ASERT

Difficulties paying attention to information outside one's area of interest, and challenges with memory and problem-solving skills are often experienced by verbal adults without intellectual disability. These difficulties can affect motivation and functioning at school, work and when interacting with other people.

What can I do to build my cognitive skills?

- Use computer software to help improve attention, memory and problem solving:
  - www.PSSCogRehab.com
  - https://m.brainhq.com
  - https://psyberguide.org/apps/cogpack
  - www.happy-neuron.com

- Be aware of when I become distracted and cue myself to get back on track

- Create a healthy daily schedule

- Make a list of tasks I need to complete

- Break tasks into smaller steps. Tackle the easy parts first to build motivation.

- Use reminders to keep on schedule (e.g., set alarm on cell phone, use a daily planner and/or 'post-its')

- Consider participating in Cognitive Enhancement Therapy, an innovative approach designed to help improve cognition. CET will be coming soon to PA.

This resource was created by The University of Pittsburgh's Center for Autism Excellence for ASERT.