



भारतीय श्रमिक शिक्षा संस्थान
दत्तोपंत ठेंगडी राष्ट्रीय श्रमिक शिक्षा एवं विकास बोर्ड द्वारा संस्थापित
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LIBRARY AND DOCUMENTATION CENTRE

Facts For You

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COGNITIVE ABILITIES IMPROVEMENT EXAMPLES

COGNITIVE ABILITIES ARE NOT FIXED — WE CAN IMPROVE THEM VIA LIFESTYLE AND TARGETED PRACTICE

Some cognitive abilities tend to decline with age, especially executive functions and those which are not used regularly. However this decline can be delayed and lowered. Cognitive abilities can be increased with appropriate lifestyle options and practices.

Here are some resources to guide you as you look for ways to boost your cognitive functions:

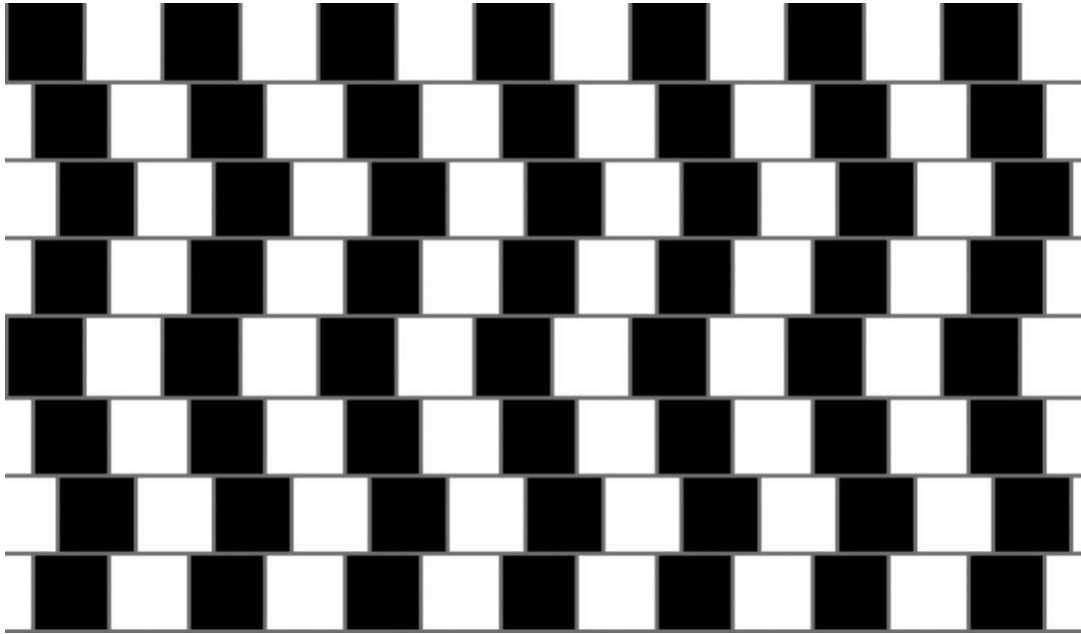
- Solving the Brain Fitness Puzzle Is the Key to Self-Empowered Aging
- Brain Training Evaluation Checklist
- Brain fitness tips to improve concentration and memory
- Brain teasers to flex two key mental muscles: attention and working memory
- **Book:** The Sharp Brains Guide to Brain Fitness: How to Optimize Brain Health and Performance at Any Age

COGNITIVE ABILITIES — FEW EXAMPLES TO IMPROVE THEM

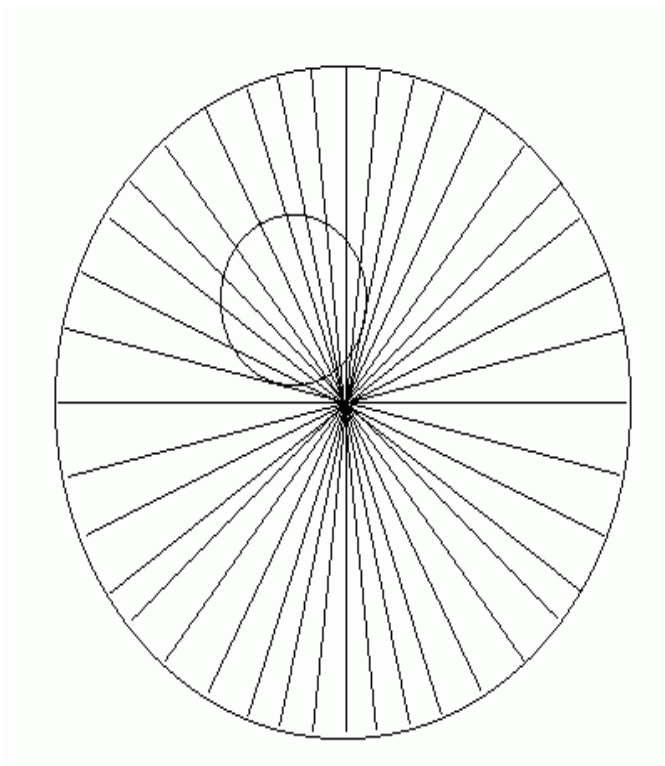
In 'Facts For You' 'May Issue' we have learnt cognitive abilities and skills. Below are few examples:

Perception

Are the horizontal lines straight or crooked?



Is the inner shape a real circle?



Hint:

Sometimes extraneous information around your target can distort your view. Try covering the lines with a piece of card to remove some of the interfering information.

Brain functions involved: Here you are exercising your visual perception and decision-making skills. The visual cortex in your occipital lobes processes visual input from your eyes. Not only is the occipital lobe mainly responsible for visual reception, it also contains association areas that help in the visual recognition of shapes and colors. The problem solving, selective attention, and executive functions used in this exercise are handled by the anterior portion of the frontal lobes.

ANSWER:

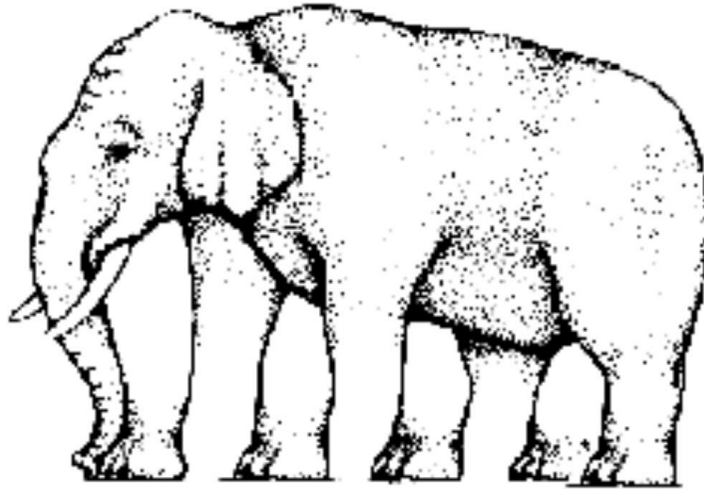
Believe it or not, both shapes are perfect circles.

Attention

Can you see a baby?

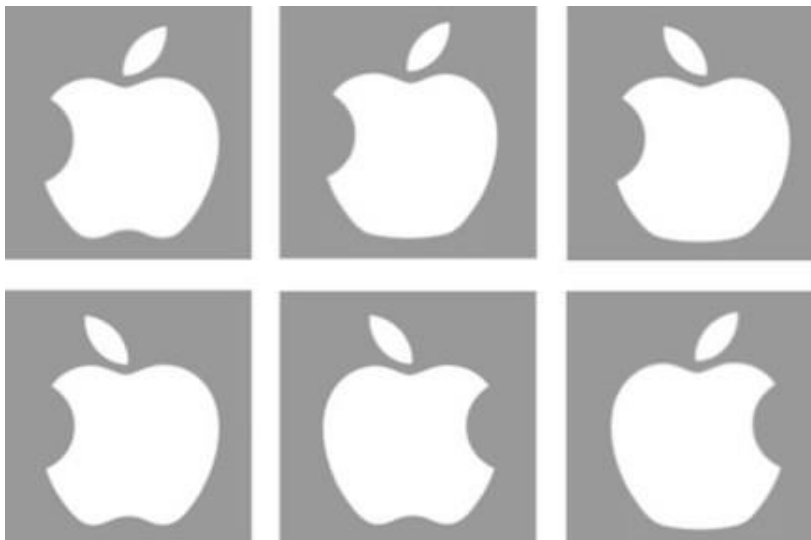


How many legs does this elephant have?



Memory

Can you identify Apple's logo?



An explanation may be that our brains have learnt that it is not important to remember specific details. An efficient memory system does not need to store the details of a corporate logo...

Earlier studies have shown that most people have a poor memory for other items they encounter daily or almost daily, including computer keyboards (even skilled typists have difficulty describing a standard keyboard), pennies and road signs.

Here you have a few quick brain teasers to exercise your attention and your working memory—the ability to keep information in your mind while manipulating multiple units of information at the same time.

Given them a try ... they are not as easy as they may seem.

1. Say the days of the week backwards, then in alphabetical order. (Speak other languages? Try doing the same in Spanish, French, and Mandarin...)

2. Say the months of the year in alphabetical order. Easy? Well, why don't you try doing so backwards, in reverse alphabetical order?

3. Find the sum of your date of birth, mm/dd/yyyy. Want a tougher mind teaser? Do the same with your spouse's or best friend's date of birth (without looking it up...)

Language

Here is a brain teaser whose aim is to stimulate the connections or associations between words in your temporal lobe. You will see pairs of words, and your goal is to find a third word that is connected or associated with both of these two words.

For example, the first pair is PIANO and LOCK. The answer is KEY. The word key is connected with both the word piano and the word lock: there are KEYS on a piano and you use a KEY to lock doors. Key is what is called a homograph: a word that has more than one meaning but is always spelled the same.

Be ready to stimulate connections in your temporal lobe(s)? Enjoy!

(Solutions are below. Please don't check them until you have tried to solve all the pairs!)

1. LOCK — PIANO
2. SHIP — CARD
3. TREE — CAR
4. SCHOOL — EYE
5. PILLOW — COURT
6. RIVER — MONEY
7. BED — PAPER
8. ARMY — WATER
9. TENNIS — NOISE
10. EGYPTIAN — MOTHER
11. SMOKER — PLUMBER

SOLUTIONS

1. LOCK — PIANO > KEY
2. SHIP — CARD > Deck
3. TREE — CAR > Trunk
4. SCHOOL — EYE > Pupil (Exam and Private are also possible)
5. PILLOW — COURT > Case
6. RIVER — MONEY > Bank (Flow is also possible)
7. BED — PAPER > Sheet
8. ARMY — WATER > Tank

9. TENNIS — NOISE > Racquet

10. EGYPTIAN — MOTHER > Mummy

11. SMOKER — PLUMBER > Pipe

(Reference -: Internet Resources)

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