

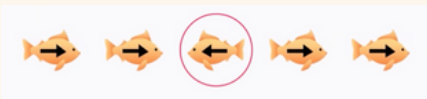


A snapshot of your brains' strengths!

Here's a snapshot of how your brain helped you complete the attention and memory **computer tasks**! The other side of this page includes more explanation and tips from science about how to improve your brain health!

Participant ID: YAB200X	Date of Visit: MM/DD/YYYY
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SUSTAINED ATTENTION



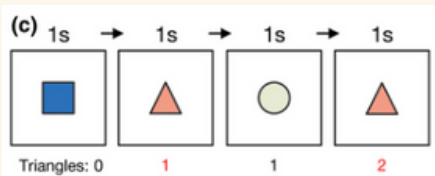
You were asked to pick the direction of the center fish as fast as possible

MEMORY STORAGE



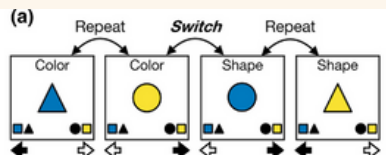
You were asked to remember all the images you saw, from small to large

MEMORY UPDATING

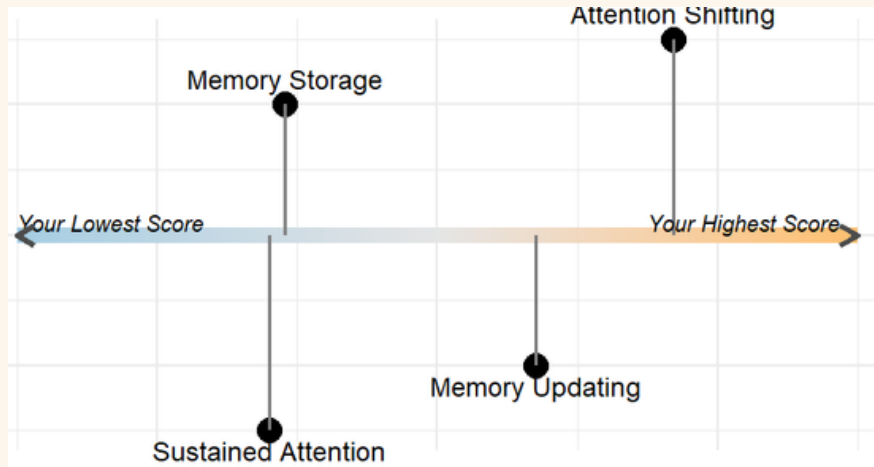


You were asked to count the number of different shapes or other objects

ATTENTION SHIFTING



You were asked to sort an image by color or shape, or a face by emotion or gender, as fast as possible

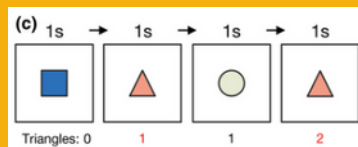


Of these four tasks, you scored the highest on attention shifting!

let's zoom in on the memory updating task!



One of our hypotheses is that some people will do better when they are doing tasks with images that are more relevant to their lives and others might do well on the same task with images of shapes



95%



54%

Your performance shows that what kind of images are presented in the task matters! You were more accurate on the memory updating task when you were asked to count shapes than bills/buses/faces!

What does this all mean? How can I improve?



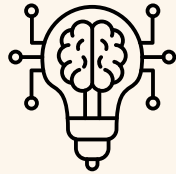
Reminders!

Your performance on these computer tasks is not a perfect measure of your true skills or your potential. There are lots of reasons why you might score lower or differently than you thought – like if you were hungry or tired. Think of these results as an “estimate” or “guess” of your skills. Let’s see why these skills are important and how to improve!



First, let’s **celebrate** your attention shifting skills! Science shows that these skills are related to:

Attention-Shifting
switching back and forth between multiple tasks



Associative Learning

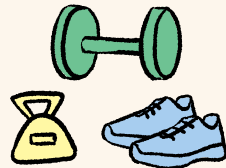


Enhanced Creativity



Expanded Curiosity

How can I boost my memory skills?



Exercise! A 2025 analysis of many research studies found that many forms of exercise (dancing included!) lead to improvements in working memory in children and teens!

Meditate! A 2022 analysis of interventions found that mindfulness practices (like deep breathing & meditation) increased multiple types of attention in children and teens!



How can I boost my attention skills?

Body Scan Meditation



The **brain systems** that support attention and working memory **will keep developing** into young adulthood!
So **most teens** will see **skill improvement** over time



Scan the QR code to access our sources for this information!