

## Recommended Reading:

### ***Working Memory & Learning: A Practical Guide for Teachers***

by Linda Farrell, Tina Osenga, and Michael Hunter  
Founding Partners, Readsters

#### **Working Memory & Learning: A Practical Guide for Teachers**

By Susan E. Gathercole & Tracy Packiam Alloway

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This book is written for teachers and all teachers should read it. Working memory is highly correlated with academic success, yet very little easy-to-read material about working memory is available for teachers. This short, practical, and easy-to-read book is the exception.

The authors are British cognitive psychologists who write about their research on the very strong relationship between working memory in children and success in school. This book will help teachers understand (1) what working memory is, (2) how teachers can identify students who might have working memory issues, (3) how these issues can affect students' academic performance, and (4) how to adapt teaching to help these students succeed.

Virtually everything in this book is of critical importance to teachers. After reading this book, teachers (1) will communicate better with all their students, not just those with poor working memory, (2) will understand the three main aspects of working memory – verbal, visuo-spatial, and central executive – and the role each plays in learning, and (3) will know how working memory capacity develops over time affecting how much new information students can handle at various ages.

Poor working memory is often mistaken as ADD because working memory problems can include difficulty staying focused due to the quick loss of new information. The authors' clear explanation of poor working memory symptoms clarifies when the problem is working memory, as opposed to ADD. The final two sections of the book give practical strategies that teachers can use in the classroom to support students with poor working memory.

Every teacher reading this book will think about former students and wish they had read this book long ago. However, teachers will be grateful to be armed with knowledge and teaching strategies so they can help their current and future students who have poor working memory.