

Introduction

Attention is one of the most thoroughly investigated areas in psychology and cognitive neuroscience and is a foundation for the rest of cognition. Attention and concentration deficits frequently are unrecognized and/or misdiagnosed during a cognitive evaluation. Deficits diagnosed as memory impairments may actually be deficits in attention.

Working memory plays an important role in attention. “Working memory is the aspect of memory that involves the simultaneous storage and processing of information. Theoretically, working memory is the attentional controller, a memory buffer for processing phonological and visuospatial information” (Shimamura 1994 as cited in Baddeley 2000).

Based on research, the authors developed the exercises in *CARDS: Attention* to improve recall and attention using playing cards. The exercises are divided into sections according to the four areas of attention. A long-term objective is suggested for each area of attention. A data collection form is provided on the next page.

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