

# Community Education Service



*Improving emotional health and well being*

## Put the Pro in Cognitive Proficiency

**Tanya Keto, BEd, MEd**

Registered Provisional Psychologist #2423p

Permanently Licensed and Certified Teacher (AB)

## FREE Webinar

Expand your understanding of student learning through exploration of the relationship between processing speed, working memory, and Attention-Deficit/Hyperactivity Disorder (ADHD).

Individuals with ADHD consistently experience deficits in processing speed or working memory, or a combination of both. Processing speed abilities are required to work with ease, efficiency, and automaticity. Working memory is the brain's Post-It Note: the ability to identify visual and auditory information, maintain it in temporary storage, and re-sequence it for use in problem-solving. Processing speed and working memory combine to indicate our cognitive proficiency abilities: the efficiency with which we process information. Cognitive proficiency facilitates abstract thinking and acquisition of new information by reducing the effort needed for simple processes and allowing energy to go into more complex processes. It's no wonder that deficits in cognitive proficiency may significantly impact learning and achievement across all academic areas, particularly given the demand to process information automatically and quickly within the classroom setting without intentionally thinking through information.

In this session, we will explore the ins and outs of processing speed and working memory; examine the relationship between processing speed, working memory, and ADHD; investigate how deficits in these areas may impact learning and academic success; and delve into best practice classroom strategies and accommodations in 3 areas at school: the classroom environment, teacher instruction, and student assessment. Let's put the PRO in cognitive proficiency to set students with ADHD up for success!

**February 26, 2021**  
**11:00 AM - 12:30 PM**

**Register**

This session is presented by the Community Education Service of the Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with **Foothills Academy Society**.

**<https://community.hmhc.ca/>**