

## Captain's Log Training Plan

Person's Name: \_\_\_\_\_ Sex: M F DOB: \_\_\_\_\_

Rater's Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions for Raters:** Please evaluate this person's abilities for each of the cognitive skills listed below. Use the attached definitions to guide you in making your decision. **Note:** It is recommended that Trainers select two to six areas of relative weaknesses and one area of relative strength to include in this person's training plans.

	Cognitive Skills	Weak		Average		Strong
1	<b>Alternating Attention</b>	1	2	3	4	5
2	<b>Auditory Processing Speed</b>	1	2	3	4	5
3	<b>Central Processing Speed</b>	1	2	3	4	5
4	<b>Conceptual Reasoning</b>	1	2	3	4	5
5	<b>Divided Attention</b>	1	2	3	4	5
6	<b>Fine Motor Control</b>	1	2	3	4	5
7	<b>Fine Motor Speed</b>	1	2	3	4	5
8	<b>Focused Attention</b>	1	2	3	4	5
9	<b>General Attention</b>	1	2	3	4	5
10	<b>Immediate Memory</b>	1	2	3	4	5
11	<b>Response Inhibition</b>	1	2	3	4	5
12	<b>Selective Attention</b>	1	2	3	4	5
13	<b>Sustained Attention</b>	1	2	3	4	5
14	<b>Visuospatial Classification</b>	1	2	3	4	5
15	<b>Visuospatial Sequencing</b>	1	2	3	4	5
16	<b>Visual Perception</b>	1	2	3	4	5
17	<b>Visual Processing Speed</b>	1	2	3	4	5
18	<b>Visual Scanning</b>	1	2	3	4	5
19	<b>Visual Tracking</b>	1	2	3	4	5
20	<b>Working Memory</b>	1	2	3	4	5

Total Score (Max = 100) \_\_\_\_\_

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# Cognitive Ability Definitions

**Alternating Attention:** the ability to shift the focus of attention quickly back and forth between two different sets of stimuli in the same sensory modality and respond appropriately.

**Auditory Processing Speed:** the time it takes to perceive relevant auditory stimuli, encode and interpret it and then make an appropriate response.

**Central Processing Speed:** the time it takes to encode, categorize, and understand the meaning of any sensory stimuli which is the focus of attention.

**Conceptual Reasoning:** the cognitive skills which include **concept formation** (the capacity to analyze relationships between objects), **abstraction** (the ability to think symbolically), **deductive logic** (the application of general rules or concepts in making a decision for a specific set of stimuli) and/or **inductive logic** (the analysis of feedback or identification of relevant details in formulating a concept to use in decision making).

**Divided Attention:** the capability to attend to, process and respond appropriately to two or more different types of sensory stimuli (typically visual and auditory) which occur simultaneously or in close temporal proximity in the environment.

**Fine Motor Control:** the ability to accurately control fine motor movements and avoid making erroneous responses.

**Fine Motor Speed:** the time it takes to perform a simple motoric response independent of central processing speed.

**Focused Attention:** the ability to recognize and respond to specific relevant stimuli.

**General Attention:** the ability to focus, sustain and selectively attend to relevant stimuli and make correct responses (a combination of Focused, Sustained and Selective attention as defined above).

**Immediate Memory:** the ability to recognize or recall numbers, letters, symbols, words, sentences, stories, visual sequences or images immediately. The immediate delay period is operationally defined as less than 30 seconds after viewing or hearing the stimuli. Also, this definition excludes any need to process, organize or mentally manipulate this information and no specific competing or interfering information is to be presented during this brief delay.

**Response Inhibition:** the capability of understanding and holding in working memory a rule which defines a correct response and of using this rule to help avoid automatically reacting to an incorrect stimuli.

**Selective Attention:** the capacity to continue making a correct response during a task when competing or distracting stimuli are present.

**Sustained Attention:** the capability of maintaining consistent and accurate responses during a continuous and repetitive activity.

**Visuospatial Classification:** the ability to accurately discriminate relevant features, count and group visual objects based on a concept or rule.

**Visuospatial Sequencing:** the ability to discriminate and discern the sequential order of visual objects accurately based on a concept or rule.

**Visual Perception:** the ability to accurately discriminate and respond appropriately to specific visual objects.

**Visual Processing Speed:** the time it takes to perceive relevant visual stimuli, encode and interpret it and then make an appropriate response.

**Visual Scanning:** the ability to accurately discriminate and respond appropriately to visual objects that appear without a cue and randomly over time within the field of vision.

**Visual Tracking:** the ability to follow a continuous visual cue, accurately discriminate and respond appropriately to visual objects that move continuously within the field of vision.

**Working Memory:** the ability to encode and "hold" perceptual information *while processing it* and the capability to recall and apply relevant procedural rules in order to accurately respond.