

# What is Working Memory?

Working memory is a key cognitive function used in daily life that allows individuals to hold information in their mind for brief periods of time, typically a few seconds. Working memory can be described as active attention. As human beings, we are constantly interacting with other people and performing tasks. The quality of what we do is highly dependent on how well our working memory is functioning. Some examples of working memory demanding tasks are:

- Remembering instructions and remembering what the next step is while working with a
- sequence of activities.
- Learning new things.
- Reading, understanding what you are reading and selecting information.
- Organizing your life, remembering what to bring along, remembering where and when meetings occur.
- Listening to other people and responding appropriately.
- Time planning and having a sense of time.
- Holding back your impulses.

