



## Engaging Students with Poverty in Mind

### Engage to Build Cognitive Capacity

#### #3 Train Working Memory

Working memory content is stored in the brain as either sounds or images.

Low Socio Economic Status students tend to have poorer working memories, however, teaching in fewer, smaller chunks of content supports students with poor working memories. The best way to strengthen working memory is to train for it. Building a strong working memory takes only 5 to 10 minutes of practice a day for 8 to 12 weeks.

To build working memory, start simple and gradually increase difficulty – over the course of weeks, not days.

Consider trying activities on websites like [www.junglememory.com](http://www.junglememory.com) (younger students) and [www.luminosity.com](http://www.luminosity.com) (older students) to build students' attention skills and working memory.

#### "Short Term" Solutions you can use (p. 62):

1. Practice recall
2. Use word baskets, file folders, and number bags
3. Review increasingly large chunks of content
4. Use a quick fix