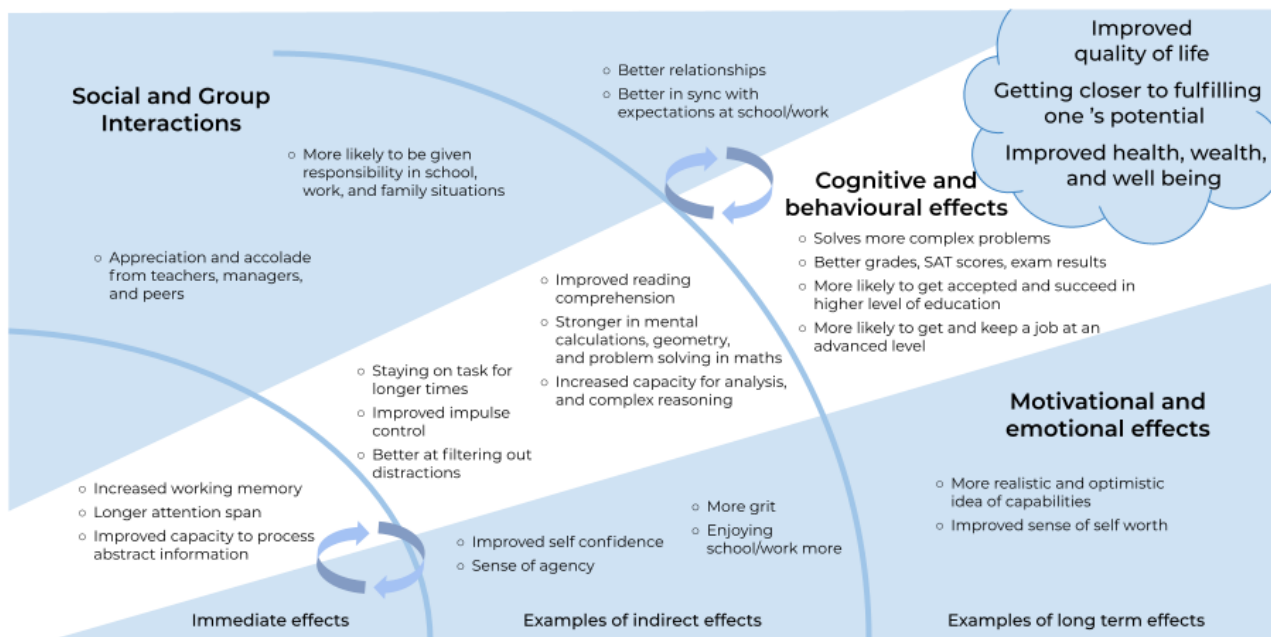


Feedback loops and long term effects



Immediately after completing a five week training course with Cogmed, most users will have achieved **a substantial and measurable increase in their working memory capacity**. This can typically be experienced when performing tasks that require prolonged periods of attention, such as when studying for an exam or conducting detailed analytical work. For many users, these effects are more than enough to make the training worthwhile.

Through extensive research¹, we now know that this is not the end of the story. Under the right circumstances, a single five-week training programme is shown to have effects that gradually **transfer**, first from **near** areas, such as other working memory tasks, and with time to **farther** away aspects, such as mathematics and reading comprehension, with many users experiencing a positive contribution to life satisfaction.

Although there is ample evidence of this type of near and far transfer of effects, the detailed mechanisms involved are not yet completely understood by scientists. One key aspect however, appears to be positive feedback loops, both in the cognitive and emotional aspects with the Trainees themselves, and in the social situation in which they exist.

For example, when a student trains with Cogmed, and increases their **ability to stay focused**, it helps them **perform better** when taking a test. And getting a **higher test score boosts self confidence**, which in turn can help make **school more enjoyable**, leading to more effort spent on other school tasks as well.

Meanwhile, other people in the student's immediate environment often start to **take notice** of the positive changes, which trigger them to **adjust their behaviour and expectations**, again feeding back to the student, improving their willingness to expend more effort.

No two Cogmed Trainees are the same, and it's not possible to say exactly which such feedback loops are triggered by a particular training. But it is worth taking into consideration that even a modest bump in working memory capacity has been shown capable to shift an individual into a higher developmental path, with potential for far reaching and long lasting effects.

¹ Here is a comprehensive summary of research findings related to computerised working memory training: https://download.cogmed.com/claims_and_evidence