

# MIND in the Making

## WORKING MEMORY

	EXACTLY LIKE YOU	VERY MUCH LIKE YOU	SOMEWHAT LIKE YOU	NOT TOO MUCH LIKE YOU	NOT AT ALL LIKE YOU	YOUR TOTAL SCORE
1. I can hold a couple of ideas in my mind at the same time	5	4	3	2	1	
2. If I'm reading, it's hard for me to remember what I have just read	1	2	3	4	5	
3. I can add large numbers in my head	5	4	3	2	1	
4. I don't always remember what I plan to do first and then second	1	2	3	4	5	
<b>OVERALL SCORE</b>						

Circle the number that describes how well the statement describes you.

Add up your scores in the far right-hand column.

If your overall score is between 20 and 15, then you rate highly on working memory.

If your score is between 14 and 9, then you are in the middle category.

If your score is 8 or below, you could work on this skill.