Goals for High Level Attention

Long Term Goal:

Improve speed of information processing to improve attention for daily living activities using the High Level Attention Training program.

Short Term Objectives:

a. Stopwatch (Maintaining Mental Set)

10 sec. ≤ .15 ms.

15 sec. ≤ .20 ms.

Okay			Good	Fabulous!			Good	Okay		
9:50	9:60	9:70	9:80	9:85	10:00	10:15	10:20	10:30	10:40	10:50

b. Catch of the Day (Visual Scanning)

Levels   1-8 ≤ 10 sec.

Levels 9-10 ≤ 20 sec.

Greater than 60 seconds to find the 3 targets means you are working at a level that is too hard. When your average is 10 seconds consistently, then move up a level! Circle all the ones that are under 10 seconds (levels 1-8) and under 20 seconds (levels 9-10)!

c. Stoplight (Divided Attention)

3.0 to .515 seconds > 86% correct

When your average for the trials is greater than 86%, move to a faster level! Keep going faster until you are at a challenge level. Challenge level = scores between 70-100. Scores consistently below 70 mean you are at the wrong level, go slower.

d. Hoops (Planning and Reasoning)

3 hoops   7 moves in 7 seconds   7/7

4 hoops 15 moves in 15 seconds   15/15

5 hoops 31 moves in 31 seconds   31/31

e. Stimulus Field Attention Training (Visual Attention/Inhibit Responses)

Complex   .5-.8 secs. reaction time on center

f. Match Ups   (Complex Visual Matching) 48 cards

Keep track of how much time it takes to match all the cards and try to beat your last trial. (Range for normal is 200-300 seconds, many factors complicate or simplify the task. Compare speed and number of moves to the individual's own previous performance.)