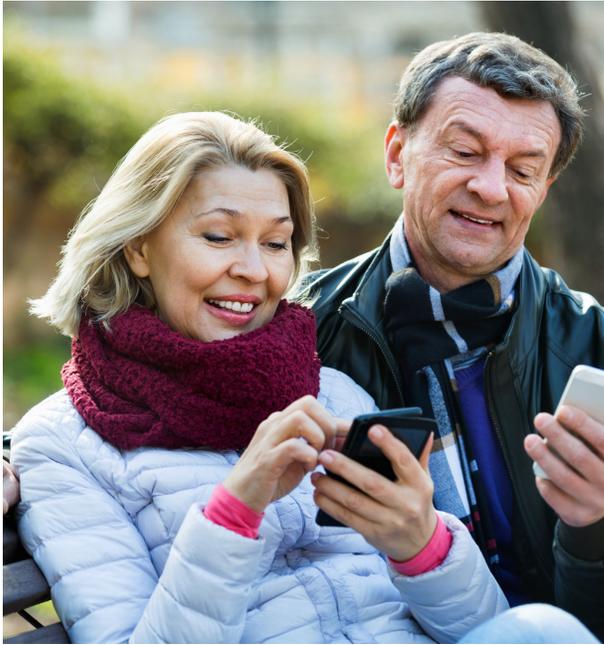


ATTENTION



TYPES OF ATTENTION:

1. **Sustained:** the ability to focus on one thing over a period of time
2. **Selective:** the ability to focus on one thing despite distractions
3. **Alternating:** the ability to shift attention from one thing to another
4. **Divided:** the ability to focus on multiple things at the same time

LOOK FOR:

- **Sustained**
 - Difficulty staying on task when working independently
 - Difficulty listening across the duration of a conversation/lesson/TV Show
 - Inability to complete tasks
- **Selective**
 - Difficulty following a conversation and ignoring background noise
 - Reduced concentration caused by auditory or visual distractors
 - Difficulty concentrating caused by fatigue, worry or sadness
- **Alternating**
 - Leaving tasks incomplete after interruption
- **Divided**
 - Difficulty focusing on more than 1 thing at a time
 - Difficulty engaging in 2 tasks at once

ATTENTION ACCOMMODATIONS

- Reduce auditory and visual distractions
- Use visual aids to help with focus
- Work in quiet/non-distracting places or wear earphones to drown out noise
- Break larger tasks into smaller, written down steps
- Use highlighters or color coding when following along with handouts
- Take frequent “brain breaks”
- Use a recorder to help remember important details
- Try using doodling or fidget devices to stay focused
- Schedule appointments during most alert time frames



Aside from being awake and alert, one of the most important cognitive abilities is being able to pay attention or concentrate on important things happening around us.

