



# Improving Working Memory: Supporting Students' Learning

*Tracy Packiam Alloway*

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Your working memory is the information your brain stores for a short period of time, it is your brain's post-it note if you like, and how much information you can remember has a huge influence on how well you do at school, and beyond.

By understanding a child's working memory, you will be able to support their learning at school, and their concentration. Better working memory can be particularly useful to children with conditions where poor working memory is thought to be an underlying factor. Such conditions include:

- dyslexia
- dyscalculia
- speech and language difficulties
- developmental coordination disorders (motor dyspraxia)
- ADHD (attention deficit hyperactivity disorder)
- autistic spectrum disorders

This book explains how to spot problems early, and how to work with children to improve their working memory, therefore increasing their chances of success in the classroom. It also explains the theory behind working memory.

Underpinned by rigorous research and written in a highly accessible style, this book will appeal to practitioners, parents and students as an essential guide to helping their students fulfil their maximum potential.

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