the mind.
Visual Processing Speed	Visual Processing	The ability to perform tasks quickly – such as scanning, inspecting and comparing information or processing incoming information quickly.
Auditory Discrimination	Auditory Processing	The ability to distinguish differences in sounds.
Auditory Sequential Processing	Auditory Processing	The ability of the perceptual processing system to send auditory information to the brain in the same order it was received.
Auditory Processing Speed	Auditory Processing	The ability to process incoming auditory information quickly.
Oculomotor	Sensory Integration	The ability to use the eyes efficiently to read and gather information from the environment.
Visual-Motor Integration	Sensory Integration	The ability to use the eyes and hands together efficiently, as in writing, drawing, typing, catching a ball, etc.
Auditory-Motor Integration	Sensory Integration	The integration of auditory skills and motor skills (rhythm) Example: tapping to a beat.
Timing - Rhythm	Sensory Integration	The ability to process information at an adequate or consistent speed.
Visual-Auditory Integration	Sensory Integration	The ability to match auditory and visual stimuli and coordinate them into a meaningful product.
Visual Short-Term Sensory Memory Auditory Short-Term Sensory Memory	Memory	The ability to screen out unimportant sensory information and keep important information for further processing (takes place subconsciously within approximately 1/1000 of a second)
Visual Short-Term Immediate Memory Auditory Short-Term Immediate Memory	Memory	The ability to hold on to sensory information that is not thrown out by sensory memory for



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		up to 30 seconds until you decide to throw out information or send it to the cortex for further processing.
Working Memory	Memory	The ability to hold information in the mind while performing mental operation on it.
Visual Spatial Memory	Memory	The ability to recall the location of stimuli or to recall, identify or reproduce a design.
Long Term Memory	Memory	The ability to permanently store information and retrieve it when needed, such as telephone numbers, math facts, experiences, rules, etc.
Visual Sequential Memory Auditory Sequential Memory	Memory	The ability to recall a sequence of bits of information in the same order as originally received.
Visual Simultaneous Memory	Memory	The ability to recall several things received at the same time, and keep the relationship between them straight.
Logic	Thinking	The ability to reason and think rationally and analytically.
Reasoning	Thinking	The ability to form concepts and solve problems using unfamiliar information.
Planning	Thinking	The ability to use forethought to create a practical and systematic strategy for attaining defined goals.
Problem Solving	Thinking	The ability to handle and resolve traditionally and constructively any challenges, set backs, mistakes, failures and conflicts.
Strategic Thinking	Thinking	The ability to establish a logical and practical plan for attaining defined objectives, analyze and solve problems, handle setbacks and learn from mistakes.
Visual Thinking	Thinking	The ability to transform thoughts into images to enhance understanding and retention of information.
Conceptual Thinking	Thinking	The ability to recognize a collection of features that go together to create an idea or category of ideas.
Decision Speed	Thinking	The ability to use our thinking skills quickly and efficiently to make correct decisions.