

2010 Summer Session II: LSAMP FastForWord Study

Can You Relate To This...?

You're a STEM major right? That means you are going to be taking challenging courses. So, imagine this:

You're in chemistry class. The language of chemistry -- the names of elements, compounds chemicals, formulas -- sound like a foreign language to you. Not only does the professor speak fast, he/she doesn't use PowerPoint to present the lecture, which means there's little visual aid to help you understand what the professor is talking about. You have no choice but to depend almost entirely on your listening, memory and language skills in order to get the important information written down in notes that make sense to you. As the professor tells you the definition of a term or describes an abstract idea, you struggle to scribble down the words you hear, and by the time the professor is done repeating it twice, you find yourself missing words and you're still struggling to remember what he/she just said. You're starting to panic and worry that you won't pass this class. *Can you relate to this?*

FastForWord brain exercises were designed to help you improve your Memory, Attention, Processing speed and Sequencing skills (aka MAPS) so you can improve your academic performance, no matter what area of study you choose to pursue.

Memory is key to being able to retain, retrieve and use information/knowledge. Having good “short term,” “long term” and “working” memory skills can help you get the most out of lectures, class discussions, presentations and reading assignments. You should be able to process more information and be able to better recall it after studying throughout the semester so that you do well on tests and improve your grades.

Attention is key to being able to concentrate and focus on what's important. FastForWord exercises train you to ignore distractions through highly demanding tasks that require your full attention and focus so that you will find it easier to “stay on task” when there is a lot going on around you.

Processing speed determines how much time your brain needs to get things done. When information is being presented to you quickly through your ears (by listening) or eyes (by reading), you want your brain to be able to keep up. This is important so no matter how fast your professor is speaking or what teaching style he/she uses, you are able to process incoming information quickly and accurately.

Sequencing is the ability to process information in a specific order. When listening or reading, it's important to hear sounds, see letters and understand words in the correct order. When mixing a compound, it's important to mix the correct substances in the correct order. When solving a math problem, you need to do each calculation in the correct order. Sequencing is the key to organizing and putting the building blocks of knowledge in order so you can truly understand and make sense of all the information that is thrown at you in college.

In addition to improving MAPS skills, FastForWord brain exercises were designed to help you improve your listening comprehension, language and reading skills. Building relationships between words and grammar can make it easier to derive meaning from sentences. Having better comprehension skills along with improved memory can help you grasp the relationship between main ideas and details. Some of the targeted language and reading skills that FastForWord Literacy and Literacy Advanced exercises work on include: vocabulary, auditory word recognition, phonological accuracy/fluency/memory, listening accuracy, auditory sequencing, and English language conventions.